



Sample Report

Bio-Well 

Analysis of a Personal Energetic Homeostasis by Measuring Energy Field

Name

2026-07-24 13:11:23



Lifestyle



Physical activity: 71%

This sphere is directly associated with the state of the lower back, pelvis zone, and lower dan tien (center of gravity). Due to the excessive time that many of us sit during the day and lack of movement, our spine is can suffer the most.



Nutrition: 71%

Three main aspects of nutrition habits are: quality of the food, the amount consumed, and the timing of each meal. Considering all of these can lead to a better quality of life. Here, we take into consideration organs that are involved in digestion, and the filtering of consumed food and liquids.



Environment: 82%

As we spend a lot of time indoors, we are breathing "dead" air and are exposed to excessive doses of EMFs and sometimes radioactivity and other toxic exposures. Here we look into respiratory system and overall "noise" in the system.



Psychology: 81%

Constant stress, the accelerated speed of life, and excessive consumption of information are affecting our Energy, Stress, and Balance levels, and also our nervous system functioning. Psychological balance is taken into consideration here too.



Regime of the day: 88%

Sleeping in this century is highly disturbed by blue light/electric lights, and excessive use of computers and smartphones. The brain and eyes are being affected the most by an imbalanced sleeping regime.



Hormonal activity: 80%

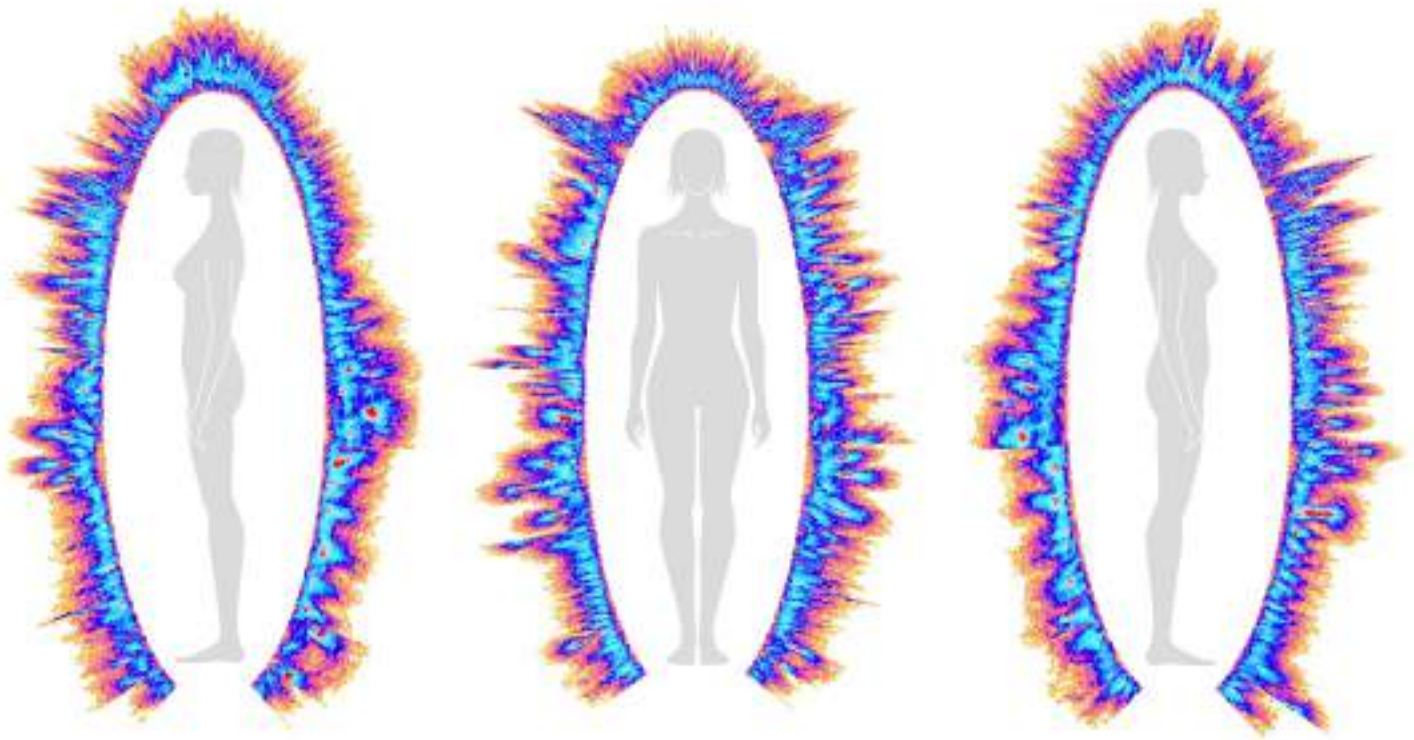
Hormones control many processes in our body and regulate energy levels. Excessive sexual activity, endocrine disruptions, and many other factors can deplete hormonal energy.

