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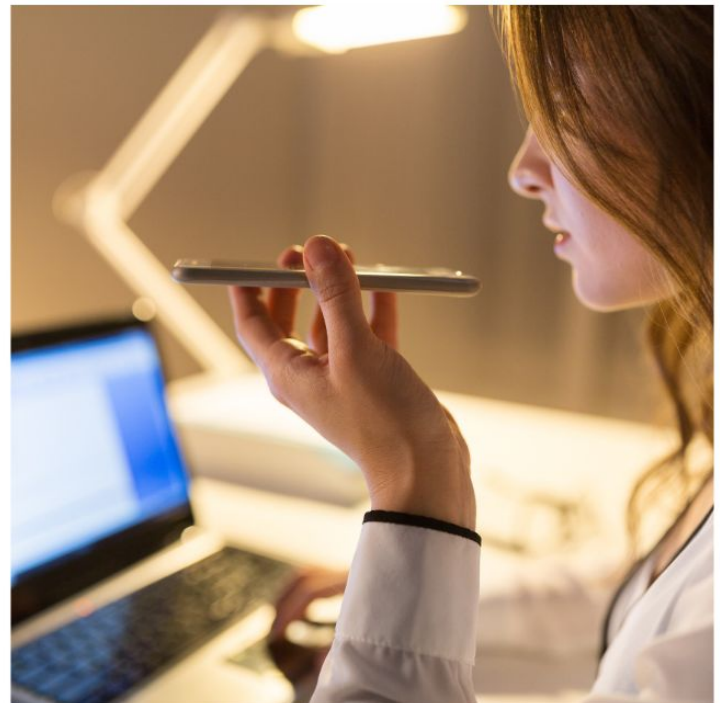
VOCAL HEALTH SCREENING

WE CARE FOR YOUR HEALTH
— PHYSICAL, MENTAL & SOCIAL HEALTH

A service provided by My Mind Associates,
@ MINDA.MY for:

NAME: John Doe

DATE: 2024-05-21



Take charge of your health! Early detection of potential challenges every 3-6 months is recommended because prevention is better than cure.

Background of the Technology

Inspired by the everyday power of sounds, MindA.my harnesses advanced technology to transform your holistic health. Our web app offers innovative voice-based health screening and personalized sound therapies on any device, for quick and hassle-free health improvements. MindA.my is your anytime, anywhere holistic well-being partner.

Our Vocal Biomarker technology decodes the pitches and patterns in your voice to provide insights about your overall health, including physical, mental and social well-being. These are like looking into a magic mirror that not only shows your outer appearance but also shows your inner well-being. These insights serve as your personal guide to achieving greater harmony and well-being.

From the detailed voice analysis, we create personalised sound frequency immunotherapy, like a custom playlist, to harmonise your health. Think of your body like a music band, and each organ is an instrument. Our therapy ensures every 'instrument' is finely tuned, working together in perfect harmony. Our therapy not only rebalances your health but also boosts your physical, emotional, and mental well-being, fostering personal and professional growth.



My Mind
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Services We Offer:

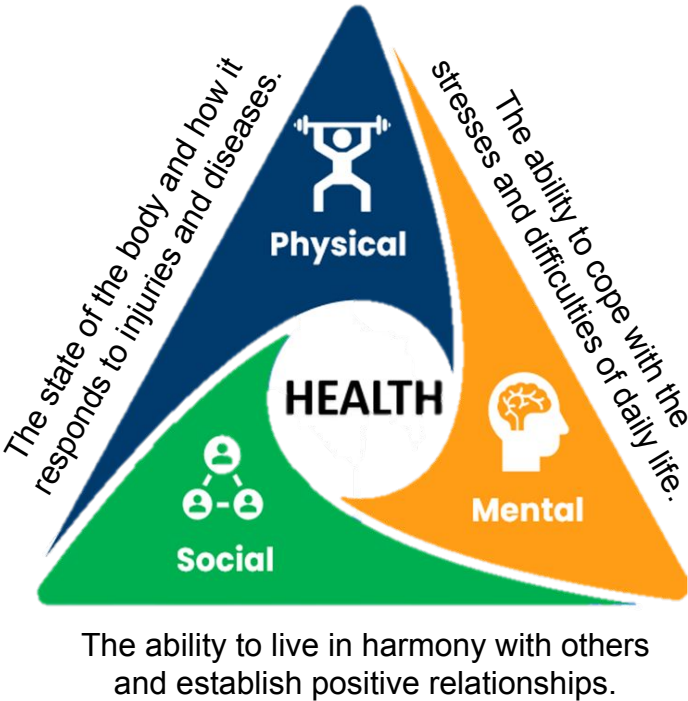


Your
**VOICE
MATTERS**

Definition of Health



Health, according to the World Health Organization (WHO)¹, is a state of complete physical, mental, and social well-being, not just the absence of disease or illness. Living a healthy life requires having a good balance in all three areas.

