

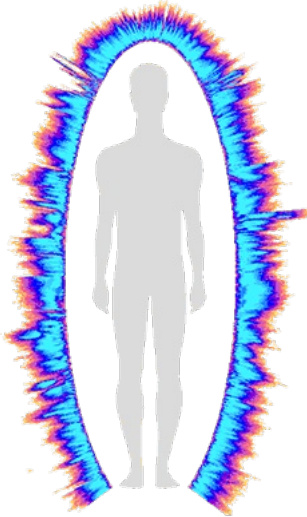


# Analysis of a Personal Energetic Homeostasis by Measuring Energy Field

SAMPLE REPORT  
2025-06-16

## About Bio-Well

Bio-Well GDV Camera is a revolutionary, non-intrusive way to measure human energy field using a specialized camera and software system.



Bio-Well has been developed by the team of Dr. Konstantin Korotkov and brings the powerful technology known as Gas Discharge Visualization (GDV) or Electro-Photonic Imaging (EPI) technique to market in a more accessible way than ever before. It was developed together with US partners. The product consists of a desktop camera and accompanying software, which allows a user to quickly and easily conduct human energy scans. When a scan is conducted, a weak electrical current is applied to the fingertip for less than a millisecond. In response to this stimulus fingertip emits electrons, which are striking and exciting air molecules. Excited air molecules create gas discharge or glow. This glow is captured by the videocamera and then digital image of the glow is processed by the Bio-Well Software to show energy & stress evaluations. Each scan returns a wealth of meaningful information to provide you with a truly holistic view of the state of your wellbeing.



The intersection of the fingertips glow created in Bio-Well Software is based on the concept of Acupuncture points and is verified by more than 20 years of clinical studies by hundreds of medical doctors and researchers with many thousands of patients. The scanning process is quick, easy and non-intrusive. Get real time feedback on factors affecting your energy state. View each scan in a variety of interesting ways with up to 9 result display options. With the Bio-Well accessories like Sputnik sensor, Water sensor or Bio-Well Glove measure energy of environment, human emotions and water energies!

Bio-Well presents analysis of the Energy Field and allows to see its day-to-day transformation and the influence of different treatments, situations and stimulus to the Energy Field and hence, to the condition of a person. Friendly software makes data processing simple and convenient for non-experienced users. With Bio-Well you do not need to be a scientist to make full-scale scientific research! Bio-Well is being used by thousands of doctors, practitioners and researchers worldwide. Bio-Well does not measure the anatomical structure of the body, but records functional/energetic condition of organs and systems at the moment of measurement.

Bio-Well analysis has the following outcomes:

- Allows to define organs and systems of the body which need attention.
- Makes assessment of the follow up response of the body to different influences (treatments, emotions, mobile phone, etc).
- Provides information on psycho-emotional state and level of stress (anxiety).
- Allows easily measure response of the body to different medications, supplements and food.

Bio-Well GDV Camera is present in more than 70 countries. To get more information go to [www.bio-well.com](http://www.bio-well.com).

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## Lifestyle



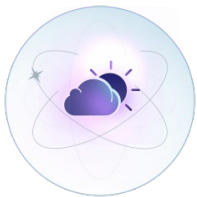
### Physical activity: 73%

This sphere is directly associated with the state of the lower back, pelvis zone and lower dan tien (center of gravity). Due to excessive time that we sit during the day and lack of movement - our spine is the one that suffers the most. NB! If you are actively involved in sports - it doesn't mean that you don't have issues with lower back and pelvis zone!



### Nutrition: 67%

Three main aspects of our nutrition habits are: quality of food, amount consumed and timing of each meal. Considering all of them can lead to a better quality of life. Here we take into consideration organs that are involved in digestion and filtering of consumed food and liquids.



### Environment: 77%

As we spend a lot of time indoors - we are breathing "dead" air and are exposed to excessive doses of EMFs and sometimes radioactivity. That is why environment influences our Energy state so much. Here we look into respiratory system and overall noise in the system.



### Psychology: 64%

Constant stress, very high speed of life, excessive consumption of information are affecting our Energy, Stress and Balance levels, and also our nervous system functioning. Psychological balance is taken into consideration too.



### Regime of the day: 77%

Sleeping regime in XXI century is highly disturbed by the electric lights and excessive use of computers and smartphones. Our brain and eyes are being affected the most by the incorrect sleeping regime.



### Hormonal activity: 70%

Hormones control many processes in our body and regulate the energy levels. Excessive sexual activity is depleting our Energy, especially for men.

Sphere of the lifestyle	Low	Normal	Ideal
Physical (Dan tien)	<66%	66-79%	>79%
Nutrition	<69%	69-81%	>81%
Sleeping regime	<75%	75-86%	>86%
Hormones	<72%	72-85%	>85%
Environment	<78%	78-91%	>91%
Psychology	<74%	74-85%	>85%

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## Lifestyle conclusions and recommendations by Dr. Ludmila Vassilieva, MD, PhD

Following spheres of your life need to be corrected:

- Nutrition
- Environment
- Psychology
- Hormonal activity

### Holistic Lifestyle to Ignite Digestive Fire & Nutritional Harmony

*«What, when, and how you eat can turn food into pure energy.»*

#### Meal Timing (Eat with the Sun!):

- **Breakfast (6–8 AM):** Warm, cooked, and protein-rich. Never skip! Ex: porridge, avocado, eggs, chickpeas, soft veggies.
- **Mid-morning snack (10–11 AM):** Fresh fruit (one variety only). Ripe papaya, banana, kiwi, etc.
- **Lunch (12–2 PM):** Largest meal of the day. Soups, stews, lentils, soft cooked vegetables. Avoid mixing grains and proteins.
- **Afternoon snack (3–4 PM):** Vegetable juice (e.g., papaya juice or ABC Juice: Apple-Beetroot-Carrot).
- **Dinner (Before 7 PM):** Lightest meal—broths, soups, roasted veggies. No grains, dairy, or raw food.

#### Golden Rules:

- No overeating — stop when 75% full.
- No cold food or drinks.
- Avoid salads, dairy (except ghee, buttermilk), nuts, coffee, gluten, refined sugar.
- Drink water 15 mins before meals, not during or after.

#### Digestive Boosters:

- **Weekly Soup Fasting:** 1 day/week soup-only meals to cleanse and stoke agni (digestive fire).
- **Chamomile Tea 2–3x/day:** Soothes gut, reduces inflammation.
- **Ash Gourd Juice:** Cooling and hunger-reducing (AM only).
- **Tender Coconut Water:** Electrolyte-rich, improves hydration, energy, and skin glow.

### Holistic Lifestyle to Harmonize with Your Living Environment

*«Your surroundings shape your healing.»*

#### Grounding & Earthing:

- Walk barefoot on natural surfaces daily — grass, soil, sand. Reduces inflammation, improves sleep, balances nervous system.

#### Natural Elements:

- **Sunlight Therapy:** Get 20–30 minutes of daily sun exposure (especially morning sun) for Vitamin D, mood, and hormonal balance.
- **Avoid Screen Overdose After 6 PM:** Too much digital input after sunset disrupts body's detox cycle.

#### Living Space:

- **Declutter:** A clean, organized space promotes mental clarity.
- **Cotton Fabrics:** Use 100% natural fibers for clothing, bed, and home linens to reduce static energy.
- **No Plastics:** Drink only from steel, copper, or glass bottles. Avoid plastic utensils, containers, and water bottles.

#### Water Therapy:

- **2 Showers Daily:** Morning (hot oil massage + warm shower) and evening (lukewarm or contrast shower).
- **Contrast Showers:** Alternate hot and cold water to invigorate circulation and immunity.

## Holistic Lifestyle to Strengthen Mental Clarity & Emotional Balance

*«Peace of mind is the foundation of every other wellness pillar.»*

### Breath & Mind Practices:

- **Pranayama:** Twice daily (10 mins) to balance mind, reduce anxiety, and enhance focus.
- **Nadi Shodhana (Alternate Nostril):** Aligns brain hemispheres, regulates emotions, harmonizes left/right logic.

### Mindful Living:

- Eat mindfully without distractions.
- Be present during your shower, meals, and walking.
- Practice deep breathing in moments of stress.
- Avoid mental overload: Refrain from consuming social media, news, or complex topics after sunset.

### Emotional Detox:

- Write a gratitude journal nightly.
- Avoid conflict or heavy conversations before bed.
- Spend time in nature to recalibrate your nervous system.

## Holistic Lifestyle to Balance Hormones & Internal Rhythms

*«Hormonal harmony is the silent architect of your vitality.»*

### Lifestyle Sync:

- **Early Sleep & Wake:** Cortisol, insulin, and melatonin are all light-sensitive. Aligning your sleep cycle restores endocrine balance.
- **Regular Meals:** Prevents insulin spikes and adrenal stress.
- **Avoid Sugar, Gluten, Fermented Dairy:** These disrupt the gut-hormone axis.
- **Warm, cooked food:** Reduces load on liver and pancreas.

