

Fingertip - Gastric Aspecific Reflex (Ft. G. A. R.) mean intensity digital pressure on any fingertip– (endothelia trigger points)

Latency time (Lt) in seconds	Latency time after 3 deep breaths - Pulmonary Blood Oxygenation Dynamic Test	MFR in seconds	fD & equilibria	EBD	Preconditioning	Valvava Manouvre (deep inhalation followed by exhalation with the mouth closed)	Diagnosis
Lt = 8	Lt = 16	3 < MFR < 4 normal MFR, associated activation, outcome +	fD ≥ 3 (ideal value fD=3.81) stange attractor	Normal EBD physiological function	Type I Physiological tissue microvascular unit	Lt = 12 sec.	Health
Lt = 8	Lt < 16	MFR = 4 compromised MFR, dissociated activation, outcome ±	2 < fD < 3 limit cycle	Normal, slightly modified EBD function, small number of pathological EBD	Type II A Intermediate tissue microvascular unit	Lt = 8 sec.	Likely ATS/ Dysplipidemia /T2DM/ cardiopathy/ hypertension
7 < Lt < 8	14 < Lt < 16	4 < MFR ≤ 5 growing compromised MFR, dissociated activation, outcome ±	1 < fD ≤ 2 limit cycle	Modified EBD function, increasing number of pathological EBD	Type II B Intermediate tissue microvascular unit	Lt < 8 sec.	Likely ATS/ Dysplipidemia /T2DM/ cardiopathy/ hypertension in evolution
Lt ≤ 7	Lt < 14	MFR > 5 absent MFR, dissociated activation, outcome –	fD = 1 fix point	Normal EBD function pathological, large number of pathological EBD	Type III Pathological tissue microvascular unit	Lt < 7 sec.	Overt ATS/ Dysplipidemia /T2DM/ cardiopathy/ hypertension

Table 1. Legend: MFR (Microcirculatory Functional Reserve); EBD (Endoarteriolar Blocking Device); CAD (Coronary Artery Disease; fD (fractal Dimension); Lt (Latency time)
 PAY ATTENTION: After Ft.G.A.R., at rest, you can make a digital blocking of the blood flow of the brachial artery, above the elbow, for 5-7 seconds. After that (or after Valsava Manouvre), immediately evaluate again, through Ft.G.A.R., the Lt and the intensity of reflex: in health Lt is double, and intensity goes from 1cm (first evaluation) to 3cm or more (second evaluation). In pathological situation the intensity is 1 < cm < 3.