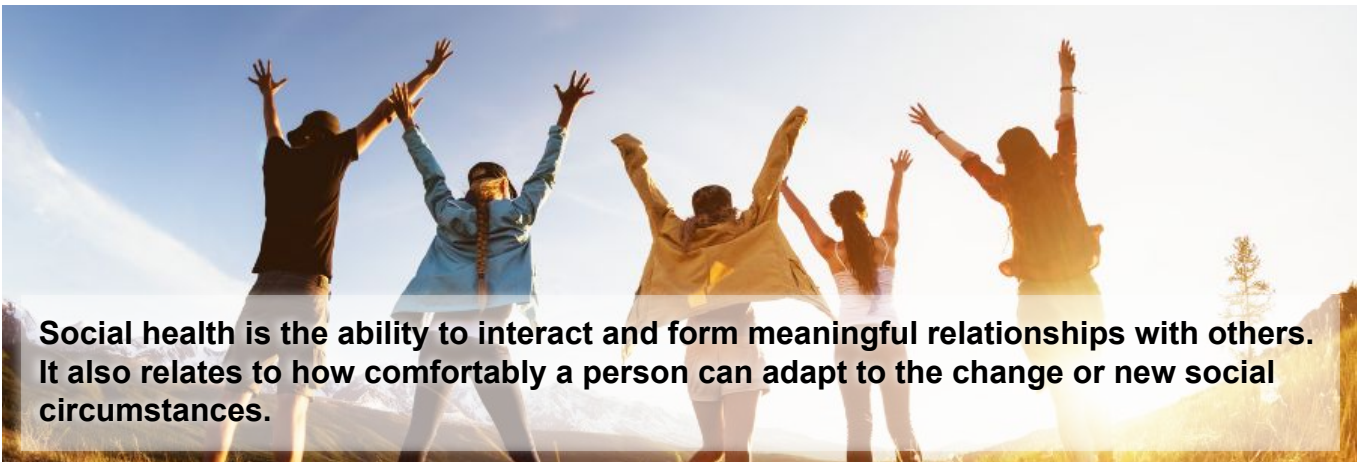


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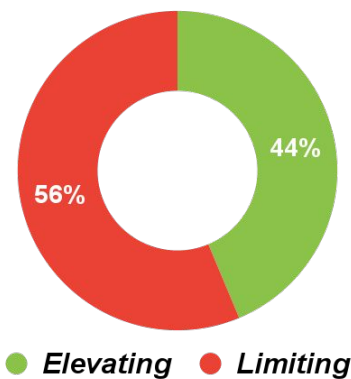
¹<https://www.who.int/about/governance/constitution>



Social Health Patterns



Social Health Patterns



An overview of how a person's social health is affected by the personal underlying patterns (**Thought, Emotion, and Behavior** levels) is provided on the chart.

- A person with the higher elevating social patterns is comfortable joining in conversations, and can form positive and supportive relationships with others.
- A person who has social patterns that are more limiting is frequently exhausted and has trouble in building strong relationships with other people.

Elevating Patterns

Adaptability and Versatility

- You display a diverse range of viewpoints and emotional skills, and you have the ability to navigate through various roles in life. This adaptability allows you to transition effortlessly between different responsibilities and environments.
- This pattern can provide you with a rich and diverse set of experiences, offering you a broader perspective and a richer understanding of different contexts and situations.

Innovative Trailblazer

- An individual who exhibits a strong inclination towards creative thinking, bringing forth unique ideas and solutions, and daring to challenge conventional norms.
- This pattern of being an innovative trailblazer can lead to novel ideas and approaches. The ability to challenge the status quo and think outside the box can inspire others and bring about fresh perspectives and changes.

Limiting Patterns

Variable Behavior and Mood Swings

- You have an emotional nature that is characterized by variable behavior and mood swings. Your demeanor and actions may fluctuate, leading to a diverse range of expressions and responses. You also play many different roles in your life, adapting to various situations and environments. In extreme cases, this variability in behavior may appear similar to a multiple personality or dissociative identity disorder.
- This pattern can cause confusion and instability in social interactions, and may potentially affect your well-being negatively.

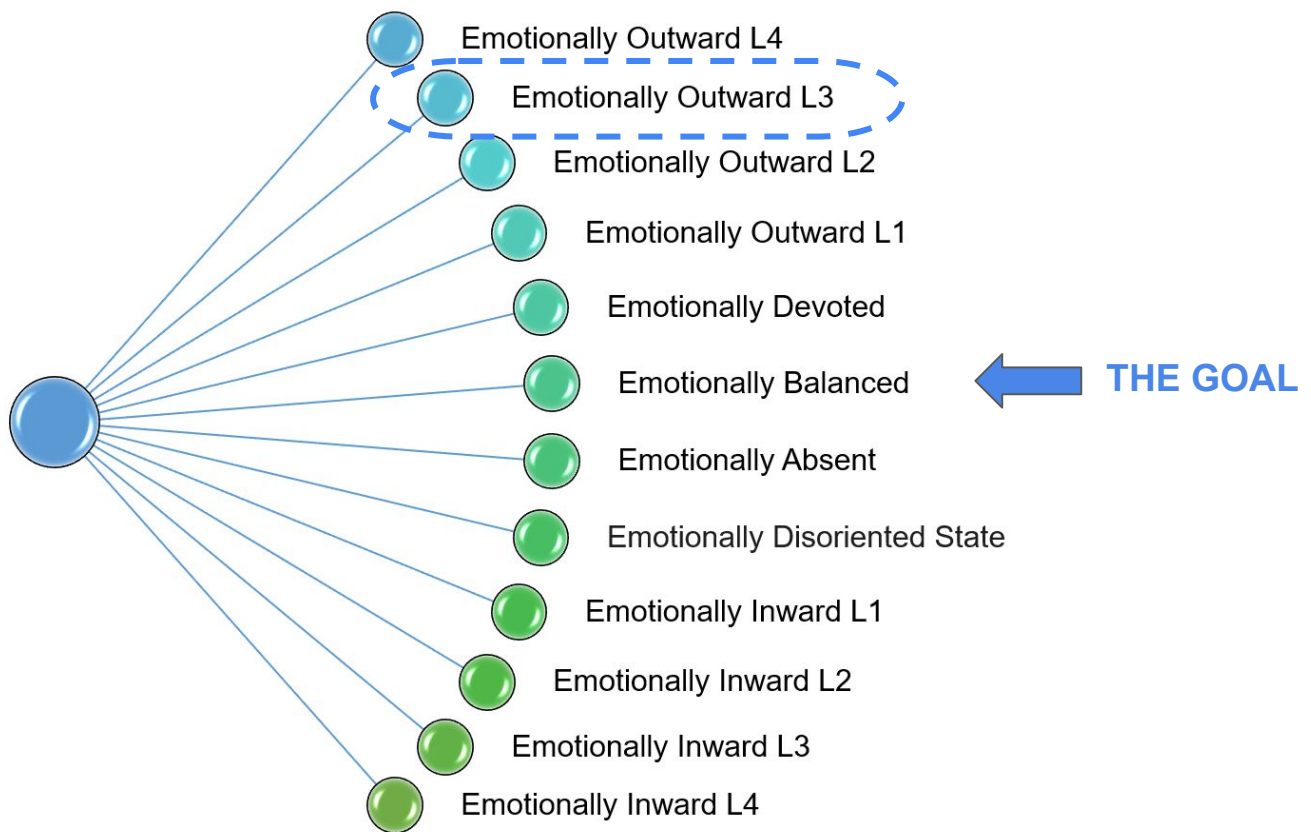
Sensitivity and Solitude

- You're someone who often feels a sense of solitude and your sensitive nature may lead you to feel more vulnerable in emotional and social scenarios. However, these traits, while they may seem challenging, also reflect a depth of emotion and a capacity for deep empathy, which are valuable characteristics.
- This pattern can lead to feelings of isolation or disconnection, potentially influencing your social health and relationships negatively.