Sphere of the lifestyle	Low	Normal	Ideal
Physical (Dan tien)	<66%	66-79%	>79%
Nutrition	<69%	69-81%	>81%
Environment	<78%	78-91%	>91%
Psychology	<74%	74-85%	>85%
Sleeping regime	<75%	75-86%	>86%
Hormones	<72%	72-85%	>85%

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Energy Field



Energy 50 Joules ($\times 10^{-2}$)

Human Energy Field - is the most sensitive reflection of the physical, emotional and, in some cases, spiritual condition of a person.

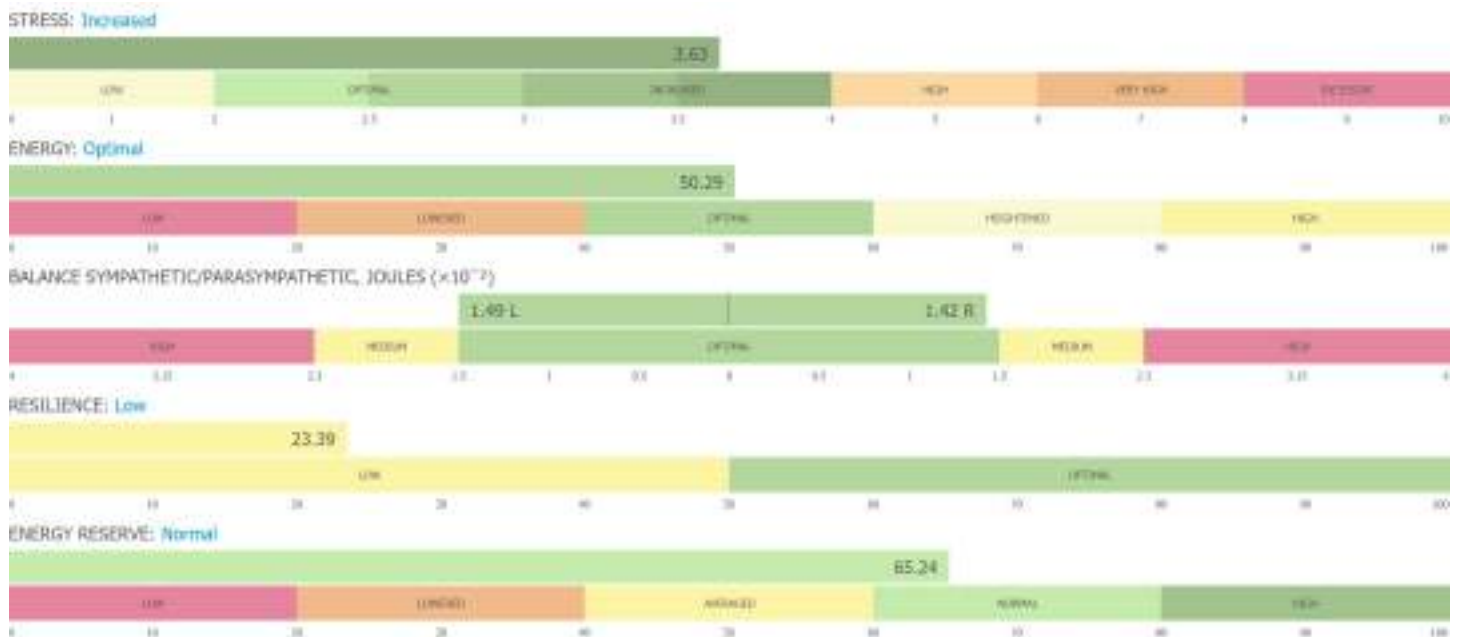
Light around the model of a human body – is a projection of various sectors from the fingers images for easier assessment. These images are used for structural analysis of glow.

It is not aura. The colors are artificial. Actual glow is grey-scale.

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Analysis



The **stress index** is calculated using a set of Bio-Well parameters and characterizes the level of physiological stress.

