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Your Body, Your System®
Student Information Report

for

John Doe
Student

by

Jane Doe
Certified Educator
Systems Health®

DISCLAIMER

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INTRODUCTION

Your Body, Your System[®] is the technology platform invented by Dr. V.A. Shiva Ayyadurai, [the inventor of email](#) and polymath, who is a world-renowned systems scientist. The technology is based on Systems Health[®] --- a consolidation of his findings from his research, across four decades, to unify the concepts of Eastern systems of medicine with Western systems theory. Systems Health, LLC (www.systemshealth.com) is an educational institute that provides training and certification courses on these unifying principles. This report has been produced for you by a Certified Systems Health[®] Educator who has successfully completed one of the Systems Health training and certification programs. Your Systems Health Educator is uniquely certified to use [Your Body, Your System[®]](#) technology platform for educating you on the fundamental principles of systems theory, by using your own body as a system. The purpose of this report is purely educational. It is not a substitute for professional medical care. Before you begin any health program. You should consult a qualified medical professional.

Your Certified Systems Health[®] Educator is trained to use Your Body, Your System[®] technology to take you through a three-step process, for you to achieve a systems understanding of yourself. Why is this important? Because, this will result in your having a profound understanding of yourself and everything, from a universal systems approach, that has been tried and tested over 5,000 years from the sages of the East as well as from the modern science of systems theory in the West.

THE PRINCIPLES OF SYSTEMS HEALTH[®]

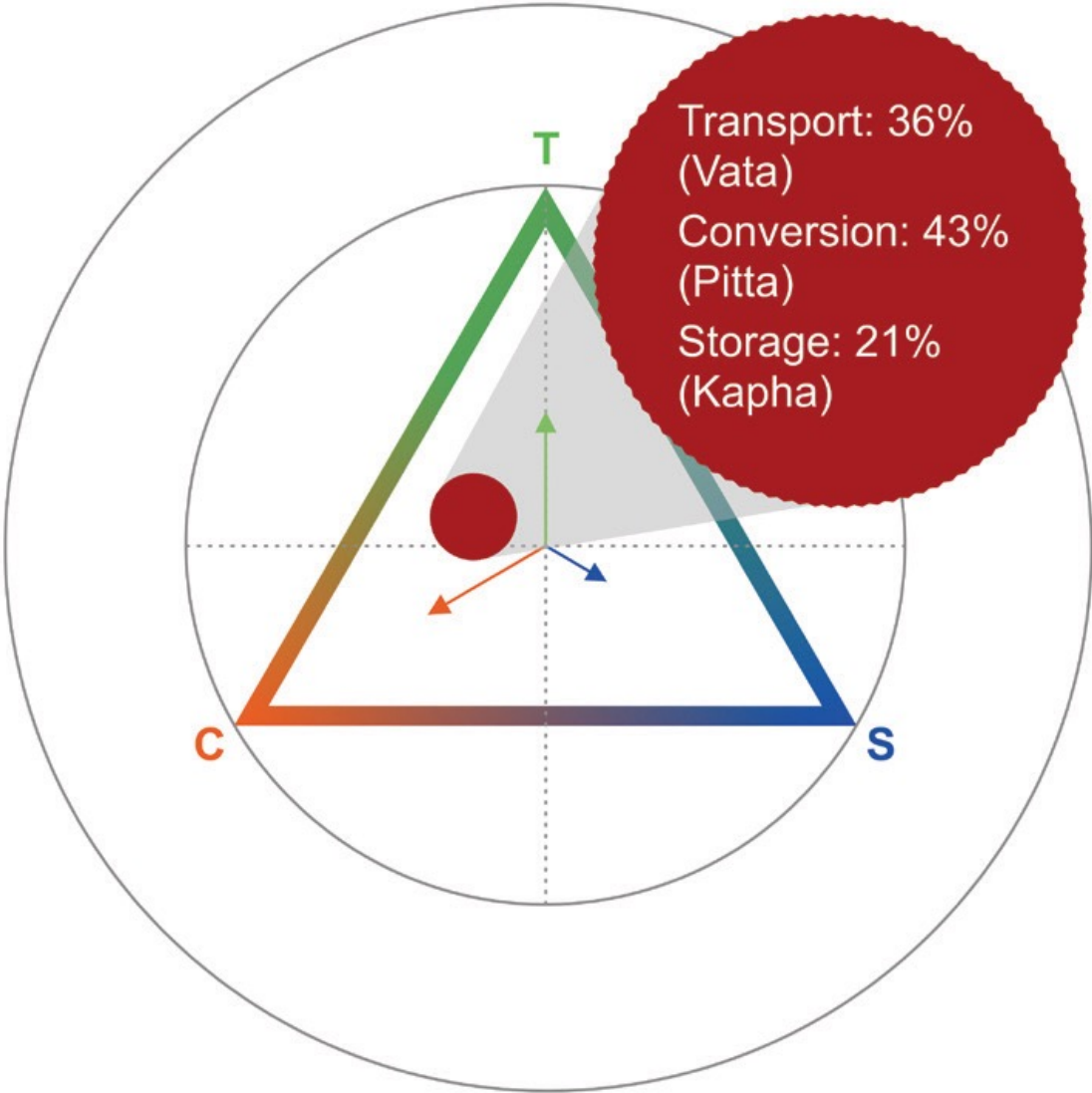
Systems Health, a field of science, developed by Dr. V.A. Shiva Ayyadurai, provides a gateway to understand all systems be it your body, your system.

