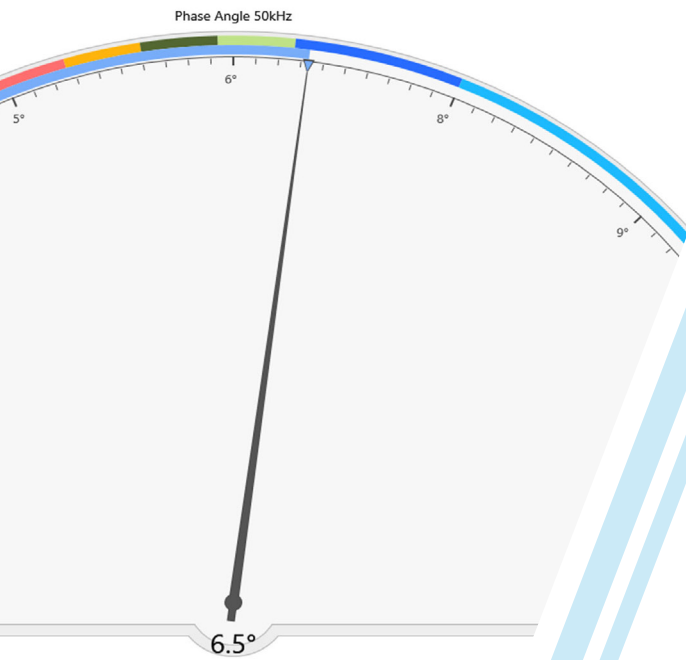


# CELLULAR HEALTH YOUR RESULTS



- PHASE ANGLE
- WELLNESS MARKER
- IDENTIFYING POOR CELLULAR NUTRITION
- IMPROVING YOUR CELLULAR HEALTH

# Wellness Marker



## Normals of Wellness Marker

*Extremely healthy - 0.600-0.799*

*Normal - 0.800-0.870*

*Caution - 0.871-0.935*

*Illness - 0.936-0.990*

*Severe Illness - 0.991-0.999*

# Phase Angle



## Normals of Phase Angle

*Outstanding - 7.5-12.0*

*Very good - 6.4 - 7.5*

*Good - 5.9 - 6.4*

*Satisfactory - 5.4 - 5.9*

*Sufficient - 4.9 - 5.4*

*Unsatisfactory - 3.9 - 4.9*

*Poor - 3.0 - 3.9*

*Extremely Poor - 0.0 - 3.0*

# Glossary & Explanation of Terms

## Phase Angle

Your Phase Angle reading is the direct measurement of the integrity of your cell membranes and how well they function - a measurement of your body's overall health.

When illness or malnutrition occurs, the voltage of the cell membrane is altered, which is picked up as a lower Phase Angle.

- **A LOW** phase angle is an indicator of cell membrane breakdown and an inability of cells to store energy.
- **A HIGH** phase angle indicates that the membranes of the cells are intact and body cell mass (BCM) is high.

**IMPORTANT:** Every individual will have their own 'normal' phase angle and what might be a low value for one person, could be a completely normal value for another.

So, whatever value your assessment shows to be your Phase Angle, it is used as a control and changes are monitored over time to track recovery of illness or use as preventative marker before onset of illness occurs.

### What's a good Phase Angle?

As a general guide, if your Phase Angle is **above 5**, your cell health is good.

There is room for improvement if it's 5 or so, but anywhere near 10 and your cellular health is exceptional.

If your Phase Angle is **below 5** however, your cell health may need to be addressed by improving your nutrition and lifestyle.

As explained, even if you have a low Phase Angle you may well be in good health but just naturally have a low Phase Angle.

Subsequent tests and improvements (where necessary) of nutrition and lifestyle etc. will prove this however and with improvements in diet, lifestyle and exercise habits, an increase in Phase Angle is often seen.

More information on Phase Angle can be found on the [GH Training website](#).

# Glossary & Explanation of Terms

## Wellness Marker

Your “Wellness Marker” reading is essentially a ratio of the time it takes currents to travel around your cells and through your cells.

Body cells are “non-conductive” at a low frequency of 5 kHz and restrict the flow of current. High Impedance values are then measured in the human body.

At the higher frequency of 50 kHz, the body cells become more conductive and a lower Impedance value is measured.

The integrity and health of your cells can then be characterised by the ratio between measured impedance values at 50 kHz and 5 kHz. This ratio is also called the Wellness Marker.

- **A VERY HEALTHY** Wellness Marker value, often seen in fit and athletic people is around 0.800 or lower.
- **A NORMAL** Wellness Marker value demonstrating good health is around **0.845**.
- **AN UNHEALTHY** Wellness Marker value, often seen in those who are chronically dehydrated, unwell and poor lifestyle choices is a value which higher than **0.900**.

### Improving your Wellness Marker

If you are disappointed or surprised at your Wellness Marker value, it’s advised that you sit down and review your nutritional, lifestyle and exercises habits.

Often, simply improving the quality of your diet by eating more fresh whole foods, reducing your alcohol intake, drinking more water and exercising more frequently will help to significantly improve both your Phase Angle and Wellness Marker values.

The importance of your cellular health has been stressed several times through this report and the Wellness Marker along with your Phase Angle is an excellent way to give you an analysis of your cell health.

If you’d like more advice on how to improve your cellular health through nutrition, we are here to help. If we feel you require more specific nutritional advice, we can direct you to professionals who specialise in these areas and provide you with bespoke nutritional guidance.