

ANDREW'S WELLNESS FORMULA

We measure:

$$A_{el}^{row}(Q^2, W) = \frac{N_{1F}(Q^2, W) - N_{1V}(Q^2, W)}{N_{1F}(Q^2, W) + N_{1V}(Q^2, W)} =$$

$$= P_{el} \frac{3r_{Ami} (\sigma_p A_p^*) \cdot P_H + r_{Ami} (\sigma_p A_p^*)^2 \cdot (-\frac{1}{3} P_{15N})}{r_{Ami} (3 \sigma_p + \sigma_{15N}) + \sum_{other} r_{other} \sigma_{other}}$$

$$= P_{el} \cdot P_H \cdot A_p^*(Q^2, W) \frac{1 + (\sigma_p A_p^*)^2 / (\sigma_p A_p^*) \cdot (-\frac{1}{3} P_{15N})}{1 + \sigma_{15N} / 3 \sigma_p + (\sum_{other} r_{other} \sigma_{other}) / (3 r_{Ami} \sigma_p)}$$

In the region of the elastic peak:

$$A_{el}^{row}(Q^2) = P_{el} P_H \cdot A_p^*(Q^2, el) \frac{1 + (\sigma_p A_p^*)^2 / (\sigma_p A_p^*) \cdot (-\frac{1}{3} P_{15N})}{1 + \sigma_{15N} / 3 \sigma_p + (\sum_{other} r_{other} \sigma_{other}) / (3 r_{Ami} \sigma_p)}$$

Ratio:

$$A_{el}^{row}(Q^2, W) / A_{el}^{row}(Q^2) = \frac{A_p^*(Q^2, W)}{A_p^*(Q^2, el)} \cdot$$

Quantity of interest Known from el. Form Factors

$$= \frac{1 + (\sigma_p A_p^*)^2 / (\sigma_p A_p^*) \cdot (-\frac{1}{3} P_{15N})}{1 + (\sigma_p A_p^*)^2 / (\sigma_p A_p^*) \cdot (-\frac{1}{3} P_{15N})} \cdot \frac{1 + \sigma_{15N}^2 / 3 \sigma_p^2 + (\sum \dots)^2 / (3 r_{Ami} \sigma_p^2)}{1 + \sigma_{15N} / 3 \sigma_p + (\sum \dots) / (3 r_{Ami} \sigma_p)}$$

Correction factor close to 1
can be determined theoretically Ratio of dilution factors
= RDF

$$RDF = \frac{\sigma_p}{\sigma_{el}} \cdot \frac{3 r_{Ami} \sigma_p^2 + r_{Ami} \sigma_{15N}^2 + \sum_{other} r_{other} \sigma_{other}^2}{3 r_{Ami} \sigma_p(Q^2, W) + r_{Ami} \sigma_{15N}(Q^2, W) + \sum_{other} r_{other} \sigma_{other}(Q^2, W)}$$

Known from E1 run Ratio of measured counts from the full NHg target in the elastic peak region / region of interest

As you can see, many years of research, late nights, great minds and vision have gone into this highly scientific wellness formula!

Actually, it is pretty basic:

Every simple and single wellness decision you make will either add a day to or subtract a day from the end of your life.

Okay, so this may not be such a scientific formula, but is a great rule to live by because what it does is get you thinking long term and delayed gratification. If you can start to associate your daily decisions with your long term health then you will be a happier, healthier, more productive and more positive person.

Here are some examples of how this formula works:

1. Take the stairs instead of the elevator—**add a day**
2. Choose an apple instead of a muffin—**add a day**
3. Take a deep breathe and stay calm when an idiot cuts in front of you—**add a day**
4. Drink purified water instead of tap water – **add a day**
5. Leave work early and spend an extra quality hour with your family—**add a day**
6. Get up 10 minutes earlier to eat a nutritious breakfast instead of sleeping later and skipping breakfast – **add a day**

The reverse is also true:

1. Smoke a cigarette—**subtract a day**
2. Procrastinate on something that will cause more stress later—**subtract a day for each time you decide to ignore it**
3. Stay in the office and work through lunch instead of going for a walk and having a healthy meal—**subtract a day**
4. Feel guilty after indulging—**subtract a day**
5. Drink a glass of tap water instead of a glass of purified water – **subtract a day**

Do you get the idea? Can you see, with some attention, how easy it is to live a longer, healthier and more fulfilling life?

How many days can you add onto the end of your life TODAY?