- Calm [0.0 > 2.0] very calm person meditative state; slow / deferred response, sluggishness; medicaments, drugs or alcohol influence; introversion.
- Optimal [2.0 > 3.0] normal state with normal reaction to the external influences.
- Increased [3.0 > 4.0] normal state, but with activation of reaction to the external influences.
- High [4.0 > 6.0] compensated stress. active emotional type (choleric); emotional excitation; reaction to physical load and/or uncomfortable environment.
- Very high [6.0 > 8.0] high emotional excitement; emotional overload; uncompensated stress; activation of physiological processes; physiological tiredness, exhaustion; reaction to high air temperature.
- Excessive [8.0 > 10.0] too high stress; psychological problems; inadequate state; reaction to alcohol, drugs, medicaments; reaction to a very high air temperature; extreme exhaustion.

Energy – This is the energy of photons emitted in an electromagnetic field. It characterizes the overall energy of the body.

- Low [0 - 20] – exhaustion, high stress state, obligatory to rest.
- Decreased [20 - 40] – tiredness, medium stress state, need to rest.
- Optimal [40 - 60] – optimal energy level for most types of activities;
- Heightened [60 - 80] – mobilization of inner energy reserves; inflammatory processes; hyperactivation.
- High [80 - 100] – acute inflammatory processes; strong hyperactivation.

Balance sympathetic/parasympathetic - the balance between the sympathetic and parasympathetic nervous systems refers to the autonomic nervous system's dynamic equilibrium, in which these two branches work in complementary ways to regulate involuntary functions such as heart rate, digestion, and stress responses. The sympathetic system activates "fight or flight" mode for quick action during threats, while the parasympathetic promotes "rest and digest" for recovery and maintenance.

Optimal [0 - 1.5] $\times 10^{-2}$ Joules

Medium [1.5 - 2.3] $\times 10^{-2}$ Joules

High [> 2.3] $\times 10^{-2}$ Joules

Resilience is the ability to adapt well in the face of adversity, trauma, or significant stress, and to "bounce back" without being permanently derailed by hardship. It is not about never feeling pain or difficulty, but about how you respond, recover, and keep moving forward. Resilience is calculated based on a complex of Bio-Well parameters.

Optimal [$> 50\%$]

Low [$< 50\%$]

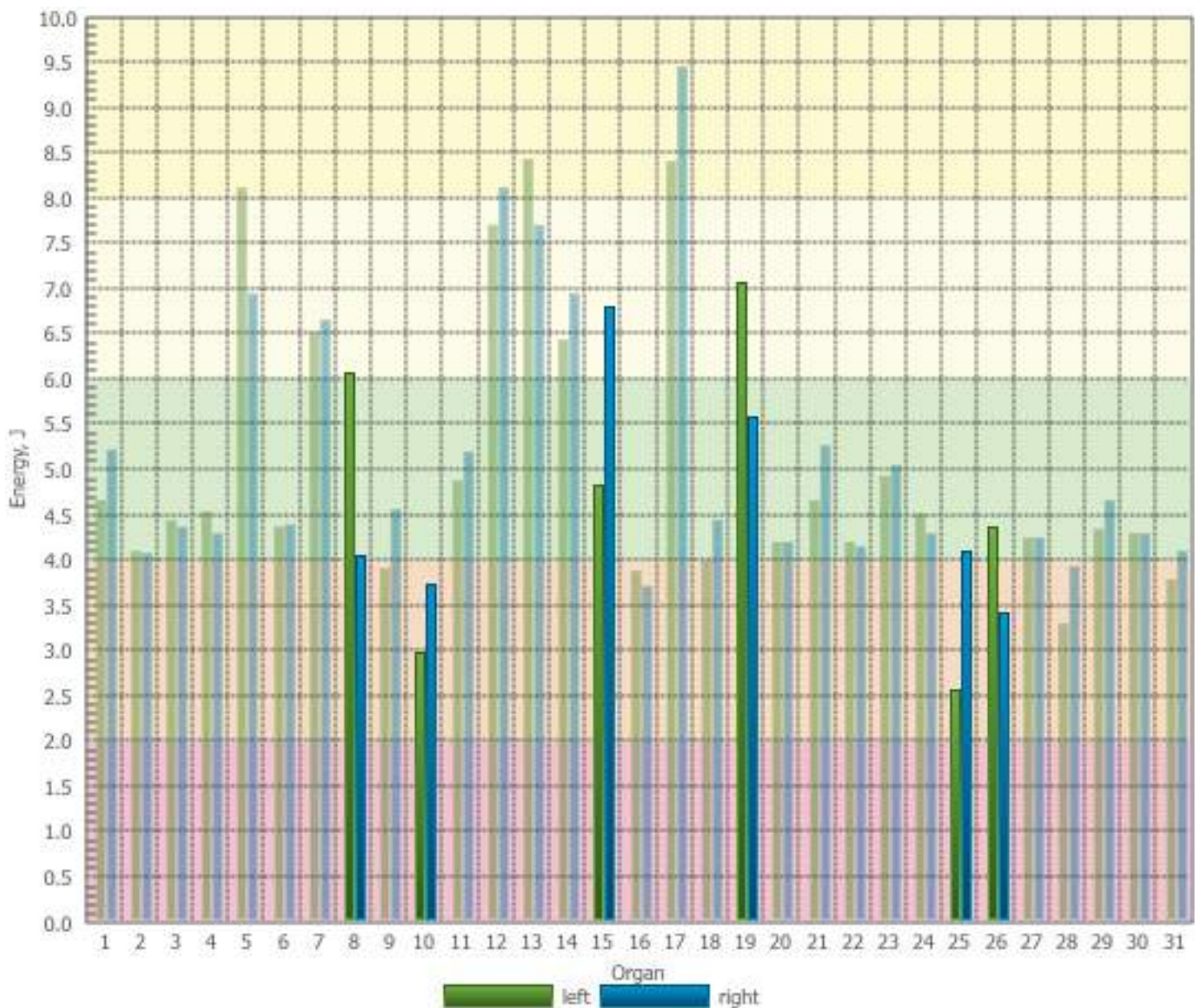
Energy Reserve. This parameter indicates whether the body has enough energy for the functions currently performed by its organs and systems. The Energy Reserve Index is calculated by comparing the area diagram and energy diagram indices.

