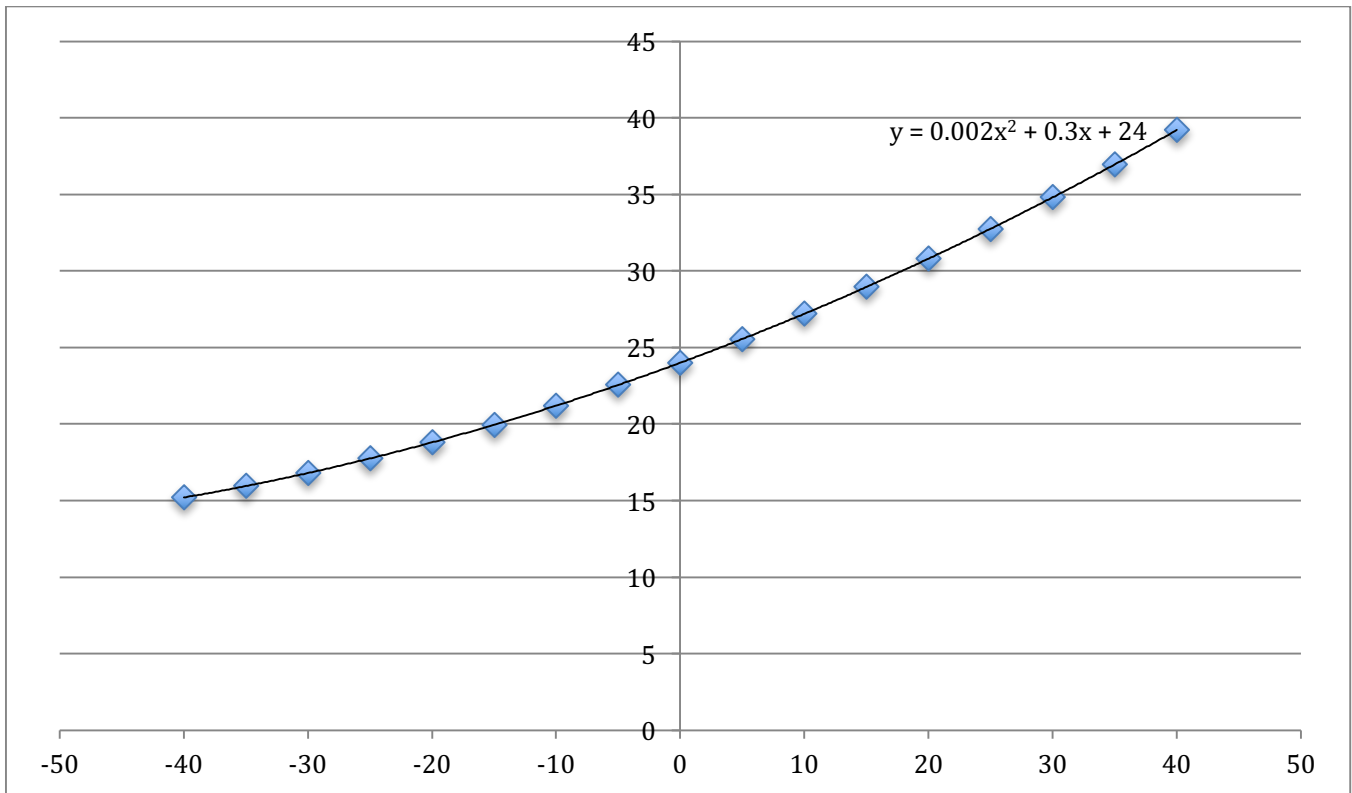


4LS Score v CP



4 Leaf Survey Score

4LS	CP	Normal Range
-40	15	10 to 20
-35	16	11 to 21
-30	17	12 to 22
-25	18	13 to 23
-20	19	14 to 24
-15	20	15 to 25
-10	21	17 to 26
-5	23	18 to 28
0	24	19 to 29
5	26	21 to 31
10	27	22 to 32
15	29	24 to 34
20	31	26 to 36
25	33	28 to 38
30	35	30 to 39
35	37	32 to 42
40	39	34 to 44

How you breathe affects how you eat and how you eat affects how you breathe. The Control Pause (CP) is a useful guide to how well oxygenated your body is.

If it is very well oxygenated, then after an out-breath you will be able to wait a long time before you need to breathe in again, but if your body is poorly oxygenated you will need another breath almost immediately.

The CP (Control Pause), is the maximum comfortable breath hold after exhaling when at rest, it gives a fair approximation to the person's breathing rate, their volume of air per minute and their CO₂ levels in exhaled air.

As a general rule any person with a CP of under 20 will be suffering a variety of health problems and those with a CP of between 45 and 60 seconds (normal range) will have optimum body oxygenation and function, other things being equal.

The 4Leaf Survey gives a good estimate of the percentage of calories you are deriving from whole plant food. There is a strong correlation between this and your CP.