***This table is only showing the top 2 elevating and limiting patterns. Recommended to explore Emotion Sandbox Coaching service to unlock all patterns detected.**



Emotional Expression Patterns



Emotionally Outward L3

- Open Emotional Canvas: Your emotions are vivid and clear, and you wear them openly. This makes it easy for others to quickly resonate with what you're feeling.
- Tuned into External Perspectives: You have a heightened sensitivity to others' feelings and opinions, which means you can sometimes be swayed by external views.
- An Undercurrent of Anxiety: While you're outwardly expressive, there's an internal battle with anxiety, which can occasionally become intense.
- Seeking Calm Amidst the Storm: Even amidst the waves of anxiety, you have a knack for finding pleasant and soothing ways to find calm.

Benefits of mastery:

1. Discover your strengths and weaknesses so that you can leverage your strengths and avoid your weaknesses.
2. Can be more effective in self-awareness, so as to adjust and express the true inner feelings.
3. Master your emotional roots and be a relaxed person.

Dominant Personality Profile



Here are your dominant personality profile, also known as conscious personality profile, and its perceptual profile of communication and learning.

The Reformer

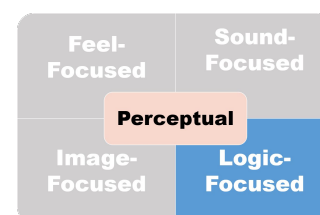
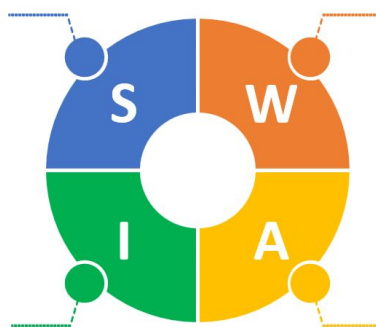
You have an innate drive for order and perfection. Your strong moral compass pushes you to stand by principles and challenge injustices. You often see the world in terms of 'right' or 'wrong', and you are motivated to improve both yourself and the world around you. Logic-focused type of person absorbs information primarily by logical thinking

Key Traits

- **Principled and Disciplined:** You often view things in clear terms of 'right' or 'wrong'.
- **Value-Driven:** Responsibility, ethics, and values matter a lot to you.
- **Strive for Fairness:** You aim to be just and upright in all your interactions.
- **Proactive and Efficient:** You're fully dedicated, always giving your best to what you do.
- **Excellence-Oriented:** Above all, you're driven by a desire for excellence.

Self-Improvement Tips

- **Find joy in the journey:** Don't fixate on the end goal; cherish the process for more enjoyment and less stress.
- **Embrace Imperfections:** Perfection isn't the sole success metric; it's okay to be and accept imperfection.
- **Consider various viewpoints:** There's seldom just one right approach; diverse perspectives enhance understanding and choices.
- **Value Others' Ideas:** Be open and respectful to the ideas and contributions of others. Your input can provide fresh insights and perspectives.
- **Simplify:** Try not to over-complicate simple matters. Sometimes, the simplest solution is the best one.



Potential Challenges

- **Indecision:** Worrying about mistakes might make it hard to decide.
- **Over-Reliance on Rules:** Sometimes, you stick too closely to rules or the usual ways of doing things.
- **Excessive Self-Discipline:** You might push yourself (and maybe others) too hard.
- **Over-Criticism:** Falling short of perfection could make you overly critical of yourself and others.
- **Controlling Behavior:** Your quest for perfect outcomes might come off as too demanding or controlling.

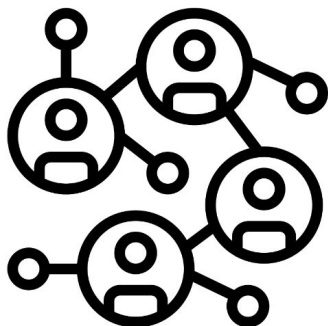
Signs of Self-Awareness

- **Guided by Principles:** You may find yourself deeply committed to principles, responsibility, and ethics, sometimes to an extreme extent.
- **Distrust in Others' Abilities:** You might have a tendency to feel like tasks are better done by you. You might question, "If I don't do it, who will?"
- **Fixation on Correction:** You may be overly concerned with correcting, organizing, and controlling people and things around you.
- **High Demand for Perfection:** You might place an excessive demand for perfection on yourself and others, which can feel burdensome over time.
- **Fear of Making Mistakes:** You may experience a heightened fear of making mistakes, leading to procrastination, indecision, or feeling stuck.

***Recommended to explore Emotion Sandbox Coaching service to unlock the growth personality profile and its characteristics of perceptual profile of communication and learning.**



