

Vital Health Assessment

A Real Food for Life

Personal Nutrition and Lifestyle Program

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Welcome!

Jane Doe Date: October 2011 Phone: 555 1234 5678

Dear Jane,

We congratulate your efforts to improve your well-being and lifestyle!

The following measurements and recommendations were determined for you through a highly skilled technician using our Bio-Computer. Our purpose is to measure bio-energetic impulses of the human vital body taking into account the uniqueness of your own body and its present conditions.

Our birthright is health and balance. Ill health and dis-ease result when balance is lost either through an excess or deficiency of energy in our systems.

In Vital Health Assessment we do not measure disease. We measure the subtle interplay of body Vitality.

Many ancient systems of health have talked about the vital essence of the body; sometimes it is called 'Chi' (Qi), 'prana' or 'life force'. When there is high Vitality (chi or prana) in the body, there is less chance of disease, because there is less stagnation or inertia in the vital body and the body can cleanse, balance and heal in accord with the laws of nature. We have found, through the experience of thousands of individuals, that certain changes in lifestyle and nutrition can have a large impact on our Vitality.

Section One: Whole Body Vitality

Available Body Vitality (WBV):	200
Possible Vitality:	400
Body Functioning:	76%

To understand these values please read section 5 or follow this link: [Understanding whole body vitality](#)
Once you have several analysis you can see the progression.

Please remember:

***Vital Assessment makes no claims as to the interpretation or the usefulness of "Vitality". Any nutritional recommendations are made in relationship to the Vitality measurement only - not your body.
If you have a medical problem, see your doctor.***

Section Two: Whole Body Vitality Inhibitors

Items B through E indicate areas where WBV is being inhibited or drained, due to blockages in the Vital Body. **Ideally there would be no inhibition** but this is not possible for every part of the body. No one is perfect.

Scale:	0	No Inhibition	0
	L	Low Inhibition	-1 to -199
	M	Moderate Inhibition	-200 to -599
	H	High Inhibition	-600 plus

A. WBV Inhibition from specific influences on the body:

	Inhibition				Typical
Toxicity	0	L	M	H	H
Inflammation	0	L	M	H	L
Environment allergies	0	L	M	H	0
Heavy Metals	0	L	M	H	0
Food sensitivities	0	L	M	H	M
Candida	0	L	M	H	L
Parasites	0	L	M	H	0

N.B. Please note that a medium or high toxicity or Candida ect. reading doesn't mean that you necessarily have a high **quantity** of that factor in the body - only that the body's vitality is being drained to a high degree by whatever factors are present.

Read more about this here: [What does a high reading mean?](#)

Read what we mean by typical here: [Typical](#)

We suggest you apply for Food Sensitivity Testing. It may be best way to eliminate certain foods from your diet and replace them with other nutritionally similar foods until they can be tolerated again.

B. Vitality Inhibition in Body Systems:

System	WBV Inhibition								Typical
Immune/Lymphatic	0	-100	-200	-300	-400	-500	-600	-700	600
Circulatory	0	-100	-200	-300	-400	-500	-600	-700	0
Endocrine	0	-100	-200	-300	-400	-500	-600	-700	300
Reproductive	0	-100	-200	-300	-400	-500	-600	-700	300
Digestive	0	-100	-200	-300	-400	-500	-600	-700	200
Respiratory	0	-100	-200	-300	-400	-500	-600	-700	0
Nervous	0	-100	-200	-300	-400	-500	-600	-700	600
Blood Sugar System	0	-100	-200	-300	-400	-500	-600	-700	0
Skeletal	0	-100	-200	-300	-400	-500	-600	-700	0
Muscular/connect.	0	-100	-200	-300	-400	-500	-600	-700	0
Fat metabolism	0	-100	-200	-300	-400	-500	-600	-700	200

Vitality Inhibition in Glands:

Organ	WBV Inhibition								Typical
Liver	0	-100	-200	-300	-400	-500	-600	-700	600
Kidney	0	-100	-200	-300	-400	-500	-600	-700	500
Adrenal	0	-100	-200	-300	-400	-500	-600	-700	300
Thyroid	0	-100	-200	-300	-400	-500	-600	-700	300
Bladder	0	-100	-200	-300	-400	-500	-600	-700	0

