

Vitality Analysis

A Whole Health Personal Nutrition and Lifestyle Program

© Abundant Growth/Whole Health Consulting 1993

Dear Jane

Following is your Vitality Analysis: It is also enclosed in a Word file that maintains its' formatting. Please read all the descriptions carefully. Further explanations are found on page five.

Client: Jane Smith Date: May 2013 Phone: 555-555-1212

Welcome! We congratulate your efforts to improve your well-being and lifestyle! The following measurements and recommendations were determined for you through a highly skilled technician using our Bio-Computer. Our purpose is to measure bio-energetic impulses of the human Vitality body taking into account the uniqueness of your own body and its present conditions. Based on these bio-computer measurements, dietary foods and lifestyle suggestions are given to you with the intention of increasing your 'Vitality' (a bio-computer measurement of harmonious energy flowing naturally through the body).

Our birthright is health and balance. Ill health and dis-ease result when balance is lost either through an excess or deficiency of energy in our system. In Vitality Analysis we do not measure disease. We measure the subtle interplay of body Vitality. Many ancient systems of health have talked about the vital essence of the body; sometimes it is called 'Chi' (Qi), 'prana' or 'life force'. It is a natural flowing movement that nourishes and energizes every cell in the body. When there is high Vitality (chi or prana) in the body, there is less chance of disease, because there is less stagnation or inertia in the vital body and the body can cleanse, balance and heal in accord with the laws of nature. We have found, through the experience of thousands of individuals, that certain changes in lifestyle and nutrition can have a large impact on our Vitality.

Please Note: Abundant Growth makes no claims as to the interpretation or the usefulness of "Vitality". Any nutritional recommendations are made in relationship to the Vitality measurement only - not your body. If you have a medical problem, see your doctor.

Section One: Whole Body Vitality

A.

Whole Body Vitality (WBV):	100
Peak Vitality:	200
Body Functioning:	75%

N.B Whole Body Vitality and Peak Vitality can vary greatly depending on what specific challenges your body is adapting to or healing.(see explanation on page 1) so by themselves you cannot interpret a lot from these values but once you have several analysis you can see the progression. Body functioning is more constant and changes more slowly.

Section Two: Whole Body Vitality Inhibitors

Items B through E indicate areas where WBV is being inhibited or drained. This can be because there is a blockage in the Vital Body but most often it shows just where the body is focusing its energy or healing. The scale below gives you a guideline as to whether the drain is low, moderate or high.. The numbers are indicated as negative values to show the amount of inhibition on WBV.

Scale:	0	No Inhibition	0
	L	Low Inhibition	-1 to -199
	M	Moderate Inhibition	-200 to - 599
	H	High Inhibition	-600 plus

B.	General Toxicity	H	Tested	Typical	H
C.	Blood	H			H
	Lower bowel	H			H
	Liver	H			H
	Kidney/bladder	H			H

N.B. Please note that a medium or high toxicity reading doesn't mean that you have a high quantity of toxins in the body - only that the body's vitality is being drained to a high degree by whatever toxins are present. The cleaner you are the more likely you will react to a small quantity of toxin. Most people in modern society have medium to high toxicity. Typical values in blue are average for the general population. They are not your numbers but for reference.

D. Vitality Inhibition in Body Systems:

System	Tested Inhibition	Typical
Immune/Lymphatic	700	600
Circulatory	200	0
Endocrine	400	300
Reproductive	400	300
Digestive	600	200
Respiratory	0	0
Nervous	00	600
Blood Sugar System	400	0
Cleansing/Elimination	700	600
Major Organs	500	Liver Kidney 500
Skeletal	0	0
Muscular/connect.	400	0
Fat metabolism	0	200

N.B. If you were strongly supporting a system when testing occurred, by with food, supplements, or other means, that system might test as less drain than would be expected. Also note that the readings apply to the system as a whole. Some systems are large with many parts that might not affect the other parts, so if you did not put down a particular symptom on your application form, the whole may test relatively strong even though there is a symptom in one of its parts. "0"s are best but no one is ever "0" in all systems. There will always be a weak link that your body will try to help.

E. WBV Inhibition From Specific Influences on the Body:

Environment allergies	M
Heavy Metals	L
Food sensitivities	M
Candida	M
Parasites	L

We suggest that you apply for Food Sensitivity Testing. It may be a way to eliminate certain foods from your diet and replace them with other nutritionally similar foods until they can be tolerated again.

