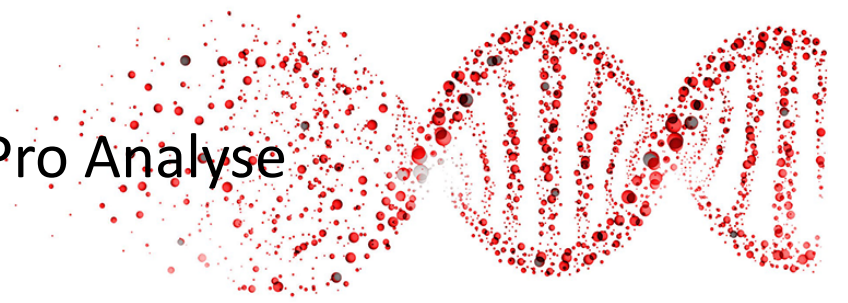




Name: Emma Musterfrau
weiblich, 86 Jahre (05.12.1935)
60 kg, 160 cm

Datum: 4.10.2021, 16:14:53
Analyseart: Basismessung, 500 Intervalle

Dagmar Bareiss
Im Dachsbau 3
74374 Zaberfeld
kontakt@dagmar-bareiss.de

Gesundheitsdaten

Allergien: Keine
Blutgruppe? A positiv
Hautprobleme? Ja

Alkoholkonsum? Nie
Schmerzen? Ja

Sportliche Aktivität?
Reguläres Training
Ernährungsgewohnheiten?
Vegetarier

Schilddrüsenfunktion?
Normal
Gelenksschmerzen? Ja

Stoffwechseltyp

Klasse 3

Dieser SW-Typ arbeitet ursächlich sehr langsam und verwertet jedes Gramm aufgenommene Nahrung optimal. Evolutionstechnisch ein Vorteil, der bei Nahrungsknappheit das Überleben sicherte. Der Nachteil ist, dass jeder geringfügige Kalorienüberschuss als Depotfett gespeichert wird. Die Herausforderung besteht darin den Stoffwechsel auf Trapp zu halten und den Fettzuwachs zu kontrollieren, damit Muskulatur sichtbar wird.

Ernährungsempfehlung 4-5 kleinere Mahlzeiten pro Tag

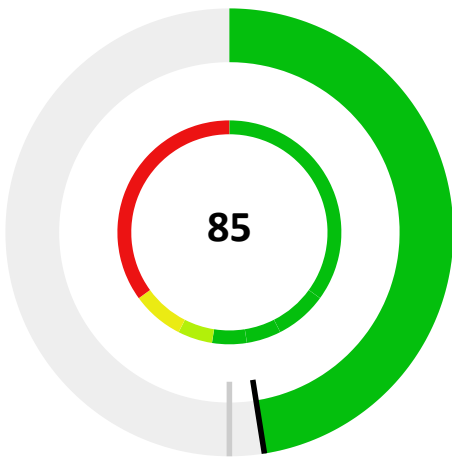
- Mahlzeiten mit hohem Proteinanteil und ausreichend Flüssigkeitszufuhr (stilles Wasser) sind ideal
- Die Energieaufnahme sollte maximal zu 25-30 % aus Kohlenhydraten mit einem niedrigen glykämischen Index bestehen (z.B. Vollkornprodukte, ballaststoffreiches Gemüse)
- Vorzugsweise sollte auf frische saisonale Produkte und auf Omega 3 und 6 Fettsäuren zurückgegriffen werden, da sie für lebensnotwendige Stoffwechselprozesse benötigt werden

Trainingsempfehlung mind. 3 Trainingseinheiten pro Woche

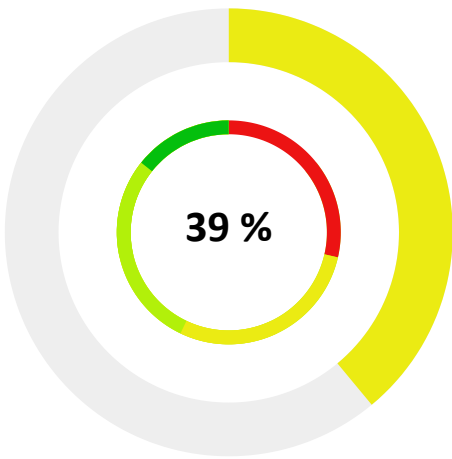
- Öfter lange und langsam als kurz und intensiv trainieren
- Der Trainingsfokus sollte auf Fettabbau liegen
- Ausdauertraining im aeroben Bereich mit hohem Energieaufwand ist ideal und reinem Krafttraining vorzuziehen, da eine schnelle Regenerationsfähigkeit vorhanden ist
- Übungen, die viele Muskeln auf einmal trainieren, wie Liegestütz- und Plank-Variationen sind ideal