Section Three: The Following Dietary Practices Raise Your Vitality

Acid/Alkaline Balance	
Diet need to be more Alkaline	✓
Diet needs to be more Acid	
Diet is Balanced	
Carbohydrate Intake	
Diet needs more carbohydrate	
Diet needs less carbohydrate	
Carbohydrate intake is adequate	✓
Protein Intake	
Diet Need more protein	✓
Diet needs less protein	
Diet is adequate in protein	
Essential Fatty Acids (EFA)	
Diet is highly deficient in EFA's	
Diet is moderately deficient in EFA's	✓
Diet is adequate	
Best EFA to raise vitality	3-6-9 Combination
Hydration	
Body is highly dehydrated	✓
Body is moderately dehydrated	
Body is adequately hydrated	
Raw/Cooked /Juiced	
Vegetables	Affect on Vitality
Raw vegetables	-100
Cooked vegetables	+200
Juiced vegetables	+400
Fruit	Affect on Vitality
Raw fruits	-100
Cooked fruits	-100
Juiced fruits	-100
Body Type Diet	
Emphasize a calming diet – to balance <i>vata</i> property	✓
Emphasize a cooling diet – to balance <i>pitta</i> property	
Emphasize a heating reducing diet – to balance <i>kapha</i> property	

An alkaline diet is mostly fresh vegetables. An acid diet is mostly proteins and grains and sugars.

To Learn More:

The best carbohydrates are complex. If you have to reduce carbohydrates start with reducing simple sugars.

To learn more: Smart Carbs: Dumb Carbs

If you need more protein, sometimes it is often a matter of needing to digest protein. Plant proteins are often more digestible.

We test a number of essential fatty acids on your vitality including, flax oil, coconut oil, borage oil, evening primrose oil, fish oil, and a 3-6-9 combination. This means a high percentage of omega3 fatty acid and less of omega 6 and less of omega 9.

Udo's oil and Barlene's oils have tested well as specific brands to buy.

Although raw or juiced foods have higher vitality themselves, sometimes the body cannot digest raw at this time or it needs to be calmed down.

To see sample lists for body type diets go to section five or follow this link: Body Type

A Candida diet is one which eliminates all simple sugars

Emphasize a Candida diet	
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Section Four: The Following Lifestyle Practices Raise Your Vitality

Lifestyle Recommendations			
Exercise	15 min	30 min	60 min
Walking		✓	
Running			
Swimming	✓		
Resistance Training (every other day)			
Tai Chi		✓	
Yoga		✓	
Rest			
More sleep			✓
Less sleep			
15 to 30 min nap in afternoon			✓
Breathing	15 min	30 min	60 min
Deep breathing with belly or back		✓	
Breath with pause after intake	✓		

There are many levels of exercise. All those tested fall into the moderate category. All are tested for daily use except resistance training.

As one gains more strength and vitality one can participate in different exercises (running instead of just walking) and one can increase the intensity of the exercise.

Generally one should only exercise from 50-75% of one's limit.

Yoga tested is hatha yoga without strength or heat required.

Section Five: List of Foods for Different Body Types

- **Choose a light, hot diet:** Avoid ice-cold food & drinks (e.g. ice cream, ice water). Liquids are best drunk at room temperature or hot. Generally choose hot foods over cold (e.g. roast chicken over chicken salad sandwiches). Avoid fats and oily foods, sweets, desserts and excessive amounts of bread. Ensure your diet contains some pungent spices daily (e.g. ginger, hot peppers, chili, horseradish, black pepper etc.). Also increase bitter green & leafy green vegetables and astringent foods (e.g. beans, lentils, apples, potatoes, pears, cabbage). Raw fruit and vegetables are good as a minor part of the diet. Generally choose dry & light foods over heavy (e.g. rice crackers over bread, puffed rice cereal with skim milk over granola and whole milk). Exclude any foods you have allergies to.
- **Choose a well cooked, easy to digest and non-gas-forming diet:** one that is **relaxing** on the body & nervous system. . A good staple meal would include steamed basmati rice, well-cooked vegetables and a light protein dish. Avoid cold and frozen foods and drinks (cold milk, ice water, ice cream etc.). Limit excessive raw foods, especially apples and cabbages. Limit beans (tofu, mung beans & red lentils are OK) & red meats. Warm, moist foods are good (e.g. soups, stews). Include some oil or butter and salt. Exclude any foods you have allergies to.
- **Choose a cooling diet:** is one that avoids irritants. Avoid oily, fried food, caffeine, alcohol, red meat, hot spices and most sour foods (e.g. condiments like ketchup, mustard, pickles). Emphasize fresh fruits, vegetables, dairy products, whole grains, bitter greens & leafy greens (e.g. romaine lettuce, chard etc.) and astringent foods (e.g. beans, lentils, apples, potatoes, pears, and cabbage). Healthy sweets are okay in moderation. Sweet ripe fruits that are in season (e.g. melons) and juices are especially good for balancing you. You can eat raw foods as part of your diet without problems. Exclude any foods you have allergies to.
- **Follow Candida-control diet:** Avoid sugar and foods containing sugar, packaged and processed foods, cheeses, alcohol, vinegar, yeast and yeast products (bread), fermented foods, malted products, processed meats,