Section three: Increasing WBV through Balance in our Diet and Lifestyle

The following recommendations have measured to increase Whole Body Vitality. Each product is tested against your unique vitality – so don't be surprised if a food is recommended that we can't understand why. The food combinations are very complex and we don't know all their effects. Choose the entire program recommended for maximum support or work with your advisor to choose a more Basic program. It is recommended that you include one of the basic nourishing foods and one of the cleansing. These Sunrider foods are your priorities over any others. Amounts suggested are minimum. Those that have an ✓✓✓ beside them are first priority. Many people, for best effect with minimum cost consume small amounts of all the priority items. Those with a single✓are second priority. Those with no ✓tested the least benefit at this time.

Herbal Foods (Nourishing)		Serving	Herbal Foods (Cleansing)		Serving
NuPlus		1 -3 /day	Calli	✓	1 -3 /day
Simply Herbs		1 -3 /day	Night Calli	✓	1 -3 /day
Regular NuPlus (no beans)	✓✓✓	1 -3/day	Fortune Delight	✓	1 -3 /day
Vitalite Sunbars		1 -2/day	Calli & F. Delight	✓	1-3/day
Vitashake		1-2/day	Evergreen	✓✓✓	½ -1/day
NuPuffs		1-2/day	"Sunny Dew"		2-10 drops/day
Additional Herbal Foods		Serving	Metabooster		2 - 4 /day
Fibertone		1- 2 2 or 3x/day	White Willow Bark		1 – 3/day as needed
VitaDophilus	✓✓✓	1 -2 /day	Sunrise		1/2 vial /day
Dandelion Root	✓✓✓	1- 2 2 or 3x/day	Sunergy Plus		2 - 3x /day
Fruit & Vege Rinse	✓	6 – 12/day	Vita Spray	✓	1 – 3x/day
Vitastate	✓	1-2 /meal	Meta 44	✓	2 3x/day
Action Caps	✓	2 - 3x daily	Citric C	✓	2 - 4 /day
Sun Trim Plus	✓✓✓	2 – 3 before meals	Cal Tabs	✓✓✓	2 - 4 /day
Slim Caps	✓	1-2 2/day	Chinese Golden Seal Root	✓	2 - 4 / day
SunFit	✓	1-2 ½ hour before meals	Alpha 20C	✓	2 - 4 / day
Pearl	✓	1 /day	Conco	✓	2 - 4 / day
Dong Quai	✓	2 or 3 /day	P.A. (Prime Again)	✓	2 - 4 / day
Siberian Ginseng	✓	2 or 3 /day	A.D. (Assimilaid)	✓	2 - 4 / day
Korean Ginseng		2 or 3 /day	L.S. (Life Stream)	✓	2 – 4 / day
Bella		2 or 3 /day	Quinary	✓✓✓	1 or 2 serving/day
Men's Formula		2 or 3 /day	Liquid 5	✓	1 /day
Veros		2 – 4 2x /day	Spirulina	✓	2 - 4 / day
ESE	✓✓✓	2 - 4 /day	VitaFruit	✓	1/2 to 1 /day
TOP	✓	2 - 4 /day	ElectroSport	✓✓✓	1/2 to 1 /day
JOI	✓	2 - 4 /day	Sports Caps	✓	2 - 3x daily
Metashaper	✓	2 - 3 /meal	Sunny Fresh	✓	1 /day

A serving size is one Calli bag; one small packet of Fortune Delight (If combined, mix 1 bag and 1 small envelope to 2 cups or more of water), or one vial of Evergreen - in one to two cups of water.

