

NARL Case Report

2008. 6. 2

Period March to May, 2008

Protocol 10 min NARL followed by 15~20min bike exercise

KMS Y.Ideur

Reported by Yeunhwa Gu, Ph.D O.M.D

Total 24 treatments: 2 times/week x 12 weeks

Suzuka University of Medical Science Device: NARL 517 MS delux(Pad 21cell×2、12cell×2)

Group: 20 persons, 6 men and 14 women

Acceptable result Excellent result Remain the same Negative result

No	name	age	sex	time	Weight (Kg)	Height (cm)	Body fat percentage [%]	Waist [cm]	Hip [cm]	Highest blood pressure [mm Hg]	Lowest blood pressure [mm Hg]	BMI	Neutral fat (≤150)	TDL (≤220)	LDL (≤130)	HDL (40~100)	GOT (≤40)	GPT (≤40)	Blood-sugar level
1	TK	26	M	0 w	83	171,0	32,0	85,0	98,0	122	81	28,4	56	224	136	63	25,0	35,0	93
				4 w	82	171,0	32,0	83,0	97,0	121	78	28,0	55,0	220	135	62	24,0	32,0	88
				8 w	80	171,0	30,0	82,0	96,0	120	78	27,4	54,0	210	130	61	23,0	31,0	87
				1 2 w	78	171,0	30,0	81,0	95,0	120	80	26,7	54,0	205	128	59	22,0	30,0	81
2	TS	40	M	0 w	98	172,0	34,0	95,0	103,0	118	85	33,1	78	214	141	71	35,0	47,0	73
				4 w	98	172,0	33,0	82,0	100,0	120	80	33,1	71,5	212	142	73	34,0	45,0	70
				8 w	95	172,0	32,0	85,0	99,0	115	78	32,1	71,0	210	140	72	30,0	43,0	71
				1 2 w	95	172,0	30,0	84,0	98,0	118	78	32,1	70,0	190	139	69	25,0	42,0	68
3	KS	42	F	0 w	69	161,0	34,0	86,0	98,0	125	91	26,6	68	251	138	82	37,0	36,0	81
				4 w	68	161,0	32,0	85,0	97,0	118	79	26,2	66,0	250	136	80	35,0	35,0	80
				8 w	68	161,0	30,0	84,0	96,0	122	79	26,2	64,0	240	134	88	36,0	32,0	72
				1 2 w	67	161,0	29,0	84,0	95,0	115	81	25,8	61,0	226	131	91	32,0	30,0	71
4	LY	43	F	0 w	68	168,0	30,0	85,0	92,0	120	82	24,1	85	195	142	69	29,0	29,0	78
				4 w	68	168,0	28,0	82,0	91,0	118	80	24,1	80,0	194	143	68	28,0	28,0	74
				8 w	65	168,0	33,0	81,0	90,0	114	77	23,0	81,0	190	141	78	28,0	27,0	70
				1 2 w	65	168,0	33,0	81,0	89,0	120	82	23,0	80,0	189	140	79	24,0	24,0	68
5	NT	27	F	0 w	68	164,0	27,0	91,0	88,0	126	92	25,3	68	210	138	74	26,0	31,0	85
				4 w	67	164,0	27,0	88,0	87,0	120	81	24,9	65,0	205	136	75	25,0	30,0	72
				8 w	67	164,0	35,0	86,0	86,0	111	81	24,9	65,0	204	135	78	25,0	29,0	71
				1 2 w	65	164,0	35,0	84,0	86,0	121	85	24,2	61,0	201	135	81	26,0	25,0	70

6	GY	51	M	0 w	75	175,0	27,0	92,0	91,0	120	82	24,5	73	226	128	55	24,0	22,0	98
				4 w	75	175,0	26,0	90,0	90,0	118	71	24,5	68,7	221	127	57	23,0	21,0	94
				8 w	71	175,0	32,0	88,0	89,0	120	71	23,2	68,0	220	126	59	23,0	20,0	88
				1 2 w	67	175,0	32,0	86,0	88,0	118	79	23,0	69,0	201	125	60	20,0	18,0	79
7	HT	35	F	0 w	64	159,0	33,0	84,0	100,0	118	78	25,3	59	231	130	68	18,0	18,0	104
				4 w	64	159,0	32,0	83,0	99,0	119	75	24,0	59,0	230	128	66	16,0	16,0	98
				8 w	62	159,0	30,0	83,0	97,0	117	75	24,5	57,0	228	127	69	15,0	15,0	91
				1 2 w	63	159,0	30,0	82,0	95,0	123	74	24,9	58,0	200	125	72	14,0	12,0	85

8	SI	31	F	0 w	67	163,0	35,0	85,0	101,0	134	95	25,2	83	236	137	81	21,0	25,0	88
				4 w	66	163,0	33,0	83,0	100,0	130	76	24,8	81,0	235	135	86	20,0	24,0	81
				8 w	65	163,0	30,0	82,0	99,0	125	76	24,5	81,0	230	132	89	21,0	23,0	81
				1 2 w	62	163,0	30,0	81,0	96,0	119	78	23,3	78,0	210	130	94	18,0	22,0	79

9	SM	25	F	0 w	66	159,0	35,0	79,0	98,0	120	81	26,1	114	228	144	78	35,0	20,0	79
				4 w	64	159,0	34,0	77,0	97,0	116	80	25,3	104,0	226	140	80	32,0	19,0	75
				8 w	62	159,0	30,5	79,0	96,0	120	80	24,5	102,0	220	142	83	31,0	18,0	73
				1 2 w	62	159,0	30,5	79,0	95,0	120	77	24,5	105,0	214	140	85	30,0	15,0	71