Zusammenfassung

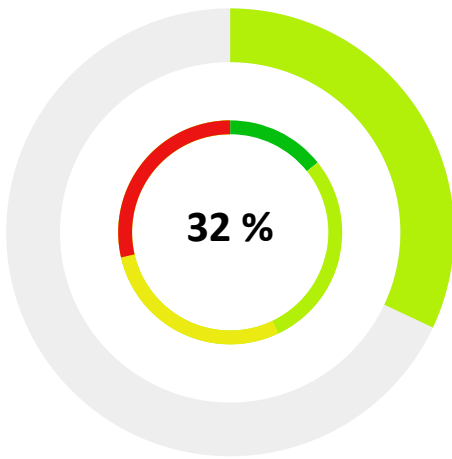
Biologisches Alter



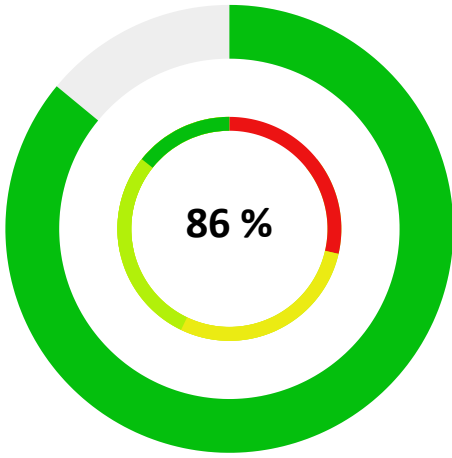
Verdauungssystem



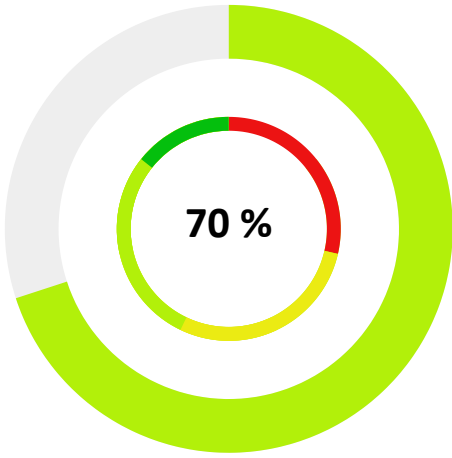
Umweltbelastungen



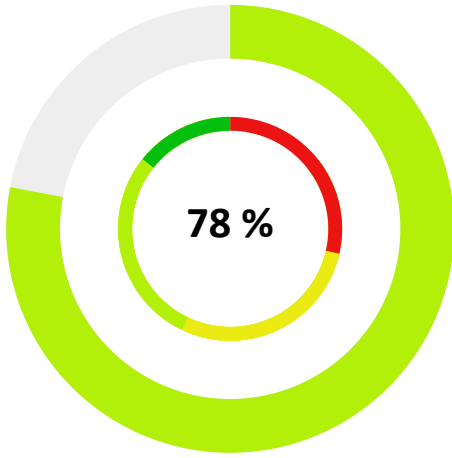
Spurenelemente & Mineralien



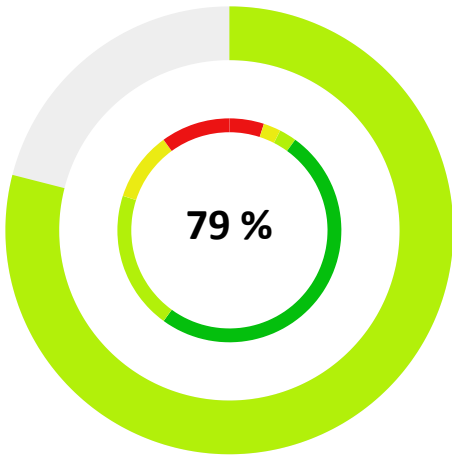
Vitamine



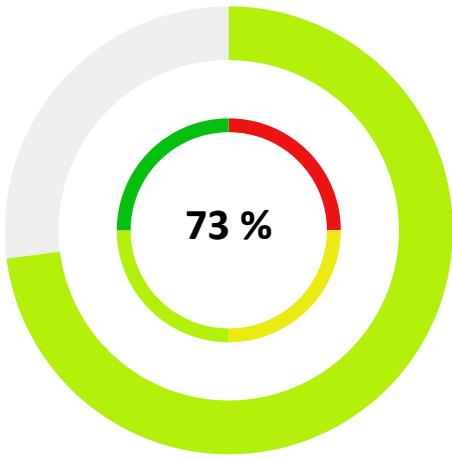
Proteine



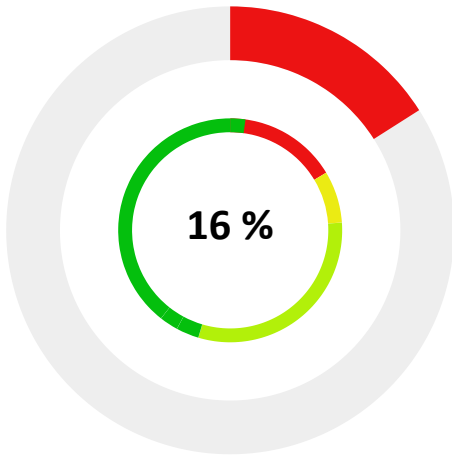
Stress-Index



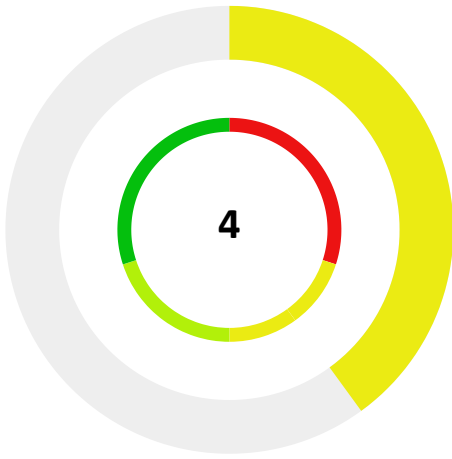
Erholungsfähigkeit



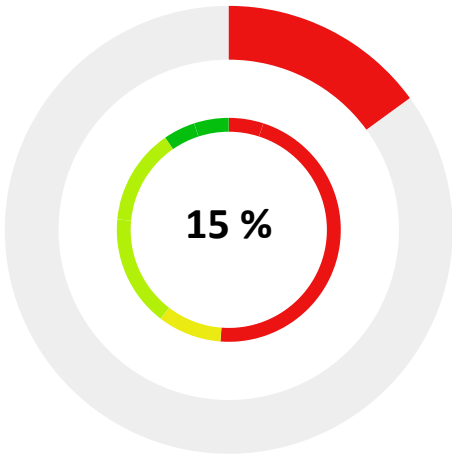
Relax-Faktor



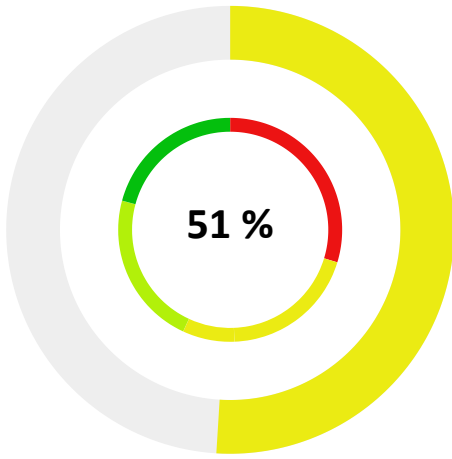
Antiviral Status



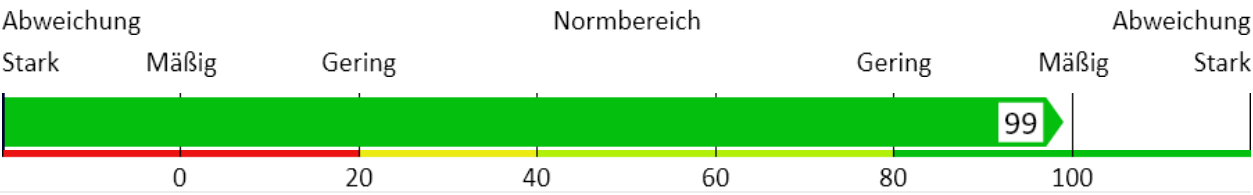
Gesamtenergie



Gesundheits-Index



