

THE DESIGNS FOR HEALTH™ METABOLIC PROFILES OFFER:

ORGANIXSM (URINE ORGANIC ACIDS)

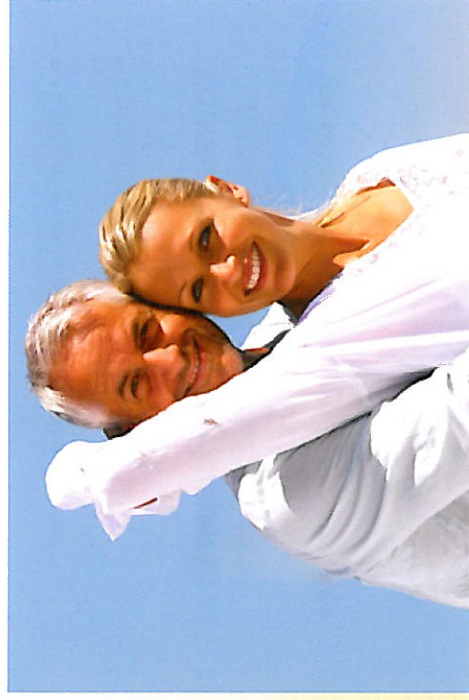
The Metabolic Profile starts with an OrganixSM Profile to establish the metabolic basis of your symptoms. A simple urine specimen reveals important information about:

- **B-vitamins**, which are involved in many critical processes. Even modest B-vitamin insufficiencies can compromise your energy production, digestion, and muscle and nerve function.
- **Cellular energy**, measuring compounds that relate most directly to how efficiently your cellular engines ("mitochondria") produce energy.
- **Neural function**, especially neurotransmitters, the chemicals your nervous system uses to function and communicate with your body. Abnormalities can relate to symptoms of mental, emotional, and behavioral problems and poor ability to handle chronic stress.
- **Detoxification capability**, critical for eliminating environmental toxins and certain chemicals produced by your body. Brain fog, headaches, insomnia, nausea, chemical sensitivities, and a variety of chronic health problems can be related to toxicity issues.
- **Intestinal microbial overgrowth**, which can lead to a wide variety of symptoms caused by toxins produced by bacteria, parasites, or fungi.



8-HYDROXY-2'-DEOXYGUANOSINE (8-OHDG)

8-hydroxy-2'-deoxyguanosine (8-OHDG) is a marker of oxidative damage to DNA. 8-OHDG correlates with the rate of DNA damage. Research studies have used 8-OHDG as an assessment of oxidative damage when evaluating effects of toxic exposure or disease states, and in response to medications, treatments, supplement use, and improved diet and lifestyle habits. Research has shown that improved diet, lifestyles, and supplement use can decrease the level of oxidative damage and risk for many diseases.



BLOODSPOTSM AMINO ACIDS*

Amino acids, known as the "building blocks" of proteins, are found in every tissue of the body. They play a major role in nearly every chemical process that affects both physical and mental function including the formation of ligaments, tendons, bones, as well as antibodies and regulation of enzymes and blood transport proteins. When amino acid supply is inadequate to meet tissue demand, body functions suffer. This results in the appearance of signs and symptoms ranging from immune system effects to cardiovascular disease to emotional disorders and more.

BLOODSPOTSM FATTY ACIDS*

While there is much discussion of the negative impact of fats on health, the positive benefits associated with "good fats" is often overlooked. Achieving the optimum balance of good fats or **essential fatty acids**, minimizes inflammation, a major risk in heart disease and cancer. A proper balance of fatty acids is also necessary for proper brain development and nervous system function. This unique profile includes the AA/EPA ratio, a measure of "silent" inflammation which can lead to heart disease. In addition, this profile can show if you are consuming the right amount of fish oils. While too little is bad, too much can lead to increased free radical oxidation and suppression of your immune system.

BLOODSPOTSM IgG FOOD ANTIBODIES*

Researchers estimate that at least 60% of the U.S. population suffers from "hidden" food reactions. These are difficult to identify since they can occur hours or even days after consuming an offending food. Symptoms can be extraordinarily diverse, ranging from arthritis to eczema to migraines. For that reason, we routinely consider food intolerances when evaluating your health problems. The **Bloodspot IgG Food Antibodies Profile** tests for sensitivity to the most common positive foods and helps you design a diet that eliminates and/or alternates the offending foods, alleviating your symptoms.



WHY SHOULD I USE A DESIGNS FOR HEALTH METABOLIC PROFILE?

Don't feel as well as you should, but you've been told repeatedly that your labs are all normal?

Ever filled out a questionnaire and then gone home with a bag full of supplements?

We take the guess-work out of knowing what you really need to be healthy by using the

Designs for Health (DFH) Metabolic Profiles.

This state-of-the-art laboratory assessment allows us to select — from both diet and supplementation — the most effective combination of nutrition for you, based on your individual results.

The DFH Metabolic Profiles reveal imbalances of nutrients such as carnitine, NAC, lipoic acid, CoQ10, and antioxidants. You will discover how efficiently B-vitamins function in your body, how well your body handles toxins, and how well your brain's neurotransmitters are functioning and adapting to stress. Fatty acid intake is optimized to reduce overall inflammation, the root cause of chronic illnesses such as cardiovascular disease. The DFH Metabolic Profiles will also uncover hidden digestive abnormalities and food sensitivities that have been implicated in everything from skin disorders to autoimmune diseases.

Take your first step toward optimal health with the Designs for Health Metabolic Profiles today!



METABOLIC PROFILE TESTING OPTIONS

- Comprehensive Metabolic Profile
- Metabolic Profile
- Metabolic Profile plus Fatty Acids
- Metabolic Profile plus Amino Acids
- Energy Essentials Profile

Visit the diagnostic testing lab portal at <http://www.designsforhealth.com/diagnostics-index.htm> for more information on these profiles

This information is provided by your health practitioner:



B2 OR NOT B2: THAT IS THE QUESTION!

DON'T GUESS...

TEST!SM

WITH THE DESIGNS FOR HEALTHTM
METABOLIC PROFILES

