

# Understanding Your Pulse Wave Profile Results



## Uptight

A sign of being inappropriately alert and vigilant. With your “engine” constantly revved up, this imbalance is common among those who are highly stressed.

## Exhausted

With reduced adaptability, this imbalance is often seen in those with a compromised immune system or those with a stress-related health event.

## Distressed

This imbalance is accompanied by fatigue and exhaustion. Like a battery that no longer holds a charge, you lack the resources to deal with everyday stress.

## Weakened

The least healthy of the four quadrants. The nervous system is seriously impaired. There is little capacity to handle stress, growth or repair.

## Pulse Wave Profile

The Pulse Wave Profile uniquely combines heart rate variability and galvanic skin response to provide a non-invasive look into the function, balance and performance of your nervous system.

By assessing your autonomic nervous system, we’re able to measure your overall health and wellness—not merely the condition of your spine.

Cardiologists, exercise physiologists and psychologists have been using these proven technologies for decades.



Unlike the steady beat of a metronome, constant heartbeat variability is essential for good health.

## What We Measured

Your heart doesn’t beat on a fixed rhythm. There are tiny variations between each beat. Small variations (measured in thousandths of a second) are good. They show your capacity to handle stress, recover when sick or perform physical activities.

This data is combined with subtle changes in perspiration, changing the electrical conductance of your skin. Together, they tell us your nervous system was at rest when we conducted your test.



With sympathetic (left side) dominance, you’re constantly exhausted, but not getting anywhere.

## What Your Results Mean

Pulse Wave Profile results generally fall into one of four quadrants. The ideal finding is in the green box centered towards the top.

Think of the vertical axis as the level of autonomic nervous system activity. Results to the left of the vertical centerline indicate sympathetic nervous system (fight or flight) dominance. The right side indicates that the parasympathetic nervous system is stronger (rest and digest).



With parasympathetic (right side) dominance, your body is sluggish and wants to rest and recover.

## Comments and Recommendations

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