DISCLAIMER:
This report provides statistical data that is not intended to replace the diagnosis of a physician or attempt to treat or cure or diagnose any illness. All users of this service should always consult their primary care physician.
Health Perspective

ARDK Health Profiling

Energy

Chemical

Mechanical

Aromatherapy

Acupuncture

Western Medicine

Conventional Body Check
Over 50 Years of Research

Combines Chinese Meridian Theory & Science

ARDK

Measurement of Meridian Points

Computer Analysis via Internet

Instant whole body fitness profile report

Further medical examination

Preferred health maintenance program

www.alexoratech.com
ARDK® is a functional test that uses the “Nakatani” method.

Computerized testing using the “Nakatani” method is considered one of the proven methods of functional diagnostics.
Nakatani Method

- Japanese doctor Yoshio Nakatani invented this testing method in the Space Research Center of Moscow, Russia. His idea, based on Traditional Chinese Medicine, allows for the checking of one’s health from bio active points (BAPs), based on the 12 major meridians, generating an analysis of how energy moves in major organs. The data obtained is then processed using a special software, and results can be seen on the computer screen.
The development of ARDK® in the 1960s to the present was to devise a rapid method of health profiling, with maximum information for the Russian military and preventive screening for the general population with high reliability and low cost.
The statistical evaluation of clinical data was collected from **1977 to 1991** in various **health institutions** were done by scientists, doctors and experts using modern scientific method.

In the **mid 1990s**, **Taiwan** added more information to the existing data, and improved the program, taking into account the peculiarities of the eastern and western medicine.
Complex Hardware + software
Components

- **ARDK®** consists of two databases:
  1. the database with a renewable patient data
  2. knowledge base, which stores profiles of different diseases

- On the average, one set of data from a patient (conclusion) spends between 100 to 1000 or more cases, depending on the complexity of the analysis (one patient could have a number of different diseases superimposed on each other).
This research is a method for determining the **state of the functions of organs and systems** by measuring the skin’s electrical resistance in biologically active points (BAPs).

**Electrodermal resistance** is a measure of the degree to which the skin opposes the passage of an electric current.

- 12 on the hands
- 12 on the feet

**ARDK®** draws statistical relationship between measurements taken from the skin to internal organ function.
1. The Lung Meridian (Hand-Taiyin Channel)
   - Tai yuan
   - Major organs and systems
     > Nose, lung, skin, thyroid gland

2. The Pericardium Meridian (Hand-Jueyin Channel)
   - Ta ling
   - Major organs and systems
     > Heart, blood vessel

3. The Heart Meridian (Hand-Shaoyin Channel)
   - Shen men
   - Major organs and systems
     > Tongue, axilla, brain, heart, head

4. The Small Intestine Meridian (Hand-Taiyang Channel)
   - Wan ku
   - Major organs and systems
     > Ear, duodenum, shoulder

5. The Triple Heater Meridian (Hand-Shaoyang Channel)
   - Yang chih
   - Major organs and systems
     > Lymphatic system, eye, inflammation

6. The Large Intestine Meridian (Hand-Yangming Channel)
   - Yang hsi
   - Major organs and systems
     > Mouth (teeth), shoulder, skin, nose, throat
7. The Spleen Meridian (Foot-Taiyin Channel)

- Tai pei
- Major organs and systems
  - Stomach, intercostal tissues, brain, immune-endocrine system, shortness of breath, diabetes mellitus, cancer

8. The Liver Meridian (Foot-Jueyin Channel)

- Tai chung
- Major organs and systems
  - Genital organ, thorax and rib, eye liver, nerve

9. The Kidney Meridian (Foot-Shaoyin Channel)

10. The Urinary Bladder Meridian (Foot-Taiyan Channel)

- Shu ku
- Major organs and systems
  - Eye, nose, brain, body fluid, mucus membrane tissue, vertebral column

11. The Gallbladder Meridian (Foot-Shaoyang)

- Chiu hsu
- Major organs and systems
  - Eye, head, neck, blood capillary, migraine, headache

12. The Stomach Meridian (Foot-Yangming)

- Chung yang
- Major organs and systems
  - Buccal cavity (teeth), nose, upper eyelid, mammary gland, knee, gastro-intestinal tract
How does work?

1. Examination
2. Transmission readings on internet for processing on the server
3. Treatment indications on the server and send the result
Knowledge Base (server) is composed of multiple images of a number of different filters / conclusions (disease).