[$< 20\%$] - low level [20 - 40%] – lowered level [41 - 60%] – averaged level [61 - 80%] – normal level [$> 80\%$] - high level

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Energy balance



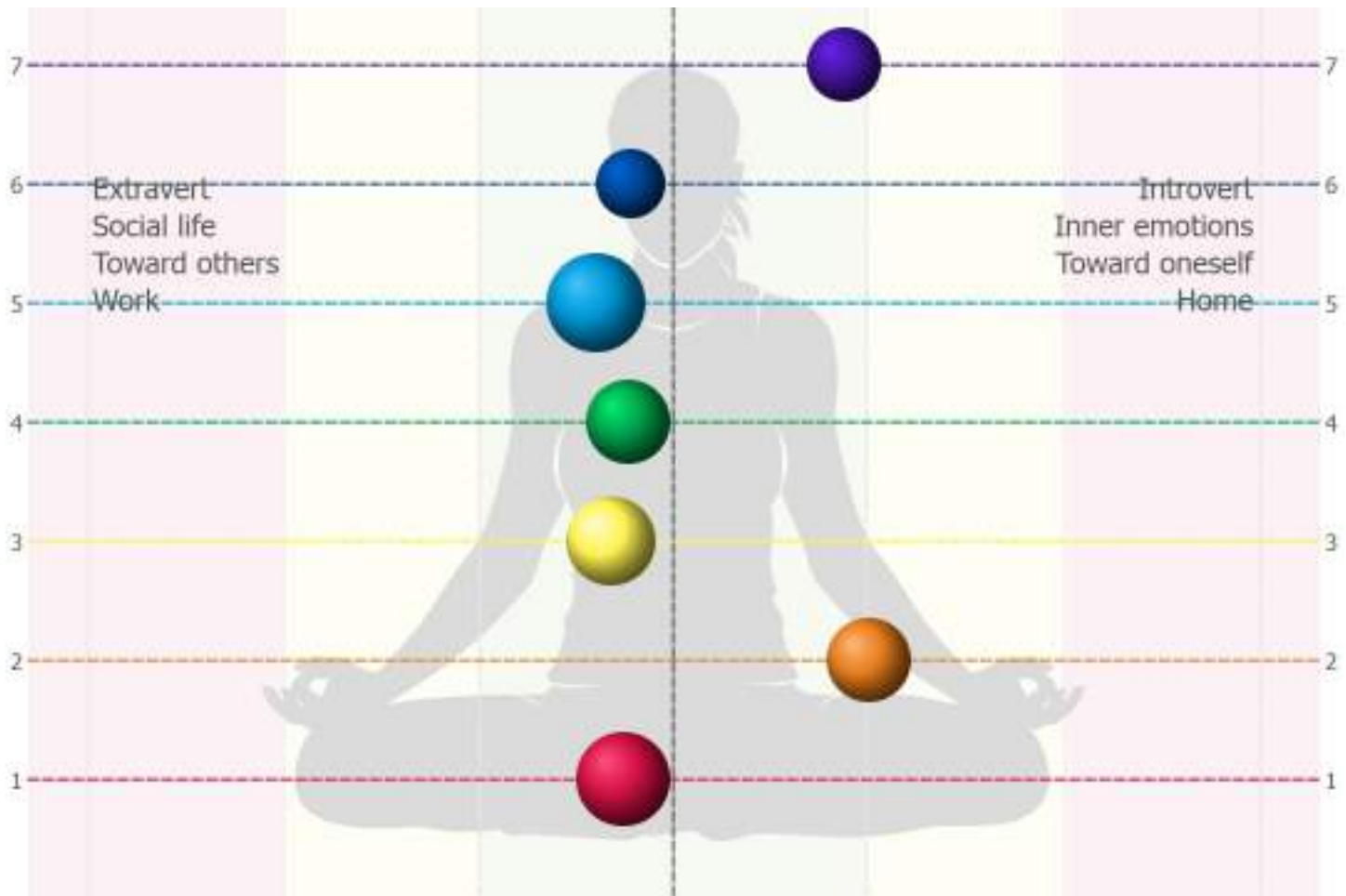
1. Cardiovascular system 2. Heart 3. Colon - transverse 4. Pancreas 5. Liver 6. Pituitary gland 7. Thyroid gland 8. Adrenals 9. Spine - cervical zone 10. Spine - thorax zone 11. Spine - lumbar zone 12. Sacrum 13. Coccyx, Pelvis minor zone 14. Urogenital system 15. Kidneys 16. Ears, nose, maxillary sinus 17. Throat, larynx, trachea 18. Cerebral zone (vessels) 19. Mammary glands, Respiratory system 20. Coronary vessels 21. Thorax zone 22. Epiphysis 23. Hypothalamus 24. Nervous system 25. Immune system 26. Spleen 27. Right eye 28. Left eye 29. Jaw, Teeth 30. Cerebral zone (cortex) 31. Eyes

Highlighted bars correspond to significant difference (more than 20%) between energy of the particular system or organ on the left and right hands.

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Chakras



Alignment 84%

According to Eastern metaphysical theories and principles of Ayurvedic Indian medicine, there are seven "Chakras" or integrated energy centers that are considered to affect physical, mental, emotional, and spiritual well-being. In the Bio-Well programs Chakras reflect emotional state of a person. Chakras are related to energy flow internally and externally. They are not stable and may change every other minute. Stability of Chakras is indication of emotional balance of a person. Ideal balance of Chakras may be seen for people involved in daily meditation and mental training.

