PRELIMINARY ANALYSIS OF THE CORRELATION BETWEEN BMI AND HUMAN PSYCHOLOGICAL CONDITION USING ENERGY FIELD INTERPRETATION.

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Abstract - **This technical paper analyzes the correlation of body mass index (BMI) and human's psychological condition using energy field interpretation. Frequency measurement is taken from 40 students including male and female students with different BMI categories. The analysis were categorized in four parts which are poor, moderate, good and excellent emotional health. This is to see the relation of different psychological condition with BMI category such as underweight, normal, overweight and obese. Based on the results presented, it can be said that all the samples in general have moderate mental or emotional health except for the samples with normal BMI. Samples with normal BMI show overall good mental or emotional health. The findings show that samples that are obese have the highest tendency to have poor psychological health. Person with good emotional health are aware of their thoughts, feelings and behaviors. They have learned healthy ways to cope with the stress and problems that are a normal part of life. They also feel good about themselves and have healthy relationships. It also implies that taking care of our body is a powerful first step towards mental and emotional health.**

Keyword:**Body Mass Index(BMI), Resonant Field Imaging(RFI)**

1.0 INTRODUCTION

1.1 Aura

RFI and the presumption of the existence of the aura, is based upon the principal that all electrical currents produce surrounding electromagnetic fields. Accordingly, our psychological and emotional activities are sent throughout the body as electrical impulses, radiating electromagnetic fields outside the body, which are characteristic of the mental activity that generated them. The aura is highly characterized and affected by the emotional and physical condition of a person, the biological homeostasis or imbalance of plant life, or the molecular energies inherent in and surrounding an object. This makes the reading of Auras a very useful and powerful tool for the metaphysical and clinical analysis of humans, animals, plants and objects. Since color is defined as frequency , and the Aura is merely an electromagnetic radiation of diverse frequencies, the Aura can be effectively analyzed by identifying which color are in what part of the Aura.[1][2][3].

1.2 Resonant Field Imaging

RFI is an electromagnetic feedback and imaging process. This new technology gives detailed scientific information and objective interpretations for all Auras and bioenergy fields and identifies the type and function of all bioenergies present in specific regions of the human brain. In particular, RFI generates complete psychological profiles that fully reveal the role of a patient's psychology in their health condition. While it is not intended for medical diagnosis of specific illnesses, RFI does give comprehensive information about a patient's health condition, and provides a detailed and technical level of information that trained medical doctors can use as a factor in their professional decisions.

Perhaps most interestingly, RFI is the first Aura imaging technology that can create full color bioenergy charts of objects, plants, animals, and even ambient bioenergy or brainwaves in the air, so its use is unlimited. The RFI system accurately identifies and interprets 15 colors of bioenergy, representing all 15 distinguishable colors of the optical spectrum, giving it the maximum possible usefulness for detailed and accurate images and interpretation. RFI, in and of itself, is not merely a device or product. It is a

method or process, which requires copyrighted materials, and is driven by an intricate system of calculations and formulas. In other words, RFI is really intellectual property, integrated into a computer system that performs a technical process to generate color images and interpretations. The accuracy of the RFI formula and the color interpretations are tested extensively before each generation of prototypes is made available for Scientific Investigators to test and use for their own analysis. The fifteen colours identified by RFI are shown in Figure 1.