How often should I update my nutritional program?

We suggest you update your program every three months or more often if you wish. You can do this by applying for a revised Vitality Analysis (be sure to indicate any changes you have noticed on the application form).

Section Six: How to Get Maximum Benefit from Your Vital Health Assessment

- 1. You need to understand your Vital Health Assessment thoroughly.** Because the mind and body are connected, a better understanding of all the points will assist you holistically. If you have any questions, doubts, confusion, or concerns about your Assessment, book a Consultation with a Real Food Coach. If you just wish to verify a specific number or reading it is not necessary to book an appointment.
- 2. Vital Health Assessment is not intended to be or to replace medical advice.** Vital Health Assessment is a non-medical measurement developed by Abundant Growth to help you in refining your nutrition and lifestyle. If you have a health problem, consult your doctor.
- 3. Begin implementing the recommended changes that you are comfortable with *as soon as possible*.** This Assessment is based on your *current* Vitality. Delaying the program may reduce your chances of greatest success.
- 4. Print out section two, three and four and** stick them on your fridge or bulletin board so you can have that information in your awareness.
- 5. Once you have made your decision to go ahead, then relax and enjoy the journey.** Too much daily evaluation (is it working, is it not??) causes stress.

What we've seen is that if people get several Vital Health Assessments over a period of time they start to get a picture of their body's patterns and how it reacts to what's going on in their life. By making little adjustments in their daily eating habits and lifestyle, they keep better Vitality than those who do not. This has been documented.

We are always trying to improve this service and will help anyone we can to use it better. This nutritional service has simply become known by word of mouth, but we have done thousands of VA's with excellent results.

If you have questions, first check out the questions and answers section of our website at www.vitalhealthtest.com Thank you for being committed to your health.

Sponsored by:

Real Food for Life

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Section Seven: Common Questions About Vital Health Assessment:

A more complete list of questions can be found at by following this link: [Questions and Answers](#)

What does the Whole Body Vitality Number mean?

Whole Body Vitality (WBV) is a number that indicates the available Vitality at the time of testing. It is NOT A PERCENTAGE (i.e. people are not 50 out of 100%). WBV could be considered the final net total after a number of different factors have been considered. Some of these factors add to your wholeness and some of them detract from your wholeness. It is like when a person figures out their net income. They add together all the forms of income, then they subtract all their expenses and the result is their net earnings.

$A + B + C - D - E - F = \text{Net Total}$

In Vital Health Assessment, for example "A" might represent the Vitality or energy you receive from your regular food. "B" might be the energy you receive from herbal foods and "C" the Vitality you receive from fresh air. "D" might represent the Vitality drain from the toxins in your food "E" might be the Vitality drain from having to work in a polluted office, and "F" the draining influence from stress, lack of sleep, or an emotional trauma. Your WBV number can increase very quickly when you make improvements in nutrition. Many people are initially at 50 or 100, and the next time they get a VA they can increase by hundreds of points. No matter what your Vitality now, you can improve it.

What do the Vitality Inhibition Readings mean?

These numbers show drains to Vitality and basically point out whether areas need attention (low numbers) or not (high numbers). NOTE: A high reading, in your toxicity for example, doesn't necessarily mean that you have a lot of toxins in your system. It only means that your vitality is being affected highly by whatever is there.

This concept applies to all the vitality inhibitor readings.

N. B. If you were strongly supporting a system when testing occurred, by either eating a lot of food for that particular system or other means, that system might test as less drain than would be expected. Also note that the reading applies to the system as a whole. Some systems are large with many parts that might not affect the other parts, so if you did not put down a particular symptom on your application form, the whole may test relatively strong even though there is a symptom in one of its parts. "0"s are best but no one is ever "0" in all systems. There will always be a weak link that your body will try to help.