



Health Express Variability

Overview

The Health-Express Variability test is a unique tool for measuring, monitoring, and improving fitness for the broadest range of consumers: from the sick and the elderly trying to regain or preserve their health and vigor, to amateur sports/fitness fans trying to stay in shape. It is also an excellent tool for professional athletes seeking to improve their training and performance in pursuit of world records.

Practitioners and health care providers use this tool to get a value and a baseline of the person's overall health and body function. The physical fitness graph compares the person's physiological age to their actual age. Basically, how are the person's body systems functioning under everyday stressors? If they are 40 years old, do the body systems feel more like 50-60?

Health express variability testing is an ideal tool for wellness assessment and improvement. It is used by wellness practitioners to optimize their clients' nutrition, energy, vitality, and general physical and emotional wellbeing.

The main value of using the health express testing is to be able to determine and consistently monitor the changes in one's wellbeing over time, as well as determine the nature of one's body responses to various stimuli. The Health-Express system automatically defines a human body's functional state by orthostatic test results.

EMF Harmony Test

In this study, the practitioner performed the test multiple times with various stimuli in order to see the effects on the body. The goal was to evaluate the body's response free of any electromagnetic field (EMF) interference, with EMF interference, and with EMF devices and EMF Harmony protected devices.

The results proved that with the EMF devices and no EMF protection, the body systems were under much more stress, increased heart rate, and difficulty adapting to various changes during the testing. With the EMF Harmony wrist band and cell phone protector, the testing showed a vast difference in the ability to withstand the stressors during testing. See the printouts of the testing results below.

The use of EMF protectors is highly recommended. It is important to have them on your cell phones, other devices, your home, and in your car in order to keep your body in the most homeostasis (balance) as possible.

We can't control the amount of EMF exposure that we are inundated with, but we can do something to protect ourselves in order to keep our organs and systems as happy as possible in order to have long life and sustainability.

EMF Harmony has been a great company to work with and provide protective devices that work great and keep people on their journey to achieving better health!

Melissa Dyer Fredrick, RN, BSN

Covenant Natural Health Care

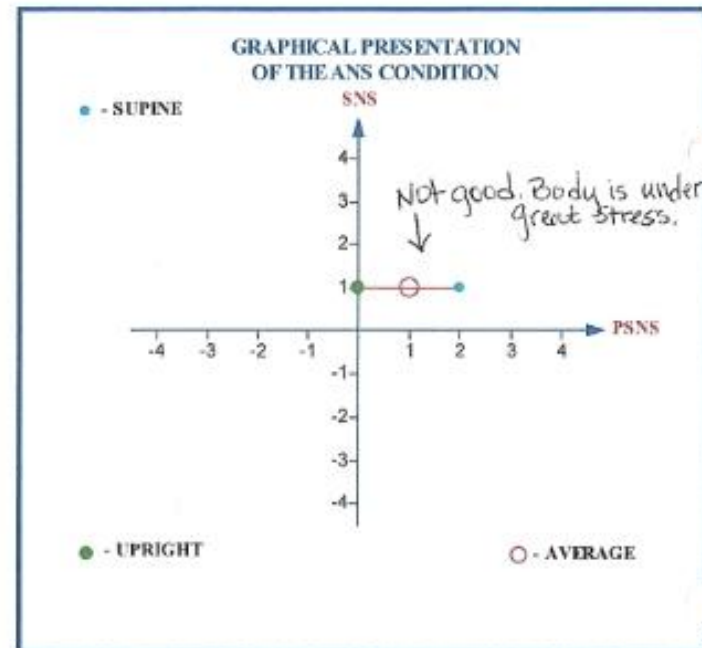
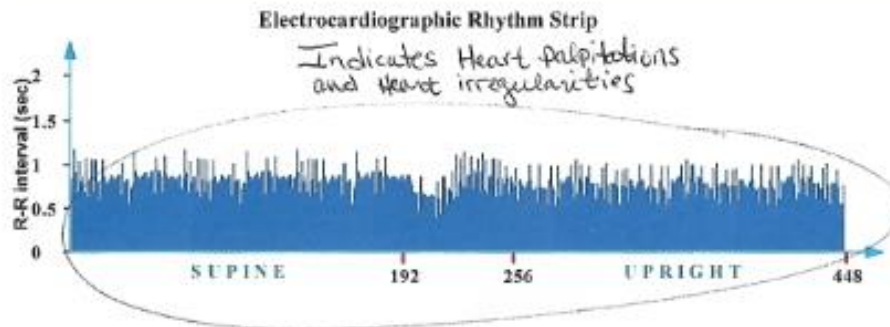
Test Results with Apple Watch & iPhone – No Protection