Colour	MHz	Colour	MHz	Colour	MHz	Colour	MHz
Gold	4.0-4.1	Gold	15.7-16.5	Gold	62.5-66.0	Gold	249.8-264.2
Yellow	4.2-4.3	Yellow	16.6-17.4	Yellow	66.1-69.9	Yellow	264.3-279.7
Green	4.4-4.6	Green	17.5-18.5	Green	70.0-74.1	Green	279.8-296.7
Cyan	4.7	Cyan	18.6-18.7	Cyan	74.2-74.9	Cyan	296.8-299.7
Gray/Black	4.8	Gray/Black	18.8-19.3	Gray/Black	75.0-77.5	Gray/Black	299.8-310.2
Cyan	4.9	Cyan	19.4-19.6	Cyan	77.6-78.5	Cyan	310.3-314.2
Blue	5.0-5.1	Blue	19.7-20.7	Blue	78.6-83.1	Blue	314.3-332.7
Navy	5.2-5.5	Navy	20.8-22.0	Navy	83.2-88.1	Navy	332.8-352.7
Purple	5.6-5.8	Purple	22.1-23.3	Purple	88.2-93.4	Purple	352.8-373.7
Orchid	5.9-6.1	Orchid	23.4-24.6	Orchid	93.5-98.6	Orchid	373.8-394.7
Silver	6.2	Silver	24.7-25.0	Silver	98.7-100.0	Silver	394.8-400.2
White	6.3	White	25.1-25.3	White	100.1-101.1	White	400.3-404.9
Burgundy	6.4-6.5	Burgundy	25.4-26.2	Burgundy	101.2-104.8	Burgundy	405.0-419.4
Red	6.6-6.9	Red	26.3-27.7	Red	104.9-111.1	Red	419.5-444.5
Rose	7.0-7.3	Rose	27.8-29.4	Rose	111.2-117.8	Rose	444.6-471.4
Orange	7.4-7.8	Orange	29.5-31.2	Orange	117.9-124.8	Orange	471.5-499.4
Gold	7.9-8.2	Gold	31.3-33.0	Gold	124.9-132.1	Gold	499.5-528.5
Yellow	8.3-8.7	Yellow	33.1-34.9	Yellow	132.2-139.8	Yellow	528.6-559.4
Green	8.8-9.2	Green	35.0-37.0	Green	139.9-148.3	Green	559.5-593.4
Cyan	9.3	Cyan	37.1-37.4	Cyan	148.4-149.8	Cyan	593.5-599.4
Gray/Black	9.4-9.6	Gray/Black	37.5-38.7	Gray/Black	149.9-155.1	Gray/Black	599.5-620.5
Cyan	9.7-9.8	Cyan	38.8-39.2	Cyan	155.2-157.1	Cyan	620.6-628.5
Blue	9.9-10.3	Blue	39.3-41.5	Blue	157.2-166.3	Blue	628.6-665.4
Navy	10.4-11.0	Navy	41.6-44.0	Navy	166.4-176.3	Navy	665.5-705.4
Purple	11.1-11.6	Purple	44.1-46.7	Purple	176.4-186.8	Purple	705.5-747.4
Orchid	11.7-12.3	Orchid	46.8-49.3	Orchid	186.9-197.3	Orchid	747.5-789.4
Silver	12.4-12.5	Silver	49.4-50.0	Silver	197.4-200.1	Silver	789.5-800.5
White	12.6	White	50.1-50.6	White	200.2-202.4	White	800.6-809.9
Burgundy	12.7-13.1	Burgundy	50.7-52.4	Burgundy	202.5-209.7	Burgundy	810.0-838.9
Red	13.2-13.8	Red	52.5-55.5	Red	209.8-222.2	Red	839.0-889.1
Rose	13.9-14.7	Rose	55.6-58.9	Rose	222.3-235.7	Rose	889.1-942.0
Orange	14.8-15.6	Orange	59.0-62.4	Orange	235.8-249.7	Orange	942.0-1000

Figure 1: Frequency and Color Table

Several researches have been conducted to study the correlation between BMI and personality characteristics. One of them was a study by Atkinson and Ringuette, they used the Minnesota Multhiphasic Personality Inventory (MMPI) and also by O'neil and Jarell, using the same method [4]. Previously, Dr Alvin Ng did the research on the relationship between the sizes of waist with the level of satisfaction of life by an interviewing the samples [5]. The objective of this research is to extend this study by means of electromagnetic fundamentals. This way, the human psychological condition can directly be measured and analyzed on a real time basis.

2.0 METHODOLOGY

For this research, the following method was carried out;

2.1 Data Collection

2.1.1 Questionnaire

Questionnaire was handed out to the samples to study the samples' psychological background. Some of the questions were regarding age, gender, confidence level and leadership skills.

2.1.2 RFI Features

The Resonant Field Imaging (RFI) consists of a hand-held digital frequency counter device together with a specially tuned antenna and computer software. 50 ohm input for full range 1 MHZ to 3GHz coverage – the antenna supplied with the frequency counter is a standard receiving dipole antenna with a maximum input impedance of 50 ohms.

When electromagnetic (EM) waves interact with the antenna, an alternating charge (voltage) is produce on the surface of the antenna, which induces an alternating electric current. The current travels to the internal electric circuitry of the frequency counter where the amplitude of the current is detected and converted into frequencies. Impedance (also called resistance) is present in the antenna to protect the internal circuitry of the frequency against damage that would result from high electric current.

The maximum 50 ohm impedance is found at the ends of the antenna and is constant for the entire bandwidth that the frequency counter can measure (1MHZ to 3GHz). The minimum impedance in the antenna i.e (any dipole antenna) is found at the center. Therefore when measuring weaks fields, it is important to ensure that the center of the antenna is within the area intended for measurement, since the antenna is most sensitive at the center.

