Health Analysis and Alternative Medicine Application Manual

Version: Updated as of February 27, 2025

Introduction

Welcome to the Health Analysis and Alternative Medicine application! This tool is designed to help you manage and interpret laboratory analysis results while providing valuable information on natural products, dietary recommendations, alternative treatments, and supplements. Whether you're tracking health metrics or exploring holistic wellness options, this application offers a comprehensive platform to support your journey.

Purpose

- Educational Tool: Learn about health parameters, nutrition, and alternative remedies.

- Health Management: Input, analyze, and compare lab results with ease.

- Holistic Insights: Access a database of natural solutions and dietary advice.

Disclaimer

This application is for educational purposes only and does not replace professional medical advice. Always consult a physician for health concerns or before making treatment decisions. Use at your own risk.

Getting Started

1. Installation and Registration

Upon launching the application for the first time, you'll need to register it:

- Step 1: A registration window will appear, displaying a unique serial number based on your computer's hardware.

- Step 2: Copy this serial number and send it to the application administrator (e.g., via email or as instructed).

- Step 3: Enter the registration code provided by the administrator into the input field.

- Step 4: Click Register. If the code is valid, the application will unlock for full use.

Note: Registration is required only once per device. After successful registration, the application starts normally on subsequent launches.

Main Interface Overview

The application window is divided into four key sections:

1. Top Left: Personal data entry and main action buttons.

2. Top Right: Navigation menu and sponsor logo.

3. Bottom Left: Laboratory parameter input and analysis results.

4. Bottom Right: Search results and detailed information display.

User Instructions

1. Entering Personal Data

In the Top Left section:

- Name, Surname, Date: Enter your full name and the date of analysis.

- Height (cm): Input your height in centimeters.

- Weight (kg): Input your weight in kilograms.

- Age: Enter your age in years.

- Gender: Select Male or Female using the radio buttons.

- Blood Pressure: Provide Systolic (upper) and Diastolic (lower) values in mmHg.

These fields help tailor analysis and recommendations to your profile.

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2. Inputting Laboratory Results

In the Bottom Left section:

- Find a scrollable list of health parameters (e.g., Blood Glucose, Cholesterol).

- Enter numerical values for each parameter you've tested into the corresponding Value field.

- The Interpretation field beside each parameter will auto-populate after analysis.

Tip: Click on a parameter name to search for more information online (see Section 5).

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3. Analyzing Data

Use the buttons in the Top Left section:

- Calculate BMI: Computes your Body Mass Index based on height and weight, displayed in a read-only field.

- Analyze: Processes all entered data to:

  o Compare values against reference ranges (normal, high, or low).

- o Highlight critical values with warnings if applicable.

- o Assess health risks (e.g., diabetes, hypertension).

- o Suggest dietary advice and workout plans based on results.

Results appear in the Interpretation fields and as pop-up messages.

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4. Saving and Managing Analyses

- Save Analyses: Stores your current data as a JSON file in the ANALYSES folder.

- Load Analyses: Opens a previously saved JSON file to populate the fields.

- Compare Analyses: Select multiple saved files to view a graphical and tabular comparison of results.

Note: Ensure you enter a name, surname, and date before saving to avoid file naming issues.

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5. Exploring Health Information

Keyword Search

- In the Top Left search bar labeled Search Application:

  - o Type a keyword (e.g., "Vitamin C" or "Diabetes").

  - o Click Search to display related info in the Bottom Right section from the app's database.

Parameter Search

- In the Top Left search bar labeled Search Parameter:

  - o Enter a lab parameter (e.g., "Glucose").

  - o Click Search to see reference ranges and details in the Bottom Right section.

Category Navigation

- In the Top Right, click the Alternative Medicine dropdown menu to explore:

  - o Natural Products: Details on herbal remedies and their uses.

  - o Diet: Recommendations for specific health conditions.

  - o Alternative Treatment: Natural remedies for various ailments.

  - o Dietary Supplements: Info on vitamins and supplements.

  - o Critical Parameters: Critical value thresholds and comments.

Select an item to view its details in the Bottom Right section.

Online Search

- Click a parameter name in the Bottom Left section to launch a Google search for additional insights, displayed in the Bottom Right section with clickable links.

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6. Exporting and Printing

- Export PDF: Creates a PDF file with all entered data and interpretations, saved in the ANALYSES folder.
- Print: Sends the current analysis to your default printer.

Tip: Ensure all required fields (name, surname, date) are filled for proper formatting.

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7. Resetting the Application

- Click Reset in the Top Left section to clear all fields and start fresh.

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8. Additional Features

- Manual: Click Manual to open this guide in a new window.
- Sponsors: Click Sponsors to view sponsor details, including contact info and websites.
- Logo Link: Click the logo in the Top Right corner to visit the Garden of Nature website.

Tips and Notes

- Internet: Required for online searches; ensure a stable connection.
- Font: The DejaVuSans.ttf font must be available for PDF exports to display correctly.
- Folder: The ANALYSES folder is auto-created for saving files.
- Errors: Invalid inputs (e.g., non-numeric values) trigger error messages with guidance.
- Cursor: Hover over clickable elements (e.g., parameter names, logo) to see a hand cursor.

Support

For registration issues or questions, contact the application administrator via the provided channels (e.g., email). Enjoy exploring your health with this tool!

End of Manual