Assessment of ANS functional state based on Heart Rate Variability analysis

2/24/2020 9:35:12 AM

Done with watch and phone



HR	R(HF)	R(LF1)	R(LF2)
69	11	21	26

HR	R(HF)	R(LF1)	R(LF2)
78	21	23	23

Extrasystoles analysis

Single extrasystoles.

ANS ASSESSMENT (SUPINE)

HF(PSNS) is increased moderately while LF (SNS) is increased slightly

ANS ASSESSMENT (UPRIGHT)

HF(PSNS) activity on average level while LF (SNS) is increased slightly

CONCLUSION

1.0 - ACTIVITY OF PARASYMPATHETIC SYSTEM

1.0 - ACTIVITY OF SYMPATHETIC SYSTEM

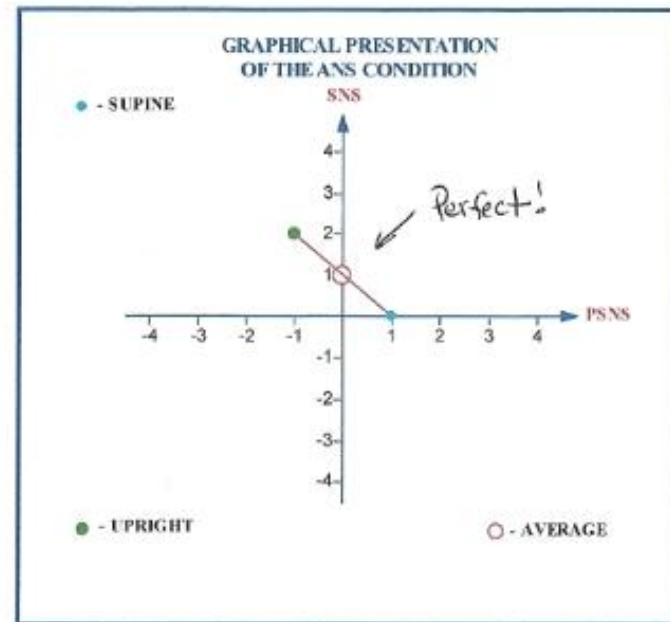
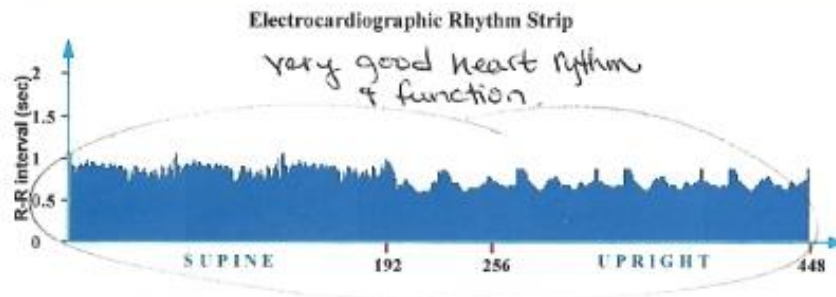
Test Results with Apple Watch & iPhone – With Protection (EMF Harmony Harmonizer+ on cell phone & Mobility+ Bracelet on wrist)

NERVXPRESS

Assessment of ANS functional state based on Heart Rate Variability analysis

6/9/2020 9:17:58 AM

done with apple watch and iPhone with emf blocker



HR	R(HF)	R(LF1)	R(LF2)
69	18	29	26

HR	R(HF)	R(LF1)	R(LF2)
85	24	21	17

Extrasystoles analysis

Extrasystoles not recognized

ANS ASSESSMENT (SUPINE)	ANS ASSESSMENT (UPRIGHT)
HF(PSNS) is increased slightly while LF(SNS) activity on average level	HF(PSNS) is decreased slightly while LF(SNS) is increased moderately

CONCLUSION

- 0.0 - ACTIVITY OF PARASYMPATHETIC SYSTEM
- 1.0 - ACTIVITY OF SYMPATHETIC SYSTEM