

Screening Recommendation Info



Vitality Screening Isle of Man, Upper Ballacubbon Richmond Hill Braddan Isle of Man IM4 1JQ
<https://www.vitality.im>

ben@vitality.im

Uric Acid Female - High 3

Products

Vitamin B complex 60 capsules: Take one capsule morning and evening. B Vitamins have many uses including contributing to the release of energy from foods, supporting the healthy function of the nervous system, contributing to the reduction of tiredness and fatigue and supporting normal psychological function.

SOS Essentials Advance: 3 bottles of SOS Essentials Advance liquid is a month's supply. Take 1 capful 3 times a day. Order from www.sosessentials.com or phone 01274 615914. Mention Dr John Ogden for 10% discount SOS essentials is a blend of CBD Oil, Hemp Essential oil, Turmeric Oil (Curcumin), Coconut Oil, Frankincense Oil, Myrrh Oil, Peppermint Oil, Spearmint Oil, Clary Sage Oil, Oregano Oil, Chamomile Oil, Black Seed Oil, Cinnamon Oil, Thyme Oil, Lemongrass Oil and Lavender Oil.

Haemoglobin Female - Very High

Nutritional: Please show these results to your GP and ask for further tests

Saliva pH - Low 1

Nutritional: Slippery Elm capsule. Take 1 capsule if you have stomach discomfort at night. 1 teaspoon increasing to one dessertspoon of Slippery Elm powder in water as a gruel before breakfast if you need to calm your reflux. Reflux. Dropping Acid by Dr. Jamie Kauffman. Explanation and food combining with recipes specifically for avoiding reflux. Try black cherry juice and bananas, especially banana tea at night if not sleeping.

Products

Slippery Elm: Add between a teaspoon and up to a dessertspoon of the powder into a glass of water/juice first thing in the morning. Also if you are in discomfort when you lie down at night.

Urine Sodium - Low 1

Nutritional: Water. You should drink a small glass of STILL water per hour. To determine how much water you really should be drinking take your weight in Kgs divide by 39 (the conversion number) gives you the number of litres you need to drink per day.

Products

Salts: Use Himalayan Salt, French Grey Salt, Sel du Vie or Sea Salt liberally on your food. Black Strap Molasses, take 1 teaspoon every day.

Urine Hydration - Dehydrated

Nutritional: Water. You should drink a small glass of STILL water per hour. To determine how much water you really should be drinking, take your weight in Kgs divide by 39 (the conversion number) gives you the number of litres you need to drink per day. Stop eating so much pre-prepared food, carbohydrates and sugar.

Vitamin C - Low 1

Nutritional: You need to eat more fruit and vegetables. 1-2g of High potency Vitamin C, take ½ a teaspoon in a mug of warm water twice a day.

Products

Lambert's vitamin C: Take as directed on the label

Autonomic Nerve Balance - Red 60%

Nutritional: Breathing exercises When you breathe in push your tummy OUT. Lie on your back, put a book on your stomach. Breathe in, push book up! Repeat 12 times morning and evening. Breathe in 2 secs, hold 4 secs, breathe out 4secs. Breath in through your LEFT nostril. Put your finger over your RIGHT nostril to achieve this. Buteyco method google for your nearest practitioner or study it on YouTube. <https://www.youtube.com/watch?v=tKaUEVnducl>
<https://www.buteykobreathing.org/>

Products

Breathing exercises: Buteyco method google for your nearest practitioner or study it on YouTube. <https://www.youtube.com/watch?v=tKaUEVnducl>
<https://www.buteykobreathing.org/>

Physical Stress - Low 2

Overall Stress Score - Very Low

Nutritional: Is it a physical or emotional stress that is lowering your resistance to stress? Please seek professional advice. It is important to correct this.

Peripheral Vessel Elasticity % - Low 1

Nutritional: Take a Vitamin D test; optimal level appears around 100 nmol/L Alternatively, take Flax oil capsules. Add beetroot, Ceylon Cinnamon and cayenne pepper to your diet.

Products

Flaxseed oil capsules: Take one each morning.

Peak Expiratory Flow Rate Female - Low 1

Nutritional: "Breathing exercises When you breathe in push your tummy OUT. Lie on your back, put a book on your stomach. Breathe in, push book up! Repeat 12 times morning and evening. Breath in 2 secs, hold 4 secs, breath out 4secs. Buteyco method google for your nearest practitioner or study it on YouTube. <https://www.youtube.com/watch?v=tKaUEVnducl> <https://www.buteykobreathing.org/> Exercise Your body needs movement to trigger your Lymphatic System, which is your waste disposal system. Walking with a spring in your step for 30 minutes per day will do the trick. Try six 5-minutes walks, or three 10-minute walks, two 15-minute walks or just a 30-minute walk. Alternatively search Pace Express on YouTube. More adventurous and you can really go for it in just 12 minutes a day, it may be a little OTT but it really works. Add beetroot, Ceylon cinnamon and cayenne pepper to your diet to open the arteries. Cayenne pepper with your food or capsules from your health food store. 1 capsule ALWAYS WITH food, otherwise it is hot going in and hot going out ! If the Cayenne is too powerful use Trikatu powder.

Products

Breathing exercises: Buteyco method google for your nearest practitioner or study it on YouTube. <https://www.youtube.com/watch?v=tKaUEVnducl>
<https://www.buteykobreathing.org/>

Fat Mass (FBM) - High 1

Metabolic Age - High 1

Nutritional: Your metabolic age is higher than your actual age, you need to improve your metabolic rate. Watch your diet, increase exercise to build healthy muscle, which will improve your metabolic age, making you feel younger and fitter.

Total Body Water - High 1

Nutritional: Make certain you are hydrated, compare with your Urine analysis at the start of the report.

Products

Corn silk tea: Alkalises you and flushes the kidneys to clear any underlying infections and emotions.

Melonade: Melonade helps to flush the kidneys, mix 1/3rd of a Watermelon including the seeds with 2 dessert spoons lemon juice. Blend and drink freely.

Shopping List

Vitamin B complex 60 capsules - <https://www.biocare.co.uk/b-complex>

SOS Essentials Advance - <http://www.sosessentials.com>

Slippery Elm -

https://www.amazon.com/Starwest-Botanicals-Organic-Slippery-Powder/dp/B003AYEHLQ/ref=sr_1_2?dchild=1&keywords=slippery+elm&qid=1600853656&sr=8-2

Salts - None

Lambert's vitamin C -

http://www.expresschemist.co.uk/product_1205_lamberts-ascorbic-acid-250g-powder.html?gclid=Cj0KEQjwwLHLBRDEq9DQxK2I_p8BEiQA3UDVDr02TGG0X9KZG

Breathing exercises - <https://www.buteykobreathing.org/>

Flaxseed oil capsules - <https://www.uniquevitality.uk/product/flaxseed-oil/>

Breathing exercises - <https://www.buteykobreathing.org/>

Corn silk tea - <https://www.buddhateas.co.uk/index.php/cornsilk-infusion.html>

Melonade - None

Disclaimer: The fitness & lifestyle screening is an assessment service indicating certain findings at the time of assessment. We would remind you that this is not a medical or diagnostic service. As your assessment results may be affected by nicotine, medication, alcohol, caffeine, certain foods, stress, pregnancy or other factors, any results indicated should not be regarded as conclusive. Should you have any concerns we recommend you consult your medical professional.