However, conversely since the center of the antenna has the least impedance it is also the location where the antenna is most vulnerable to damage from high-strength electric fields. The higher the impedance applied to the antenna, the lower the current that reaches the counter's and the lower the frequencies detected.

The Resonant Field Imaging (RFI) software program contains 40 distinct regions where bioenergy measurements should be taken but only 18 distinct regions are considered for psychological level. The colors are burgundy,

red, rose, orange, gold, yellow, green, cyan, gray/black, blue, navy, purple, orchid, silver and white.[1]

2.1.3 RFI Data Measurement

Frequency measurement is taken from 40 students including male and female. This is to see their different psychological condition. The steps for frequency measurement are:

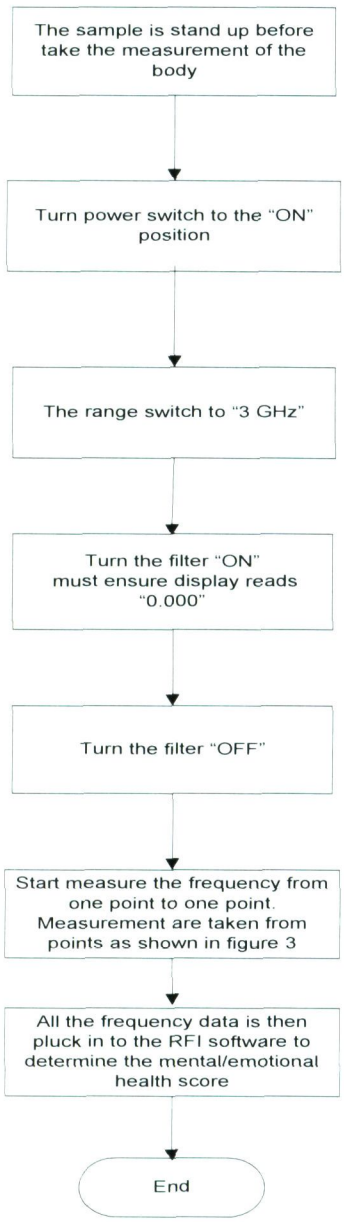

Figure 2: Flowchart Process in frequency measurement

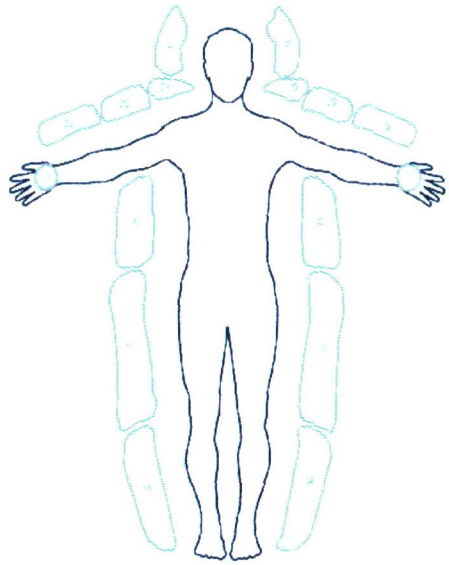

Figure 3: The point to be measured for the psychological of human body aura.

2.2 Data Analysis

The Psychological Level interpretations, called the Psycho-Personal profile are categorized as follows.

Left Body Bioenergy Analysis-Environmental Influences

The left side of the body, connected to the right hemisphere of the brain, reveals how the subject experiences or perceives the world, or which energies the person is receiving from his or her social environment. This section examines the eight region that comprises the left side of the Psychological Level (4-18 inches from body) that are influenced by environmental energies: lower left leg, upper left leg, left torso, left hand, lower left arm, upper left neck arm, left side of neck, and left side of head.

Right Body Bioenergy Analysis-Behavioral Patterns

The right side of the body, connected to the left hemisphere of the brain, reveals how the subject interacts socialy, or which bioenergies the person contributes or transmits back into their environment. This section evaluates the eight regions that make up the right of the Psychological level (4-18 inches from the body), which indicate the energies projected by the

subject into the environment: lower right leg, upper right leg, right torso, right hand, lower right arm, upper right arm, right side of neck, and right side of head.

Table 1 shows the code for each color.