Shift of Chakras to the right or left (when we look to the picture) can be related to the inner emotional reactions of a person or to the response to environmental situation (other people, electromagnetic fields, weather, etc).



Chakras

Psychosomatic approach — chakras represent the connection of the energetic state of the organs with psychological states.

The Chakras tab is not using the same sectors as the rest of the tabs in the Bio-Well software (as seen on the "Fingers" tab). Chakras sectors are based on Ayurvedic medicine.

Size of the center – level of energy of the corresponding sectors.

Balance of the center (left/right orientation) – is the difference between the energies of the corresponding sectors on the left and right hands

Grey/Green corridor on the graph – normal deviation

Yellow corridors – average deviation – take into consideration

Red corridors – high deviation – pay maximum attention

Left side of the screen – social life, extroversion

Right side of the screen – private life, introversion

Chakra 1 - Red – self-confidence, sexual power.

Extreme introversion – shy and not self-confident person.

Extreme extraversion – too self-confident person, searching for proofs of his/her superiority.

Chakra 2 - Orange – material work, job or home.

Extreme introversion – don't want to go out of home, evading problems on work.

Extreme extraversion – don't want to return home from work, evading house problems.

Chakra 3 - Yellow – willingness to solve problems (personal or other's).

Extreme introversion – not eager to help others, concentrated on personal problems.

Extreme extraversion – eager to help anyone just not to work on personal problems.

Chakra 4 - Green – love, sympathy, empathy.

