

# OHA – Further Information

## Optimal Health Assessment - Further Information

As part of the Optimal Health Assessment, many potential causative factors at a cellular level are tested using a unique state-of-the-art technology.

- All encompassing assessment of causative factors
- Primary and secondary underlying causations
- Primary and secondary trigger causations
- Other factors that reduce capacity

Measurements are correlated with a database of hundreds of thousands of tissue-samples analysed with molecular spectroscopy. The following list is a description of some of the main parameters included in the Optimal Health Assessment.

- EKG & HRV (Heart Rate Variability) for cardiac function
- HRV for sympathetic or parasympathetic regulations
- Pulse Wave Analysis for vascular functions
- Oximeter test for SpO<sub>2</sub>, VO<sub>2</sub>, DO<sub>2</sub>
- Bio-impedance for fat percentage and intra- and extra-cellular water
- Phase Angle for cell-voltage, cell-permeability and cell-vitality
- EIS for cell-activity, cell-metabolism and organ function
- EIS (Electro Interstitial Scan) for tissue pH and interstitial factors
- Spectroscopy test of tissue strain and factors at a cellular level
- Spectroscopy test of microorganisms, mercury and more
- EIS + Spectroscopy test of local and systemic inflammation
- Statistical risk evaluation of cardiovascular problems
- Full evaluation of the autonomic nervous system
- Evaluation of major factors regarding sugar metabolism
- Statistical risk evaluation of several common health factors
- Differentiation between causes and effects/compensations
- Cross-method homeostasis evaluation for several body systems
- Follow-up test with graphs indicating the development between tests

A unique **Voice Analysis technology** may be used to test psychosomatic, psychological, emotional and personality issues. It measures all the known approaches to analyse aberrations of the voice, tone sequences, vibrations, harmonics, etc. The technology combines the measurements into results that are then compared to a huge pattern reference-database of specific factors. In most clinics this assessment is performed by licensed psychologists.

**HD Medical Thermography** is used to assess inflammation, for example under a tooth or in muscles and joints, etc. This non-invasive method is ideal for immediate assessment of numerous health challenges such as early screening of breast cancer. Health Optimising Clinics use the same High Definition Medical Thermography as used in the best hospitals worldwide. Most clinics also have "organ overlay technology", which allows for professional and visually-comprehensive reports.

**Dynamic Thermography** is used for further assessment of additional factors. By testing specific points before and after a temperature regulation, we provide an opportunity to find out why something is abnormal on the HD Medical Thermography. This technology is also a stand-alone-test to provide additional information on health problems by comparing specific measurement points to a reference database.

**For assessment of the stomach functions**, we use the gold standard: a digital pill is swallowed that continuously provides measurements in real-time via radio signals to a computerised system. It provides accurate readings of the pH, the amount of stomach acid (HCl), the production capacity of HCl, the timing of stomach emptying, the pyloric valve function, and more. This is an essential test for everyone who has gastric reflux or digestive problems.

When biochemical tests are indicated, we give advice to which tests would be most relevant. Additionally, we offer unique laboratory tests not available through conventional clinics, such as urine-peptide analysis, IgG and IgA food intolerance test, fatty acid profile, etc. However please note that only a very small percentage of physiological functions can actually be assessed through blood tests and other biochemical tests.