The inputed data, reaches the knowledge base, is sifted through the filters and as a result presented in the form of probabilities of conclusions superimposed on each other.

When transferring data to the server for processing, it automatically detects the presence of a virtual user account.

After processing the data, measurements (clicks) are automatically read by the reference count and deducted from the virtual user account.
Why

- **Accurate**
  - Up to 95%: backed up by 50 years of extensive evidence-based research and a large database

- **Efficient**
  - Identifies stage of imbalance even in latent forms or very early stage when classic tests are still inconclusive
  - Shows changes in the body, i.e. response to treatment

- **Practical**
  - 5-minute check up with no down time
  - Economical / inexpensive

- **Safe**
  - Painless, non invasive, non-radioactive
  - Safe for pregnant women and children

- **Forecasts**
  - Detects possible underlying causes
  - Detects imbalances before symptoms appear
<table>
<thead>
<tr>
<th>Feature</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evolving</td>
<td>Continuous research and upgrading</td>
</tr>
<tr>
<td>Portable</td>
<td>First class health examination anywhere</td>
</tr>
<tr>
<td></td>
<td>Results can be retrieved anywhere online</td>
</tr>
<tr>
<td>User-friendly</td>
<td>English, Russian, French, Spanish, Chinese, Japanese</td>
</tr>
<tr>
<td></td>
<td>Assistants can do the test, doctors just analyze results</td>
</tr>
<tr>
<td>Comprehensive</td>
<td>Gives detailed health information on whole body including psychoemotional status</td>
</tr>
<tr>
<td>Flexible</td>
<td>Functional medical diagnostics</td>
</tr>
<tr>
<td></td>
<td>Psychoemotional assessment for manpower resources</td>
</tr>
</tbody>
</table>
Requirements for ARDK®

- ARDK® account
- A computer connected to internet
- Installed software
- Device for measuring
- Trained professionals

www.alexorat.com
Worsening condition of chronic low-intensity processes of the nasopharynx and/or the damage of the functions of the large intestine.
Prioritizing Systems and Organs for Treatment

Health status is assessed as unsatisfactory, possible exacerbation of chronic processes. It is strongly recommended to take a detailed examination on the organs and systems. Specialists' guidance is needed.
<table>
<thead>
<tr>
<th>Urinary Organs Deviation 77%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kidneys</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Predisposition to a breach of the functionality of the kidneys (reduced excretion of various toxins from the body, the violation of the anatomical structure)</td>
</tr>
<tr>
<td>Nephrotic syndrome: 94%</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>- Functional disorder: Imbalance of water-electrolyte metabolism.</td>
</tr>
<tr>
<td>- Cause: Unbalanced diet, high salt intake, impaired water regime.</td>
</tr>
<tr>
<td>- Complaints: Back pain, joint pain, impaired vascular tone with a tendency to hypertension</td>
</tr>
<tr>
<td>- Recommendation: Consulting a neurologist.</td>
</tr>
</tbody>
</table>
“TR”(10). Arm Shao Yang Triple Burner Meridian

Pathway:
The Triple Burner Meridian begins at the outer tip of the ring finger and goes along the back of the hand, wrist, forearm and upper arm, until it reaches the shoulder region where it branches off. One branch travels internally into the chest and passes through the pericardium and diaphragm uniting the upper, middle and lower burner (triple burner). The other branch runs externally up the side of the neck, circles the ear and face, and finally ends at the outer end of the eyebrow where it connects with the Gall Bladder Meridian.

Symptoms:
Disharmony of the Triple Burner Meridian leads to symptoms like abdominal distention, edema (swelling), urinary incontinence, difficulty urinating, loss of hearing, and ringing in the ears (tinnitus). Pain in the pharynx (throat), eyes, cheek, back of the ear, shoulder and the upper arm can occur as these structures are located along this meridian’s pathway.