Systems Health[®] provides us an important insight that every system has a “set point” or what we call in Systems Health parlance, a *Natural Systems State*. Disturbances cause this Natural Systems State to be perturbed from its Natural Systems State to a “disturbed state.” By manipulating and varying the inputs into a system, we can bring a system back to its Natural System State.

Principle 1: Know What Kind of System YOU Are

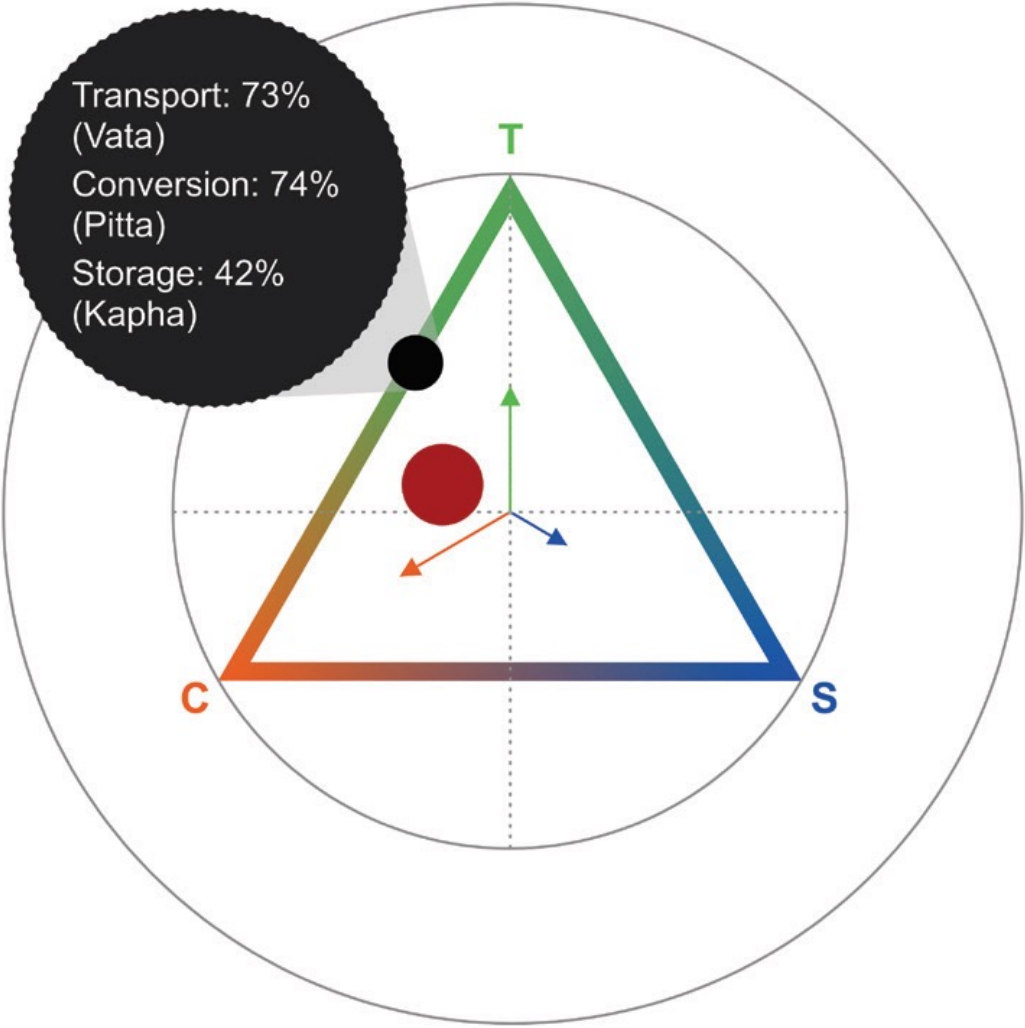
This Natural Systems State is the “natural” state at which your body as a system likes to operate at. The Natural Systems State is defined quantitatively as a set of three numbers and visually represented as the location of a “red dot” on a triangle.