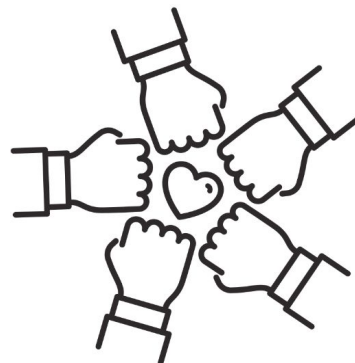
Reminders for Improving Social Health



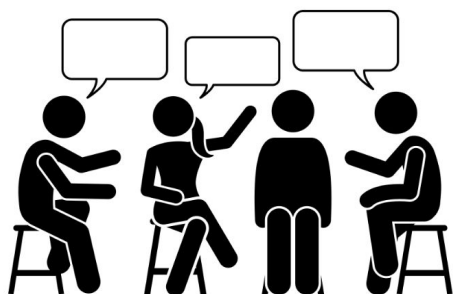
Building a support network with others



Connect with others through shared interests



Being a part of volunteering services



Making small talk with people around frequently



Send out invitations to social gatherings

Benefits of Emotion Sandbox Coaching



Emotion Sandbox Coaching

2

Increase self-awareness of social patterns

Increase self-awareness of personality traits

Increase self-awareness of learning and communication mode

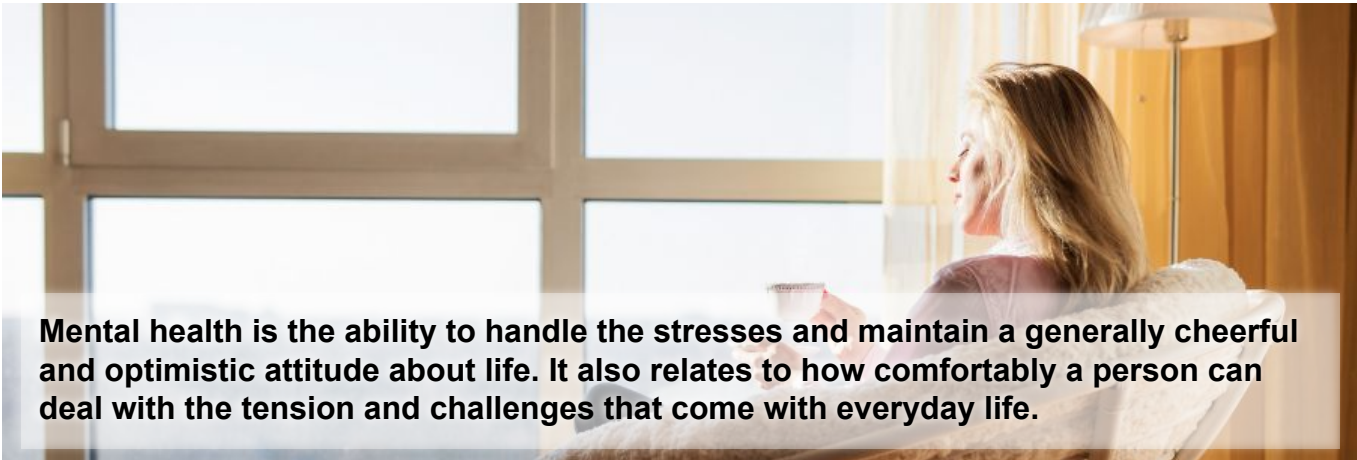
Discover your best self

Foster better relationships

Determine your strengths and weaknesses



Mental Health Patterns

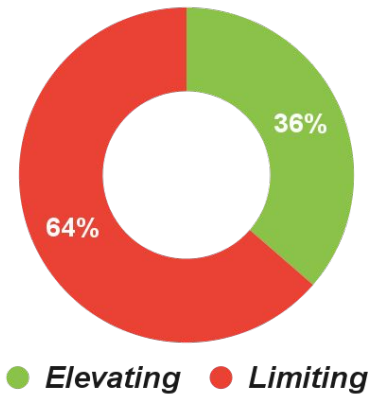


Mental health is the ability to handle the stresses and maintain a generally cheerful and optimistic attitude about life. It also relates to how comfortably a person can deal with the tension and challenges that come with everyday life.

An overview of how a person's mental health is affected by the personal underlying patterns (**Thought, Emotion, and Behavior** levels) is provided on the chart.

- A person with the higher elevating mental patterns is comfortable handling the daily stresses.
- A person who has mental patterns that are more limiting is emotional and has trouble in handling the daily stresses.

Mental Health Patterns



Elevating Patterns

Multifaceted Personality

- This person have a rich emotional landscape and showcases a diverse range of viewpoints and emotional skills. They have the ability to seamlessly transition between various roles and environments, from managerial responsibilities at work to volunteering in their spare time. Their versatility and adaptability are evident in their ability to manage their multifaceted life.
- This pattern enhances their ability to adapt to different situations and roles, contributing to their overall mental well-being and resilience.

Innovative Problem-Solving

- You exhibit a unique approach to problem-solving, utilizing a blend of creativity, spontaneity, and logical thought. Your ability to generate ideas and solutions impulsively yet rationally, while also leveraging your creativity, distinguishes you in social settings and underscores your distinct problem-solving style.
- Your innovative approach to problem-solving fosters creative thinking, adaptive actions, and thoughtful reasoning, enhancing your interactions and decision-making processes.

Limiting Patterns

Challenge with Decision-Making

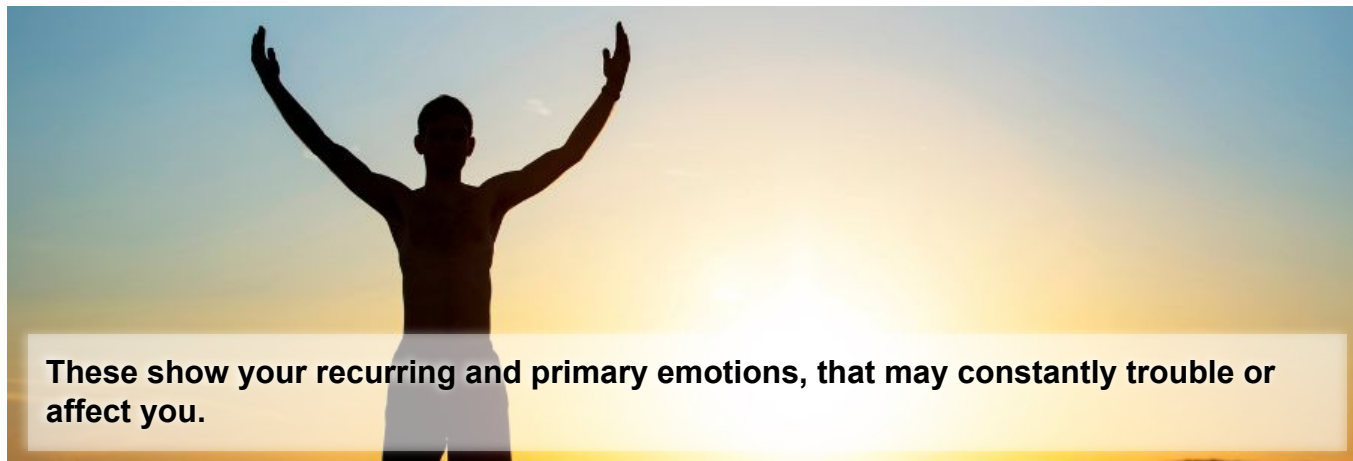
- This person, despite their thoughtful and impulsive nature, can sometimes find decision-making to be a challenging task. This indecisiveness could occasionally result in reverting to familiar patterns or habits, especially when faced with emotional stress or complex choices.
- This pattern can limit their ability to navigate complex situations effectively and may lead to reliance on established patterns that may not serve them well in all circumstances.