Extreme introversion – egoist.

Extreme extraversion – altruist.

Chakra 5 - Light blue – non-material work (art, painting, poems composition), verbal communication.

Extreme introversion – non-communicative person, not sharing his/her art with others.

Extreme extraversion – non-stop talking, show-off person.

Chakra 6 - Blue – approach to solving tasks and search of information.

Extreme introversion – thinks that there is only one right opinion – own, all others are not.

Extreme extraversion – doesn't have own opinion, always ask for help in any situation.

Chakra 7 - Magenta – relations with God, fanatic or atheist.

Extreme introversion – thinks that he/she can do anything and there will be no consequences.

Extreme extraversion – waits when God will solve his/her problems.

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Number of chakra: 1
Name of chakra: Muladhara
Energy: 6.0 Joules ($\times 10^{-2}$)
Alignment: 91%

Color: red
Projection onto physical level: Spine ending between anus and genitals, perineum area
Key words: vital force, power, stamina
Element: Earth
Energy: energy of Earth
Controlled feeling: sense of smell
Physical aspects: adrenal gland, skeleton, backbone, spinal cord, kidney, rectum
Psychological aspects: safety, prudence, patience, vigilance, selfishness, self-defense, struggle
Functional manifestations: movement functions, endurance, vital capacity, inner strength, love of living via body fitness
An effect from working with chakra: strengthening of the immunity, cheerfulness, endurance, decisiveness, optimism, regaining the zest for life



Number of chakra: 2
Name of chakra: Svadhishthana
Energy: 5.3 Joules ($\times 10^{-2}$)
Alignment: 66%

Color: orange
Projection onto physical level: 4-6 cm below the navel, at pubic bone level
Key words: attractiveness, material creativity
Element: Water
Energy: energy of life
Controlled feeling: taste
Physical aspects: digestive apparatus, bowels, urogenital system
Psychological aspects: passion, self-appraisal, fear, authority, aggressiveness, contempt, egoism, thrift
Functional manifestations: sexual power, will of destruction, high sensitivity of taste
An effect from working with chakra: spiritual growth, an ability to transform greediness, lust, anger, jealousy, enables to be a success



Number of chakra: 3
Name of chakra: Manipura
Energy: 5.6 Joules ($\times 10^{-2}$)
Alignment: 89%

Color: yellow
Projection onto physical level: 5-7 cm above the navel, solar plexus
Key words: will, persistence, power, resolution
Element: Fire
Energy: morality
Controlled feeling: vision
Physical aspects: stomach, pancreas, excretory glands, liver, solar plexus
Psychological aspects: self-expression, self-affirmation, courage, emotionality, enthusiasm, guile, fear
Functional manifestations: coordination of movements, one's own body perception, the drive to achieve self-satisfaction
An effect from working with chakra: enhancement of viability and healing of many diseases, acquisition of longevity and good health, development of management and organizing capabilities, improvement of speech control and an ability to clearly formulate one's ideas, to exert one's influence on people with words



Number of chakra: 4
Name of chakra: Anahata
Energy: 5.3 Joules ($\times 10^{-2}$)
Alignment: 92%

Color: green
Projection onto physical level: thorax centre
Key words: love, kindness, compassion, harmony
Element: Air
Energy: love
Controlled feeling: tactile organs

