

# CoRe INDICATOR PANEL

## ENERGETIC INDICATORS

INDICATOR	DESCRIPTION
General energy level	Overall energy level from 1-10
Energy flow in spine	Spinal blockage; vertebrae or nerval imbalance; autonomic disorders
General energy flow	Movement of energy
Toxicity risk	Degree to which something is able to produce illness or damage to an exposed organism
Systemic risk	Risk affecting the entire body, as opposed to a single organ or body part
Organ risk	Refer to specific organ if general indicator is high or low
Cellular vitality	Amount of life force available for all metabolic processes
Phase response	Relationship between the phase of a sinusoidal input and an output signal passing through any device which accepts an input and produces an output signal such as an amplifier or a filter
Energy flow velocity	Rate at which energy flow changes
Nervous energy, Psychic pain	Psychological pain
Ph level	pH stands for potential hydrogen. The higher the pH reading, the more alkaline oxygen rich is the fluid. The lower the pH reading, the more acidic and oxygen deprived is the fluid. 7.0 is considered neutral; above 7.0 is alkaline, and below 7.0 is acidic.
Oxydation, Free radicals	Oxydation: Reaction with oxygen to form an oxide Free radicals: atomic or molecular species with unpaired electrons on an otherwise open shell configuration
Oxygenation, Energy carrier	Oxygenation: the amount of oxygen in a medium Energy carrier: substance or phenomenon that can be used to produce mechanical work or heat or to operate chemical or physical processes
Hydration, Energy flow	Hydration: providing an adequate amount of liquid to bodily tissues Energy flow: movement of energy
Healing ability, Recovery speed	The body's ability to improve, and at what speed, will correlate to the client's ability to respond to treatment
Adrenal, Will	Represents how long and how well you will live
Life energy, Chi, Possibilities	Natural energy of the universe

# CoRe INDICATOR PANEL

## METAPHYSICAL INDICATORS

INDICATOR	DESCRIPTION
Entity present	Presence of a non-physical being
Wholeness	Feeling of completeness
Mastery	Full command of a subject of study
Stellar view	View of the stars
Intuition	Ability to sense or know immediately without reasoning
Ascension	Ascending to a significantly higher personal state
Masculine	Having qualities traditionally ascribed to men
Feminine	Having qualities traditionally ascribed to women
Fantasy	Creative imagination; An imagined event or sequence of events, such as a daydream
Bilocation	The ability to be in 2 places at the same time
Groundling	Uncritical or uncultured individual
Body vibration	Everything has a unique "energy vibration"; typically the higher the energy vibration, the more universally attractive it is
Remote viewing	Telepathy or clairvoyance; the ability to perceive places, persons, and actions that are not within the range of the normal physical senses
ESP	Sixth sense; the ability to acquire information by paranormal means, independent of any known physical senses

Note: High or low metaphysical indicators may indicate that one's natural ability is not being used, or that one has an excess or deficiency of that quality.

# CoRe INDICATOR PANEL

## BIOCHEMICAL LEVEL INDICATORS

INDICATOR	DESCRIPTION
Blood sugar levels	Amount of glucose in the blood; response to glucose
Fatty acid levels	Acids within the body derived from the breakdown of fats; usually indicates a deficiency of essential fatty acids
Enzyme levels	Protein chemicals, which carry a vital energy factor needed for every chemical action and reaction that occurs in our body. There are approximately 1300 different enzymes found in the human cell. These enzymes can combine with coenzymes to form nearly 100,000 various chemicals that enable us to see, hear, feel, move, digest food, and think.
Amino acid levels	Chemical units or building blocks of the body that make up proteins. There are 22 amino acids; each having specific functions.
Mineral levels	Used by the body to perform various functions, such as building strong bones, transmitting nerve impulses, and maintaining a normal heartbeat. There are 2 types of minerals: macrominerals and trace minerals: - The macromineral group is made up of calcium, phosphorus, magnesium, sodium, potassium, chloride, and sulfur. - Trace minerals includes iron, manganese, copper, iodine, zinc, cobalt, fluoride, and selenium.
Antioxidant levels	Substances or nutrients in our foods which can prevent or slow the oxidative damage to our body.
Vitamin levels	Nutrient that is an organic compound required in tiny amounts for essential metabolic reactions in a living organism. Vitamins are classified as fat soluble or water soluble.
Hormone levels	Hormones are chemical messengers that carry a signal from one cell or group of cells to another. Hormones affect growth and development, metabolism, sexual function, reproduction, and mood.