By answering a critical set of questions, you will get this visual display of what kind of system you are, relative to the forces of Transport, Conversion and Storage that are unique to YOU --- the goal or place your system likes to be at.



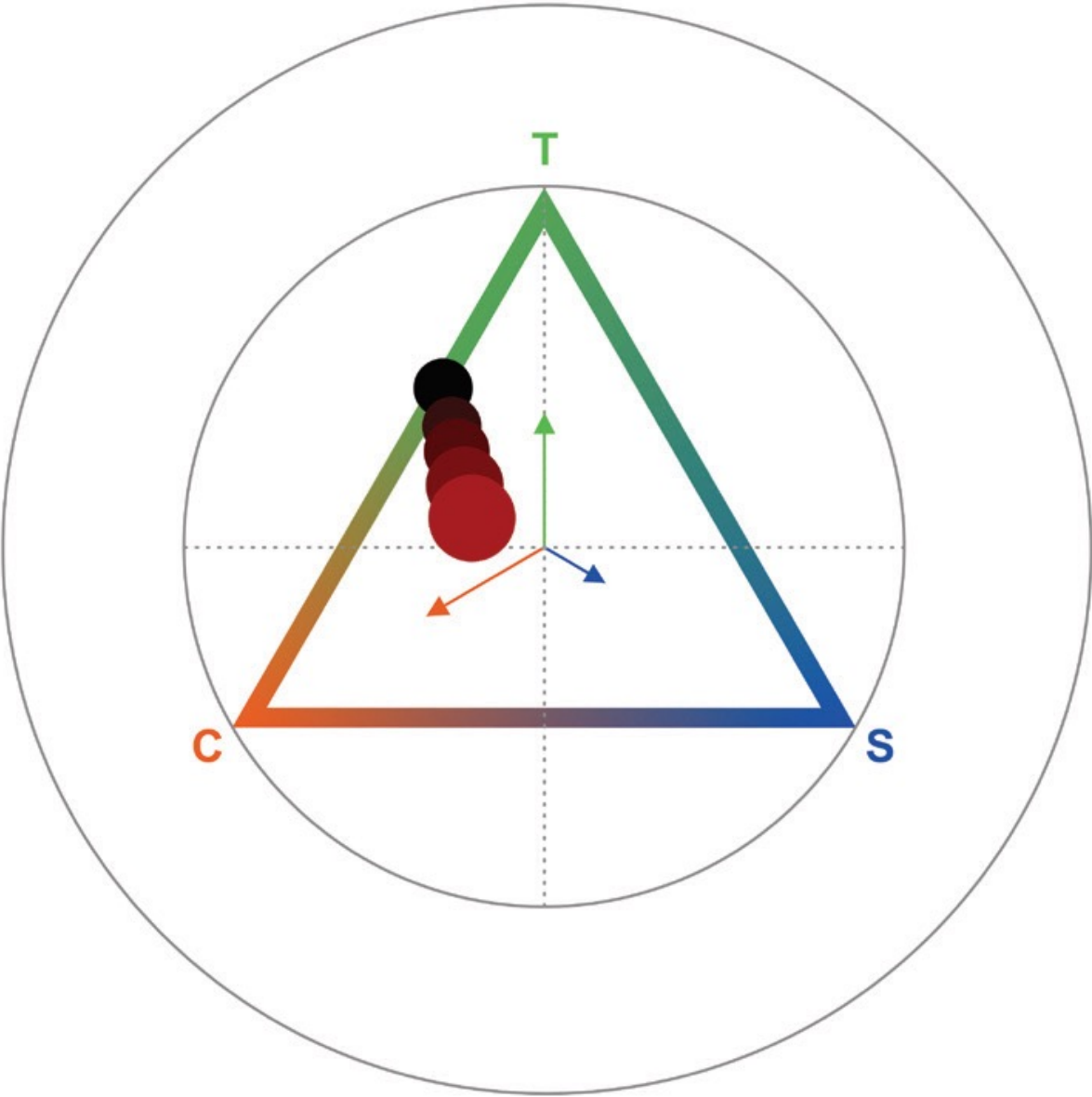
Principle 2: Know When You Are "Off Course"

By answering a different set of questions, and incorporating other variables such as your current location (New York, Mumbai, Sydney, etc.), the current weather, Your Body, Your System® will track how much you are off course from your goal -- the Natural Systems State. This position is tracked by a "black dot." The location of that black dot relative to the red dot lets you know how much you are "off course" from your destination --- the red dot --- or your Natural Systems State.



