

Rediscover vitality!

Measurement of heart rate variability

1. Measurement: 30.04.2022 2:01
2. Measurement: 30.04.2022 2:19

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Your personal status report




**In 18 minutes, reduce stress,
triple your energy reserves,
double your overall vitality,
and become biologically 14
years younger.**

Your stress evaluation (stress index):

The stress index allows for the assessment of shifts in the autonomic nervous system (VNS). Values between 30-150 points reflect a good balance between the sympathetic and parasympathetic systems. Values above 500 points indicate a reduced adaptability.

If the stress index remains consistently high, a comprehensive and in-depth evaluation is necessary.

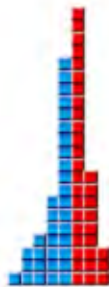


Functional state of the organism:	Meas., 1	Meas., 2
Breakdown of adaptation mechanisms		
Exhaustion of the immune system		
Exhaustion of the regulatory systems		
Significant reduction in body defenses		
Significant reduction in body defenses Reduction of the immune system	179	
Overstrain of the regulatory systems		135
Excessive stress level		
Strong tension of the regulatory systems		
Mild tension of the regulatory systems		
Still good autonomic balance		
Normal health status		
High vitality status		

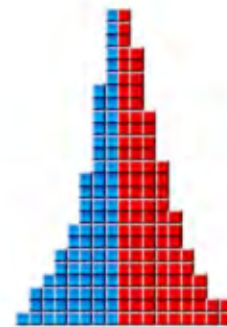
Energy reserves:

We derive the energy for our daily activities from our cells. The number and functioning of the so-called "mitochondria" (the powerhouses of each cell) determine, for example, how much oxygen we can use in our body. Therefore, exercise and nutrition play a central role in relation to our resilience. Cells react very sensitively to excessive stress caused by micronutrient deficiencies and insufficient oxygen supply - in the professional world, this is referred to as oxidative/nitrosative stress. Reference values should range between 150 and 600, and constructive as well as destructive processes should be in approximate balance.

Before



After



Your score:

Total Energy Reserves

1. Measurement: 67

Total Energy Reserves

2. Measurement: 182

1. Measurement:

Anabolic processes	Catabolic processes
33	34

2. Measurement:

Anabolic processes	Catabolic processes
78	104

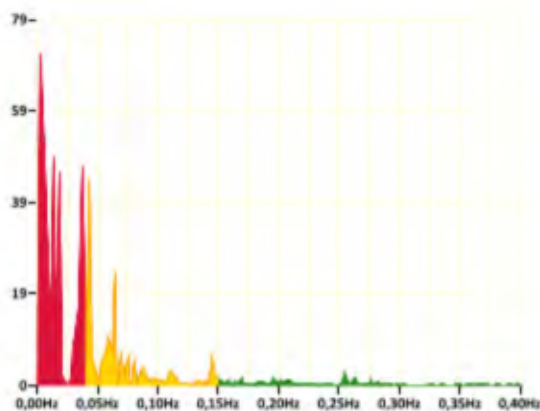
Regarding your measurement results:

The Total Power value (TP)

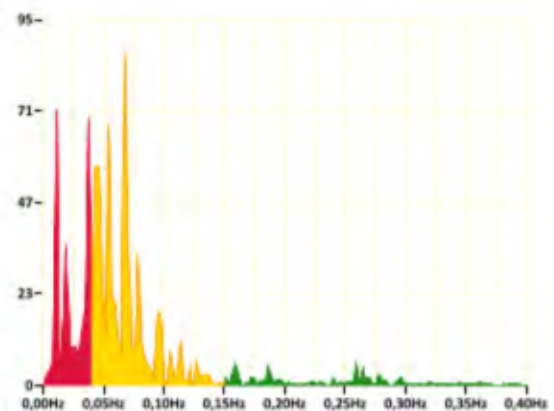
Total Power is the sum of all HRV values and therefore an indicator of overall vitality status. The Total Power is the power potential available to you and shows the available strength and overall performance of your regulatory system.

Low values indicate a restriction of variability. Values that are too high over a longer period also indicate a restricted HRV. Ideally, the values should be between 2,385 and 4,545.

Before



After



Your measurements:

Total power (overall variability of your heart rate)

1. Measurement: 628

Total power (overall variability of your heart rate)

2. Measurement: 1176

Psycho-emotional index:

Scientific studies have shown that there is a correlation between heart rate variability and brain frequencies.

Before



1. Measurement:
28



83% - 100%
State of maximum
equilibrium

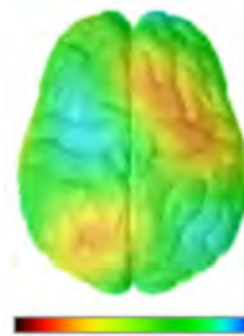


66% - 83%
Stable state



50% - 66%
Balanced state

After



2. Measurement:
64



33% - 50%
Accumulated fatigue



17% - 33%
Nervous overstrain



0% - 17%
High stress level

Your measurements
Psycho-emotional index:

The biological age:

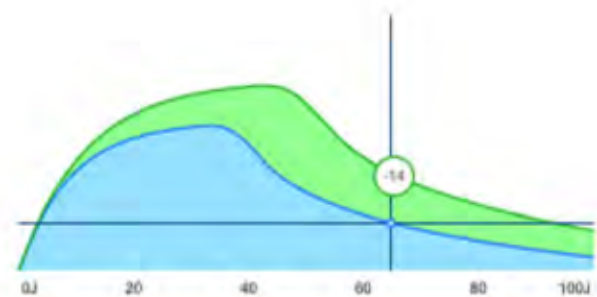
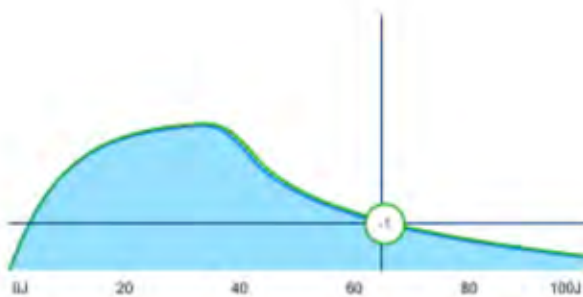
Every person can be biologically younger than their chronological age. Our actual biological age depends on our genes and our lifestyle. With an HRV measurement, it can be calculated how good the constitution is and how the lifestyle affects the age

If the biological age is higher than the actual age, then the HRV values are worse than usual for that age.

Before

After

Calendar age 64



1.Measurement

63

Your measurements

Biological age

2.Measurement

50

Important note: The information in this report is intended to improve understanding of your own vitality and is not a substitute for medical advice. An accurate analysis and interpretation of individual data/factors can only be ensured by your therapist/advisor.

Increase vitality in a few minutes!

The HRV measurement with the NILAS MV device is medically recognized. HRV stands for heart rate variability and describes the physiological ability of the heart to continuously vary the heartbeat depending on the load. The more variable a heart can beat within a certain normal range, the more powerful and resilient the organism is. Therefore, HRV is a global indicator for determining the individual health status.

The HRV measurement was performed first without and then with the Vita chip@ on the phone by an Austrian doctor. The measurements clearly show that the stress level decreased in a few minutes and the energy reserves and total power value improved significantly. The biological age was reduced from 63 to 50 years.