Sensitivity and Solitude

- You exhibit a propensity for solitude, accompanied by a heightened emotional sensitivity and vulnerability. While these traits might pose challenges in social interactions, they also reflect a profound capacity for empathy and a depth of emotion.
- Your sensitivity and inclination for solitude contribute to your unique and complex personality, allowing you to connect with others on a deeper level.

***This table is only showing the top 2 elevating and limiting patterns. Recommended to explore Emotion Sandbox Coaching service to unlock all patterns detected.**

Recurring & Primary Emotions



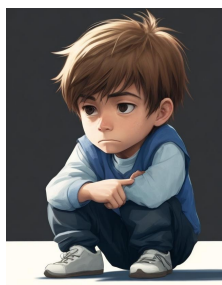
These show your recurring and primary emotions, that may constantly trouble or affect you.

Recurring Emotion is the emotion most frequently measured during the analysis. It tends to change as circumstances change.



- Doubting, hesitant.
- It seems like you often experience doubt and hesitation, which can make it challenging for you to make decisions with confidence.

Primary Emotion had the highest number of triggers during the measurement. It has been accumulated through time since childhood.



- Suffers from anxiety.
- It seems like you suffer from anxiety, specifically related to being fearful of things that could happen, but are unlikely to actually occur.

Benefits of mastery:

1. By understanding recurring emotions, you can better manage your recent emotional state.
2. Understand primary emotions to improve self-awareness and adjust your state, thinking, and behavior. Let yourself live a wonderful life!

*Recommended to explore Emotion Sandbox Coaching service to unlock the emotional journey to discover the root causes of your key emotions.

Subconscious Emotions

Unconscious emotions are the feelings that were once imprinted into us during childhood. Eventually, this feeling will turn into a filter on how people and things are viewed.

When we look at the white rabbit with a pink filter, we are certain beyond doubt that the rabbit is pink.

When we look at the beggar with feelings of 'pity' we will see him as pathetic. When we look at the beggar with "happy" feelings, we will see him as a carefree beggar.



Your Unconscious Emotions:

Weak	Mild	Moderate	Strong
[1 - 3]	[4 - 6]	[7 - 9]	[>10]

- [5] Bitter and/or overwhelmed.

It seems like you are experiencing feelings of bitterness and/or being overwhelmed, possibly due to circumstances or past events. These emotions may lead to a sense of distraction and absent-mindedness. Additionally, you mention a potential connection to the liver and its role in the mental transformation process.

- [2] Doubting, hesitant.

It seems like you often experience doubt and hesitation, which can make it challenging for you to make decisions with confidence.

- [1] Finds it difficult to see the sunny side of life at the moment.

It seems like you are currently experiencing difficulty seeing the positive or optimistic aspects of life. The challenges and circumstances you are facing may be overshadowing your ability to find joy or see the brighter side of things.

- [1] Anxious and shy in certain situations.

It seems like you experience anxiety and shyness in certain situations. These feelings can arise when facing unfamiliar or overwhelming environments, causing you to feel uneasy and hesitant.

***The numbers shown before each emotion are its intensity. Even If none is detected, recommended to do a follow up VHS every 3 - 6 months.**

