

Metabolically Directed Functional Testing



You will be undergoing a metabolically directed functional testing. This is a non-invasive, inexpensive test. The results are instantaneous. The information that the test yields can be extremely valuable in diagnosis and in making therapeutic decisions. This is to test for metabolic imbalances in your body.

The test takes about 10-15 minutes and will be repeated throughout your treatment to follow your progress.

There are 3 main parts to the test. One part is a urine and saliva test. A fresh urine sample is analyzed for surface tension (a measure of oxidative stress and anabolic-catabolic balance), specific gravity (a measure of the concentrating ability of the kidneys, as well as anabolic-catabolic balance) and pH (a measure of acid-base balance). The saliva pH is also measured by having you place a pH strip on your tongue. (This is a measure of acid-base balance and can also be used to calculate glucogenic-ketogenic balance)

The second part of the test is that of your blood pressure and pulse rate. These measurements are done lying on your back and then standing up. The action of standing is a stress to your cardiovascular system and the change in the pulse and blood pressure to this stress can reveal a lot about your fluid, electrolyte and cardiovascular status. The respiratory rate will be counted, and you will be asked to hold your breath for as long as possible. The breath hold and respiratory rate can be used to assess your acid-base balance.

Lastly, pupil size, gag reflex and derma graphic reflex will be assessed. This information is used to determine your autonomic tone.

PREPARATION FOR THE TEST

It is important that this test reflects your body chemistry without interference or effects from drugs, supplements and chemicals.

- No Tylenol, Advil, Aspirin, Ibuprofen, Aleve, Nyquil, Benadryl, or any other over the counter (OTC) medications for 3 days.
- No coffee, tea, cola or chocolate for 24 hours.
- No soda or other carbonated beverages for 12 hours.
- No gum chewing, candy, cough drops, breath fresheners for ½ hour

Regarding the use of nutritional supplements:

- Activator will not have any effect on the results and may be taken.
- If I recommended a supplement for you to take go ahead and take it, however, you must know exactly which supplements you took. Please don't arrive saying, "I took all the stuff you wanted me to take" I will ask you precisely what you took and when you took it. You must be prepared to give me a precise answer. This will expedite the process.
- If you are taking supplements on your own (which you should not be doing anyway). Definitely DO NOT TAKE THEM for 3 days before the test.

Regarding the use of prescription drugs:

- Try to limit your prescription drug use as much as possible.
- If you take a drug in the morning, delay the morning dose until after your test (if possible).
- If you take a drug in the evening, skip that dose the night before the test (if possible).
- If you have any questions, call the office.

Please be ready to give a urine sample on your arrival to the clinic. However, Do NOT drink excessive amounts of water in the morning, drink normal, healthy amounts. Excessive water intake will affect the results.