Principle 3: *Adjusting Inputs to Your System to Get You Back on Track - Food, Exercise and Activities*

Based on how much you are off course that Natural Systems State, Your Body, Your System® will educate you to understand how the inputs to your body, your system, can help you get back to (or away from) your Natural Systems State.



In summary, this report will help you understand in a simple three-step process what kind of system your body is, how your body is “off course”, and what inputs you can use, be it diet, exercise and mindful practices to bring their body back on course. It’s fundamentally an education tool to teach you your body is a system, no different than an airplane which has a destination—a goal, and that it is through constant adjustment and changes in a dynamic world, we maintain health and well-being.

Please note, this report is not medical or diagnostic tool This is an educational tool for you to realize the systems nature of your body. You should consult a qualified medical practitioner before you start any food or diet program.

Natural Systems State (NSS)

What Level Are the Forces of Transport Present in Your System?

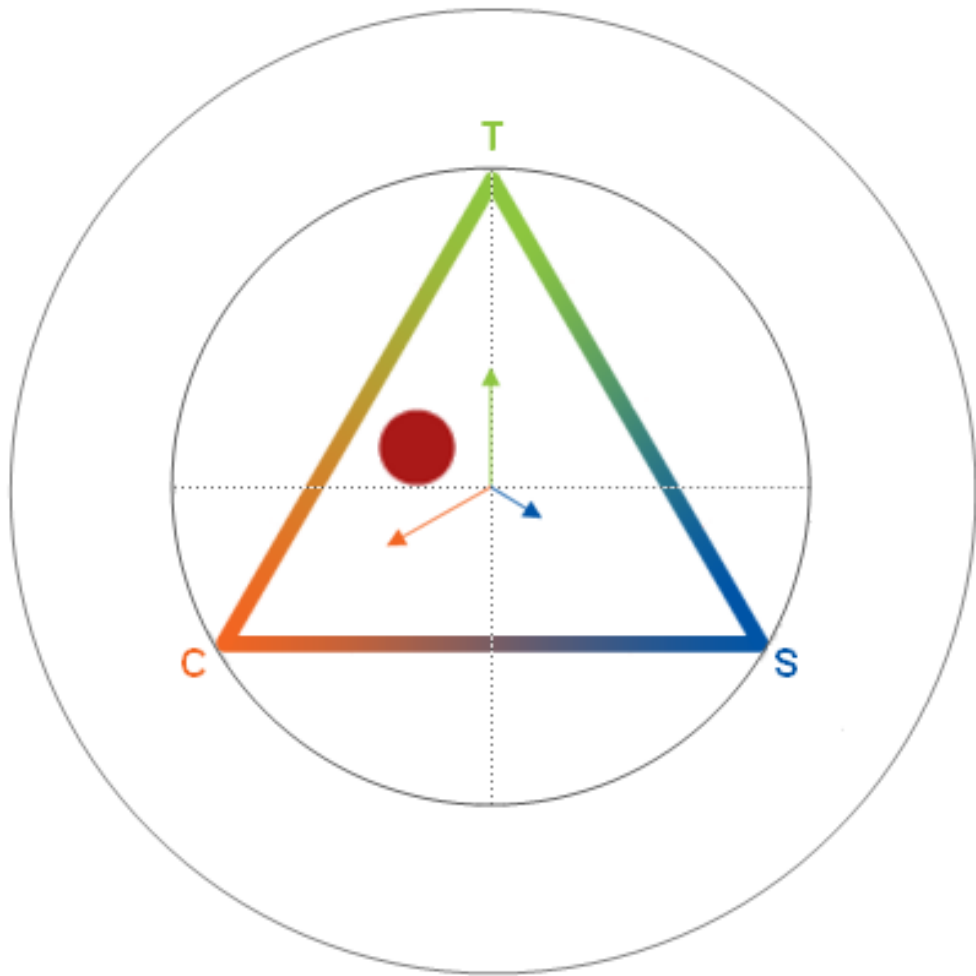
| | |
|---|-----|
| Do you have an exceptionally difficult time dealing with cold weather? | |
| Do you move quickly and frequently juggle several activities at the same time? | Yes |
| Do you think and talk quickly? | Yes |
| Are you interested in fields such as communication and media? | |
| Do you prefer spontaneity over a set of routines and scheduling? | |
| Do you tend toward dry skin and hair or flaky scalp? | |
| Are you naturally prone to being thin or slight in size or have a relatively easy time losing weight? | Yes |
| Are you happy that you are able to grasp new ideas and learn quickly but wish that you were able to remember more of what you learn? | Yes |
| Are you in such a rush to "get going" that you can be overly impulsive and start working on projects without thinking things through? | Yes |
| Do you sometimes skip meals or forget to eat? | |
| Do you have a basically optimistic and enthusiastic attitude? | Yes |
| Do you have a tendency to become anxious or nervous? | |