Table 1: Color

NO	COLOR
1	BULGUNDY
2	RED
3	ROSE
4	ORANGE
5	GOLD
6	YELLOW
7	GREEN
8	CYAN
9	GRAY/BLACK
10	BLUE
11	NAVY
12	PURPLE
13	ORCHID
14	SILVER
15	WHITE

3.0 RESULT AND DISCUSSION

In this project, 16 regions were considered for the psychological level analysis. It is divided by left body (8regions) and right body(8 regions). The theory is that the more mentally/emotionally healthy someone is the greater capacity for increasing frequencies on the right side of the body in comparison to the left.

The following are the steps to determine the Mental/Emotional Health Score:

1. Sum the frequencies from the Left Side Psychological Level (Region 27-34).

2. Sum the frequencies from the Right Side Psychological Level (Region 18-25)

3. Take the difference:
   $\sum$Right -$\sum$Left
   Or
   $\sum$Left-$\sum$Right

4. Refer the Table 2 to obtain the points for the frequency difference between two sides of the body.

Table 2: Points for difference between two sides of the body

Difference between two sides(frequencies)	Points
0-25	0
26-50	5
51-75	10
76-100	15
101-125	20
126-150	25
151-175	30
176-200	35
201-225	40
226-250	45
Greater than 250	50

5. From step 3, we use again the resulting frequency to know the color by referring to the RFI frequency and the color table. Then refer to Table 3 which to obtain the point for the color.

Table 3: Points for each color

Color	Points
Black	0
Red	5
Burgundy	10
Yellow	15
Navy	15
Rose	20
Orange	20
Green	25
Blue	25
Cyan	30
Purple	35
Silver	40
Orchid	45
White	50
Gold	50

6. Total Scores=Point for Table 2+Point from Table 3

7. The two scores are added together for a composite score. The range therefore is from 0 to 100.Table 4 below shows the scores and its' category for the overall mental/emotional health.

Table 4: Category of mental/emotional health

Score	Category
0-20	Poor overall mental/emotional health at this time.
21-45	Moderate overall mental/emotional health at this time.
46-70	Good overall mental/emotional health at this time.
Above 70	Excellent overall mental/emotional health at this time.

A simple formula was used to calculate the overall which is as follows.

$$\frac{m}{n} x100\%$$

m: total samples based on psychological category (Either poor, moderate, good and excellent).
n: number of samples based on BMI category.

Figure below shows the psychological analysis:

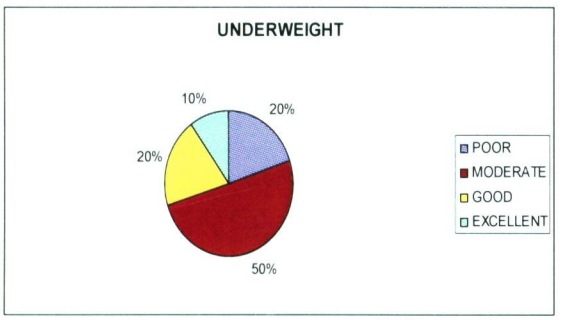

Figure 4: Mental/emotional Health Analysis on Underweight Samples

The pie chart above shows the highest percentage of mental/emotional health in the moderate category, 50%. The lowest percentage is excellent, 10%. Good and poor mental health each one 20%.

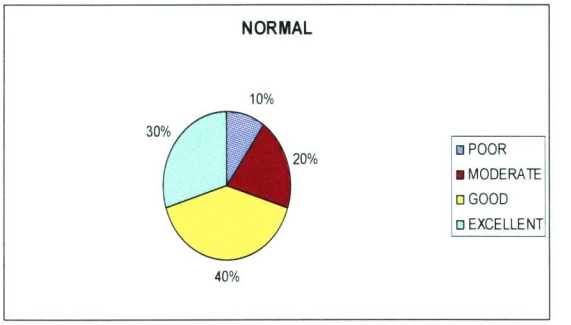

Figure 5: : Mental/emotional Health Analysis on Normal Samples

Figure 5 shows the highest percentage of mental/emotional health was good, 40%. The second highest was excellent, 30%.Then followed by moderate which give 20%. Lastly the lowest percentage was poor, 10%.

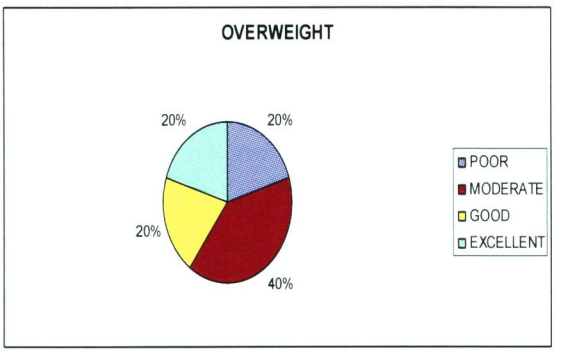

Figure 6: Mental/emotional Health Analysis on Overweight Samples

Figure 6 shows the highest percentage of mental/emotional health is moderate, 40%. The poor, good and excellent gives the same percentages which are 20%.