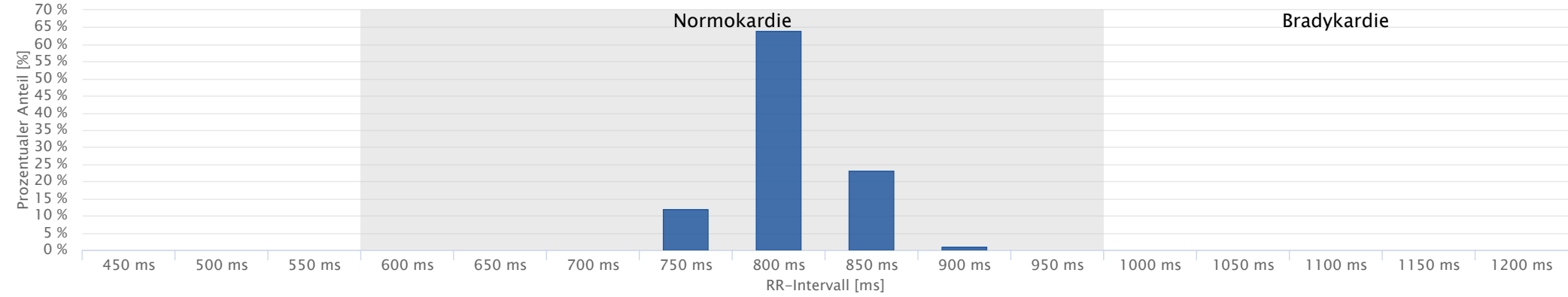
Signalqualität



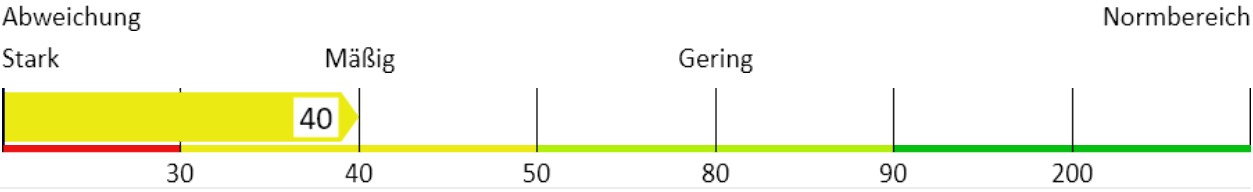
Rhythmogramm



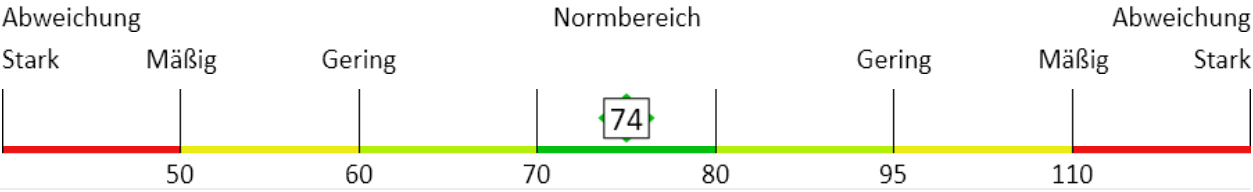
Histogramm



HRV

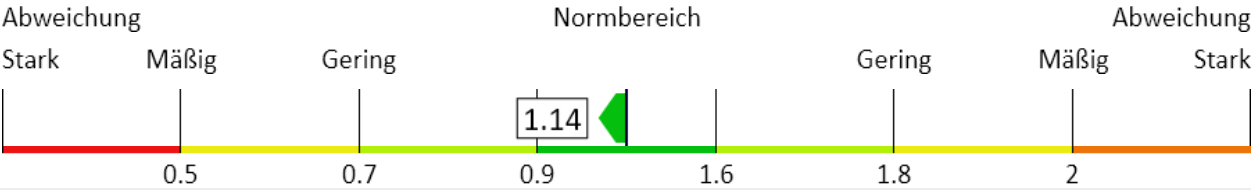


Herzfrequenz



Allgemeine Daten

Qualität der Regulation (Alpha 1)



Qualität der Regulation (Ako1)



Regulationsfähigkeit



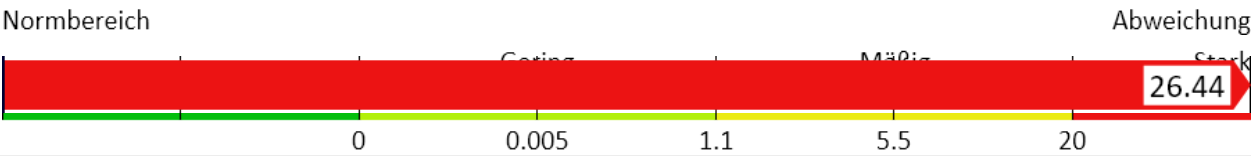
Gesamtenergie (SDNN)



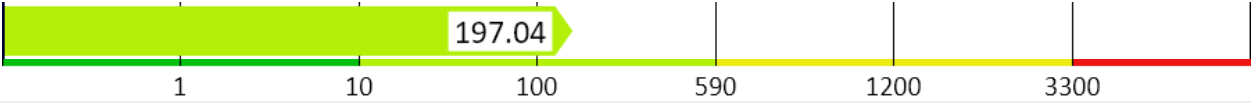
Stress-Index (Sympathikus)



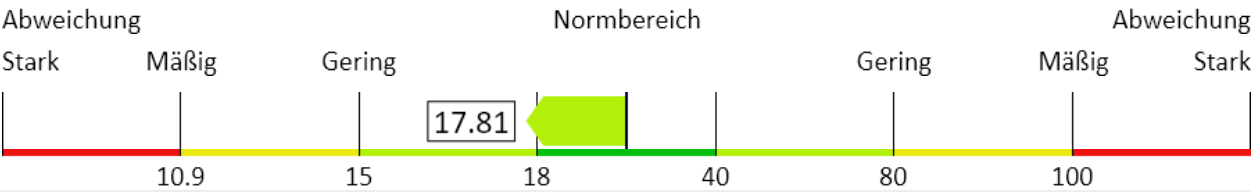
Chronischer Stress-Index



Anspannung



RMSSD (Parasympathikus)

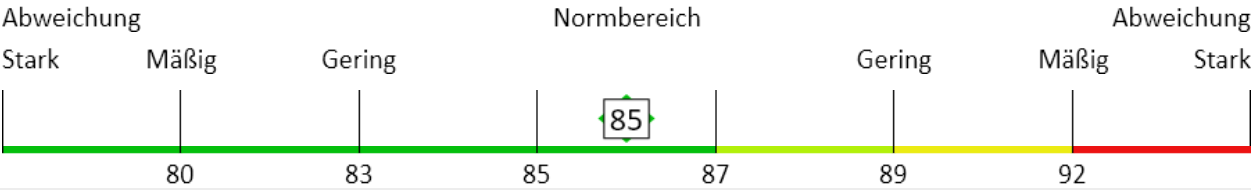


Erholungsfähigkeit



VNS Parameter

Biologisches Alter



Kurzzeitige Variabilität (SD1)



