5 non-invasive repeatable assessments.
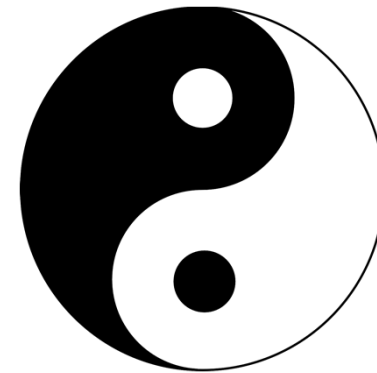
(My observations)

1. Blood Pressure

▶ Given a Physician has cleared someone of 'higher' blood pressure being a result of possible cardiovascular disease, namely; arthrosclerosis (narrowing blood vessels), my observation suggests intermittent higher BP could be the result of sub-optimal mindset.

▶ The top BP reading (Systolic Pressure: vessel wall pressure during the pump phase), can be influenced (increased) via hormones associated with an unclear mind; commonly, anxiety.

▶ Normal or ideal Systolic pressure is between 130-110 mmHg.

▶ Signs of sub-optimal mindset: Higher or Increasing Sys BP

2. Resting Pulse

▶ Declining Fitness & CV disease aside, an elevated and unusually higher resting pulse can again represent sub-optimal mindset.

▶ The heart muscle can be increased via an emotional state, eg; hormones, namely: adrenalin, and neurotransmitters, noradrenalin.

▶ A relatively normal or ideal resting pulse is between 60-75M, and 70-80F.

▶ Signs of sub-optimal mindset: Higher or Increasing RHR

3. Pulse Oximetry

- A simple non-invasive method of measuring oxygen saturation. Measuring the percentage of blood oxygen, or more so, hemogloblin, can represent aerobic conditioning, which, is critical for continued optimum mental & physical health.

- I've found a sub-optimal mindset lowers Sp02. Commonly a lower result is linked with minimal physical movement.

- A relatively normal or ideal oxidated pulse is between 95-99%. Generally, the higher the better. Sub 88% could give reason to make healthier choices.

- Signs of sub-optimal mindset: Lower or decreasing SpO2%

4. Lung (Forced) Capacity

▶ A lowering lung capacity could be linked with a sub-par mindset. Sub-optimal breathing action (shorter & higher breathing), poor (anxious-like) posture, and smoking can lower lung capacity and rob someone of vital healthy [brain] oxygen.

▶ Data clearly indicates appropriate regular exercise maintains good lung health. Bespoke aerobic exercise, usually, increases lung flexibility and strength.

▶ A 'relatively' normal or ideal lung capacity is between 2.0-3.0 litres F, and 3.0-4.0 litres M. Generally, the higher the better.

▶ Signs of sub-optimal mindset: Lower or decreasing LC

5. A1C Blood Glucose

- A1C is assessing your average blood sugar level over the past 12 weeks.

- Maintaining blood glucose balance is usually associated with good collective health. Equally, avoiding higher spikes is best.

- Elevated blood sugar readings can be the result of; inactivity, poor food choices, anxiety, and poor sleep patterns.

- My data indicates unusually higher A1C readings representing a sub-optimal mindset.

- Signs of sub-optimal mindset: Higher or increasing A1CBG

The link

Assessment Results

- Higher Blood Pressure
- Higher Resting Pulse
- Lower Pulse Oxidation
- Lower Lung Capacity
- Higher A1C Blood Glucose

Classic signs & symptoms

- Lowering tolerance
- Lowering confidence
- Lowering verve & motivation
- Poor sleep quality
- Poor food choices