# CoRe INDICATOR PANEL

## TOXICITY LEVEL INDICATORS

INDICATOR	DESCRIPTION
Liver	The liver cleans toxins from the blood. A congested or toxic liver is not properly filtering the blood. The result is that molecules end up in the bloodstream that should not be there, and the body creates an immune or histamine reaction, similar to an allergic reaction.
Colon	The colon is also known as the large intestine. The colon's job is to hold waste before it is evacuated from the body and to reabsorb water from the waste. If waste sits in the colon too long, toxins build up there and are eventually absorbed back into the body. A toxic colon eventually leads to a toxic liver, which pollutes the tissues and the bloodstream, making a person very sick.
Dental materials	Toxicity from amalgam materials, underlying dental infections, root canals, etc
Free radicals	A "free radical" is any molecule that has a single unpaired electron in an outer shell
Cholesterol	Cholesterol is a soft, waxy substance found among the lipids (fats) in the bloodstream and in all your body's cells. It's an important part of a healthy body because it's used to form cell membranes, some hormones and is needed for other functions. But a high level of cholesterol in the blood — hypercholesterolemia — is a major risk factor for coronary heart disease, which leads to heart attack.
Tissue	Tissue is a group of similar cells performing a specific function. There are 4 types of tissues: epithelial, connective, muscle, and nervous.
Blood	Blood is a biological fluid consisting of red blood cells (also called RBCs or erythrocytes), white blood cells (also called leukocytes) and platelets (also called thrombocytes) suspended in a complex fluid medium known as blood plasma.
Pathogens	A pathogen, or infectious agent, is a biological agent that causes disease or illness to its host. Types of pathogens include viruses, bacteria, fungi, and parasites.
Environmental	Environmental toxins are toxins in our air, water, and/or food supply.

# CoRe INDICATOR PANEL

## WELL-BEING INDICATORS

INDICATOR	DESCRIPTION
Life-force	Natural energy of the universe
Creativity	Utilizing creative ability
Abundance	An extremely plentiful or oversufficient quantity or supply, or lack thereof
Mastery	Full command of a subject of study
DNA activation	DNA activation is a process to activate the dormant strands of the DNA. Once the DNA is activated the human being can work with more life force or Chi-energy and therefore has a bigger potential for anything psychic and creativity.
Youthing	Anti-aging, or the opposite of aging.
Rejuvenation	Restoring youth
Ecstatic living	Living in a blissful or elated state
Inner child connection	Being connected to the childlike aspect of one's psyche
Stress Rx	Stress is a psychological and physiological response to events that upset our personal balance in some way.
Anxiety Rx	Anxiety is a physiological state characterized by cognitive, somatic, emotional, and behavioral components
Hormone balance	Two main types of hormones are peptides and steroids. Peptide hormones (aka protein hormones) include luteinizing hormone (LH), follicle stimulating hormone (FSH), growth hormone, prolactin, and insulin. Steroid hormones include estrogen, testosterone, cortisol, and aldosterone.
Sexual drive	Too much or too little libido
Hair growth	Self-explanatory
Relationship	A relationship is an emotional or other connection, association, or involvement with another person, such as a family member (spouse, child, parent, sibling, etc) or co-worker
Fulfillment	Being or feeling fulfilled or satisfied
Love	Self love or love from another person
Well-being	The state of being healthy, happy, or prosperous
Spiritual connection	
Agelessness	Not aging or appearing to age

# CoRe INDICATOR PANEL

## STRESS LEVEL INDICATORS

INDICATOR	DESCRIPTION
Life purpose	The reason for which an individual exists; the goals which one is to accomplish in their lifetime
Time	Time is a limited period or interval. Time stress can occur when one feels they do not have enough time.
Family	A family is a primary social group which includes parents, children, and significant other. Examples of situations which create family stress include: holidays, family gatherings, sibling rivalry, relationship conflicts, and financial concerns.
Workplace	The workplace is a person's place of employment. Workplace stress can occur when there is a conflict between job demands on the employee and the amount of control an employee has over meeting these demands.
Spiritual	Spiritual stress refers to unfulfilled spiritual needs, which may be caused by one's work or purpose
Financial	Financial pertains to monetary receipts and expenditures. Financial stress includes anxiety about having enough money, anxiety about how to spend/save the money one has, and disagreements over who has control over the money.
Relationship	A relationship is an emotional or other connection, association, or involvement with another person, such as a family member (spouse, child, parent, sibling, etc) or co-worker. Relationship stress often comes from conscious and unconscious efforts to change or control other people.
Physical	Physical stress refers to a physical reaction of the body to various triggers. Physical stress often leads to emotional stress, and emotional stress is frequently experienced as physical discomfort.
Mental	Mental stress refers to a reaction in the mind to various triggers
Emotional	Emotional stress often leads to physical discomfort in the body