Reminders for Improving Mental Health



Increase self confidence
through learning



Engage in hobbies and
activities that bring you
happiness



Practise deep
breathing

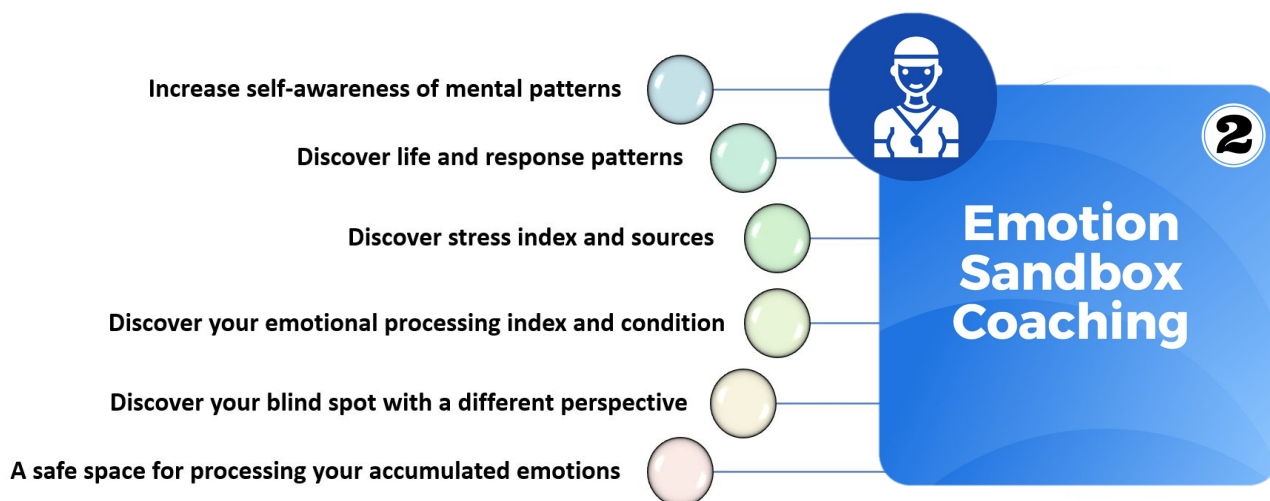


Practice mindfulness for
calming and relaxing
your thoughts

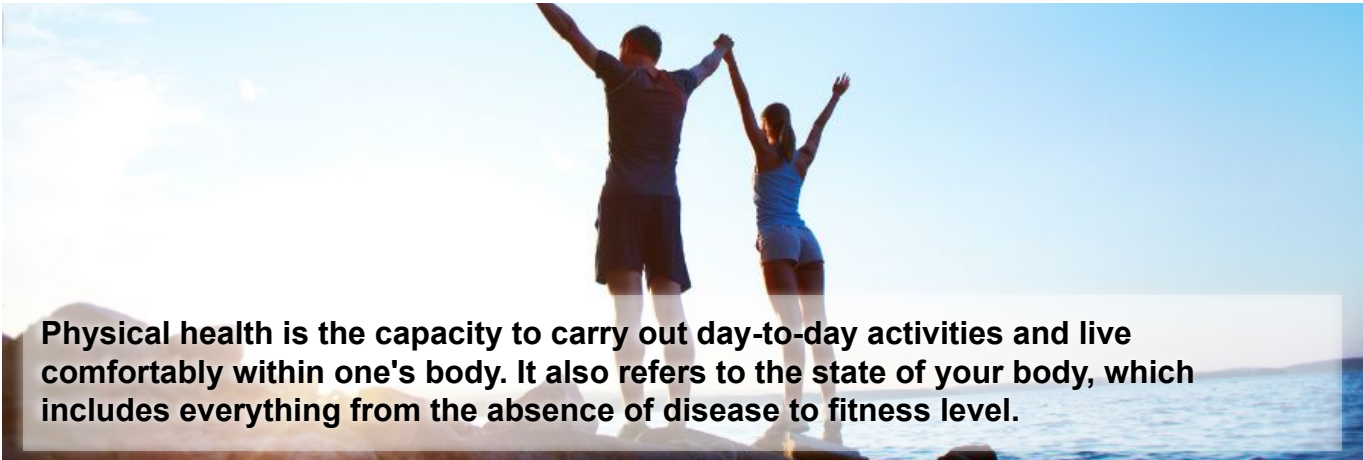


Exercise

Benefits of Emotion Sandbox Coaching



Patterns Linked to Physical Health

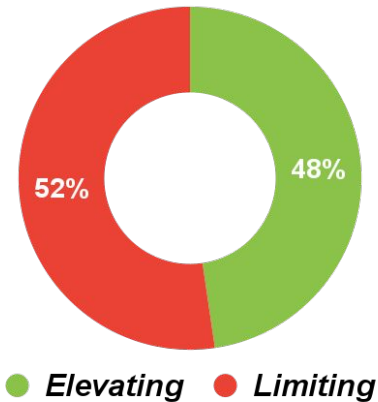


Physical health is the capacity to carry out day-to-day activities and live comfortably within one's body. It also refers to the state of your body, which includes everything from the absence of disease to fitness level.

An overview of how a person's physical health is affected by the personal underlying patterns (**Thought, Emotion, and Behavior** levels) is provided on the chart.

- A person with the higher elevating physical patterns is energetic handling the daily activities.
- A person who has physical patterns that are more limiting is often feeling fatigue and has higher risk of diseases or illness.

Physical Health Patterns



Limiting Patterns

- Sensitivity and Solitude
- You exhibit a propensity for solitude, accompanied by a heightened emotional sensitivity and vulnerability. While these traits might pose challenges in social interactions, they also reflect a profound capacity for empathy and a depth of emotion.
 - Your sensitivity and inclination for solitude contribute to your unique and complex personality, allowing you to connect with others on a deeper level.
- Impractical Idealism
- This person exhibits a strong sense of social consciousness and a drive to fight for causes that extend beyond their personal life. Even when the results may be unsatisfactory, their impractical idealism drives them to passionately advocate for a particular cause. This can extend to challenging topics that are difficult to change on an individual level, and even to issues that may not directly affect them.
 - This pattern could contribute to feelings of frustration and overwhelm, as their desire for change may not always align with the realities of the situation.

Linked to Possible Risks of Diseases

- Nervous System Diseases
Parasites
- Cancer
Nervous System Diseases
Respiratory System Diseases
Skin Diseases

*This table is only showing the top 2 limiting patterns linked to physical health. The information in this VHS provided is meant as a guide only, refer to IDN Health Check for better accuracy in predictive modelling capabilities for early detection of diseases. Prevention is better than cure.



Emotions Linked to Physical Health

According to statistics from the World Health Organization (WHO), more than 90% of the illnesses are emotionally related. Emotions have a lot of impact on your life than you ever thought.

All emotions are indicators of inner states, and the body is the indicator of emotions.

The body is the mirror of the mind, and emotional reactions will be expressed through the body.



Emotions and Body Parts:

Minimum	Low	Medium	High
[1]	[2]	[3]	[4]

- The highest value that can be measured is 4:
It means that the condition has already manifested itself physically.
- The lowest value that can be measured is 1:
Here the predisposition for the condition is present, but it has not yet translated into a physical manifestation.