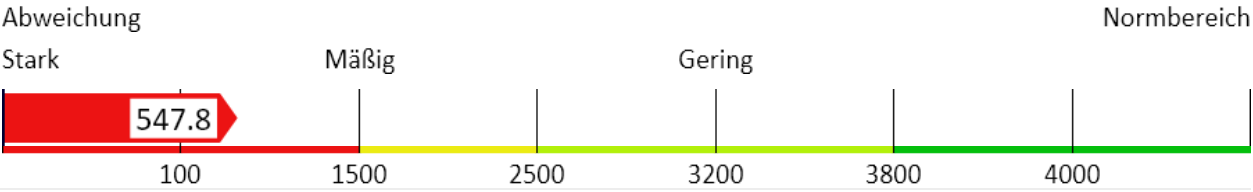
Langfristige Variabilität (SD2)



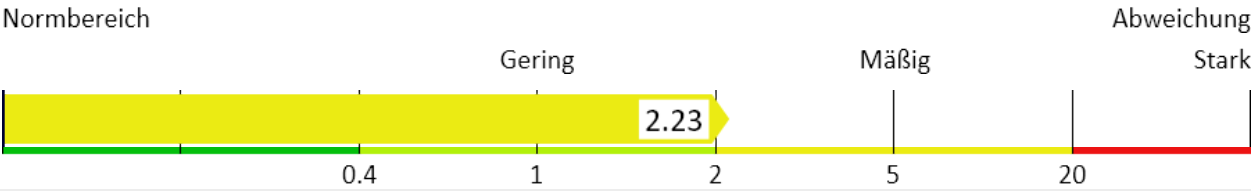
Verhältnis SD2/SD1



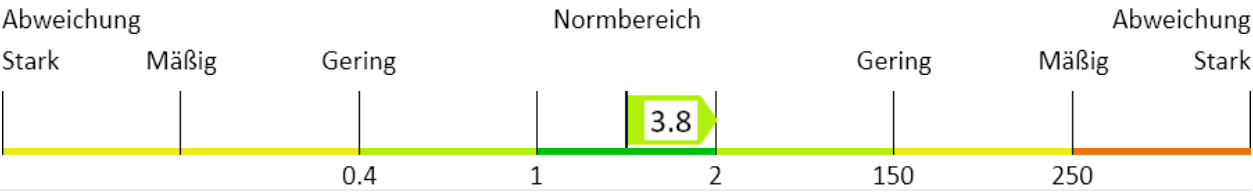
Total Power (TP)



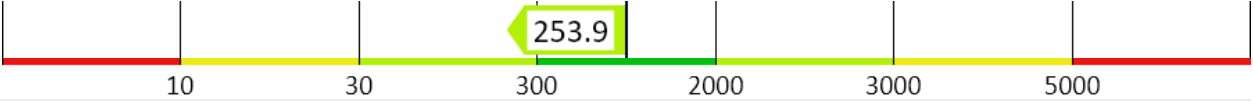
Erschöpfung



Wille



VLF

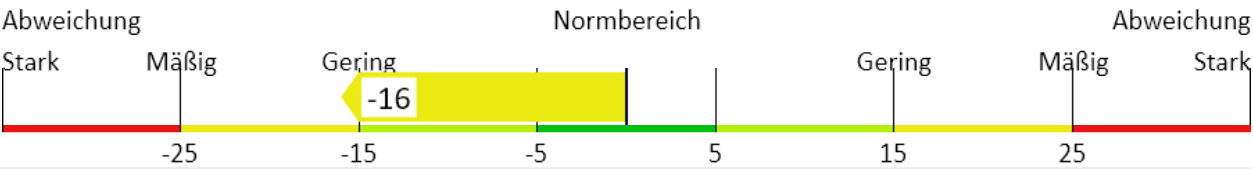


LF





Säure-Basen-Gleichgewicht



Wasserhaushalt

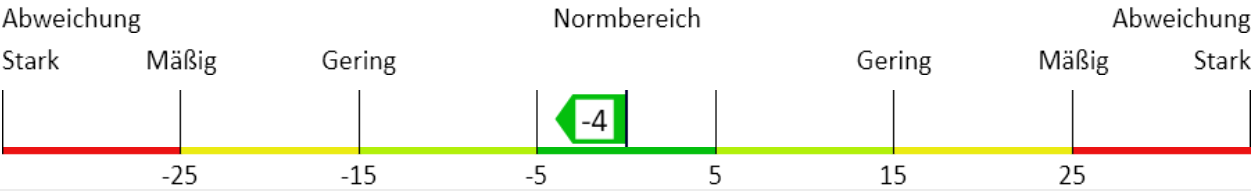


Allergisches Reaktionspotential



Spurenelemente & Mineralien

Kalzium



Eisen



Zink



Selen



Phosphor



Kalium



Magnesium



Kupfer



Kobalt



Mangan

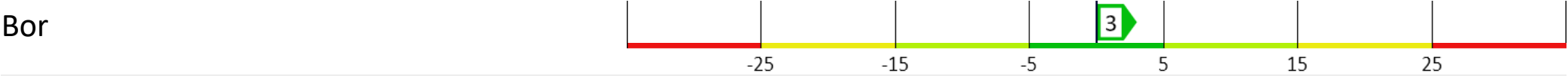
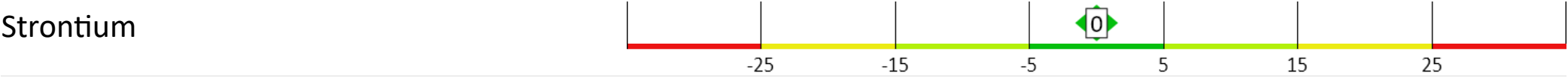
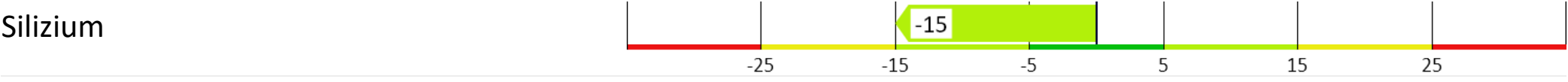
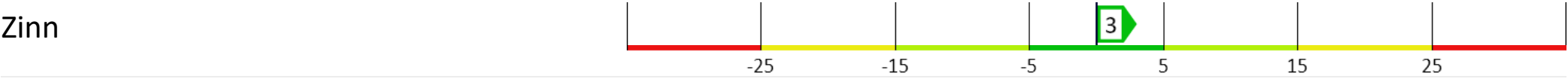
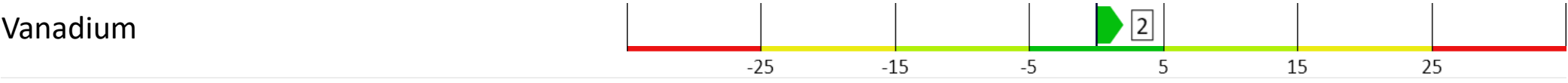
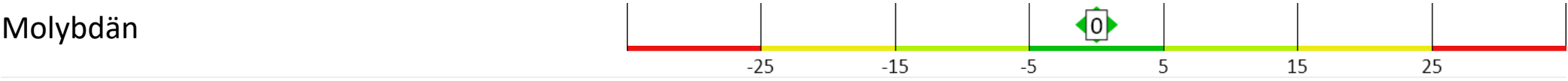
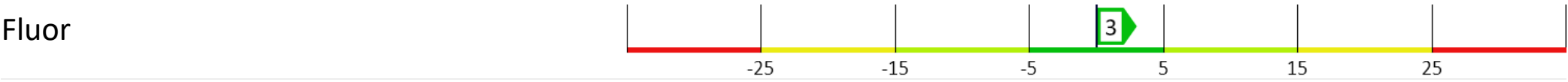