Main indications:
Acupuncture points in this meridian are recommended for ailments of the ears, eyes, chest, pharynx (throat), and the side of the head as well as certain febrile conditions. They are also indicated for symptoms along this meridian’s pathway.
Spine Chart

<table>
<thead>
<tr>
<th>Spine name</th>
<th>Supply of parts</th>
<th>Spinal nerve-related symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>T1 First thoracic nerve</td>
<td>Heart, esophagus, trachea, fingers, wrists</td>
<td>Heart disease, bronchial asthma, cough, breathing is not normal</td>
</tr>
<tr>
<td>T2 Section thoracic nerve</td>
<td>Heart, esophagus, trachea</td>
<td>Heart disease, cardiac pain, esophagitis, valvulitis</td>
</tr>
<tr>
<td>T3 Third thoracic nerve</td>
<td>Lung, esophagus, bronchial</td>
<td>Bronchitis, pneumonia, tuberculosis esophagitis, pleurisy</td>
</tr>
<tr>
<td>T4 Fourth thoracic nerve</td>
<td>Lung, bronchus, esophagus, Chest, gallbladder</td>
<td>Pneumonia, pleurisy, chest pain, mastitis, cholecystitis</td>
</tr>
<tr>
<td>T5 Section V thoracic nerve</td>
<td>Liver, spleen, stomach</td>
<td>Pneumonia, gallbladder inflammation, splenomegaly, gastritis</td>
</tr>
<tr>
<td>T6 Section VI thoracic nerve</td>
<td>Pancreas, stomach, gall bladder</td>
<td>Gastritis, pancreatitis, gallbladder</td>
</tr>
<tr>
<td>Date</td>
<td>Time</td>
<td>A</td>
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<tr>
<td>------------</td>
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</tr>
<tr>
<td>2015-04-09</td>
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<td>45%</td>
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<tr>
<td>2015-04-30</td>
<td>12:41</td>
<td>55%</td>
</tr>
</tbody>
</table>

Average = 24
Comparison of the two measurements at intervals of several days. Casual rhythm of life, constant conditions. Corresponds to about 90% of the images.
Health status is assessed as unsatisfactory, possible exacerbation of chronic processes. It is strongly recommended to take a detailed examination on the organs and systems. Specialists' guidance is needed.

overslept, had breakfast and supplements, rating 4.5
Recommendations (Sunrider)

**Five Elements:**

- **Alpha-20C**

  **Description:**
  May help fight against certain types of bacteria - Helps restore normal physiological activity - Has antioxidants which help fight against free radicals - Helps stimulate the activity of other beneficial immune cells. Ingredients: Cassia Tora, Licorice, Imperate Root, Chrysanthemum Flower

  **Recommendations:**
  ADULTS & CHILDREN OVER 12: One to two capsules at meal time a day. CHILDREN AGES 4-12: ½ adult serving. CHILDREN UNDER 4: Consult your health care professional. Store in a cool place and not in direct sunlight.

- **Prime Again**

  **Description:**
  Prime Again® supplement is designed to address the body’s endocrine system with “fire element” herbs that work in harmony with the body’s hormone-producing glands.* Based on the Philosophy of Regeneration®, Prime Again® is designed to maintain optimum health through proper nutrition and keep the body in balance. Exclusively formulated with a proprietary blend of concentrated herbs for effectiveness, Prime Again® is a unique combination of Eastern herbal tradition and Western science.

  **Recommendations:**
  One to two capsules at meal time. Store in a cool place and not in direct sunlight.

- **Assimilaid 100 caps/bottle**

  **Description:**
  Has a phytonutrient which may prevent colon, skin, and lung cancer - May aid in
Dmitry Novoseltsev (President – Santegra company, Russia) says: “Hardware-software complex ARDK used in the St. Petersburg office Santegra. It has a very high definition clinical entities patient. It works reliably. I express my gratitude to the team of developers.”
Patient (lung CA stage IV) on tests 1-3 of ARDK showing the cards.

**black circle** = energy, **red circle** = mental status, **blue circle** = left and right circulation
Evaluation of previous exacerbations arachnoiditis, helped the doctor to predict the possibility of the next exacerbation, and reduce risk.

Tatjana Chervonaja, MD of Lithuania confirms that the statistical data for the entire period of observation of the change of status of the patient helps to choose the best way to solve problems.
Integration with other research methods, allows ARDK to be the most advanced in the field of preventive medicine.

GENERAL CONCLUSION
23% of deviations are consistently repeated. Consult a doctor is necessary. Significant deviations from norm.

The moderate changes are similar to deficiency of oxygen at reduction of a cardiac muscle. You should observe the tendencies.

Moderate changes in the atria.