### Movement & Monitoring:

- **Ultrahuman Patch:** Finding the good balance of lifestyle and flow of energy. Continuous metabolic monitoring enhances glucose-insulin-hormone understanding.
- **Post-meal walking:** Lowers blood sugar, supports insulin sensitivity.

### Supplements & Add-ons:

- **Herbal Teas (Chamomile, Turmeric):** Naturally anti-inflammatory, supportive of adrenal and sleep hormones.
- **ABC Juice:** Supports liver detox — crucial for estrogen metabolism.

### Sexual & Reproductive Hormone Support:

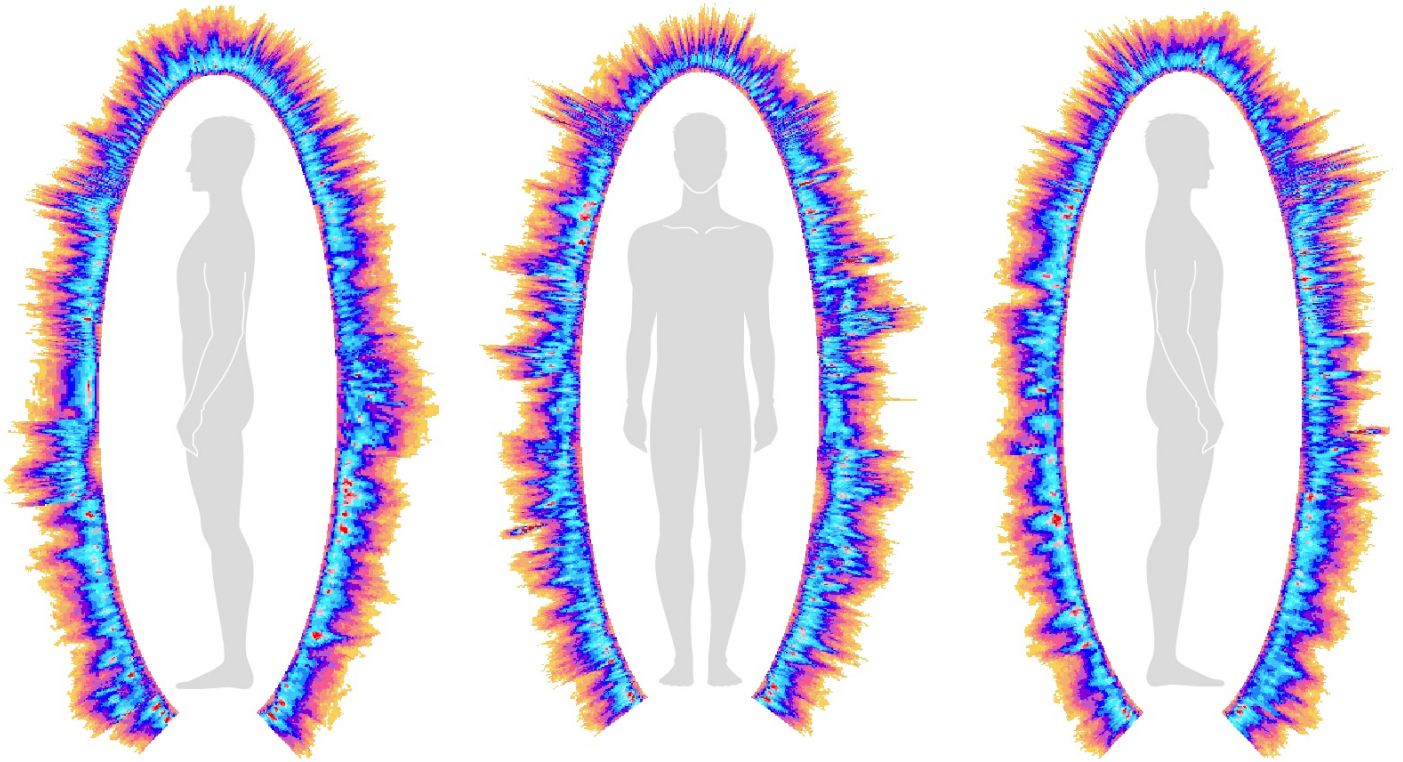
- Avoid cold milk, hard cheeses, fried foods which may congest reproductive organs.
- Consume ghee regularly (teaspoon a day) — lubricates tissues and improves Vitality (reproductive energy).

Dr. Ludmila Vassilieva, MD, PhD, GP, Cardiologist, Homeopath, Founder of Holistic healing medical Centre, Founder of Holistic Healing Academy, «Best clinic» award in 2023 (UAE), «Best homeopath» award 2024 (UAE)

*For more information about lifestyle recommendations please contact «Holistic Healing Medical Centre», Dubai, UAE*

[www.holistichealingmed.com](http://www.holistichealingmed.com)

## Energy Field



Energy 50 Joules ( $\times 10^{-2}$ )

Human Energy Field - is the most sensitive reflection of the physical, emotional and, in some cases, spiritual condition of a person.

Light around the model of a human body – is a projection of various sectors from the fingers images for easier assessment. These images are used for structural analysis of glow.

It is not aura. The colors are artificial. Actual glow is grey-scale.

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## Analysis

STRESS: **Increased**



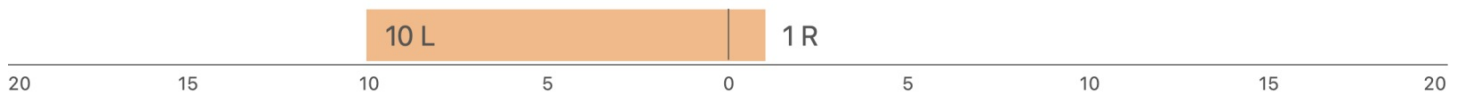
ENERGY: **Optimal**



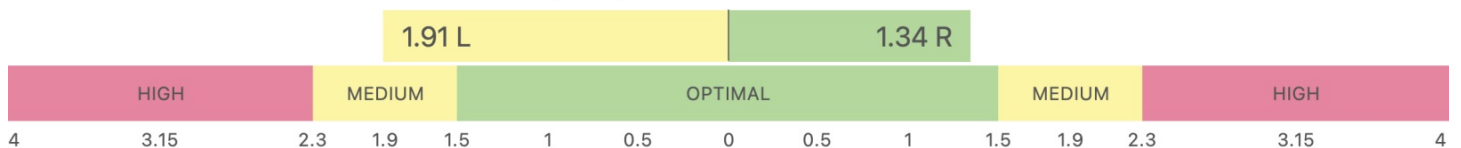
ORGANS DISBALANCE, %: **High dominance of left hand**



NUMBER OF ORGANS IN DISBALANCE, N



AVERAGED DISBALANCE ENERGY, JOULES ( $\times 10^{-2}$ )



**Stress** – level of organism involvement in stress-adaptation on psychological and physiological levels; «level of stress» speed of reaction to the external influences; level of tiredness/activity.

*Calm* [0.0>2.0]

*Very high* [6.0>8.0]

- very calm person;
- meditative state;
- slow / deferred response, sluggishness;
- medicaments, drugs or alcohol influence;
- introversion.

- high emotional excitement;
- emotional overload;
- uncompensated stress;
- activation of physiological processes;
- physiological tiredness, exhaustion;
- reaction to high air temperature.

*Optimal* [2.0>3.0]

*Excessive* [8.0>10.0]

- Normal state with normal reaction to the external influences.

- too high stress;
- psychological problems;
- inadequate state;
- reaction to alcohol, drugs, medicaments;
- reaction to a very high air temperature;
- extreme exhaustion.

*Increased* [3.0>4.0]

- Normal state, but with activation of reaction to the external influences.

*High* [4.0>6.0]

- compensated stress;
- active emotional type (choleric);
- emotional excitation;



- reaction to physical load and/or uncomfortable environment.

**Energy** – overall energy level of organism.

*Low [0-20]* – exhaustion, high stress state, obligatory to rest.

*Lower [20-40]* – tiredness, medium stress state, need to rest.

*Optimal [40-60]* – optimal energy level for most types of activities; small stress (closer to 40).

*Heightened [60-80]* – mobilization of inner energy reserves; inflammatory processes; hyperactivation.

*High [80-100]* – acute inflammatory processes; strong hyperactivation.

**Organs disbalance** – disbalance of the overall energy of organs and systems (present on both hands) between left and right hands, represented in % of difference between two hands. Directly connected to the «Balance» tab. This parameter can be used for assessment of sympathetic/parasympathetic domination.

Left hand is connected with the right hemisphere of the brain and excitation, activation processes.

Right hand is connected with the left hemisphere of the brain and energy saving, slowing down processes.

Optimal (0-5%) - optimal disbalance between left and right sides;

Medium (5-10%) - average disbalance – temporary adaptation of the organism to the internal or external processes;

High (10-15% and higher) – high disbalance – adaptation to some extreme conditions, or internal problems.

