

Arterial & Body Composition Test

<http://www.thrivehealth.co.uk>



'Vascular disease is the principal cause of illness and death throughout the world' ...

World Health Organization ...



If you are the type of person who believes that 'prevention is better than cure', our simple, convenient screening can provide valuable health information, and put your mind at ease.

The screening along with our detailed health and wellness advice can help you reduce your risk from some of the most serious health conditions that typically show no symptoms, such as heart disease and stroke.

'More than 161,000 people die of Heart disease and Stroke each year'...

Importance of Testing



The Monitor

The testing equipment is a Class II medical device, which has been approved by the FDA (Food and Drug Administration).

The Arterial Test is a simple, safe, inexpensive and precise method of assessing vascular stiffness.

Other tests can involve more invasive procedures, be harder to organize and not always easy to interpret.

Prevention is better than cure

Modern day lifestyles, with high stress, poor diet and a lack of exercise are risk factors which contribute to the increasingly common diseases of hypertension, heart disease, stroke, obesity and diabetes which go on to affect arterial health.

Arterial stiffening can generally begin in your 20's, however the more prominent symptoms do not appear till your 40's.

Frequent testing can alert you to changes in your body and together with dietary and lifestyle recommendations can halt the progression of the disease process.

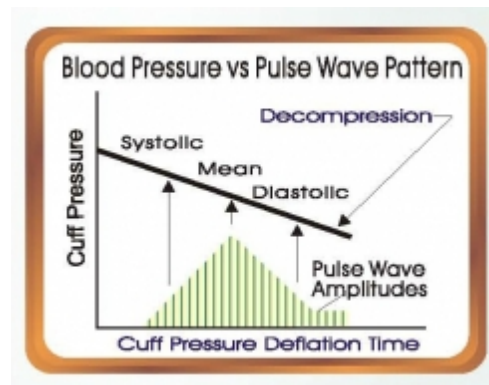
Furthermore, all the results are printed in a report, with easy to understand language, enabling you to take control of your health.

'As many as 5 million people in the UK are walking around undiagnosed'...

Technical Information

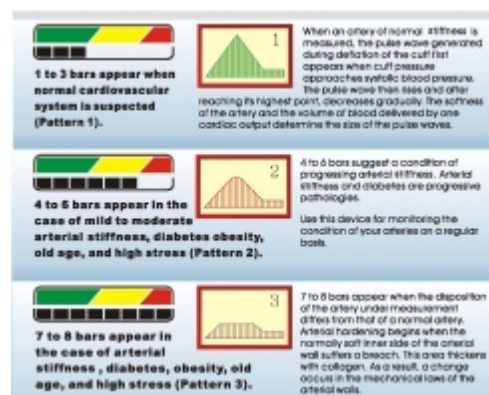
Pulse Wave Technology

The equipment works by monitoring and quantifying the degree of arterial stiffness ('S Value') from variations in 'Pulse Wave' amplitude obtained whilst measuring blood pressure.



Classification for 'S-Value'

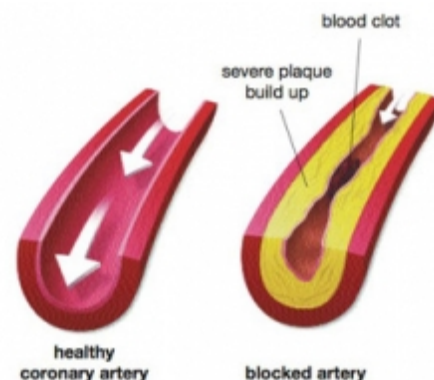
- 1 to 3 bars appear when normal cardiovascular health is indicated.
- 4 to 6 bars appear where mild to moderate arterial stiffness is suspected, as in old age, obesity, diabetes, and high stress.
- 7 to 8 bars appear when the disposition of the artery differs from that of a normal one.



Progression of Arteriosclerosis

Arterial hardening begins when the normally soft side of the arterial wall suffers a breach.

The area thickens with collagen, and as a result a change occurs in the mechanical laws of the arterial walls.



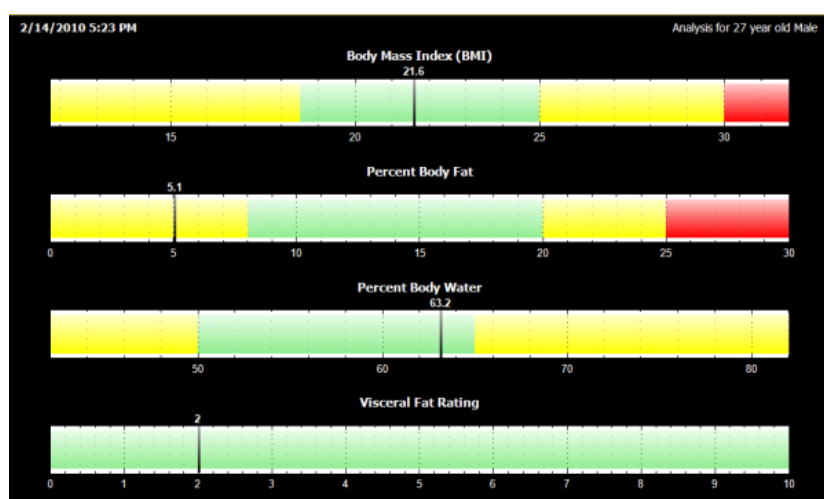
'Prevention is better than cure'...

Desiderius Erasmus ...

Body Composition Testing

To complement the Arterial Health Test we can also provide a Body Composition Analysis which gives further valuable information and includes the following:

- Body Mass Index ... is a measure for human body shape based on an individual's mass and height ...
- Body Fat % ... is measured in relation to total weight, and healthy body fat ranges are advised ...
- Body Water % ... hydration is very important for internal health as well as for clear skin and complexion ...
- Muscle Mass ... helps strengthen connective tissues which in turn increase bone density ... muscle burns three times more calories than fat
- Bone Mineral Mass ... gives an indication of bone density and can help determine where further investigation may be required ...
- Visceral Fat Indicator ... visceral fat accumulates around the organs and is a key player in a variety of health problems ...
- Basal Metabolic Rate ... is the amount of energy used when the body is at rest ...
- Biological Age ... chronological age is what age we are according to our documents, biological age is what age our body organs and tissues



'To keep the body in good health is a duty'... Buddha

Treatment



Naturopathy
Healing Naturally

Acupuncture: Has been shown to be very effective in reducing Stress and thereby indirectly improving arterial health ...

Supplements: Targeted specific supplementation assists in maintaining cardiovascular health ... eg. systemic enzymes, fish oils, nitric oxide etc ...

Nutrition: Nourishing oneself with nutritious power packed foods is the foundation for good health ...

Breath Coaching: Learn how simple breathing exercises can reduce heart rate and blood pressure and mobilize the body's relaxation response ...

Meditation: Stress is your worst biological nightmare. Take immediate action with proven techniques tried and tested over the centuries ...

'Let food be thy medicine' ...

Hippocrates ...