RHYTHM
Moderate deviations from the normal rhythm. Pay attention to the current exercise.
A complementary method for detecting qi vacuity
Ming-Feng Chen1,2, Hsi-Ming Yu1,2, Shu-Fang Li1 and Tai-Jung You1

Address: 1Department of Internal Medicine, Show Chwan Memorial Hospital, Taichung County, Taichung, Taiwan; 2Postgraduate School of Traditional Chinese Medicine, National Taiwan University College of Medicine, Taipei, Taiwan.

Abstract

Background: Qi vacuity (QV) is defined by traditional Chinese medicine as a loss of energy in the human body. An objective method for detecting QV was not available until recently. The automatic reflexive diagnosis system (ARDK) is a device that detects human bioenergy through measuring skin conductance at 24 special acupuncture points on the wrists and ankles.

Methods: This study used the ARDK to measure skin conductance in 153 patients with QV and 89 age- and sex-matched healthy controls to investigate whether the device is valid in detecting QV. Patients diagnosed with QV have three or more of the five symptoms or signs: symptoms severity is measured on 5 levels and scored from 0 to 4 points. We compared the difference in the mean ARDK values between patients with QV and healthy controls, and further used linear regression analysis to investigate the correlation between the mean ARDK values and QV scores in patients diagnosed with QV.

Results: The mean ARDK values in patients with QV (62.2 ± 16.8 µA) are significantly lower than those of healthy controls (71.7 ± 10.6 µA, F = 8.00). A negative correlation was found between the mean ARDK values and QV scores (p coefficients = −0.41; F = 8.00). After adjusting for age, the decreased mean ARDK values in patients with QV showed a significant correlation with the QV scores.

Conclusions: These results suggest that the mean ARDK values reflect the severity of QV in patients diagnosed with the disorder. They also suggest that the lowering level of the human body can be measured by skin conductance. ARDK is a safe and effective complementary method for detecting and diagnosing QV.

Conclusion

A novel method, namely ARDK, was used to detect skin conductance between the left hand and each of 24 special acupoints in patients with QV and healthy controls. The QV patients were further evaluated for the severity of five major signs or symptoms with a five-point scoring system. Our results show that the mean value of ARDK decreases with increasing age in healthy controls and further decreases in patients with QV. The decrease in the age-adjusted mean ARDK values in patients with QV has a significant positive correlation with the severity of the disorder. Our results suggest that ARDK can be used as a complementary method to detect the presence and severity of QV.
Studies


- *Study of walking exercise effect on health via electro meridian analysis system*, Timothy Chu (2015)

- *Explorations the Health benefits of sports with hydrotherapy*, Yu Ching Hsu (2015)


- *Evaluation of the Effect of Thai Massage Invention on Young Students’ Physiological Parameters*, 休閒保健管理系 (2014)

Studies


- Comparison of the effects of rosemary oil and flower essences of wood element on meridian energy, Wang Wanling (2011)

- Spa immersion effect energy meridians of The Effect on Meridian Energy by Spring Bath, Yang Jie An (2011)

- Affected the body energy balance by LOHAS healthy program at King's Resort & SPA in Taiwan, HSU Hsiang Hsin, LIN Chih Hung (2011)

- To investigate the effect of spa and leisure meridian energy balance of, Xu Xin, Lin Yu Zi (2011)
Studies

- The development and validation of a switching low voltage and constant current meridian status evaluation device, Mou-Chuan Liu (2009)
- Towards the Brain Dynamics under Chan Meditation Based on EEG Nonlinear Analysis, Hsuan-Yung Huang (2008)
- Evaluation of the palm electrical potential in normal subjects and patients with fatty liver, Shu-Yueh Lin (2006)
- Meridian Diagnosis on Renal Dialysis Patients by ARDK (Automatic Reflex Detecting System) and Evaluation of Therapeutic Effectiveness of "Gui-zhi Ma-huang Ge Ban Tang" on Uremic Pruritus Patients, Cai Wenxing (2002)
- Research on the relationship between the old and the elderly anti-constipation effect "spleen and kidney health" treatment, Chen Liwen
ARDK® techniques have been recognized and tested in the USSR in many medical and special institutions.
Updating
Customers

✓ Public services
✓ Insurance companies
✓ Companies
✓ Private clinics
✓ Distributors of dietary supplements
✓ Projects
Industry Benefits

Why *business owners* are saying **YES** to

- Sets them apart from competition
- More accurate recommendations
- Tool for measuring client progress
- Great customer retention
- Continuous and increasing business from referrals
- Increase sales in health products and services
- Cost much less than an executive check-up
the best choice for preventative health monitoring system