**Number of organs in disbalance** – number of organs with dominance of the left or right hand higher than 20% (as on the «Balance» tab). Number is calculated for both sides separately.

In example, 1L / 3R means that there is 1 organ with left hand dominance and 3 organs with right hand dominance.

Coloring of the scale is applied according to the following scheme:

AD (Average Disbalance) – number of organs/systems with disbalance between 20% and 40%;

HD (High Disbalance) - number of organs/systems with disbalance higher than 40%.

Green color: HD = 0, AD = 0 to 5.

Yellow color: HD = 0, AD = 6 to 15.

Orange color: HD = 1-3 or AD is more than 16 organs/systems.

Red color: HD = 4 or more.

Thus, by looking at this scale one can understand how many disbalanced organs/systems there are in the body + understand how *relatively significant (in %)* are these disbalances.

**Averaged disbalance energy** – presents the average Energy of the dominance of the organs/systems mentioned in the previous scale (Number of organs in disbalance).

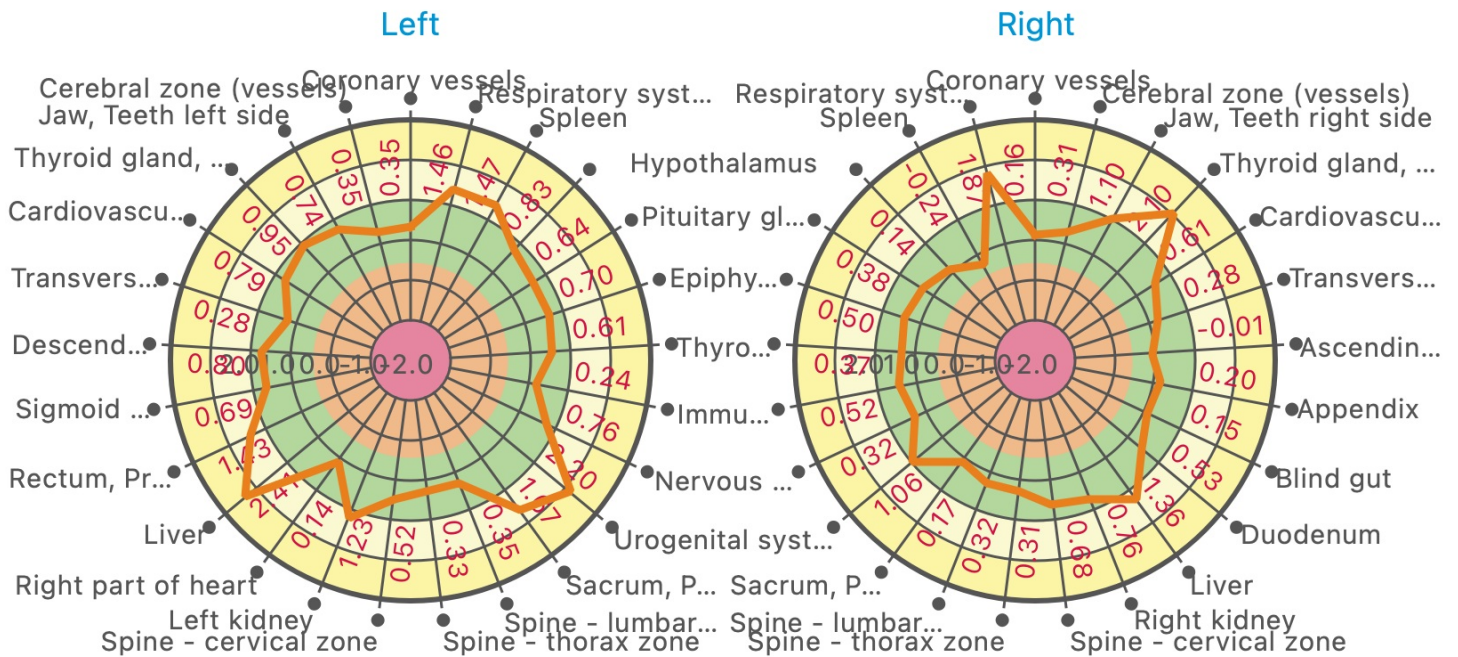
This parameter gives you additional information – *absolute level of disbalance in Joules*. By looking at it you can understand how big, Energy wise, is the disbalance in the organism.

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## Area diagram

Value for each organ and system is based on Area parameter of glow: ratio between the calibration cylinder and finger glow.



Disbalance between left and right diagrams means:

- temporary reaction to some stress = adaptation process;
- person may be in the process of recovery from the illness or is getting ill;
- problems are created on conscious level = person is inventing problems for himself/herself => much more problematic sectors on the right diagram in comparison to the left;
- problems are on subconscious level = they were recorded some time ago and he/she already doesn't remember about them => much more problematic sectors on the left diagram in comparison to the right.

HS parameter (Integral Area) – mathematically is equal to average value of the diagram; it is the level of adaptation of organism to inner (psycho-physiological) and external (stress, food, ecology, etc.) influences; character of metabolism; vital resources.

*Very Low Integral Area [-2.0>-3.0]*

- Low capacity to work;
- High weakness;
- Exhaustion of resources;
- Complication to concentrate;
- High level of perspiration.
- Lability of psychic;
- Unstable mood;
- May be defects of capture.

If very low level of Integral Area stays for a long time then it means:

- Dysfunction of inner organs and systems;
- Malfunction of vegetative balance;
- Metabolic disturbance.

*Low Integral Area [-0.6>-2.0]*

- May be norm for some people;
- Tiredness;
- Irritability;
- Decreasing of adaptation;
- Low possibility of changing in new conditions;
- Hard to compensate disease;
- Deficiency of energy.

*Normal Integral Area [-0.6>1.0]*

- Optimal adaptation;
- Balanced power inputs and energy consumption.

*High Integral Area [1.0<2.0]*

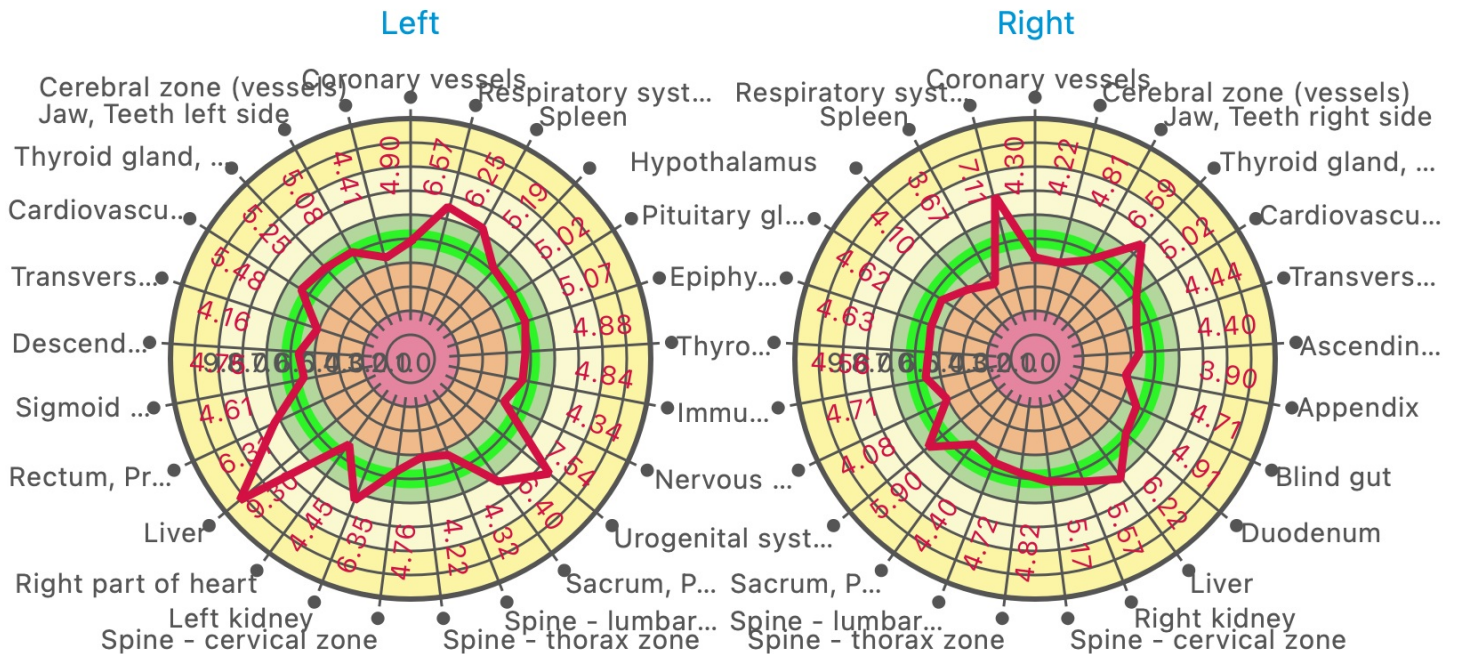
- May be norm for some people;
- Physiological tension, reflected high load on the system;
- Over reaction (for example, physical training);
- Activation of systems and organs;
- State of a healer during work.