What Level Are the Forces of Conversion in Your System?

| | |
|---|-----|
| Do you really, really dislike heat and hot weather? | |
| Are you happiest when you, and those around you, stay on schedule? | Yes |
| Are you detail oriented and exceptionally good at processing information and data? | Yes |
| Do you usually think things through before taking any kind of action? | |
| Do you metabolize food quickly and efficiently? | |
| Do you like competition and view just about any kind of competition as an enjoyable challenge? | Yes |
| Do you have a medium build and does your weight tend to fluctuate? | Yes |
| When it comes to eating, do you prefer food that is on the bland side or do you find that your digestion goes awry eating spicy food? | |
| Do you have a big appetite and do you need to eat at regular intervals? | Yes |
| Do you easily become impatient either with yourself or others? | |
| Do you enjoy taking ideas and transforming them to some kind of practical application? | Yes |
| Are your eyes particularly sensitive to sunlight? | Yes |

What Level Are the Forces of Storage in Your System?

| | |
|---|-----|
| Are you big boned or do you have a broad body frame? | |
| Do you tend to be overweight or have a difficult time losing weight? | |
| Are you happiest when you can stay in one place and do not have to move around or travel? | |
| Are you aware of other people's needs and are you often called upon to help others? | Yes |
| Are you not particularly bothered by either hot or cold weather? | |
| Do you almost take your strong energy and good stamina for granted? | Yes |
| Do you get "lazy" and/or easily depressed? | |
| Is your preferred learning style slow and steady? | |
| Is one of your strengths your ability to retain what you've learned? | Yes |
| Do you like to take your time and resist moving from one activity to another? | |
| Do you have problems with congestion or mucous such as sinus infections, asthma or colds? | |
| When you speak, do you try to be precise and make a point of saying what you think? | |



● Your Natural System State

DISTURBANCES TO YOUR BODY, YOUR SYSTEM

| | |
|--|---------------------------|
| Where do you live? | Near the ocean or coast |
| Your current season | Late Winter/ Early Spring |
| Weather | Sunny |
| Birth Date | 11 January 1986 |
| Dietary Preference | All |
| Do you have any of these health conditions | Diabetes |
| | High Blood Pressure |
| | High Cholesterol |
| | No, none of the above ✓ |