Potential Physical Health Risk Symptoms

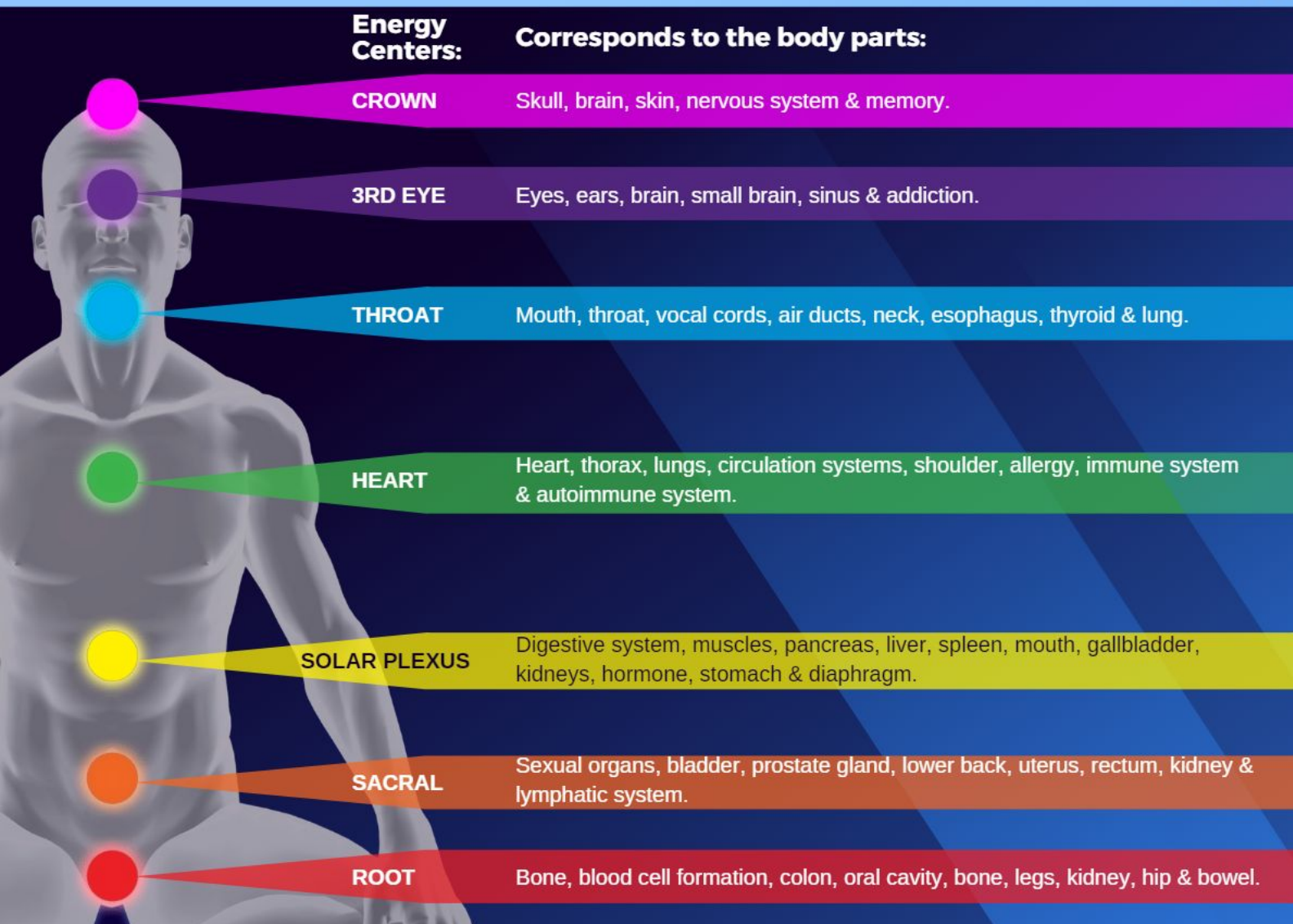
Possible Underlying Body-Emotion Connections

Not Detected



*This table is only showing the top 3 possible risks. Even If none is detected, recommended to do a follow up VHS every 3 - 6 months. The information in this VHS provided is meant as a guide only, refer to IDN Health Check for better accuracy in predictive modelling capabilities for early detection of diseases. Prevention is better than cure.

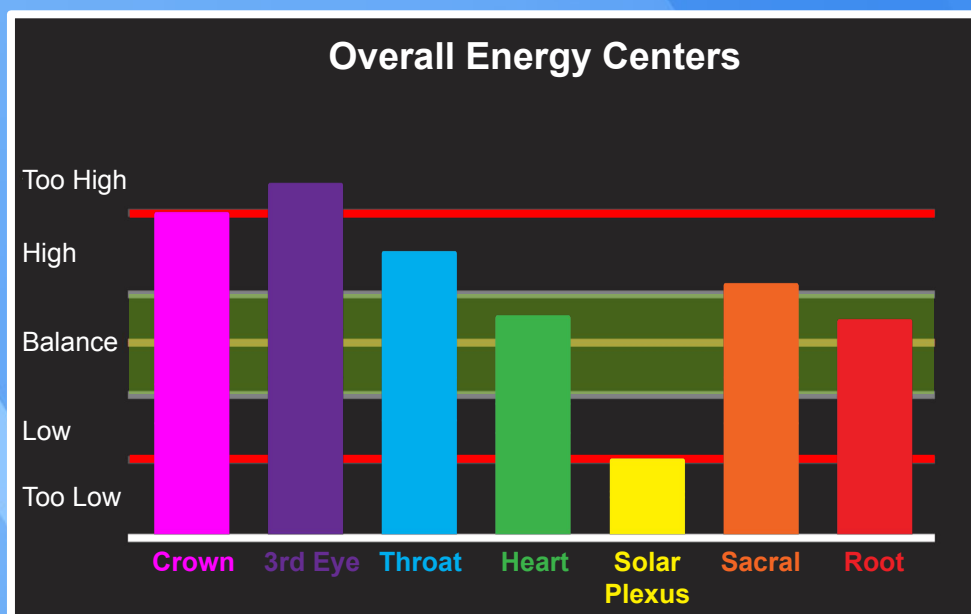
Energy Centers (EC)



These energy centers are subtle energy located in the body from the base of the spine to the top of the head.

These are dynamic pockets of energy, 4 to 6 inches in diameter, that control and activate the vital organs of our body, both physical and mental.

If all these EC are working smoothly and in harmony, the energy will flow freely and smoothly through the spine and throughout the nervous system, giving the body and sense of health, peace and well-being.