*Very High Integral Area [2.0<3.0]*

- Significant tension/stress of adaptation and energy-supply systems;
- Hyper reaction with possible derangement of adaptation (temperature, inflammation);
- Presence of inflammatory processes in the body.

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## Energy diagram



The Energy diagram is designed for analysis of the functional state of the human body, by calculating the Energy parameter of the particular sector (energy of the glow). "Energy reserve" parameter (experimental) reflects energy reserve at the cellular level.

Value on the Energy diagram can be:

- 0 - 2 Joules ( $\times 10^{-2}$ )** - low energy
- 2 - 4 Joules ( $\times 10^{-2}$ )** - lowered energy
- 4 - 6 Joules ( $\times 10^{-2}$ )** - optimal energy
- 6 - 8 Joules ( $\times 10^{-2}$ )** - increased energy
- 8 - 10 Joules ( $\times 10^{-2}$ )** - heightened energy

Disbalance between left and right diagrams means:

- temporary reaction to some stress = adaptation process;
- person may be in the process of recovery from the illness or is getting ill;
- problems are created on conscious level = person is inventing problems for himself/herself => much more problematic sectors on the right diagram in comparison to the left;
- problems are on subconscious level = they were recorded some time ago and he/she already doesn't remember about them => much more problematic sectors on the left diagram in comparison to the right.

\*Energy reserve (experimental parameter):

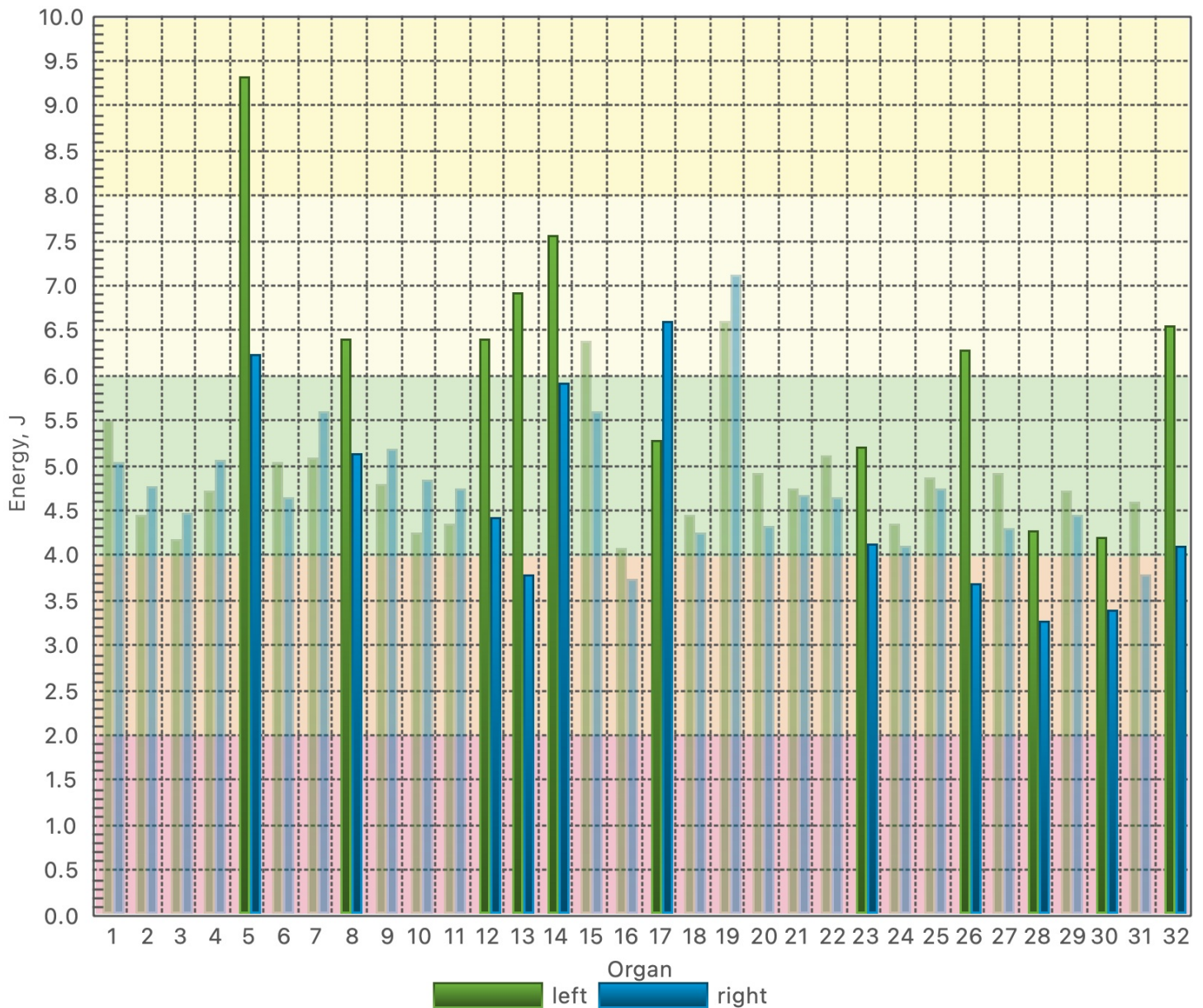
< 20% - low level  
from 20% to 60% - optimal level

> 60% - high level

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## Energy balance

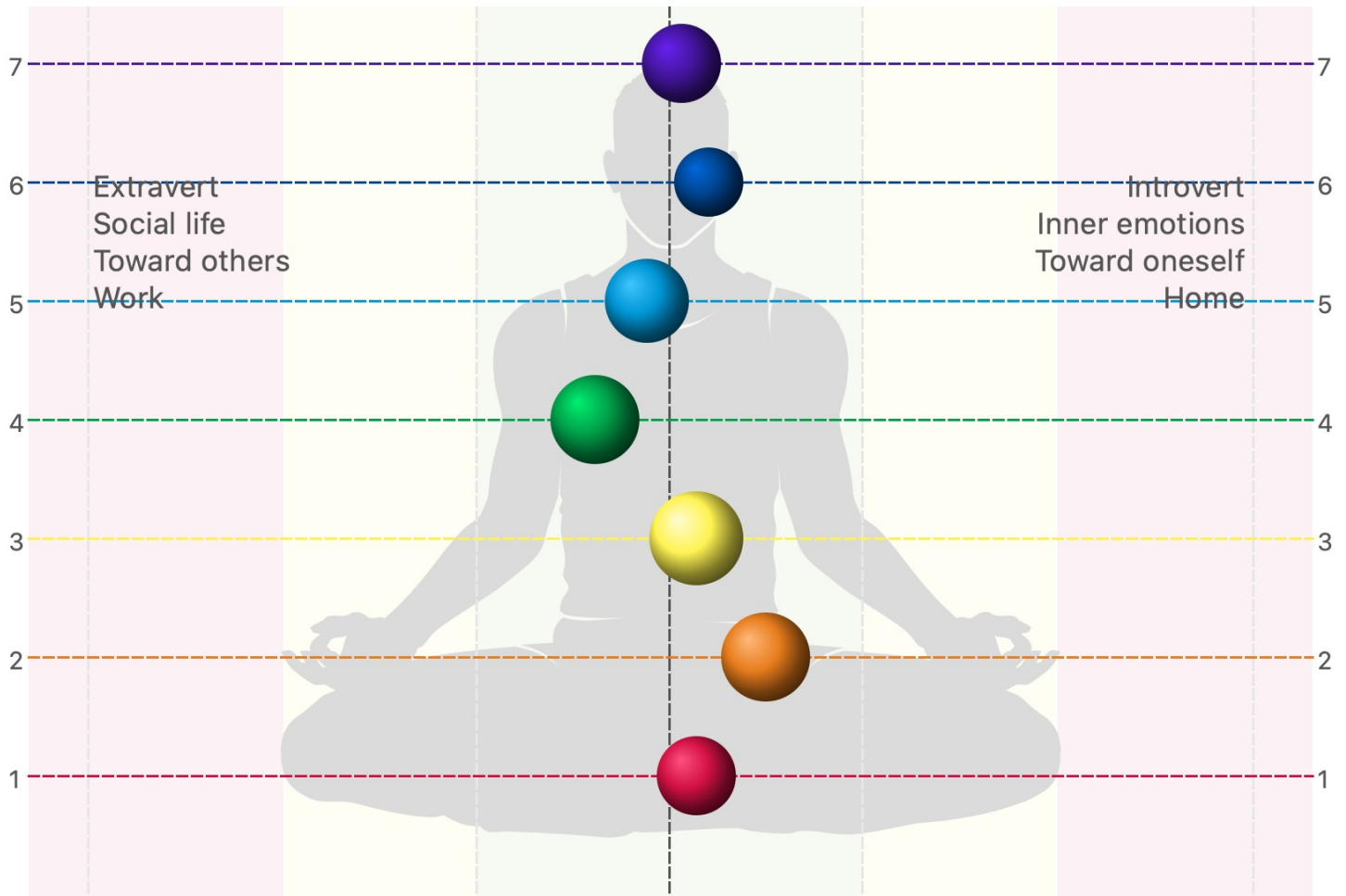


1. Cardiovascular system 2. Heart 3. Colon - transverse 4. Pancreas 5. Liver 6. Pituitary gland 7. Thyroid gland 8. Adrenals 9. Spine - cervical zone 10. Spine - thorax zone 11. Spine - lumbar zone 12. Sacrum 13. Coccyx, Pelvis minor zone 14. Urogenital system 15. Kidneys 16. Ears, nose, maxillary sinus 17. Throat, larynx, trachea 18. Cerebral zone (vessels) 19. Respiratory system 20. Coronary vessels 21. Thorax zone 22. Epiphysis 23. Hypothalamus 24. Nervous system 25. Immune system 26. Spleen 27. Right eye 28. Left eye 29. Jaw, Teeth 30. Cerebral zone (cortex) 31. Eyes 32. Prostate

**Highlighted** bars correspond to significant difference (more than 20%) between energy of the particular system or organ on the left and right hands.

