

Automatic test administration

The H-SCAN real age tests are designed to be self-administering . meaning that no clinic staff is needed to run the real age tests. The instrument hardware is connected to a computer, and easy-to-follow instructions for doing the real age tests appear on the screen (participants need no familiarity with computers). Error-checking features incorporated in the program monitor every move and provide guidance to assure that each procedure is correctly performed.

In general, clinic staff is needed only to bring the participant to the instrument, enter a few items of information, and collect the automatic printouts at the end. Besides saving staff costs, the object has been to achieve greater reproducibility of data through uniformity of procedures and instructions.



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We provide the following modalities to support Adults and Families a brief overview

Acupuncture: We use disposable needles

Bio-Energetic Medicine: Uses equipment for diagnosis and treatment

Biological Medicine: An integrated system that uses many modalities for pathology and wellness

Craniosacral Therapy: Hands-on system to very gently correct the musculo-skeletal system and fascia of the body

Functional Medicine: Focused on wellness assessments and tailored treatments.

Hair Mineral Analysis: Checks for deficiencies in minerals and vitamins. Can also tell if you are pre-osteoporosis

Homeopathy: Remedies are in liquid form and tablet forms and work through stimulating your immune system.

Herbal Medicine: Remedies usually come in tablets in precise dosages, unlike Chinese herbals which are traditionally "brewed" at home

Hynotherapy: "Mind effects body". Used to improve thinking and learning faculty, healing, phobias

Iridology: Diagnosis using the markings in the eye. Also checks for genetic predisposition and constitutional strength

Kinesiology: Hands-on system. We primarily use this as a quick preliminary diagnostic tool

Naturopathy: The Western System of Natural Medicine

Spinal Manipulation: Hands-on system for pain. Used in conjunction with Craniosacral Therapy, Kinesiology and Total Body Modification

Visceral Manipulation: Correcting lesions of the internal organs

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HEALTH SCREENING at Sundardas Naturopathic Clinic



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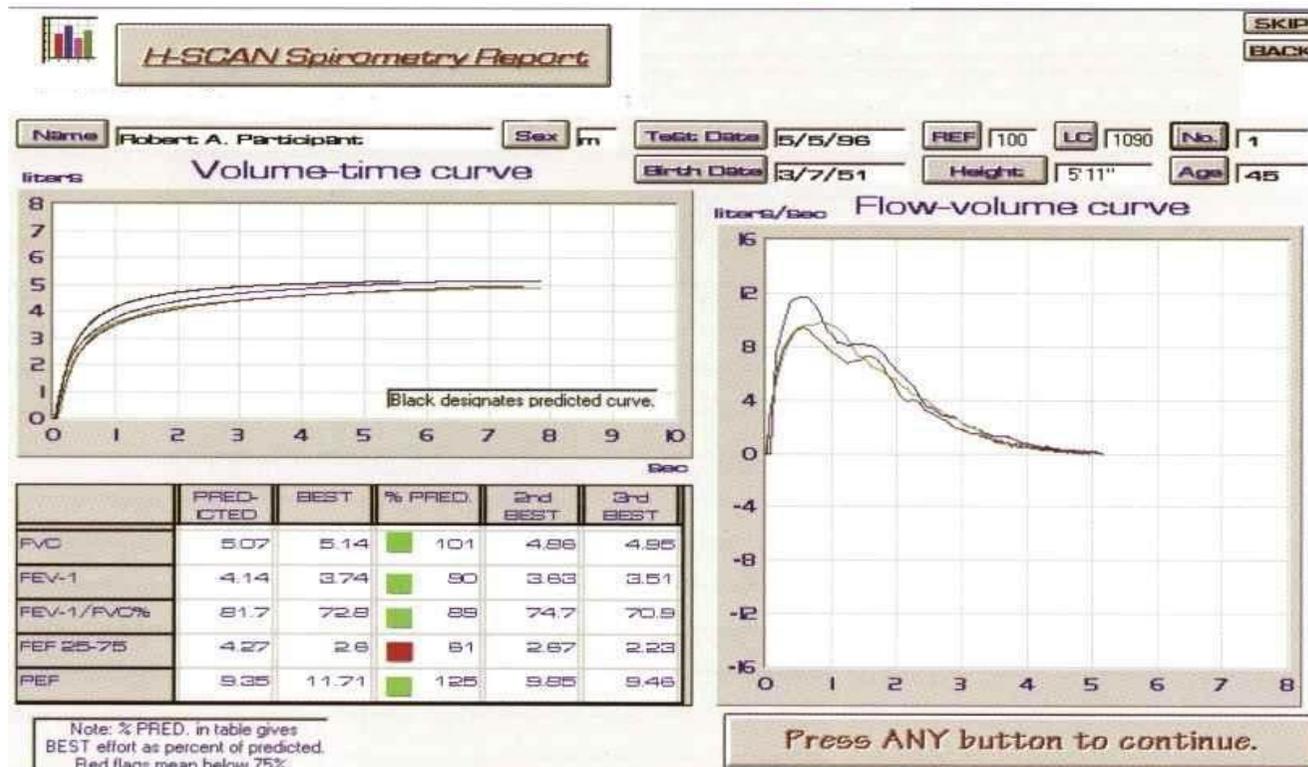
H-SCAN – GOLD STANDARD IN ASSESSING FUNCTIONAL AGEING

12 functions that contribute to the quality of life

Quality of life depends on the ability to function. Beginning at about age 35, declines occur in functions that are essential for the activities of daily living. The H-SCAN measures 12 of the most important of these, including memory, reactions, hearing, vision, agility, decision speed, movement speed, tactile sense, and lung function.

By measuring such biomarkers of aging and comparing scores to norms by age and sex, the H-SCAN determines a person's functional age for the 12 age tests, as opposed to his or her chronological age. In 1959, Hollingsworth, studying survivors of the Hiroshima bomb, introduced the use of biomarkers to measure human aging. Today, the H-SCAN is the most widely used instrument for this purpose.

Functional declines proceed at different rates in different individuals. Genetic factors play a role, but so does environment, diet, and life style, providing evidence that intervention in the aging process is possible. Originally developed as a research tool to test interventions in aging, the H-SCAN now finds application in clinical practices with a focus on aging.



THE H-SCAN BIOMARKERS

1. Auditory reaction time
2. Highest audible pitch
3. Vibrotactile sensitivity
4. Visual reaction time
5. Muscle movement time
6. Lung: forced vital capacity
7. Lung: forced expiratory volume, 1 sec
8. Decision reaction time
9. Decision movement time
10. Memory
11. Alternate button tapping
12. Visual accommodation (need for reading glasses)

Applications of the H-SCAN in clinical practice

TAILORING: The 12-function assessment provided by the H-SCAN helps health professionals to tailor therapeutic approaches to the individual.

MONITORING: Repeating the age tests over months or years allows monitoring of changes in individual functions and functional age.

MOTIVATING: Learning one's functional age is a great stimulus to action, no matter what the result. Participants are more apt to stay with a therapy program and put forth the effort required when their goal is to shoot for retest.

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