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Reminders for Improving Physical Health



Mindful about nutrition
and diet



Keeping in mind to stay
hydrated with water



Weight Management

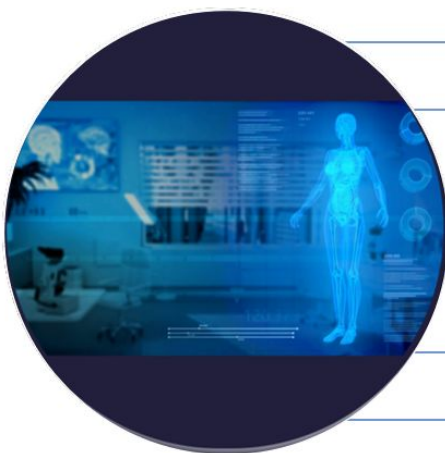


Regular health screening



Exercise for at least
30 mins a day

Benefit of International Diseases Namelist (IDN) Health Screening



Screen for over 11,000 health and genetic conditions

Discover functional state of the brain

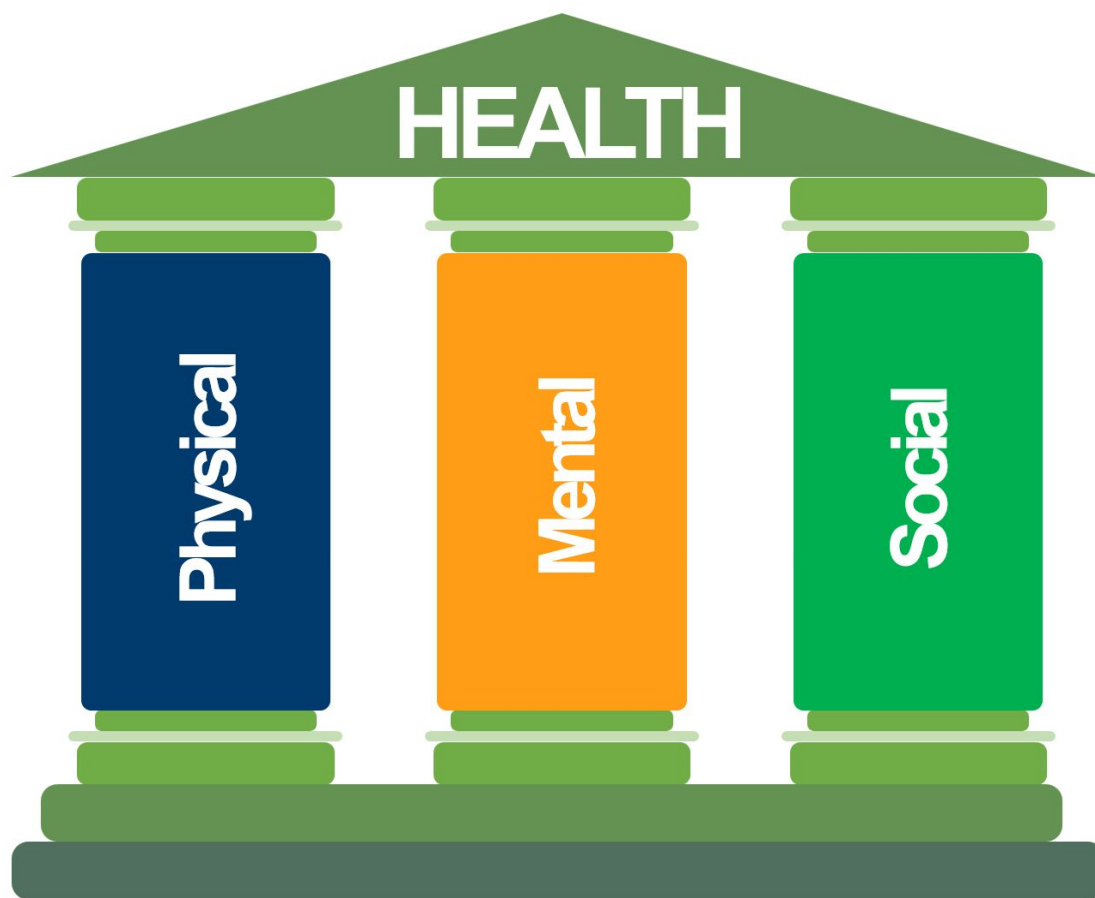
Body systems health - lymphatic, neurological, immune, etc.

Status of body organs

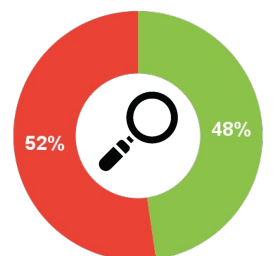
Discover presence of major body minerals

Indices of cancer cells latent in the body

Prevention is Better Than Cure

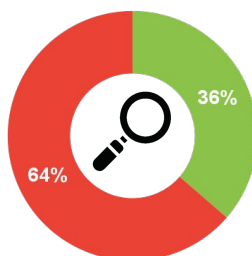


Physical Health Patterns



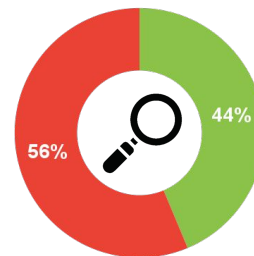
● Elevating ● Limiting

Mental Health Patterns



● Elevating ● Limiting

Social Health Patterns



● Elevating ● Limiting

Health, according to the World Health Organization (WHO), is a state of complete physical, mental, and social well-being, not just the absence of disease or illness. Living a healthy life requires having a good balance in all three areas.

Speak to our Frequency Health Analyst today!

Further Resources

Research on Vocal Biomarkers



Voice for Health: The Use of Vocal Biomarkers from Research to Clinical Practice

Abstract

Diseases can affect organs such as the heart, lungs, brain, muscles, or vocal folds, which can then alter an individual's voice. Therefore, voice analysis using artificial intelligence opens new opportunities for healthcare. From using vocal biomarkers for diagnosis, risk prediction, and remote monitoring of various clinical outcomes and symptoms, we offer in this review an overview of the various applications of voice for health-related purposes. We discuss the potential of this rapidly evolving environment from a research, patient, and clinical perspective. We also discuss the key challenges to overcome in the near future for a substantial and efficient use of voice in healthcare.

Link:

<https://www.karger.com/Article/FullText/515346>



Disclaimer

The information provided during a consultation is intended for your general knowledge only. It is not a substitute for professional medical or psychological advice, diagnosis, or treatment for specific medical or psychological conditions. Always seek the advice of your physician or psychologist, or other qualified healthcare providers with any questions you may have regarding a medical or psychological condition.

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Services We Offer:



Your
**VOICE
MATTERS**



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