

Nutrition affects many aspects of your health. Some of the diseases and conditions affected by nutrition are:

Conditions:

- ADD/ADHD
- Arthritis
- Auto-immune disease
- Bursitis
- Depression
- Eczema
- Fatigue
- Heart disease
- Intestinal symptoms (bloating, diarrhea, gas)
- Joint pain
- Fertility

Some of the diseases affected by toxins:

- Allergies
- Chronic gastrointestinal symptoms (bloating, diarrhea, gas)
- Hypertension
- Periodontal symptoms
- Fatigue
- Depression
- Poor wound healing

Headquartered in Asheville, NC, Genova Diagnostics is a global leader in functional laboratory testing and a pioneer in innovative new approaches to personalized medicine. Unlike traditional labs that focus on disease pathology, Genova offers comprehensive panels that combine standard and innovative biomarkers to provide a more complete understanding of specific biological systems. As more patients take an active role in managing their health, and clinicians focus on prevention, these diagnostic tests provide a more complete picture of health and help identify problems before chronic conditions and diseases develop. Color graphic reports facilitate physician-patient communication and development of a personalized approach to optimal health. The internationally renowned lab is committed to the highest professional standards and has a team of medical experts who provide consultation to healthcare professionals, as well as a robust array of educational resources.



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Nutritional Testing



Your body is unique.

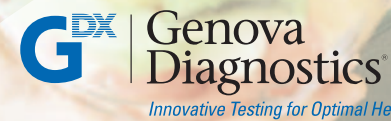
Shouldn't your vitamin regimen be as well?



Ask yourself these simple questions to see if nutritional testing may be right for you:

- Do you take multiple supplements and vitamins, or think they might be beneficial?
- Do you frequently consume fast food?
- Is beef, pork, lamb, or poultry your main source of protein?
- Do you consume fish less than twice weekly?
- Do you have metal tooth fillings?
- Do you have dry skin or cracked nails?
- Do you have trouble with concentration, memory or learning?
- Do your cuts or wounds take a long time to heal?
- Do you suffer from mood swings?
- Do you have a chronic illness with little or no relief?
- Do you have difficulty losing weight?
- Do you get sick often or prone to infections?
- Do you use margarine or vegetable oils with a long shelf life?

If you answer "yes" to any of these questions, talk to your doctor about the benefits of nutritional testing.



As an informed patient, you understand that nutrition is important. You know that the foods you eat affect your health. Conversely, the things you do not consume – but perhaps need – may also have a tremendous impact on your body.

That's why many people take vitamins and supplements - to feel better and prevent disease. While this practice can be beneficial, many variables exist. It is important to understand which supplements are right for your body, your lifestyle and your circumstances, thus ensuring your unique needs are met without wasting money on items that could be unnecessary or even harmful.

With personalized nutritional testing from Genova Diagnostics, you can find exact answers to your health questions. This information can help you and your doctor devise a plan to achieve optimal health.



Specialized lab tests from Genova Diagnostics deliver precise insights about the way your nutrition and your environment impact your body.

What Nutritional Imbalances May Affect You?

Nutritional imbalances can affect your body in many ways. Following are some of the key factors to consider.

AMINO ACIDS

Amino acids are integral to healthy body chemistry. They serve as the body's basic building blocks and are responsible for the production of bone and muscle. Balance is critical for proper nerve function, metabolism, detoxification and digestion. When certain amino acids are too high or low, they can cause fatigue, increased cardiovascular risk, and impair mood and cognitive function. Once identified, imbalances can be corrected, helping to prevent many chronic illnesses before they can cause severe and lasting damage.

FATTY ACIDS

Fatty acids are essential to the construction of cell membranes. Too little or too much fat can cause health problems. Reduced levels of certain fats can result in depression, hyperactivity, numbness and tingling in the hands and feet, as well as early senility. In addition, pregnant and lactating mothers should have their fatty acids tested to ensure their children receive the fats needed for proper brain and nerve development. Measurement is the only means to determine your individual needs.

DIETARY MINERALS

Minerals in our body serve two functions: one being that they are the building blocks, second being that they are regulators of our body's processes. Many of these minerals are derived

from the diet, and sometimes minerals are added to the diet as supplements. Some minerals can even be toxic. Magnesium, copper and manganese are beneficial. If proper amounts are not obtained, problems such as joint pain, weight problems, depressed libido, depression, or anxiety can occur. On the other hand, exposure to mercury, lead, arsenic or other heavy metals can be harmful, causing fatigue, emotional disturbances, even renal failure. Laboratory testing can provide valuable information about your health.

ANTIOXIDANTS

Antioxidants are protective molecules that reduce free radical damage or oxidative stress. Free radicals are naturally occurring compounds in our body that can cause severe injury to cells. Low levels of antioxidants lessen your protection from these

harmful compounds. Antioxidants are essential for the body's ability to protect against free radicals, and for healthy function of the neurological, endocrine, and immune systems. Oxidative stress is linked to premature aging, heart disease, neurological diseases, and chronic fatigue syndrome. Lab tests can assess equilibrium between oxidative stress and antioxidant protection.

The Advantage of Nutritional Testing

Cutting edge lab tests from Genova Diagnostics deliver precise insights about the way nutrition and environment impact your body's needs. Ask your doctor about the insights you could gain from nutritional testing to achieve optimal health. One of these Genova tests may be right for you:

- NutrEval
- ONE: Optimal Nutrition Evaluation
- Elemental Analysis
- Amino Acids Analysis
- Essential and Metabolic Fatty Acids Analysis
- Toxic Element Exposure Profile
- Oxidative Stress Analysis
- Comprehensive Detoxification Profile