Iod

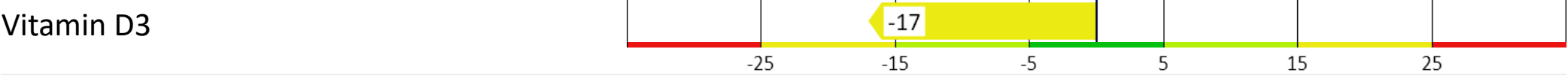
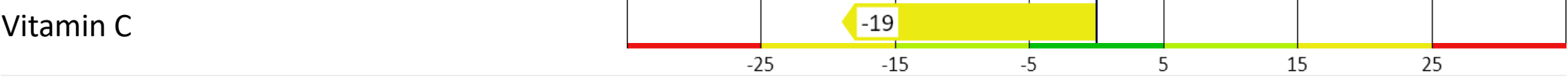
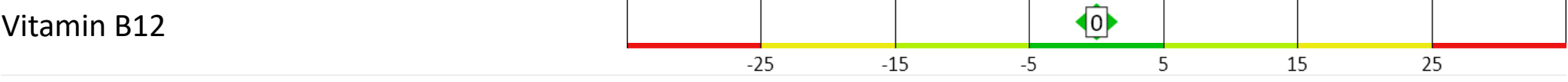
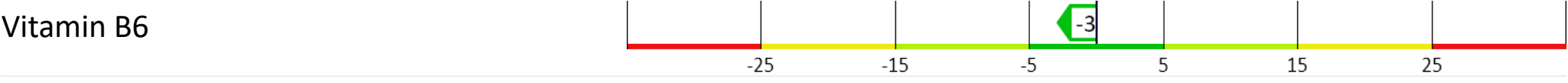
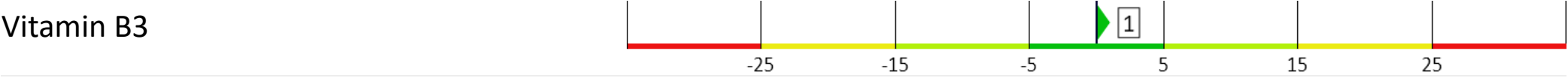
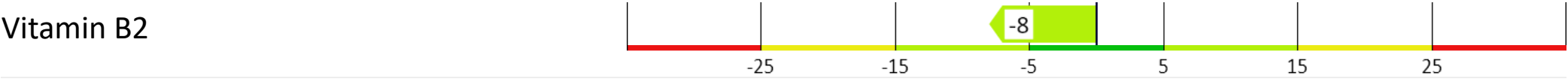
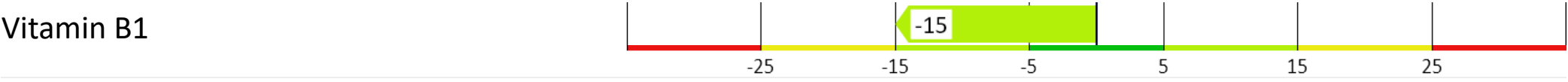
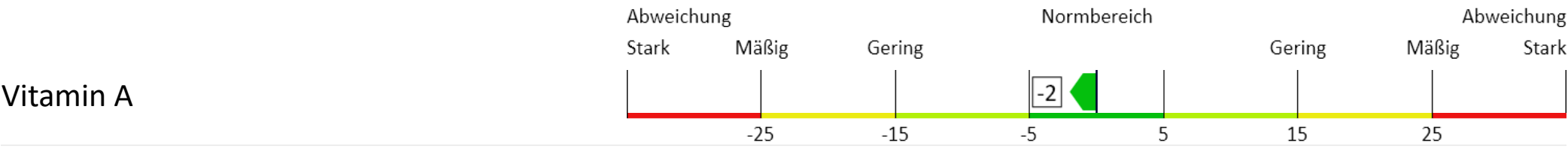


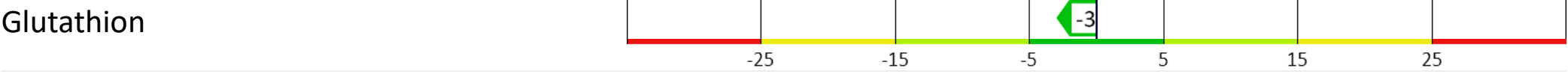
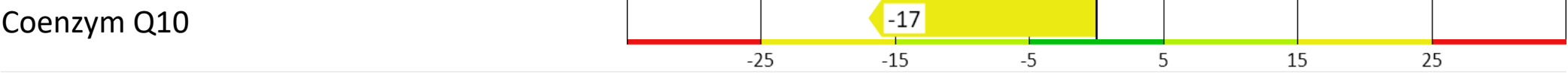
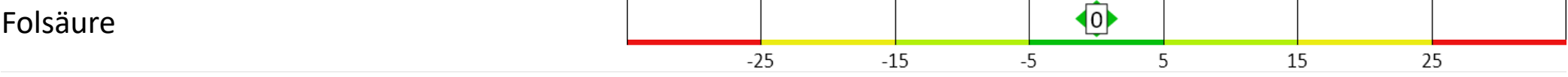
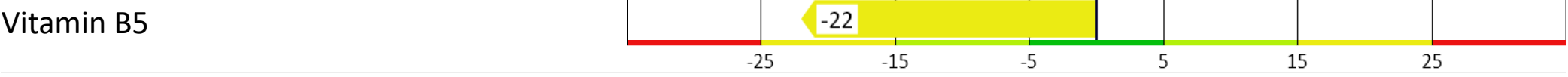
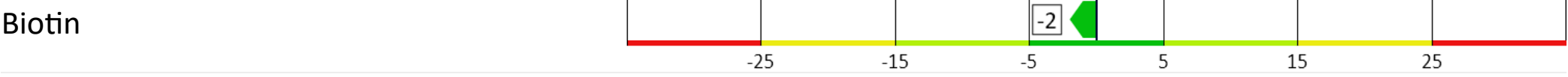
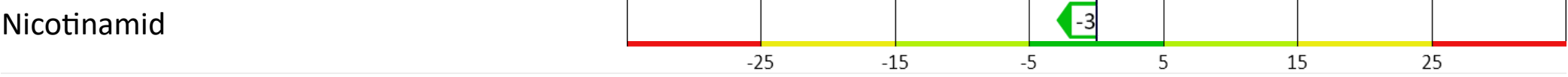
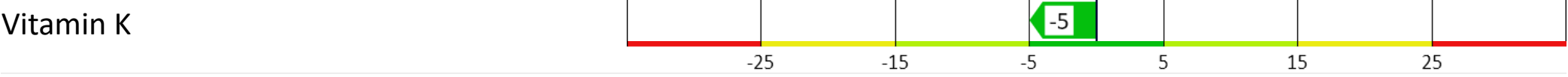
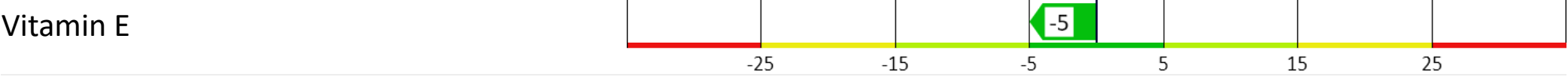
Nickel