Transport Disturbance Analysis

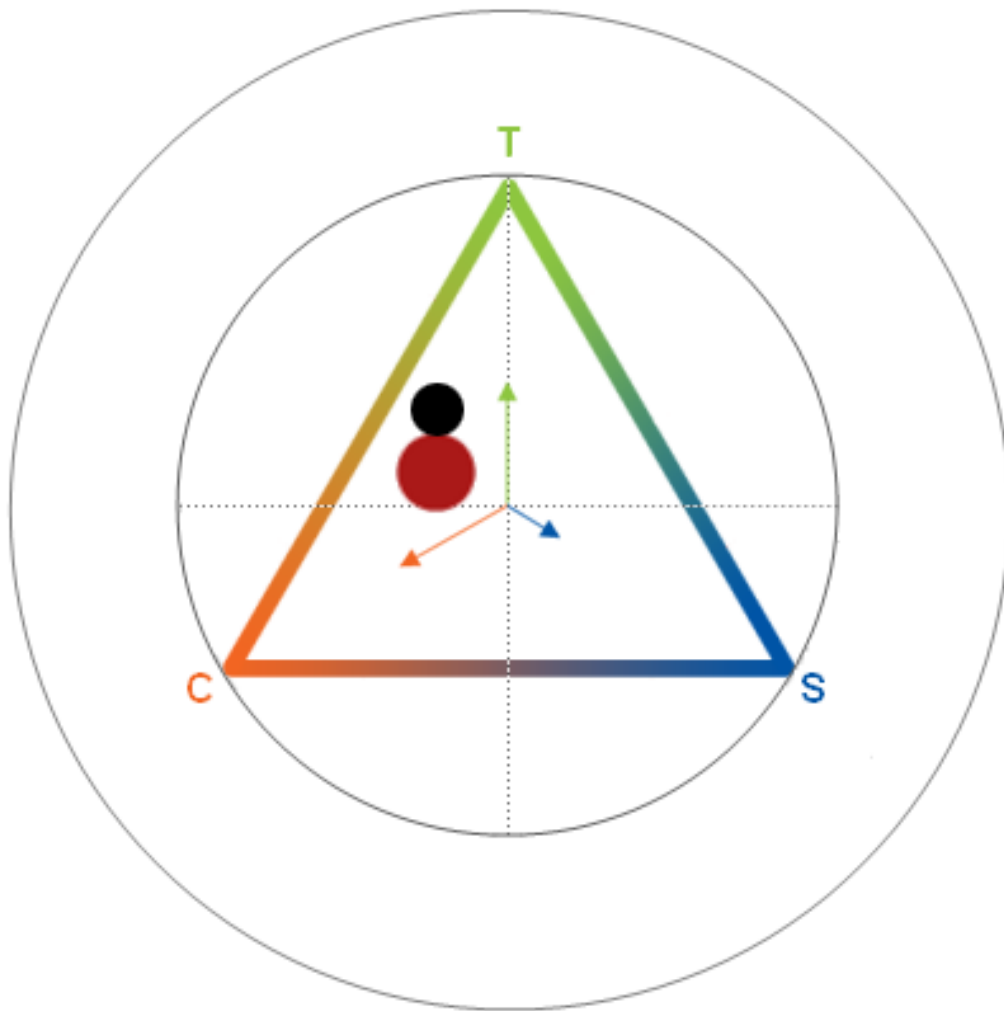
| | |
|--|-----|
| Is your sleep pattern disturbed? Are you having trouble falling asleep or staying asleep? | |
| Have you been making any noticeably impulsive decisions or do you find yourself talking almost non-stop? | |
| Are you having issues with joint or arthritic pain? | |
| Are you sometimes spacing out or are you having a difficult time concentrating or finishing projects? | Yes |
| Is cold weather bothering you even more than usual? | |
| Are you sometimes forgetting to eat or are you losing weight? | |
| Is your lower GI tract upset? Are you having bouts of diarrhea or constipation? Are you experiencing gas or a sensation of bloating? | |
| How about your skin? Do you have any dry spots, chapped, or cracked skin? | |
| Is your energy level noticeably uneven? Are you feeling depressed or do you have bursts of energy so intense that you have a hard time calming down? | Yes |
| Are your emotions on the overwrought side? Have you been feeling particularly anxious, jumpy, or overly excited? | Yes |

Conversion Disturbance Analysis

| | |
|--|-----|
| Are you experiencing strong feelings of jealousy or a need to get even? | Yes |
| How is your skin? Are you getting more rashes, acne, or cold sores than usual? | |
| On a scale of one to ten, is your impatience level at about a twelve? | |
| Is your food or liquid intake out of control? Do you feel ravenously hungry, or even a little sick to your stomach, if your meals are even a little late? Do you drink large quantities of water or other beverages? | Yes |
| Have you become noticeably sarcastic, competitive, argumentative, or critical of others? Are your friends telling you to 'chill out'? | Yes |
| Are you easily angered? | Yes |
| Are you having problems with your eyes? Are they bloodshot, strained, or do you feel you need even stronger sunglasses than usual? | |
| Is your natural aversion to heat becoming more intense? | Yes |
| Are you having upper GI problems? Are you suffering from heartburn, GERD, or a sore throat that your doctor thinks is being caused by acid reflux? | |
| Is your quest for perfection becoming even more intense? Are you putting too much pressure on yourself or others? | Yes |

Storage Disturbance Analysis

| | |
|---|-----|
| Are you responding to stress by giving people the silent treatment or generally shutting them out of your life? | Yes |
| Are you finding it almost impossible to start new projects or make changes in your life? | |
| Do you feel a need to accumulate more stuff you don't need? | |
| Are you having an exceptionally difficult time letting go of things ranging from people and emotions to old newspapers and unnecessary objects? | Yes |
| Are you procrastinating? Do you have a list of things to do that you keep putting off? | |
| Are you generally feeling lethargic and dull? | |
| Do you have a white coat on your tongue? | |
| Do you want to sleep all the time? | Yes |
| Are you having an impossible time keeping your weight under control? Do you find it impossible to resist carbs, chocolate, or other sweets? | Yes |
| Do you seem to have even more mucous issues such as sinusitis, allergies, chest congestion or asthma attacks than usual? | |



● Your Natural System State ● Where I Am Today

The black dot on the left is a visual representation of your Current System State relative to the 3 primary forces of nature - Transport (T), Conversion (C) and Storage (S), represented as vertices of the triangle. The red dot represents your Natural System State. You are perfectly in tune with your System when both dots are exactly aligned.



Based on your answers to the questions in the previous steps, here is the assessment of your Current System State.



