

Test **witaminy D**
WYNIK TESTU

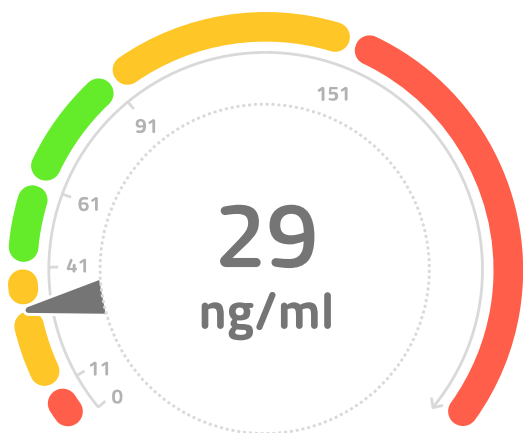
Wynik testu Witaminy D

Imię
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Numer Próbki
ABC123

Data Raportu
10-07-2019

Waga
85,0 kg



Wyniku Twojego testu

Brakuje Ci **31 ng/ml** do optymalnego poziomu witaminy D.

- <11ng/ml Krytycznie niski poziom witaminy D
- 11-30ng/ml Długoterminowy deficyt witaminy D
- 31-40ng/ml Wystarczająca ilość witaminy D
- 41-60ng/ml Właściwa i zapobiegawcza suplementacja witaminą D
- 61-90ng/ml Bardzo dobra suplementacja witaminą D
- 91-150ng/ml Zbyt wysoka suplementacja witaminą D
- >150ng/ml Potencjalne zatrucie witaminą D

Twój indywidualny raport wyniku

Analizy

Zmierzyliśmy stężenie witaminy D (25(OH)D) z **29 ng/ml** w Twojej próbce krwi. Dla Twojej wiadomości: "ng/ml" oznacza nanogram na mililitr. Czasem stężenie witaminy D jest także podawane jako Mikrogram na litr or nMol/l. Konwersja to: 1 ng/ml = 1 Mikrogram na litr = 2,5 nMol/l.

Według tej tabeli - opierającej się na opinii medycznej ortomolekularnej - ta wartość wskazuje, że w dłuższym okresie czasu obecna suplementacja witaminy D przyczyni się do wystąpienia niedobotu witaminy D. W celu zagwarantowania odpowiedniego poziomu witaminy D, powinieneś spróbować suplementować ją w ilości 60 ng / ml.

* Uwaga: podane wartości odniesienia obowiązują tylko dla dorosłych. Test cerascreen® nie może odbywać się zamiast wizyty u lekarza, jak i również nie powinien mieć tego na celu. Dokument jest tworzony automatycznie i jest ważny bez podpisu.

Highly sensitive people (HSP) definition

Highly sensitive people (HSP) are individuals who are more sensitive to their environment and to the emotions of others. They are often described as being "deeply affected" by their surroundings and by the feelings of those around them. This sensitivity can be both a strength and a challenge, as it allows them to be highly empathetic and attuned to the needs of others, but it can also make them more vulnerable to stress and anxiety.

Characteristics

Highly sensitive people (HSP) are characterized by a heightened sensitivity to their environment and to the emotions of others. They are often described as being "deeply affected" by their surroundings and by the feelings of those around them. This sensitivity can be both a strength and a challenge, as it allows them to be highly empathetic and attuned to the needs of others, but it can also make them more vulnerable to stress and anxiety.

Strengths

Highly sensitive people (HSP) have several strengths that can be a source of pride and accomplishment. They are often highly empathetic and attuned to the needs of others, which makes them excellent listeners and supporters. They are also often highly creative and artistic, with a deep appreciation for beauty and nature. Their sensitivity allows them to be highly intuitive and to pick up on subtle cues and emotions that others might miss. These strengths can be a source of pride and accomplishment for HSPs, and they can be used to help others and to create a more compassionate and understanding world.



How to support a highly sensitive person (HSP)

Supporting a highly sensitive person (HSP) involves understanding their needs and providing a safe and supportive environment. This can include creating a calm and quiet space, avoiding overstimulation, and being patient and understanding. It is also important to validate their feelings and experiences, and to encourage them to use their strengths and talents. By providing the right support, we can help HSPs thrive and reach their full potential.

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1. The first step in the process of identifying a problem is to define the problem clearly. This involves identifying the symptoms and the underlying causes of the problem.

2. The second step is to gather information about the problem. This involves researching the problem and identifying the resources available to solve it.

3. The third step is to generate possible solutions. This involves brainstorming ideas and evaluating the pros and cons of each solution.

4. The fourth step is to select the best solution. This involves comparing the solutions and choosing the one that is most likely to be successful.

5. The fifth step is to implement the solution. This involves putting the chosen solution into action and monitoring its progress.

6. The sixth step is to evaluate the results. This involves assessing the effectiveness of the solution and identifying any areas for improvement.

7. The seventh step is to communicate the results. This involves sharing the findings with others and providing feedback.

8. The eighth step is to reflect on the process. This involves thinking about what was learned and how it can be applied to future problems.

9. The ninth step is to document the process. This involves writing a report or journal entry about the problem-solving process.

10. The tenth step is to review the process. This involves looking back at the entire process and identifying any lessons learned.

11. The eleventh step is to share the results. This involves presenting the findings to others and providing feedback.

12. The twelfth step is to reflect on the process. This involves thinking about what was learned and how it can be applied to future problems.

13. The thirteenth step is to document the process. This involves writing a report or journal entry about the problem-solving process.

QUESTION 1

ANSWER: **100%**

QUESTION 2

ANSWER: **100%**

QUESTION 3

ANSWER: **100%**

QUESTION 4

ANSWER: **100%**