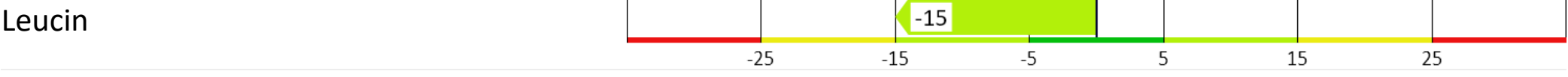
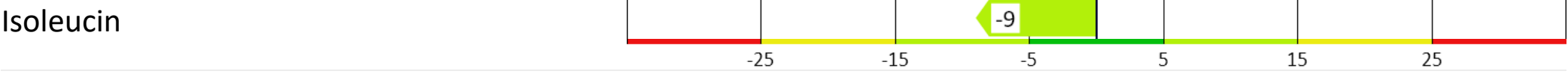
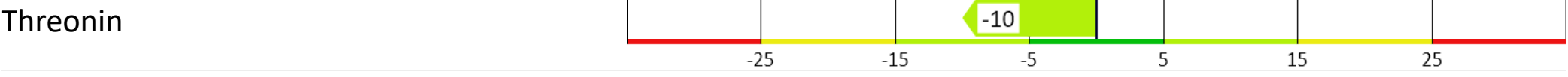
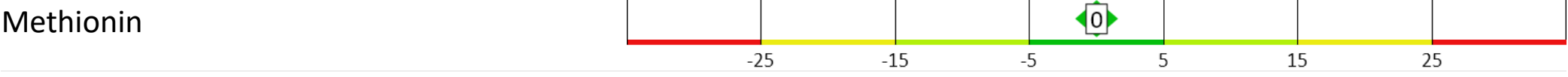
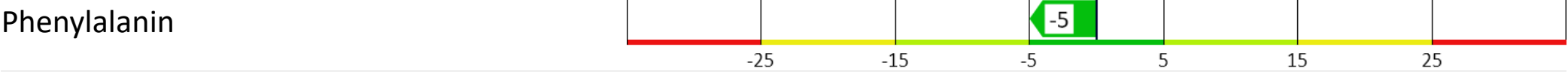
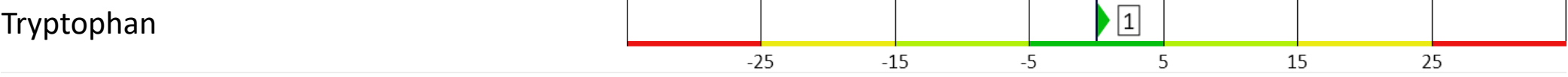
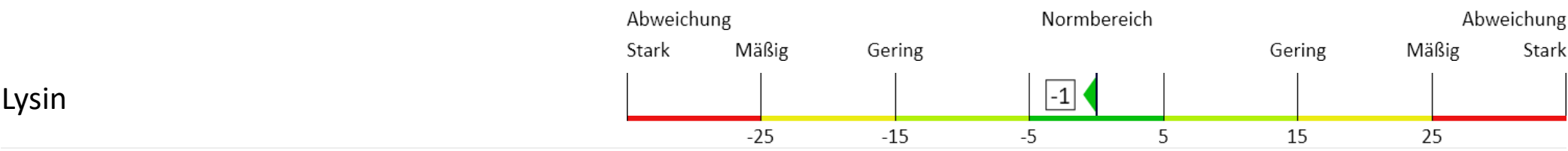


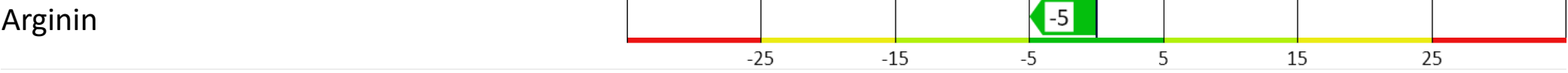
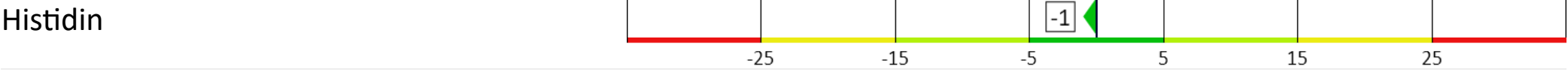
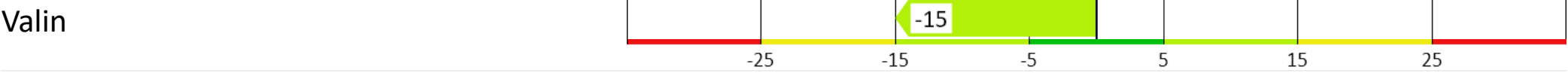
Vitamine