 **Transport Moderately Destabilized** 



 **Conversion Moderately Destabilized** 

 **Storage Moderately Destabilized** 

HOW TO ADJUST YOUR INPUTS TO STABILIZE DISTURBANCES IN YOUR BODY, YOUR SYSTEM

 Increase **Transport** stabilizing activities moderately. 

 Increase **Conversion** stabilizing activities moderately. 

 Increase **Storage** stabilizing activities moderately. 

Recommendations

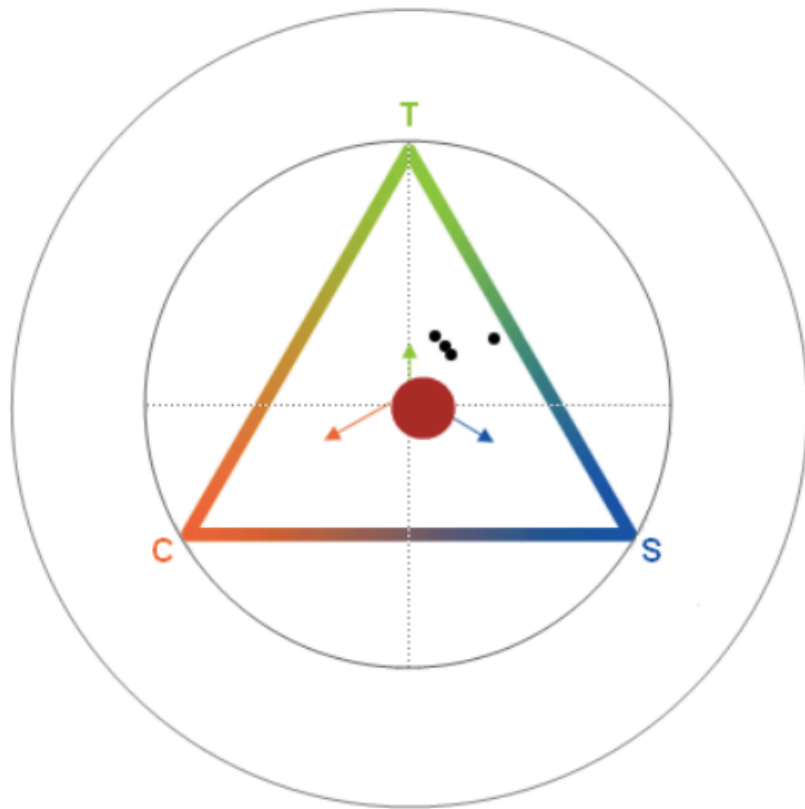
| | Food/Drink | Exercise/Activity |
|--|--|--|
| Morning Add to Calendar: Google Outlook | <p>Parsley Carrot Juice: Blend 4 whole carrots, 1/4 inches of fresh ginger and 1 cup of fresh parsley, strain and consume the extract. <i>(or)</i></p> <p>Strawberry Apple Juice: Combine 2 cups of strawberry, 1 cup of sliced apple (seed removed), 1/4 cup of water and 1/2 inch of fresh ginger, in a blender. Enjoy.</p> | <p>Engage in Yoganidra for 30 minutes <i>(or)</i> Engage in Pranayama for 30 minutes</p> |
| Afternoon Add to Calendar: Google Outlook | <p>Carrot and Zucchini Rice: To 4 cups of boiled water, add 1 cup of diced zucchini, 2 chopped carrots, 1/3 cup of basmati rice, 1/4 tablespoon of black pepper, 1/4 inch of fresh ginger, 1/2 whole lime, 1/4 tablespoon of salt and 1 tablespoon of sunflower oil. Cook until rice is soft. <i>(or)</i></p> <p>Kitchari: Boil 1/2 cup of overnight soaked chick peas with 6 cups of water. Strain the liquid and boil with 4 cups of fresh water once again. Add 1 inch of fresh ginger, 1/2 tablespoon of cinnamon and 1/4 tablespoon of cloves, and cook for an hour. To this, add 1 cup of basmati rice along with 4 bay leaves and 1/4 tablespoon of salt, cover and cook until the grains become tender.</p> | |
| Evening Add to Calendar: Google Outlook | <p>Butternut Squash Soup: Fry 1/2 inch of fresh ginger in little amount of oil. Add 4 cups of butternut squash, 1 cup of coconut milk, 1 tablespoon of fennel seeds, 1/2 whole lime and 1/4 tablespoon of salt. Boil these ingredients with water until butternut squash becomes tender. <i>(or)</i></p> <p>Almond Mint Tea: Heat almond milk and bring to a boil. Add 2 pinches of cardamom, 1/4 tablespoon of fennel seeds and 1/4 tablespoon of mint. Stir and cover it for 3-4 minutes and then consume.</p> | <p>Take a leisurely walk near a river/lake <i>(or)</i> Play tennis for about an hour</p> |