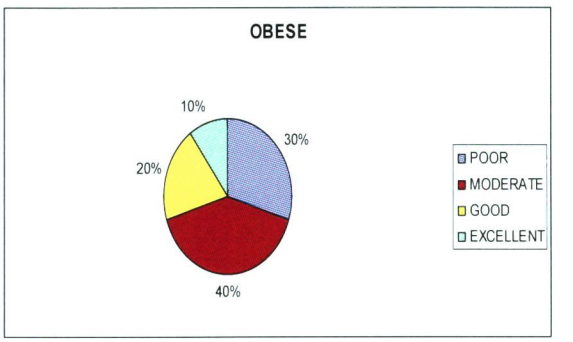

Figure 7: Mental/emotional Health Analysis on Obese Samples

Figure 7 shows the highest percentage of mental/emotional health is moderate, 40%. The lowest percentage is excellent which gives 10%. The poor and good mental state covers about 30% and 20% respectively.

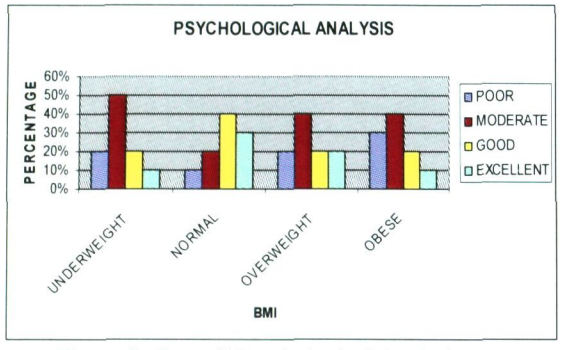

Figure 8: Overall Psychological Analysis

From Figure 8, it was found that all the samples in general have moderate mental or emotional health except for the samples with normal BMI. Samples with normal BMI show overall good mental or emotional health. They show the highest percentage of good overall mental or emotional health which cover about 40%. The findings show that samples that are obese have the highest tendency to have poor psychological condition. Among all the BMI categories, they have the highest percentage of poor overall mental or health which covers about 30%.

This outcome can be related to the research done by Atkinson and Ringuette. They found that personality characteristics are associated with obesity. Atkinson and Ringuette interviewed 21 obese individuals using Minnesota Multiphasic Personality Inventory (MMPI). The study concluded that the obese samples have control over their emotions and consequently show indirect expressions of hostility. Poor interpersonal traits were also noticed, as this study identifies obese individuals as having discomfort in relationship, irritability and mistrustfulness. But the outcome contrast with the research done by O'Neil and Jarrell which found that there are only mild, if any personality differences between obese individuals and normal weight individuals. They also used the MMPI and other scales like Psychasthenia scale measures neurotic tendencies and Depression scale [4]. This outcome also contrast with another research done by Dr Alvin Ng was on the correlation between body weight, body mass index and the size of the waist with the level of satisfaction and self confidence. From the research, BMI did not have relation with the level of satisfaction of life and self confidence. But in instead, samples that have small waist sizes are more happy and satisfied with their life [5].

4.0 CONCLUSION

This technical paper shows the measurement of body mass index (BMI) and human psychological condition using energy field interpretation. Based on the results presented, it can be concluded that the samples that are in the normal level of body mass index generally show good mental or emotional health compared to the samples from other BMI categories. On the other hand, obese samples have the highest tendency for poor mental or emotion compared to the samples from other BMI categories. The analysis just provided as a guide and need more in depth analysis to give more consistent result finding. Taking care of our body is a powerful step towards mental and emotional health. Hence from this we can concluded that the person who have normal weight will present a good level of psychological condition than persons who are in the other category of body mass index.

5.0 RECOMMENDATION

The outcomes are based on a preliminary analysis made by Innovation Technologies and Energy Medicine (ITEM) [1]. The scores, although believed to have a logical and reasonable basis, are nonetheless entirely experimental and have not been thoroughly tested. Hence, more research should be carried out in order to investigate its' accuracy. Furthermore, the number of samples should be increased in order to produce a more comprehensive and reliable result

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