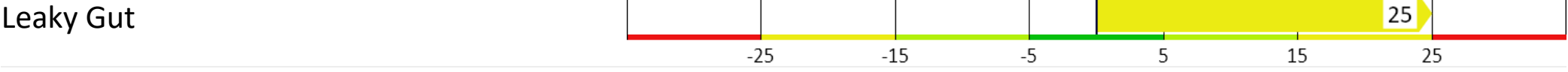
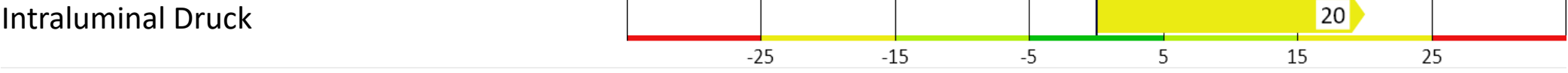
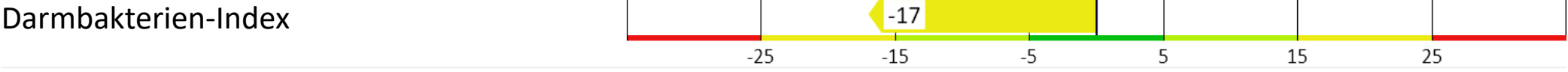
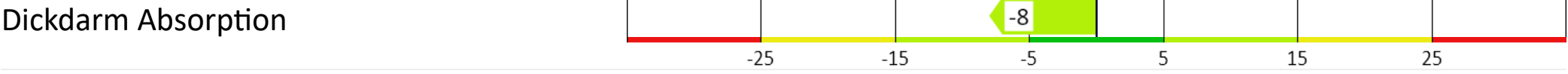
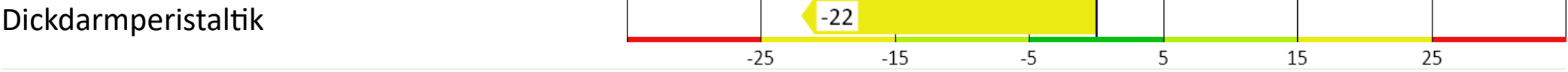
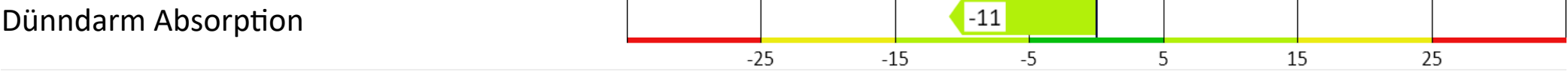
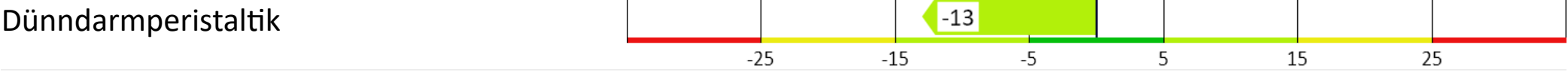
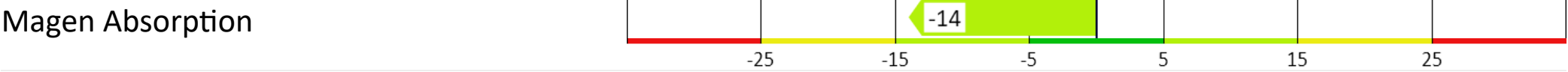
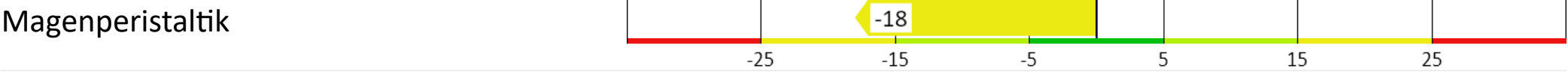
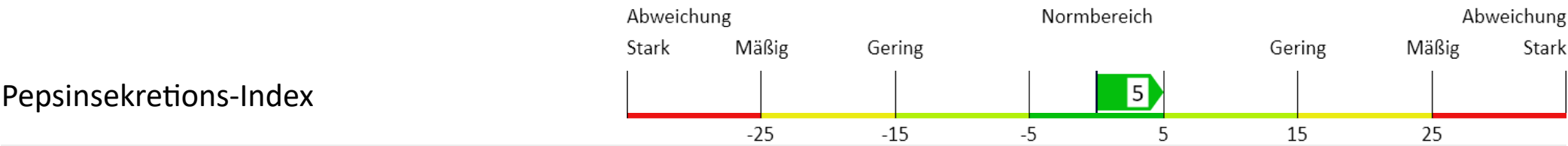


Proteine

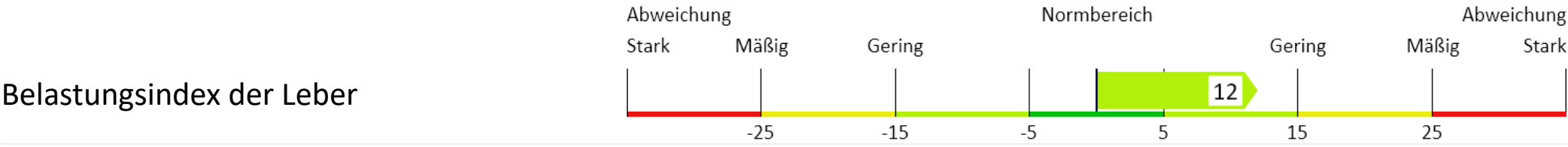




Verdauungssystem



Leber- und Nierenfunktionen



Entgiftung und Stoffwechsel

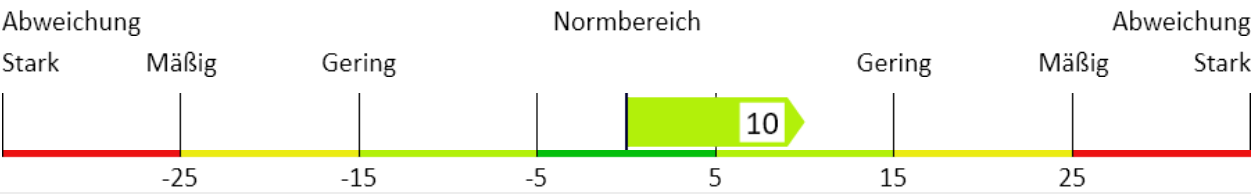


Harnsäure



Knochen

Grad der Osteoporose



Knochenmineraldichte



Halswirbelsäulen-Blockade



Lendenwirbelsäulen-Blockade



Alkalische Phosphatase (APKN)