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## Chakras



Alignment 92%

According to Eastern metaphysical theories and principles of Ayurvedic Indian medicine, there are seven "Chakras" or integrated energy centers that are considered to affect physical, mental, emotional, and spiritual well-being. In the Bio-Well programs Chakras reflect emotional state of a person. Chakras are related to energy flow internally and externally. They are not stable and may change every other minute. Stability of Chakras is indication of emotional balance of a person. Ideal balance of Chakras may be seen for people involved in daily meditation and mental training.

Shift of Chakras to the right or left (when we look to the picture) can be related to the inner emotional reactions of a person or to the response to environmental situation (other people, electromagnetic fields, weather, etc).

## Chakras

Psychosomatic approach. Connection of energetic state of organs with psychological state.

Energy centers (or Chakras) are correlated with the organs and systems situated in different parts of the body.

Chakras tab is not using the same sectors as all the rest of the tabs in the Bio-Well software (that you can see on the "Fingers" tab). Chakras sectors are based on Ayurvedic medicine.

Size of the center – level of energy of the corresponding sectors.

Balance of the center (Left/right orientation) – is the difference between the energies of the corresponding sectors on the left and right hands.

Grey/Green corridor on the graph – norm. Yellow corridors – average deviation – take into consideration. Red corridors – high deviation – pay maximum attention.

Left side of the screen – social life, extraversion. Right side of the screen – private life, introversion.

**Chakra 1 - Red** – self-confidence, sexual power.

Extreme introversion – shy and not self-confident person.

Extreme extraversion – too self-confident person, searching for proofs of his/her superiority.

**Chakra 2 - Orange** – material work, job or home.

Extreme introversion – don't want to go out of home, evading problems on work.

Extreme extraversion – don't want to return home from work, evading house problems.

**Chakra 3 - Yellow** – willingness to solve problems (personal or other's).

Extreme introversion – not eager to help others, concentrated on personal problems.

Extreme extraversion – eager to help anyone just not to work on personal problems.

**Chakra 4 - Green** – love, sympathy, empathy.

Extreme introversion – egoist.

Extreme extraversion – altruist.

**Chakra 5 - Light blue** – non-material work (art, painting, poems composition), verbal communication.

Extreme introversion – non-communicative person, not sharing his/her art with others.

Extreme extraversion – non-stop talking, show-off person.

**Chakra 6 - Blue** – approach to solving tasks and search of information.

Extreme introversion – thinks that there is only one right opinion – own, all others are not.

Extreme extraversion – doesn't have own opinion, always ask for help in any situation.





**Chakra 7 - Magenta** – relations with God, fanatic or atheist.




Extreme introversion – thinks that he/she can do anything and there will be no consequences.

Extreme extraversion – waits when God will solve his/her problems.

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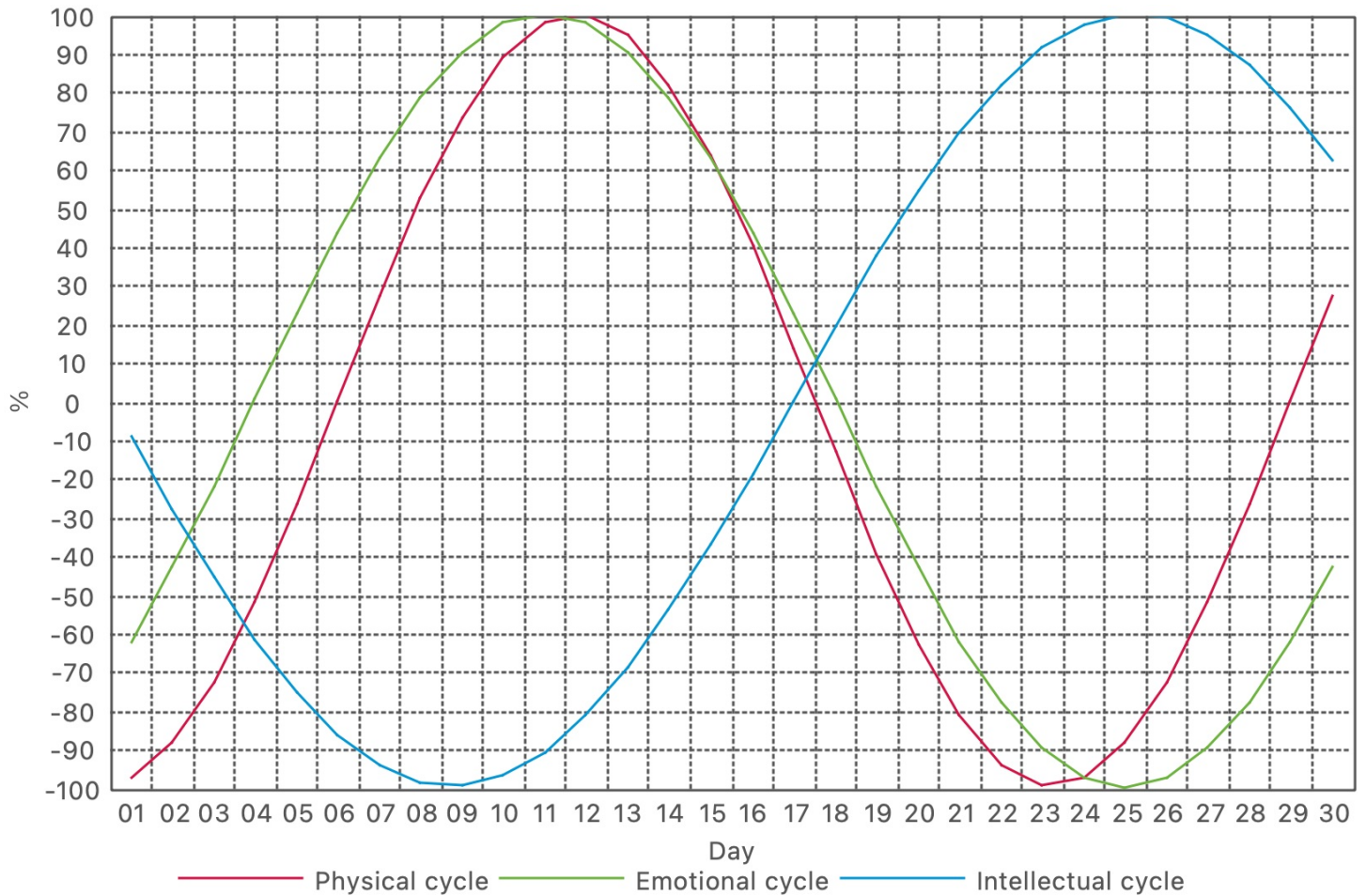
	<p><b>Number of chakra:</b> 1  <b>Name of chakra:</b> Muladhara  <b>Energy:</b> 4.9 Joules (<math>\times 10^{-2}</math>)  <b>Alignment:</b> 95%</p> <p><b>Color:</b> red  <b>Projection onto physical level:</b> Spine ending between anus and genitals, perineum area  <b>Key words:</b> vital force, power, stamina  <b>Element:</b> Earth  <b>Energy:</b> energy of Earth  <b>Controlled feeling:</b> sense of smell  <b>Physical aspects:</b> adrenal gland, skeleton, backbone, spinal cord, kidney, rectum  <b>Psychological aspects:</b> safety, prudence, patience, vigilance, selfishness, self-defense, struggle  <b>Functional manifestations:</b> movement functions, endurance, vital capacity, inner strength, love of living via body fitness  <b>An effect from working with chakra:</b> strengthening of the immunity, cheerfulness, endurance, decisiveness, optimism, regaining the zest for life</p>
	<p><b>Number of chakra:</b> 2  <b>Name of chakra:</b> Svadhithana  <b>Energy:</b> 5.7 Joules (<math>\times 10^{-2}</math>)  <b>Alignment:</b> 84%</p> <p><b>Color:</b> orange  <b>Projection onto physical level:</b> 4-6 cm below the navel, at pubic bone level  <b>Key words:</b> attractiveness, material creativity  <b>Element:</b> Water  <b>Energy:</b> energy of life  <b>Controlled feeling:</b> taste  <b>Physical aspects:</b> digestive apparatus, bowels, urogenital system  <b>Psychological aspects:</b> passion, self-appraisal, fear, authority, aggressiveness, contempt, egoism, thrift  <b>Functional manifestations:</b> sexual power, will of destruction, high sensitivity of taste  <b>An effect from working with chakra:</b> spiritual growth, an ability to transform greediness, lust, anger, jealousy, enables to be a success</p>
	<p><b>Number of chakra:</b> 3  <b>Name of chakra:</b> Manipura  <b>Energy:</b> 5.9 Joules (<math>\times 10^{-2}</math>)  <b>Alignment:</b> 95%</p> <p><b>Color:</b> yellow  <b>Projection onto physical level:</b> 5-7 cm above the navel, solar plexus  <b>Key words:</b> will, persistence, power, resolution  <b>Element:</b> Fire  <b>Energy:</b> morality  <b>Controlled feeling:</b> vision  <b>Physical aspects:</b> stomach, pancreas, excretory glands, liver, solar plexus  <b>Psychological aspects:</b> self-expression, self-affirmation, courage, emotionality, enthusiasm, guile, fear  <b>Functional manifestations:</b> coordination of movements, one's own body perception, the drive to achieve self-satisfaction  <b>An effect from working with chakra:</b> enhancement of viability and healing of many diseases, acquisition of longevity and good health, development of management and organizing capabilities, improvement of speech control and an ability to clearly formulate one's ideas, to exert one's influence on people with words</p>
	<p><b>Number of chakra:</b> 4  <b>Name of chakra:</b> Anahata  <b>Energy:</b> 5.8 Joules (<math>\times 10^{-2}</math>)  <b>Alignment:</b> 87%</p> <p><b>Color:</b> green</p>