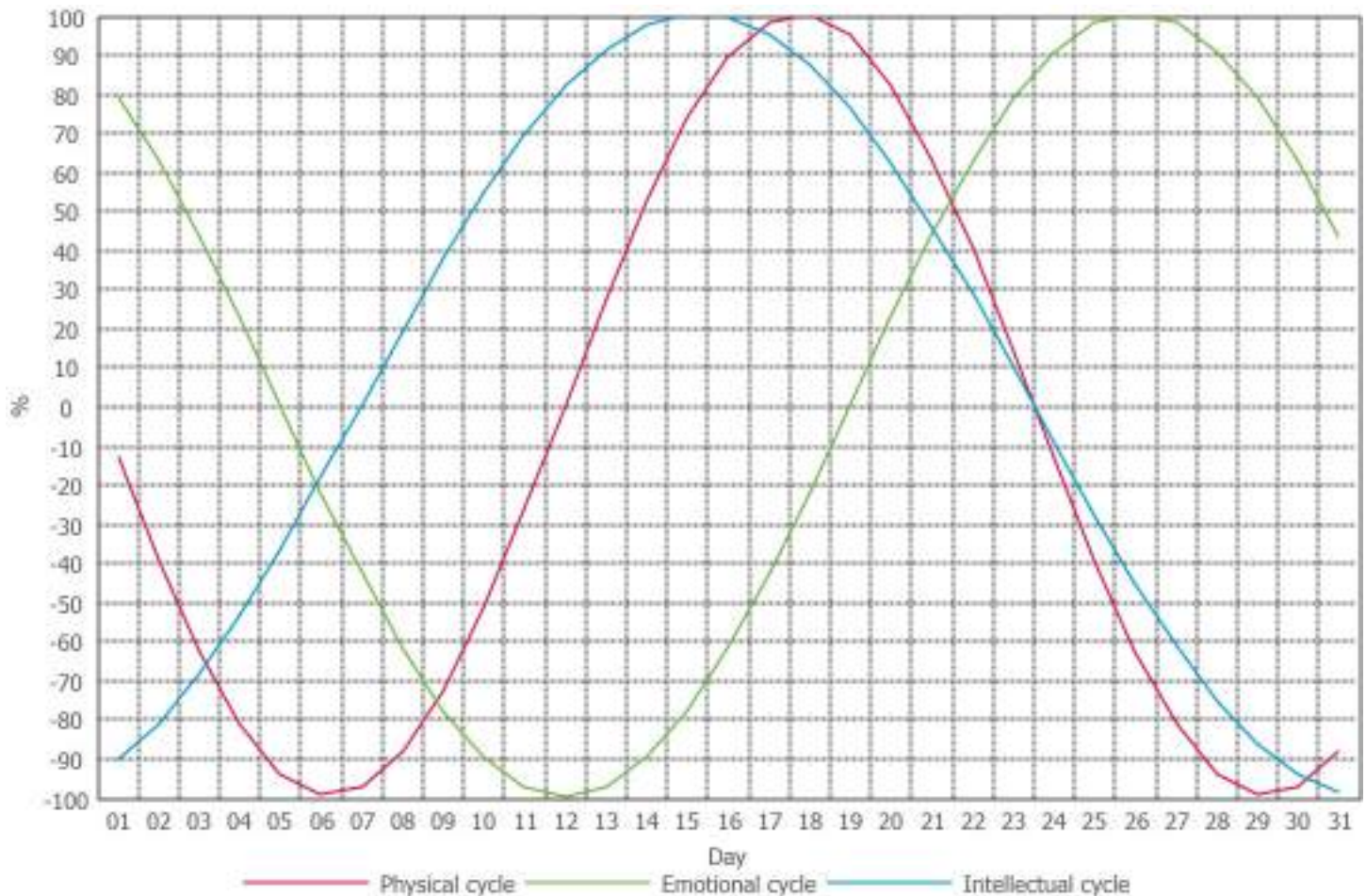


	Physical aspects: cardiovascular system, circulation of the blood, lungs, thyroid gland, mammary glands Psychological aspects: obligation, responsibility, empathy, love for one's neighbour, indecision Functional manifestations: love to oneself and others, tactile sensitivity through the motor activity of nerves, capability to obtain the desirable An effect from working with chakra: feelings and emotions control, self-control, wisdom and inner strength, overcoming obstacles and difficulties, acquiring confidence, an ability to harmonize the surroundings, acquiring power over one's self, equipoising of Yang and Yin, harmonization of the intention and action, development of creative inspiration
	Number of chakra: 5 Name of chakra: Vishuddha Energy: 6.6 Joules ($\times 10^{-2}$) Alignment: 86% Color: azure Projection onto physical level: base of neck, thymus Key words: creativity, harmony, composure, self-actualization Element: Ether Energy: creativity Controlled feeling: hearing Physical aspects: spinal cord, throat, neck, oesophagus, heart, lungs Psychological aspects: emotion, inspiration, creation, sociability, emotional-spiritual activity Functional manifestations: breathing, sigh and utterance of sound, swallowing, represents creativity of all kinds, the last zone related to time and space An effect from working with chakra: calmness, purity, clearness, melodiousness of voice, an ability to spiritual poetry, prophetic gift
	Number of chakra: 6 Name of chakra: Ajna Energy: 4.1 Joules ($\times 10^{-2}$) Alignment: 92% Color: blue Projection onto physical level: the centre of brain, epiphysis Key words: wisdom, will Element: Light Energy: mind, intuition Controlled feeling: intuition Physical aspects: brain, hypophysis, hypothalamus, head, nervous system Psychological aspects: reason, will, intellect, logic, empathy, inspiration, directivity, analysis, imagination Functional manifestations: ability to create visions (creative imagination) and to understand the significance (responsibility) of one's abilities, understanding of concepts, clairvoyance, responsible for the sixth feeling (instinct) An effect from working with chakra: understanding the essence of things, wisdom, will, clairvoyance, an ability to know the past, present and future, the burden of previous lives is burnt during the work with the sixth chakra
	Number of chakra: 7 Name of chakra: Sahasrara Energy: 4.4 Joules ($\times 10^{-2}$) Alignment: 71% Color: violet Projection onto physical level: top of the head, vertex Key words: cosmic perception, super consciousness, unity Element: Light Energy: will, consciousness, creativity Controlled feeling: collective mind Physical aspects: brain, pineal gland, skin, reproduction, hormone balance Psychological aspects: spirituality, wisdom, enlightenment, self-actualization, unselfishness, integrity Functional manifestations: superior abstract and philosophical thinking, super-consciousness, pure intuition, unites the notion of reason (geometrical figures of mental body), transformation of thought into energy via brain activation An effect from working with chakra: acquisition of abilities to super-consciousness, an all-uniting vision of the world, putting into practice one higher aspirations, complete calm, universal consciousness, joining our spiritual self, realization of the superior plenitude of life