General Recommendations

| | Exercise/Activity | Food/Drink | Supplements/Herbs |
|--|---|--|---|
| <p>How to Stabilize the Force of Transport?</p> | <ul style="list-style-type: none"> • Dress warmly. Wear garments that keep you feeling comfortable. • Get as much natural sunshine as you can, and open your shades during the day, and remove obstructions from sunlight. • Do 20 minutes of any form of warm up exercise, each day. • Insulate your home. • Create a warm loving home that is nurturing, and is a real hearth. • Enjoy warm fires, whenever possible. • Take time to watch Nature's rhythms: a sunset, a sun rise, a spring day, or the ocean, as waves hit the shoreline. | <ul style="list-style-type: none"> • Eat foods that are warming e.g. hot cereals, warm soups, hot teas. • Eating food itself, warms the system, so don't miss meals. Eating stimulates your digestion, which gives off internal heat. • Make warm drinks part of your every day routine. Hot water with lemon or gentle herbal teas will keep you retain the warmth you need. • Ensure that you have regular bowel movements by eating those foods that are fibrous with roughage. • Moderate use of stimulants such as caffeine, which can speed up your natural rhythm and make you hyper. • Drink appropriate levels of water and keep yourself well hydrated. • Incorporate good oils such as olive oil, ghee, fish oils, and healthy fats. • Eat sweet, sour and salty foods. | <ul style="list-style-type: none"> • Incorporate herbs that warm your system internally e.g. dried ginger. • Supplement as necessary with high-quality supplements that support lubrication. • Explore new supplements that support joint and cartilage. |
| <p>How to Stabilize the Force of Conversion?</p> | <ul style="list-style-type: none"> • Stay indoors during hot weather or under a shade. • Stay hydrated - Even if you are not that thirsty, and supplement with electrolytes to retain water. • Sweat. Sweating allows heat to move out of your body through evaporation. • Wear a hat when you have to be in direct sunlight. • Wear cotton based loose fitting clothing. • Pray, meditate and listen equanimously without judgement. | <ul style="list-style-type: none"> • Choose foods that have a cool energy and temperature such. • Raw foods and salads are a great way to stay cool • Try slow-cooked one-pot meals. Easy to digest and very nutritious • Only use clean, organic and whole foods • Avoid impure and toxic foods with preservatives and additives • Eat sweet, bitter and astringent foods. | <ul style="list-style-type: none"> • Use Cooling herbs and spices like cilantro, fennel, coriander, and cardamom |
| <p>How to Stabilize the Force of Storage?</p> | <ul style="list-style-type: none"> • Beware of dampness around you. • Have your house checked for molds and mildew. • Learn to sing or sing out loud to your favorite music • Become aware of your tendency to want to stagnate | <ul style="list-style-type: none"> • Dry lightly cooked foods • Raw foods and salads • Eat pungent, bitter and astringent foods. | <ul style="list-style-type: none"> • Aromatherapy with fragrances such as menthol and camphor will support drying your internal systems. |

HISTORICAL ANALYSES

| DATE | NATURAL STATE | CURRENT STATE | STATUS |
|-----------------------|---------------|---------------|--|
| 6/11/2016 9:02:13 AM | 33, 33, 33 | 73, 54, 64 | <ul style="list-style-type: none"> Transport Significantly Destabilized Conversion Moderately Destabilized Storage Significantly Destabilized sss |
| 4/30/2016 8:17:13 AM | 33, 33, 33 | 70, 51, 64 | <ul style="list-style-type: none"> Transport Significantly Destabilized Conversion Moderately Destabilized Storage Significantly Destabilized sss |
| 3/22/2016 4:24:32 AM | 33, 33, 33 | 70, 64, 54 | <ul style="list-style-type: none"> Transport Significantly Destabilized Conversion Significantly Destabilized Storage Moderately Destabilized |
| 3/21/2016 4:34:01 AM | 33, 33, 33 | 70, 70, 57 | <ul style="list-style-type: none"> Transport Significantly Destabilized Conversion Significantly Destabilized Storage Moderately Destabilized |
| 1/30/2016 2:46:48 AM | 33, 33, 33 | 67, 57, 64 | <ul style="list-style-type: none"> Transport Significantly Destabilized Conversion Moderately Destabilized Storage Significantly Destabilized sss |
| 10/26/2015 7:19:29 AM | 33, 33, 33 | 53, 39, 33 | <ul style="list-style-type: none"> Transport Moderately Destabilized Conversion Minimally Destabilized Storage being Maintained Well |



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