	<p><b>Projection onto physical level:</b> thorax centre</p> <p><b>Key words:</b> love, kindness, compassion, harmony</p> <p><b>Element:</b> Air</p> <p><b>Energy:</b> love</p> <p><b>Controlled feeling:</b> tactile organs</p> <p><b>Physical aspects:</b> cardiovascular system, circulation of the blood, lungs, thyroid gland, mammary glands</p> <p><b>Psychological aspects:</b> obligation, responsibility, empathy, love for one's neighbour, indecision</p> <p><b>Functional manifestations:</b> love to oneself and others, tactile sensitivity through the motor activity of nerves, capability to obtain the desirable</p> <p><b>An effect from working with chakra:</b> feelings and emotions control, self-control, wisdom and inner strength, overcoming obstacles and difficulties, acquiring confidence, an ability to harmonize the surroundings, acquiring power over one's self, equipoising of Yang and Yin, harmonization of the intention and action, development of creative inspiration</p>
	<p><b>Number of chakra:</b> 5</p> <p><b>Name of chakra:</b> Vishuddha</p> <p><b>Energy:</b> 5.1 Joules (<math>\times 10^{-2}</math>)</p> <p><b>Alignment:</b> 95%</p> <p><b>Color:</b> azure</p> <p><b>Projection onto physical level:</b> base of neck, thymus</p> <p><b>Key words:</b> creativity, harmony, composure, self-actualization</p> <p><b>Element:</b> Ether</p> <p><b>Energy:</b> creativity</p> <p><b>Controlled feeling:</b> hearing</p> <p><b>Physical aspects:</b> spinal cord, throat, neck, oesophagus, heart, lungs</p> <p><b>Psychological aspects:</b> emotion, inspiration, creation, sociability, emotional-spiritual activity</p> <p><b>Functional manifestations:</b> breathing, sigh and utterance of sound, swallowing, represents creativity of all kinds, the last zone related to time and space</p> <p><b>An effect from working with chakra:</b> calmness, purity, clearness, melodiousness of voice, an ability to spiritual poetry, prophetic gift</p>
	<p><b>Number of chakra:</b> 6</p> <p><b>Name of chakra:</b> Ajna</p> <p><b>Energy:</b> 4.0 Joules (<math>\times 10^{-2}</math>)</p> <p><b>Alignment:</b> 93%</p> <p><b>Color:</b> blue</p> <p><b>Projection onto physical level:</b> the centre of brain, epiphysis</p> <p><b>Key words:</b> wisdom, will</p> <p><b>Element:</b> Light</p> <p><b>Energy:</b> mind, intuition</p> <p><b>Controlled feeling:</b> intuition</p> <p><b>Physical aspects:</b> brain, hypophysis, hypothalamus, head, nervous system</p> <p><b>Psychological aspects:</b> reason, will, intellect, logic, empathy, inspiration, directivity, analysis, imagination</p> <p><b>Functional manifestations:</b> ability to create visions (creative imagination) and to understand the significance (responsibility) of one's abilities, understanding of concepts, clairvoyance, responsible for the sixths feeling (instinct)</p> <p><b>An effect from working with chakra:</b> understanding the essence of things, wisdom, will, clairvoyance, an ability to know the past, present and future, the burden of previous lives is burnt during the work with the sixth chakra</p>
	<p><b>Number of chakra:</b> 7</p> <p><b>Name of chakra:</b> Sahasrara</p> <p><b>Energy:</b> 4.8 Joules (<math>\times 10^{-2}</math>)</p> <p><b>Alignment:</b> 98%</p> <p><b>Color:</b> violet</p> <p><b>Projection onto physical level:</b> top of the head, vertex</p> <p><b>Key words:</b> cosmic perception, super consciousness, unity</p> <p><b>Element:</b> Light</p>

	<p><b>Energy:</b> will, consciousness, creativity</p> <p><b>Controlled feeling:</b> collective mind</p> <p><b>Physical aspects:</b> brain, pineal gland, skin, reproduction, hormone balance</p> <p><b>Psychological aspects:</b> spirituality, wisdom, enlightenment, self-actualization, unselfishness, integrity</p> <p><b>Functional manifestations:</b> superior abstract and philosophical thinking, super-consciousness, pure intuition, unites the notion of reason (geometrical figures of mental body), transformation of thought into energy via brain activation</p> <p><b>An effect from working with chakra:</b> acquisition of abilities to super-consciousness, an all-uniting vision of the world, putting into practice one higher aspirations, complete calm, universal consciousness, joining our spiritual self, realization of the superior plentitude of life</p>
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## Biorhythms

Jun 2025



When a particular biorhythm is in the upper part of the cycle it indicates beneficial days for activity. When biorhythms are down, these are non-beneficial days. For example, whenever your physical and intellectual cycles are in the lower part, your concentration may also suffer. Being thus diminished, you may have to be cautious when driving or going out. In Oriental countries, people never make important decisions when biorhythms are low.

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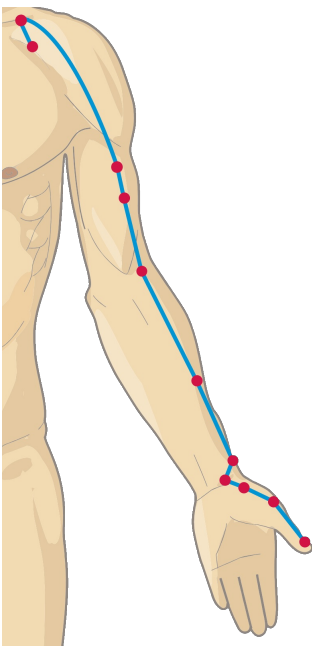
## Yin - Yang meridians

«Yin Yang» program is about 12 energy meridians based on the Traditional Chinese Medicine (TCM). According to the TCM: only 6 meridians have acupuncture points on the hands and 6 meridians have points on the feet, but Bio-Well sector diagram is based on Su-Jok that is different from TCM. Yin-Yang program is trying to build a "bridge" between TCM and Su-Jok. Bio-Well is using Su-Jok points to analyze TCM meridians. Some of the meridians have only 1 corresponding sector on hands, so Bio-Well can't calculate the balance for such meridians. Norms of Energy are the same as on all other tabs in the software.