* You may benefit from adding a herbal nutritional for blood sugar. This is available in the U.S.A. as "Sunny Dew"

We recommend the following additional dietary and lifestyle practices:

- ✓✓✓ Make sure you are drinking at least 4 - 8 cups of water; warm water (boiled) is best.
 - Drink some warm or hot beverage when taking herbal capsules.
- ✓✓✓ Diet needs to be more alkaline and less acidic.
- ✓✓✓ Diet needs to have fewer carbohydrates. Start by eliminating simple sugars and refined carbohydrates.
- ✓✓✓ Diet should have more available amino acid (protein). (More available protein means either better digestion or better quality protein or more quantity. Plant protein is usually better quality and more digestible than animal. Red meat is lowest quality.
- ✓✓✓ Diet is strongly deficient in essential fatty acids. **Evening Primrose oil** tests best to raise your vitality.
 - **Choose a well cooked, easy to digest and non-gas-forming diet** – one that is **relaxing** on the body & nervous system. . A good staple meal would include steamed basmati rice, well-cooked vegetables and a light protein dish. Avoid cold and frozen foods and drinks (cold milk, ice water, ice cream etc.). Limit excessive raw foods, especially apples and cabbages. Limit beans (tofu, mung beans & red lentils are OK) & red meats. Warm, moist foods are good (e.g. soups, stews). Include some oil or butter and salt. Exclude any foods you have allergies to.
 - ✓✓✓ **Follow Candida-control diet:** Avoid sugar and foods containing sugar, packaged and processed foods, cheeses, alcohol, vinegar, yeast and yeast products (bread), fermented foods, malted products, processed meats,

How often should I update my nutritional program?

We suggest you update your program every three months or more often if you wish. You can do this by applying for a revised Vitality Analysis (be sure to indicate any changes you have noticed on the application form).

How to Get Maximum Benefit from Your Vitality Analysis

- 1. You need to understand your Vitality Analysis thoroughly.** Because the mind and body are connected, a better understanding of all the points will assist you holistically. If you have any questions, doubts, confusion, or concerns about your analysis, please contact myself or someone in your upline who has experience with this.
- 2. Vitality Analysis is not intended to be or to replace medical advice.** Vitality Analysis is a non-medical measurement developed by Abundant Growth to help you in refining your nutrition and lifestyle. If you have a health problem, consult your doctor. Abundant Growth is independent and not associated with Sunrider International.
- 3. Begin implementing the recommended changes that you are comfortable with *as soon as possible*.** This analysis is based on your *current* Vitality. Delaying the program may reduce your chances of greatest success.
- 4. Once you have made your decision to go ahead, then relax and enjoy the journey.** Too much daily evaluation (is it working, is it not??) causes stress.

Common Questions About Vitality Analysis

What does the Whole Body Vitality Number mean?

Whole Body Vitality (WBV) is a number that indicates the available Vitality at the time of testing. It is NOT A PERCENTAGE (i.e. people are not 50 out of 100%). WBV could be considered the final net total after a number of different factors have been considered. Some of these factors add to your wholeness and some of them detract from your wholeness. It is like when a person figures out their net income. They add together all the forms of income, then they subtract all their expenses and the result is their net earnings.

$$A + B + C - D - E - F = \text{Net Total}$$

In Vitality analysis, for example "A" might represent the Vitality or energy you receive from your regular food. "B" might be the energy you receive from herbal foods and "C" the Vitality you receive from fresh air. "D" might represent the Vitality drain from the toxins in your food, "E" might be the Vitality drain from having to work in a polluted office, and "F" the draining influence from stress, lack of sleep, or an emotional trauma.

Your WBV number can increase very quickly when you make improvements in nutrition. Many people are initially at 50 or 100, and the next time they get a VA they can increase by hundreds of points. No matter what your Vitality now, you can improve it.

What do the Vitality Inhibition Readings mean?

These numbers show drains to Vitality and basically point out whether areas need attention (low numbers) or not (high numbers). **NOTE:** A high reading, in your toxicity for example, doesn't necessarily mean that you have a lot of toxins in your system. It only means that your **vitality** is being affected highly by whatever is there. This concept applies to all the vitality inhibitor readings.

What we've seen is that if people get several VAs over a period of time they start to get a picture of their body's patterns and how it reacts to what's going on in their life. By making little adjustments in their Sunrider Foods, daily eating habits and lifestyle, they keep better Vitality than those who do not. This has been documented.

If you have questions, first check out the questions and answers section of our website at www.VitalityAnalysis.com. If you still are unsure and completed an application through a registered user – that person should be able to take care of any questions you have about your analysis. If you did not apply through a registered user –feel free to phone or e-mail me your questions if you wish. If you do not reach me, leave a message indicating your phone number or when you will call back. Thank you for being committed to your health.

Randy Fritz, Abundant Growth/Whole Health Partnership

Phone: (780) 988 - 9174 www.VitalityAnaysis.com