



*"Let light be your medicine"*

## HEALTH & VITALITY TESTING (HVT)

**How healthy are you? Find out in 15 minutes!**

### Health & Vitality Test\*

Uses advanced software to give a very accurate representation of one's true state of physiological health.



### IN HOME TESTING

One of the best home tests that you can do to truly find out how your body is doing in physiological health and what you can do to gain better health. With any stress comes a reaction followed by adaptation towards the stress. By testing daily stressors in the home and workplace environment and watching the beat-to-beat changes in HR, we can gain very good insight into the degree and extent of various daily stressors while also observing the body's stress adaptation reserves. Since stress decreases immune systems capacity, it can put the body at a higher risk to be affected by viral infections and we can use the data as a warning sign for our body. Moreover, this test gives us a good idea of one's general health status.

\*Athlete and horse versions available by request.

# EXCLUSIVELY FOR LS PRO PREFERRED CLIENTS

Through LS Pro Healthcare Professional

## \$500 ONE MONTH UNLIMITED TESTING

- Unlimited daily testing (more tests give better picture)
- Test in your home and workplace environment
- Learn your body's bio-physiological clock and the best times for high stress-related interventions like intensive exercise, IV therapies, chemotherapy, etc.
- Understand daily stressors impacting your health and the best time(s) of day for treatments or to take rest.
- Baseline testing can show Dysautonomia, POTS, Long COVID and other diseases and conditions affecting the ANS and allow us to track changes from interventions and treatments.

### • REAL TIME TESTING:

- Observe the benefits of therapies like hyperbaric, light therapy, massage, or any other health promoting intervention
- Find out what daily stressors are impacting your health and how you can change them including food stressors.
- Monitor how your body is doing during your sleep

## CONTACT

**ACCELERATE RECOVERY | ENHANCE PERFORMANCE**  
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