Biorhythms

Aug 2026



When a particular biorhythm is in the upper part of the cycle it indicates beneficial days for activity. When biorhythms are down, these are non-beneficial days. For example, whenever your physical and intellectual cycles are in the lower part, your concentration may also suffer. Being thus diminished, you may have to be cautious when driving or going out. In Oriental countries, people never make important decisions when biorhythms are low.

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Functional/energetic condition of organs and systems

NB! In the Digestive system most of the organs have sectors only on one hand – henceforth they do not have the Balance parameter (as it can't be calculated). For these organs you can see only the Energy parameter.

System	Organ	Energy, Joules ($\times 10^{-2}$)	Balance, %
Head		4.26	97.20
	Eyes	3.91	91.96
	Ears, nose, maxillary sinus	3.77	95.30
	Jaw, Teeth	4.47	92.93
	Cerebral zone (cortex)	4.28	99.89
	Cerebral zone (vessels)	4.21	89.58
	Hypothalamus	4.96	97.73
	Epiphysis	4.15	98.59
	Pituitary gland	4.36	99.89
Cardiovascular system		4.34	94.44
	Cardiovascular system	4.91	88.61
	Heart	4.06	99.25
	Cerebral zone (vessels)	4.21	89.58
	Coronary vessels	4.18	99.93
Respiratory system		6.71	99.12
	Throat, larynx, trachea	8.90	88.16
	Mammary glands, Respiratory system	6.31	76.36
	Thorax zone	4.93	87.53
Endocrine system		4.76	90.90
	Hypothalamus	4.96	97.73
	Epiphysis	4.15	98.59
	Pituitary gland	4.36	99.89
	Thyroid gland	6.56	97.65
	Pancreas	4.40	94.13
	Adrenals	5.04	59.86
	Spleen	3.87	75.05
Musculoskeletal system		5.70	94.97
	Spine - cervical zone	4.21	84.35
	Spine - thorax zone	3.33	77.01
	Spine - lumbar zone	5.02	93.65
	Sacrum	7.88	94.65
	Coccyx, Pelvis minor zone	8.04	90.89
Digestive system		5.19	93.01
	Colon - descending	4.33	100.00
	Colon - sigmoid	4.06	100.00
	Rectum	8.39	100.00
	Blind gut	6.51	100.00
	Colon - ascending	5.01	100.00
	Colon - transverse	4.38	98.50



	Duodenum	4.54	100.00
	Ileum	5.09	100.00
	Jejunum	5.12	100.00
	Liver	7.51	84.68
	Pancreas	4.40	94.13
	Gallbladder	4.20	100.00
	Appendix	4.16	100.00
	Abdominal zone	4.04	100.00
Urogenital system		6.23	79.99
	Urogenital system	6.67	92.27
	Kidneys	5.79	65.86
Nervous system		4.38	95.15
	Nervous system	4.38	95.15
Immune system		3.30	53.70
	Immune system	3.30	53.70

Very low
 Low
 Normal
 Increased
 High

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Measure Energy, Nurture Wellness.

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