



QPM SPAEXPERT-XL



Computerized segment bioimpedance measurement XXX

Performed on 25/03/2008 by AMV

Confidential and personal document

Measurement performed using the QPM process:
Electronic sensor analyzer system, EC standard.
Use of which was granted to AMV

IMPORTANT:

Under no circumstances does the QPM measurement constitute a diagnosis or a prognosis.
QPM converts bioimpedance measurements into biophysical or biopsychological data via an interface based on electro-quantic models of the organism. Rather than a static view of the individual, this instantaneous measurement provides information on his or her dynamic evolution.
Repeating these measurements at regular intervals allows us to see their progress over time. Interpretation of this measurement must be done by an AMV-certified person trained in the use of the QPM process, who remits a copy of the results of the measurement to the person concerned.

This report was interpreted by _____
on




SIGNATURE OF THE CERTIFIED OPERATOR


QPM is a product of AMV Company


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AMV (Test) / XXX / Mesure 6901

ETAT DU MOMENT

LEVEL OF FORM:		
PHYSICAL		
1 - Level of physical form:	 2	Slightly low. Motivation is needed to restore the physical form.
EMOTIONAL		
2 - Level of emotional form:	 3	.Average. The measured level has no direct impact on effectiveness and well-being.
MENTAL		
3 - Level of mental form:	 3	Good. The mental form can influence in a positive way the effectiveness and the well-being.










STRESS:		
STRESS LEVEL		
4 - Global level of the organism's response to a shock or an aggression:	 3	Little stress. The organism's response is good, the type of response must be correlated with the relative level of good and bad stress.

ANXIETIES:		
BODY ANXIETY		
5 - physical component of anxiety with physiological perceptions of the responses:	 2	.Present. The body often appears to somatize anxiety.

SUGGESTIONS QPM		
RECOMMENDATIONS FOR THE PHYSICAL ZONES		
CERVICAL AREA	 3	Important area.
CHEST AREA	 1	▲ Priority area.
DORSAL AREA	 5	Non priority area.
HEAD AREA	 4	Not very important area.
LEFT ARM	 5	Non priority area.
LEFT LEG	 4	Not very important area.
LOWER ABDOMINAL AREA	 5	Non priority zone.
LUMBAR AREA	 4	Not very important area.
PELVIC AREA	 4	Not very priority area.
RIGHT ARM	 5	Non priority area.
RIGHT LEG	 4	Not very important area.
Right shoulder area	 4	low priority area
Right shoulder area	 4	Low priority area
SENSORY AREA	 3	▲ low priority area
THROAT AREA	 3	Important area.
UPPER ABDOMINAL AREA	 4	Not very priority area







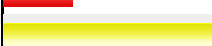








SOINS DU MOMENT

EXPERT SPA		
PRIORITY TYPE OF CARE		
Antalgic (painful and damaged joints)	 3	Can prove useful




		
anti-aging	 3	Can prove useful
Anti-inflammatory	 1	Highly recommended
Anti-stress, sleep aid, relaxation, joy	 3	Can prove useful
Blood circulation	 4	Feebly recommended
Detoxification, elimination, purification	 3	Can prove useful
Fitness, Well-being, recovery, fatigue, overwork, jet lag	 0	Definitely recommended
Skin, beauty	 2	Strongly recommended
Slimming, toning, anti-cellulite, drainage	 1	Highly recommended

WATER THERAPY

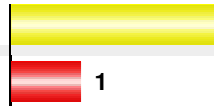
IN CUBICLE

"Thalatherm" type chamber (alternating hot and cold jets - phlebitis aid)	 2	
'Bain bouillonnant" (jacuzzi type bath or convivial hot tub)	 0	
Air-water balneotherapy massage (combination of strong air & water sprays)	 3	
Algotherapy (application of crushed hot seaweed)	 3	
Bath / crushed ice shower	 1	
Baths with essential oils of flowers, grapefruit, kaolin, milk, etc.	 2	
Friction rub to eliminate impurities (often prior to wrapping therapies)	 1	
Gentle shower or Vichy shower (on table)	 3	
Hydro-massaging or "sensation" shower (alternates jets and different atmospheres)	 4	
Japanese bath (inert and hot++ water)	 0	
Jet or Spray shower	 3	
Massage under a gentle shower	 2	
Mud therapy (immersion of hands and wrists in hot seaweed sludge)	 4	
Scottish bath/shower (alternating warm bath / hot and cold shower)	 1	
Under water shower (strong jet body massage in warm salt bath)	 4	
Wrapping in chamber (with hammam heat & gentle poured water) or on a water mattress and blanket	 5	
Wrapping in plastic film (cold - cryo or frigitotherapy) or warm blanket	 5	

IN POOL

Aquasophro (surface relaxation guided by a practitioner)	 5	
Aquatonic course or relaxing marine course with underwater jets, waterfalls, geyser, swan's neck	 3	
Jet massage in pool (multi-powered orientable jet)	 5	
Phlebitis treatment (in walking wave bath / opposing currents / stimulus floor, etc.)	 2	
Pool gymnastics or physical balneotherapy	 3	

Water massage or "watsu" (personal care-massages-mobility-stretching by a practitioner)



EXPERT SPA

DRY THERAPY

Electrotherapy (application of electrical current for antalgistic, anti-inflammatory purposes, blood circulation etc.)



Machine suction massage (celluM6, LPG etc.)



Manual massage for lymphatic drainage



Medical hydro jet (dry massage by water jets on a heated water mattress)



Modeling (on floor, table, of the world, etc.)



Pressure therapy (machine)



Sole of feet / Manual Reflexotherapy



HOT THERAPY

Arabian Hammam



Finnish sauna



Infra red sauna



Russian banyas, traditional Temazcal sweat bath



PHYSICAL ACTIVITIES

Basic sporting practice : swimming (in pool), walking, jogging (open air)



Body-building: personal workout, in gym, with or without equipment, under guidance of a trainer



Breathing improvement techniques



Cardio fitness training



Energy-boosting practices: yoga, do-in, gi-gong, taoist gym, tai-chi-chuan



Group gym practice: aerobics, low-impact, ab/gluts, pilates



Stretching and posture workout



Workout on the "globalist" fitness therapy machine (Huber, Imoove)



RELAXATION

Cavitation hall (aerosols, negative ionization, O2++, atmosphere)



Group relaxation sessions (Schulz autogenic training with TAS, sophrology, etc.)



Meditation sessions with trainer or alone in hall or open air



Personal relaxation sessions



Relaxation room (lighting, heat, music)



Relaxation room with water bed