### Yin of Lungs

Level of energy: Normal

Energy 5.81 Joules ( $\times 10^{-2}$ ) / Balance 90%



Element: Metal

Control:

- Circulation of liquids and energy
- Remove endogenous toxins and excess of mucus via lungs and skin
- Control of skin and hair state
- Partial control of parasympathetic nervous system
- Max – 3-5 h; min – 15-17 h

Physical Imbalances: Disorders of the chest, lung, throat and nose

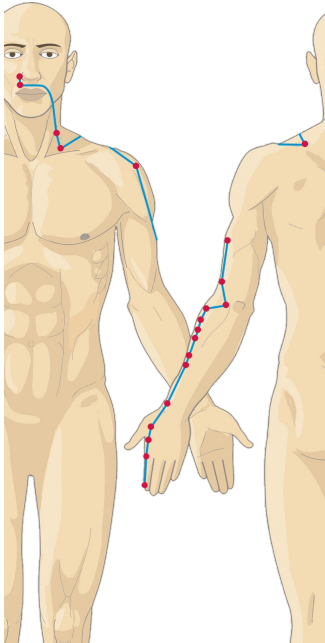
Emotional Imbalances: The Lungs are responsible for establishing the foundation of Qi for the entire body. The Lungs house the body's Seven Emotions and are responsible for self-protection and self-preservation. Their negative attributes are disappointment, sadness, grief, despair, anxiety, shame and sorrow.

When Balanced: Righteousness, dignity, integrity and high self-esteem

## Yang of Large intestine

Level of energy: Normal

Energy 4.74 Joules ( $\times 10^{-2}$ ) / Balance 91%



Element: Metal

Control:

- Ensure elimination of food wastes, endotoxins and excess of mucus via thick bowel
- Take part in urogenital system work
- Max – 5-7 h; min – 17-19 h

Physical Imbalances: Paired with the lungs, the large intestine depends on the lungs for movement via the expansion and contraction of the diaphragm, which works like a pump to give impetus to peristalsis by regulating abdominal pressure. Symptoms of abdominal pain, intestinal cramping, diarrhea, constipation and dysentery as well as disorders of the mouth, teeth, nose and throat.

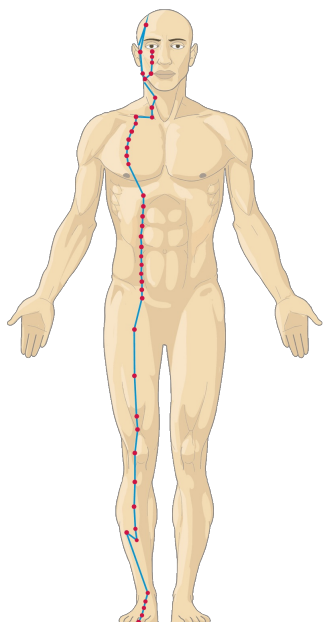
Emotional Imbalances: The Large Intestine meridian is affected by the emotions of sadness, grief, and worry.

An energetic imbalance in the Large Intestine can result in physical weakness and provoke emotional introversion, accompanied by feelings of depression, irritability, discouragement, distress and apathy and low self-esteem

## Yang of Stomach

Level of energy: Normal

Energy 4.68 Joules ( $\times 10^{-2}$ )



Element: Earth

Control:

- Functions of stomach
- Metabolism of connective tissue
- Max – 7-9 h; min – 19-21 h

Physical Imbalances: Digestive and stomach problems - abdominal pain, distension, edema, vomiting, sore throat, facial paralysis, upper gum toothache, nose bleeding.

Emotional Imbalances: Anxiety, worry, skepticism, poor confidence, feelings of suspicion or mistrust.

When Balanced: Fairness, openness and caring.

## Yin of Spleen

Level of energy: Normal

Energy 4.91 Joules ( $\times 10^{-2}$ ) / Balance 77%

Element: Earth

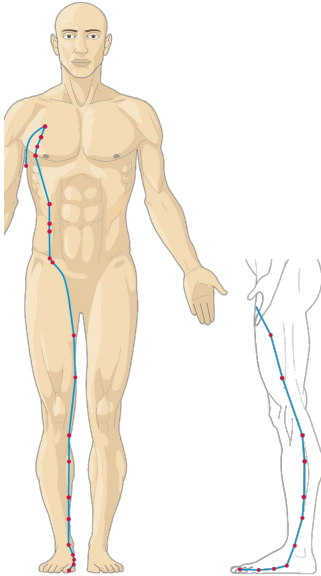
Control:

- Digestion and intestinal uptake of nutrients
- Distribution of energy (taken from food)
- Transportation of liquids
- Blood and muscles state
- Anabolic hormones
- Max – 9-11 h; min – 21-23 h

Physical Imbalances: Digestive and stomach problems.

Emotional Imbalances: Worry, poor concentration, forgetfulness, cloudy thought process, addiction, attachment, obsession, gluttony, jealousy, self-pity, strong concern about opinions of others, stubbornness, low self-esteem, poor self image.

When Balanced: Fairness, openness, deep thinking and reminiscence, self esteem



## Yin of Heart

Level of energy: Normal

Energy 4.58 Joules ( $\times 10^{-2}$ ) / Balance 93%

Element: Fire

Control:

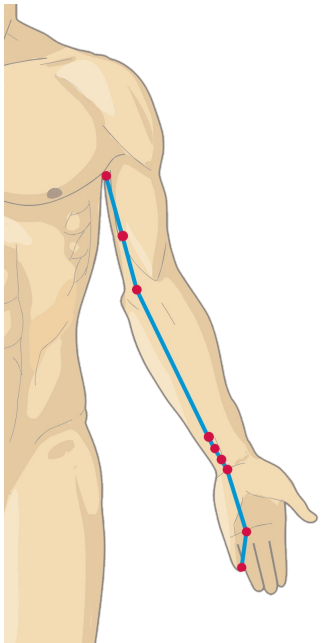
- Cardiovascular system
- Cerebral cortex
- Hypothalamus and hypophysis
- Vegetative organs
- Perspiration, smell perception
- Max – 11-13 h; min – 23-1 h

It rules: blood, tongue, throat, sweat, facial complexion, adrenals, thyroid, prostate and pituitary gland. It opens into the tongue and controls speech. The Heart Meridian is associated with warmth, laughter and enthusiasm.

Physical Imbalances: shortness of breath, cold feeling in the chest and limbs, palpitations, cold sweat, inability to speak, memory failure and restless sleep.

Emotional Imbalances: The heart is the ruler of all emotions. Signs of imbalance include sadness, absence of laughter, depression, fear, anxiety, hysteria, erratic behavior, alternating joy and melancholy, dullness, yearning for love, jealousy and sorrow.

When balanced: Tranquility, gentleness, emotional balance, spirit, love, integrity, optimism, emotional and spiritual growth, zest for life, control of thoughts and senses, conscience and wisdom.

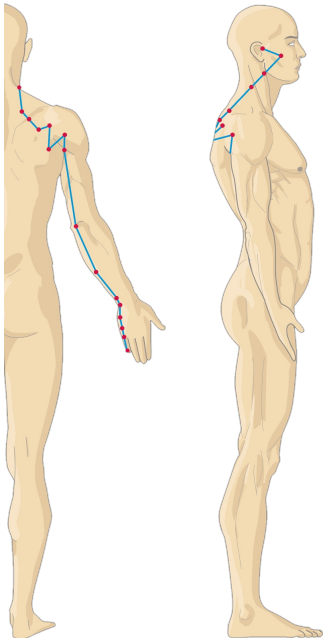




## Yang of Small intestine

Level of energy: Normal

Energy 5.17 Joules ( $\times 10^{-2}$ ) / Balance 95%



Element: Fire

Control:

- Digestion in duodenum and thin bowel
- Intestinal absorption of water in bowel
- Functions of sympathetic system
- Max – 13-15 h; min – 1-3 h

Physical Imbalances: Signs include bluish lips with white border, emaciation, profuse sweating, swellings of nodules, hemicrania, tinnitus, pain around the ear, and pain depressing the abdomen.

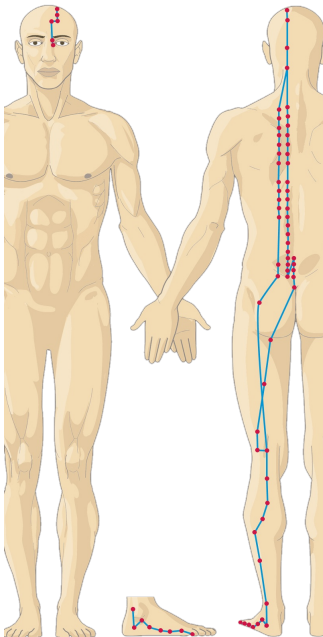
Emotional Imbalances: A feeling of mental deficiency due to inability to assimilate ideas, and insecurity. Forgetfulness, indecision, unclear thought process. Restlessness and difficulty in expressing emotions.

When Balanced: Healthy expressions are love, joy, warmth, vitality, excitement, memory, ability in making decisions, clarity of thought.

