



Laboratory Assessments at Mountain Air Wellness

Blood Nutrition Profile

Includes the following tests....full metabolic panel, thyroid, cholesterol, white and red blood cell analysis, CRP (hs), Vitamin D, Hemoglobin A1C, protein, iron, sugar. Provides an understanding of nutritional information based on lab reports. Once the values are input, the program compares them to healthy values and correlates the blood components for an accurate assessment of nutritional needs. The program lists recommended products and a description of the recommended products. It is a valuable teaching tool to help understand blood chemistries better.

ASI (Adrenal Stress Index)

This test evaluates levels of cortisol, DHEA, insulin and progesterone in order to evaluate your body's response to stress. Elevated or depressed stress hormones can result in fatigue, pain, and a general accelerated aging process of your body. Elevated cortisol, in particular, is associated with many chronic degenerative diseases and trouble sleeping. This test is done with saliva samples that you do at home.

Organix

Many chronic health problems can be difficult to diagnose, especially when they involve nonspecific symptoms such as fatigue, foggy thinking, malaise, gastrointestinal upset, joint aches, or sleep cycle disturbances. Standard medical tests are designed to identify disease states. Organic acid testing does not diagnose disease; it helps to give insight into the causes of disease. This profile helps us assess specific metabolic dysfunctions. Then we can customize a nutritional program for you that manages those areas in need of support. This allows an approach that is beyond symptom management. Our goal is to identify dysfunctions related to nutritional deficiencies and correct them before disease is allowed to develop.

From a single urine specimen, the Organix Profile provides important information in the areas of:

- Vitamin and mineral insufficiencies
- Amino acid insufficiencies like carnitine and NAC
- Oxidative damage and anti-oxidant sufficiency markers
- Indicators to assess detoxification sufficiency
- The best functional markers of B-complex deficiency
- Neurotransmitter metabolites to assess CNS function
- Mitochondrial energy production assessment via citric acid cycle components
- Methylation sufficiency status
- Lipoic acid and CoQ10 sufficiency markers
- Specific dysbiosis markers for bacterial and yeast overgrowth

RBC Minerals

Recent surveys by the Center for Disease Control show surprisingly high numbers of people in the United States are not getting enough essential minerals like magnesium, calcium, iron, and zinc. Magnesium, in particular, is necessary in over 300 different enzyme reactions in the body. It has been found to be low in about half of the population, frequently without any symptoms. This is significant, given new evidence linking magnesium deficiency to heart attacks and high blood pressure, diseases that are often recognized too late. While the RDA for magnesium is around 400 mg, studies have determined that the average American diet supplies only 279 mg daily.

ION Test

Individual Optimal Nutrition. The ION Profile is the most complete nutritional and metabolic testing program available. The ION Profile measures more than 100 components, integrating them into a complete picture of your individual biochemistry. The ION Profile will help reveal your unique biochemical status as it relates to: energy and endurance, cardiovascular function, antioxidant function, liver detoxification function, fatty acids, inflammatory problems including joints and skin, mental and emotional function, and digestive disorders. This is the most comprehensive nutritional profile on the market today.

Bone Resorption Test

Serial bone scans are costly and do not indicate present bone activity. This simple, relatively low cost assay routinely monitors bone resorption rates and the effectiveness of the therapy. It measures deoxypyridinoline, a more accurate assessment of current bone loss.

IgG Food Antibody Testing

This test detects delayed or hidden food sensitivities. Does not require venipuncture. This along with a physician guided modified elimination diet and reintroduction to foods could help patients with allergies, migraine headaches, sinusitis, skin problems, etc.

GI Effects Stool Profiles

Stools are teeming with bacteria, some beneficial, some neutral, and some that can be harmful. It is important to know what you have, especially if you have health problems. Health-enhancing intestinal bacteria serve to prevent the overgrowth of potentially harmful bacteria in the gut. Stool testing can also assess your body's ability to digest food, the pH, and the amount of mucus present. GI Effects requires only one collection. This means better compliance and a faster result!

Why we use GI Effects:

1. DNA analysis offers results in as few as 10-14 working days.

2. GI Effects uses DNA analysis to improve the accuracy of your results. It also identifies anaerobes, which are unavailable by culture technique, and make-up 95% of microbes in the gut.
3. Detects as few as 5 cells per gram– a 5000-fold increase in sensitivity over old stool technology.
4. All the components of traditional tests, plus pathogens and more at no additional charge

Breast Cancer Risk Assessment

<http://www.metametrix.com/PDFs/EstrogenMetabolites.pdf>

The above reference paper will tell you more but now for the simple explanation. Testing for the urinary levels of 2-hydroxyestrone and 16 alpha-hydroxyestrone provides valuable insight regarding disease risk and can be treated with nutritional interventions¹⁻³. The ratio of 2-hydroxyestrone (2OHE1) to 16 alpha-hydroxyestrone (16OHE1), or the Estrogen Metabolite Index (EMI), should be greater than 2.0 and values in the upper normal range are advisable. Any woman using HRT who has a low EMI should be monitored closely for improvements in the urinary metabolites. Women who have a low EMI may be treated with Indole-3-carbinol (I3C) and diindolylmethane (DIM) supplements, sulfur containing supplements, as well as with ground flaxseed and soy. Cancers that react favorably to a higher 2:16 ratio: ER breast cancer, prostate cancer, cervical cancer, ovarian cancer, and laryngeal cancer.

Vitamin D Testing

<http://www.metametrix.com/pdfs/Documents/Vitamin-D-Clinical-Perspective.pdf>

This paper gives you a great understanding of just how important vitamin D is to a properly functioning metabolism. We have tested many people and most are deficient.