

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 Metabolic Profile**. 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 Profile reveals imbalances of nutrients like 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. Fatty acid intake is optimized to reduce overall inflammation, the root cause of chronic illnesses like cardiovascular disease. The Metabolic Profile will even uncover hidden digestive abnormalities and food sensitivities that have been implicated in everything from skin disorders to autoimmune disease.

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

This information is provided by your health practitioner:



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B2 or not B2: that is the question!



And what about B1, B3, B5, B6, and lipoic acid? Or carnitine, CoQ10, and antioxidants?

Don't Guess...Test!SM

Now there is a highly accurate test that can reveal the specific nutrients you need to optimize your metabolic function and health: **the Designs for Health™ Metabolic Profile.**

Whether 'tis nobler in the mind to suffer the slings and arrows of outrageous fortune, or to take specific nutrients against a sea of troubles, and by taking end them?

The Designs for Health Metabolic Profiles include:

Organix™ (urine organic acids)

The Metabolic Profile starts with an Organix™ test 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.
- **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.

Metabolic Profiles

Lipid Peroxides

In its efforts to produce the chemical energy necessary to power cells and fight infection, your body makes harmful chemicals called free radicals. These free radicals break down the lipid components of cell membranes, forming lipid peroxides. Antioxidant nutrients help protect your cells against this process. The lipid peroxide test shows if you are getting enough antioxidants. High levels of lipid peroxides are associated with cancer, heart disease, stroke, and aging.



Bloodspot™ Fatty Acids*

While there is much discussion of the 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 test includes the AA/EPA ratio, a measure of “silent” inflammation that can lead to heart disease. In addition, this profile can show if you are consuming the right amount of fish oils. Too much can lead to increased free radical oxidation and suppression of your immune system.

Bloodspot™ IgG Food Allergies*

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 allergy or intolerances when evaluating your health problems. The Bloodspot™ IgG Food profile tests for sensitivity to the most commonly positive foods and helps you design a diet that eliminates and/or alternates the offending foods, alleviating your symptoms.