## Yang of Bladder

Level of energy: High

Energy 6.72 Joules ( $\times 10^{-2}$ ) / Balance 76%



Element: Water

Control:

- Kidneys
- Max – 3pm – 5pm

Physical Imbalances: headaches, back problems, or urinary problems including excessive urination and incontinence, pain in the eyes, tearing and colds. See also: 7 Emotions

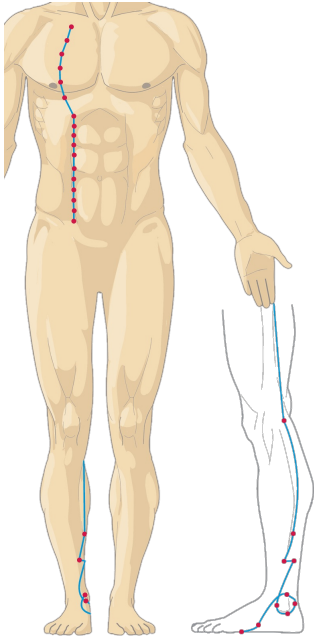
Emotional Imbalances: Lack of energy, being inflexible and fearful - Resisting change and basic negative attitude are also expressions of Bladder Meridian imbalance.

When Balanced: Hopeful, looking forward, calm and peaceful

## Yin of Kidneys

Level of energy: Normal

Energy 5.96 Joules ( $\times 10^{-2}$ ) / Balance 87%



Element: Water

Control:

- Urogenital functions
- State of bones and nerve tissue
- Reproductive functions
- It is considered, that left meridian mainly corresponded to urogenital system and right – to genital and hormone systems
- Max – 17-19 h; min – 5-7 h

Physical Imbalances: Chest pain, asthma, abdominal pain, irregular menstruation, impotence, hernia

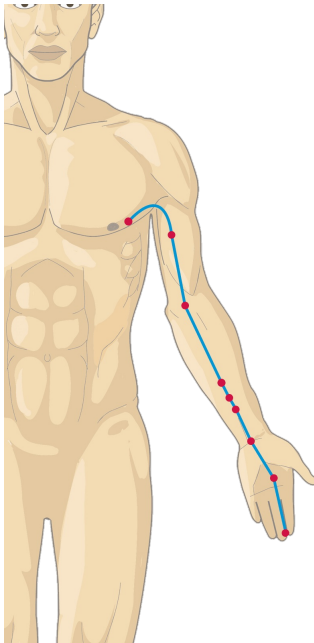
Emotional Imbalances: Hysteria, paranoia, depression, fear, loneliness and insecurity

When Balanced: Wisdom, rationality, clear perception, gentleness and self-understanding.

## Yin of Pericardium

Level of energy: Normal

Energy 5.25 Joules ( $\times 10^{-2}$ ) / Balance 91%



Element: Fire

Control:

- Regulatory influence to cardiovascular system
- Anabolic processes
- State of vessels
- Max – 19-21 h; min – 7-9 h

Physical Imbalances: Disorders of the heart, chest, stomach and mind

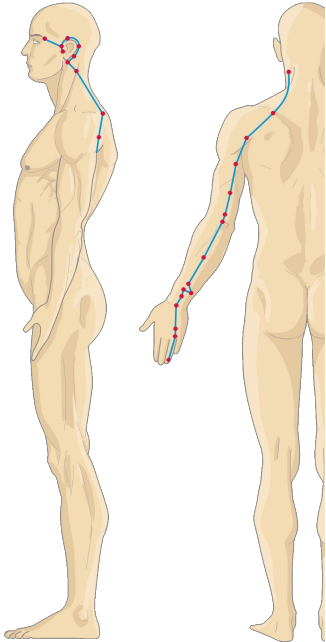
Emotional Imbalances: Difficulty feeling and expressing emotions, depression, aversions, and phobias

When Balanced: Joy, happiness and healthy relationships

## Yang of Triple warmer

Level of energy: Normal

Energy 5.03 Joules ( $\times 10^{-2}$ ) / Balance 86%



Element: Fire

Control:

- Retrieve energy
- Catabolism
- Related to hormonal system
- Max – 21-23 h; min – 9-11 h

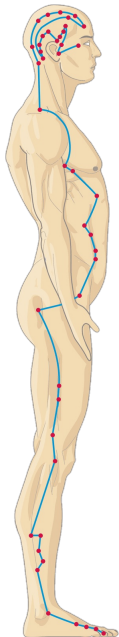
Physical Imbalances: Disorders of the side of the head, ears, eyes and throat as well as diseases involving the regions through which the meridian runs (gallbladder meridian, pericardium meridian, small intestine meridian)

When balanced: Kindhearted, stable mind and emotion of joy

## Yang of Gallbladder

Level of energy: Normal

Energy 4.80 Joules ( $\times 10^{-2}$ )



Element: Wood

Control:

- Functions of cholecyst
- Partial control of subcortical parts of brain
- Max – 23-1 h; min – 11-13 h

Physical Imbalances: insomnia - waking up suddenly, very early in the morning and not being able to fall asleep again, tendons, tears, nails, eye diseases, glaucoma, and night blindness, stiff neck, ringing in the ears, dizziness

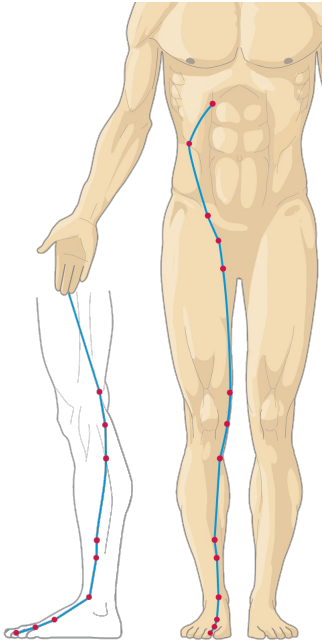
Emotional Imbalances: timidity, indecision, easily discouraged... and resentment.

When Balanced: courage and initiative, decision making and good judgment, sound sleep, healthy expression and processes of creativity, planning, brainstorming, analysis, and decision-making

## Yin of Liver

Level of energy: High

Energy 7.76 Joules ( $\times 10^{-2}$ ) / Balance 60%



Element: Wood

Control:

- Metabolism and regeneration
- Keep body energy in balance
- Regulate blood flow in compliance with physiological activity
- State of tendon and ligaments of joint
- Partial control of eyes and subcortical parts of brain
- Max – 1-3 h; min – 13-15 h

Physical Imbalances: Liver function is reflected externally in the condition of finger- and toenails and by the eyes and vision. Blurry vision is often a result of liver malfunction rather than an eye problem.

Emotional Imbalances: The liver governs growth and development, drive and desires, ambitions and creativity. Obstruction of liver energy can cause intense feelings of frustration, rage, and anger... as well as irritability, resentment, jealousy and depression.

When Balanced: Kindness, compassion, and generosity.

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## Functional/energetic condition of organs and systems

NB! In the Digestive system most of the organs have sectors only on one hand – henceforth they do not have the Balance parameter (as it can't be calculated). For these organs you can see only the Energy parameter.

System	Organ	Energy, Joules ( $\times 10^{-2}$ )	Balance, %
Head		4.37	87.45
	Eyes	4.16	80.51
	Ears, nose, maxillary sinus	3.88	91.27
	Jaw, Teeth	4.56	93.88
	Cerebral zone (cortex)	3.77	78.34
	Cerebral zone (vessels)	4.32	95.46
	Hypothalamus	4.64	76.39
	Epiphysis	4.85	90.77
	Pituitary gland	4.82	91.55
Cardiovascular system		4.69	95.08
	Cardiovascular system	5.25	91.31
	Heart	4.58	92.85
	Cerebral zone (vessels)	4.32	95.46
	Coronary vessels	4.60	87.01
Respiratory system		5.81	89.70
	Throat, larynx, trachea	5.92	77.29
	Respiratory system	6.84	92.19
	Thorax zone	4.68	98.26
Endocrine system		5.03	85.99
	Hypothalamus	4.64	76.39
	Epiphysis	4.85	90.77
	Pituitary gland	4.82	91.55
	Thyroid gland	5.32	90.32
	Pancreas	4.87	92.69
	Adrenals	5.76	77.88
	Spleen	4.96	47.99
Musculoskeletal system		4.95	84.97
	Spine - cervical zone	4.96	91.65
	Spine - thorax zone	4.52	86.83
	Spine - lumbar zone	4.52	91.06
	Sacrum	5.40	63.04
	Coccyx, Pelvis minor zone	5.34	41.22
Digestive system		5.16	87.84
	Colon - descending	4.75	100.00
	Colon - sigmoid	4.61	100.00
	Rectum	6.31	100.00

	Blind gut	4.71	100.00
	Colon - ascending	4.40	100.00
	Colon - transverse	4.30	93.33
	Duodenum	4.91	100.00
	Ileum	5.19	100.00
	Jejunum	5.29	100.00
	Liver	7.76	60.37
	Pancreas	4.87	92.69
	Gallbladder	4.80	100.00
	Appendix	3.90	100.00
	Abdominal zone	4.68	100.00
Urogenital system		6.00	72.93
	Urogenital system	6.72	75.60
	Kidneys	5.96	86.93
	Prostate	5.31	53.83
Nervous system		4.21	94.00
	Nervous system	4.21	94.00
Immune system		4.77	97.22
	Immune system	4.77	97.22

Very low
  Low
  Normal
  Increased
  High

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