10	HT	33	M	0 w	91	170,0	30,0	90,0	105,0	127	98	31,5	127	218	138	81	41,0	34,0	75
				4 w	86	171,0	29,0	88,0	103,0	117	84	28,0	110,0	213	136	83	42,0	35,0	74
				8 w	81	171,0	30,0	88,0	102,0	121	78	27,7	108,0	198	135	85	40,0	32,0	67
				1 2 w	80	171,0	29,0	86,0	101,0	121	87	27,4	99,0	195	134	86	38,0	30,0	65

11	TM	29	F	0 w	69	164,0	32,0	95,0	98,0	124	90	25,7	101	196	129	78	36,0	28,0	80
				4 w	68	164,0	30,5	94,0	97,0	118	85	25,3	94,0	195	128	81	35,0	25,0	78
				8 w	67	164,0	30,0	94,0	96,0	118	85	24,9	94,0	189	128	82	35,0	24,0	75
				1 2 w	66	164,0	30,0	91,0	95,0	118	85	24,5	92,0	187	124	82	34,0	24,0	71

12	YK	40	F	0 w	68	167,0	32,0	91,0	108,0	130	96	24,4	98	246	118	69	28,0	20,0	98
				4 w	65	167,0	32,0	90,0	104,0	128	78	23,3	91,0	244	115	68	29,0	18,0	90
				8 w	65	167,0	29,0	90,0	103,0	118	79	23,3	91,0	231	112	69	25,0	17,0	93
				1 2 w	68	167,0	29,0	89,0	101,0	121	86	24,4	89,0	225	112	72	20,0	15,0	89

13	IS	42	M	0 w	89	172,0	33,0	98,0	110,0	125	85	30,1	85	247	123	83	18,0	41,0	93
				4 w	85	172,0	32,0	94,0	106,0	120	78	27,0	80,0	242	121	84	16,0	40,0	90
				8 w	81	172,0	29,5	94,0	104,0	123	78	27,4	80,0	228	120	89	15,0	41,0	90
				1 2 w	80	172,0	29,0	93,0	105,0	117	85	27,0	79,0	210	120	95	14,0	35,0	89
14	KY	26	F	0 w	64	163,0	32,0	89,0	98,0	114	73	24,1	98	235	137	86	24,0	33,0	86
				4 w	62	163,0	31,0	87,0	95,0	120	75	23,3	91,0	236	135	82	23,0	32,0	83
				8 w	61	163,0	29,0	87,0	94,0	121	76	23,0	91,0	225	134	89	23,0	31,0	83
				1 2 w	62	163,0	29,0	86,0	95,0	121	74	23,3	89,0	220	134	91	20,0	30,0	75

15	MY	26	F	0 w	65	159,0	32,0	79,0	96,0	125	79	25,7	64	240	128	68	25,0	28,0	105
				4 w	64	159,0	32,0	78,0	91,0	120	78	25,3	64,0	240	127	65	21,0	25,0	101
				8 w	61	159,0	28,0	79,0	90,0	119	78	24,1	62,0	228	126	69	20,0	26,0	106
				1 2 w	61	159,0	28,0	78,0	92,0	119	75	24,1	61,0	217	126	71	18,0	24,0	100

16	KK	40	F	0 w	63	162,0	33,0	88,0	97,0	120	79	24,0	85	241	125	58	27,0	18,0	85
				4 w	62	163,0	32,0	87,0	96,0	121	78	23,3	77,0	239	124	60	26,0	15,0	83
				8 w	60	163,0	28,0	87,0	95,0	118	78	22,6	81,0	230	121	64	25,0	15,0	84
				1 2 w	60	163,0	28,0	88,0	98,0	117	77	22,6	80,0	215	120	68	24,0	10,0	80

17	AK	35	F	0 w	71	168,0	33,0	96,0	101,0	124	85	25,2	78	243	156	61	19,0	51,0	120
				4 w	67	168,0	32,0	95,0	100,0	121	80	23,7	71,0	240	149	65	18,0	48,0	112
				8 w	66	168,0	29,0	95,0	96,0	120	78	22,0	74,0	229	138	63	18,0	45,0	110
				1 2 w	65	168,0	28,0	94,0	95,0	116	78	23,0	68,0	213	-	69	15,0	40,0	111

18	MT	50	F	0 w	69	163,0	36,0	95,0	110,0	130	94	26,0	80	238	136	76	20,0	35,0	88
				4 w	65	163,0	33,0	93,0	97,0	123	88	22,0	73,0	245	131	78	18,0	34,0	86
				8 w	63	163,0	30,0	93,0	103,0	115	81	22,7	75,0	226	128	79	17,0	34,0	85
				1 2 w	63	163,0	30,0	92,0	101,0	121	81	23,8	67,0	214	124	80	15,0	31,0	85

19	YH	45	M	0 wee	65	155,7	32,0	76,0	95,0	128	78	26,8	206	211	123	80	40,5	14,0	69
				4 w	64	155,7	32,0	76,0	94,0	128	80	26,4	202,0	190	143	81	30,5	18,0	68
				8 w	62	156	31	76,0	94,6	118	78	25,5	200,0	224	160	75	29,6	18,0	65
				1 2 w	61	156	31	77,0	94	120	77	25,1	196,0	214	155	74	25,0	20,0	63

20	TY	26	F	0 w	61,9	151,0	36,2	83,0	102,0	117	72	27,1	94	190	144	59	4,5	15,0	83
				4 w	61	151,0	34,0	81,0	101,0	118	75	22,0	91,0	189	161	56	4,7	16,0	79
				8 w	60	151,2	34	81,0	99,8	119	75	23,0	90,0	180	156	54	4,0	17,0	75
				1 2 w	60	151,2	34	80,0	98	118	70	23,0	90,0	179	150	50	3,9	14,0	73

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