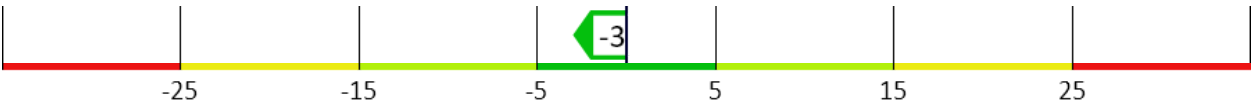
Osteokalzin



Versorgung der langen Knochen

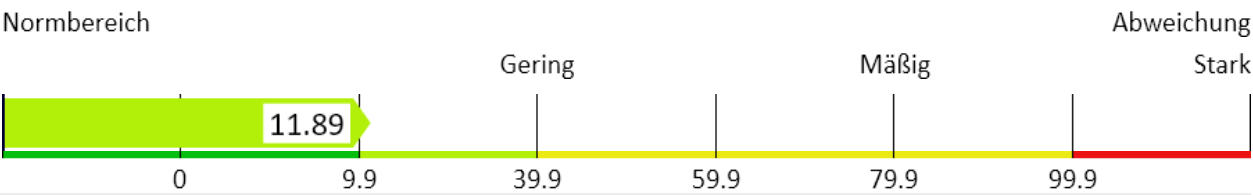


Versorgung der kurzen Knochen und Knorpeln

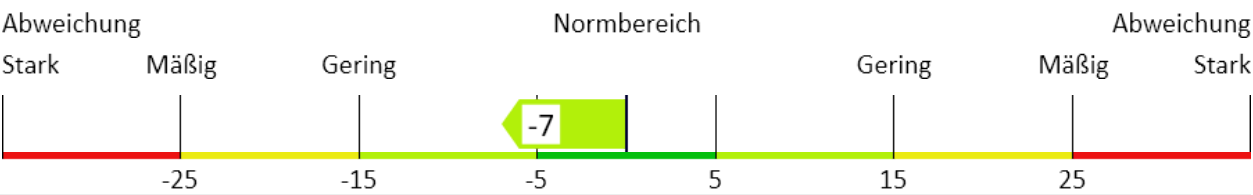


AntiAging

Antioxidativer Status



Kollagen

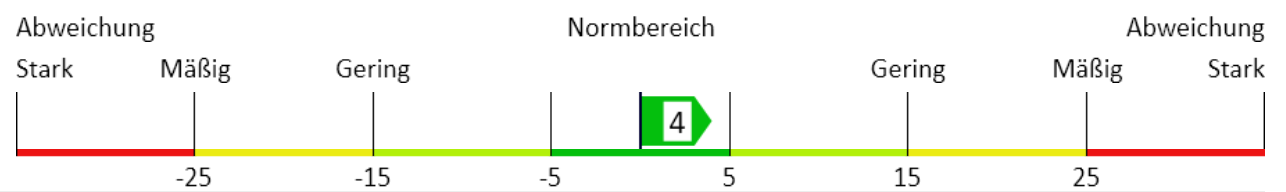


Durchflusssystem



Lymphsystem

Muskelfaszien

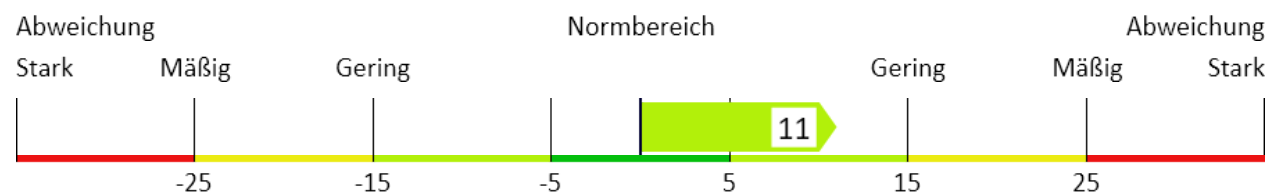


Fettstoffwechsel



Umweltbelastungen

Elektromagnetische Strahlenbelastung



Nikotin



Rückstände von Pestiziden



Blei



Quecksilber



Kadmium



Chrom



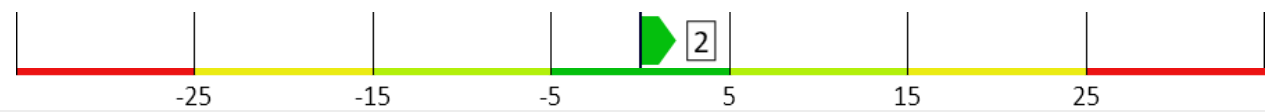
Arsen



Antimon



Thallium

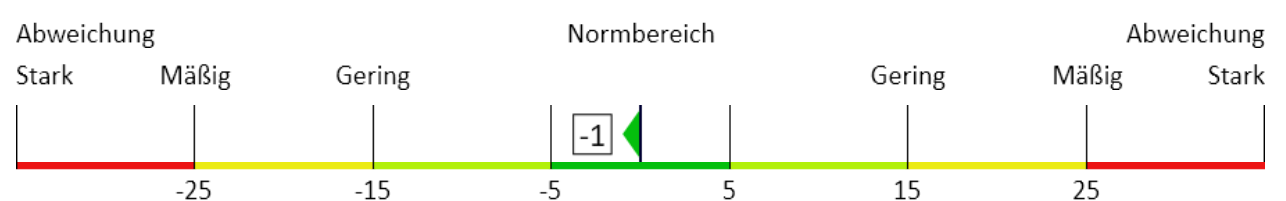


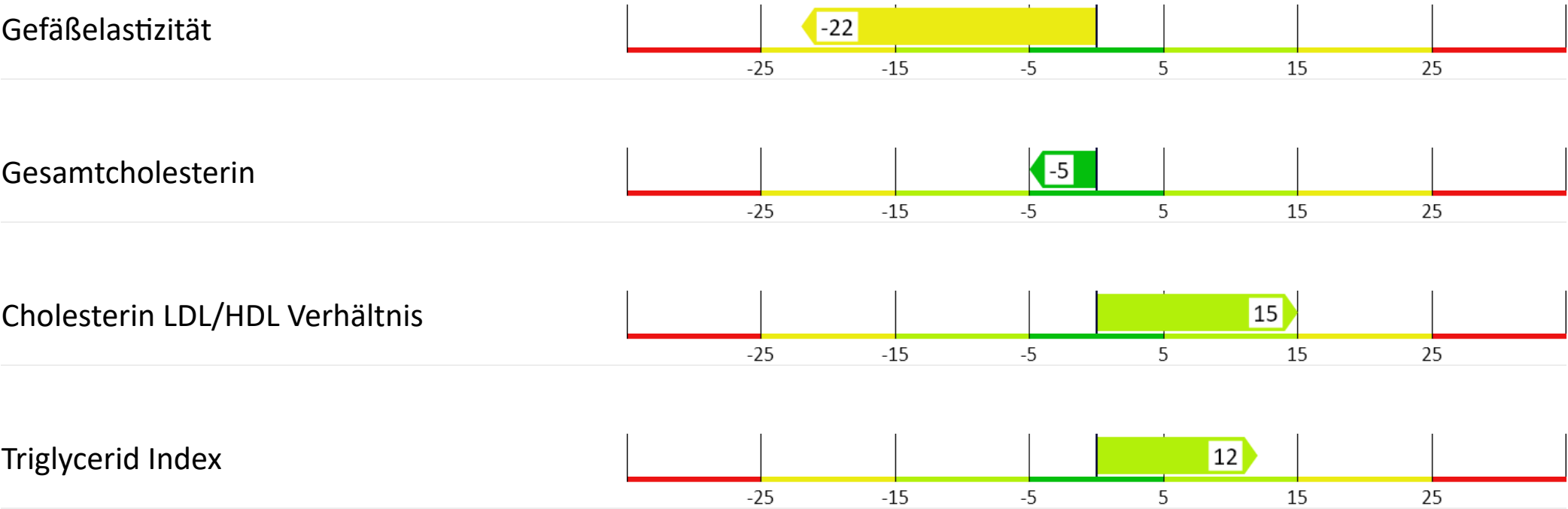
Aluminium



Kardio & Blutfette

Gefäßwiderstand TPR





Grunddaten



Fitness Parameter

