



## LABORATORY FASTING INSTRUCTIONS

Welcome to The Maas Clinic. We are looking forward to working with you to help you achieve your health care goals.

As our patient, you are very important to us. We are committed to providing you with educational materials and information that can help you make informed decisions about your health and well-being. At our clinic we will be working hand-in-hand with you and will be asking you to take an active role in your health care. The information and feedback that you provide will enable us to successfully meet your special health care needs and concerns.

Your concerns are also very important to us. There is no such thing as a silly question at The Maas Clinic. If anything concerns you, please call or ask us. A helpful tip that often helps is to jot all of your questions down on a piece of paper and bring it into the clinic with you in your patient portfolio. This way you won't have to worry about forgetting those important questions. We have found over the years that the more informed and knowledgeable our patients are, the greater their levels of success in achieving their health care goals.

You will hear the term "Biological Terrain" used frequently in our clinic and in our discussions with you. "Biological Terrain" is a term that is used to describe the underlying biochemistry of the human body. Biological Terrain practitioners are specialists in the fields of clinical nutrition, biochemistry and physiology. They are highly trained to focus, not only on the symptoms that a patient presents, but also to access, study and monitor the underlying causes of illness and disease. They clinically monitor the subtle yet powerful forces of nature that control and dictate the body's internal environment. They work together with their patients to make the important biochemical adjustments that help the body to naturally

restore itself and remain protected from the harmful effects of the stress and strains of modern day living.

After your initial consultation you are scheduled for a series of tests called "Comprehensive Functional Assessments" or "CFA". This is very important laboratory analysis that will provide valuable data about your body's internal biochemical and physiological status. We have enclosed some additional information and instructions regarding the "CFA". Please follow these directions carefully.

Because everyone's health is unique, the type of evaluations and tests that will be given to our patients will vary. Once all the important data has been collected, we will provide you with a detailed report of findings as well as recommendations for a treatment program that will be specifically designed for you.

Depending upon the state of your health as well as your test results, one or several different forms of treatment may be recommended. These may include vitamins, minerals, homeopathy, herbs, medication, specific nutrition programs or lifestyle modification programs that encourage you to exercise or help you to reduce stress.

### **Fasting Instructions**

In order to assure accurate CFA results, it is very important for you to follow the instructions below:

- **Fast for 3 hours prior to your test.** This means nothing by mouth including water, chewing gums, food, toothpaste etc. For example if your test is at 12 midday, you must not eat past 9am. Please note you must consume as much water as possible before your 3-hour fast begins so that you maintain well hydrated for all samples.
- **Do NOT brush your teeth** or use mouthwash once your fast has begun. Also avoid use of any lipstick or make up around your mouth and lips. Do not smoke. Such substances can change the chemistry of the mouth and your saliva.
- On the day of your test, after your fasting begins, usually about an hour into your fast, you must collect your first urine sample, labeled U1 on the vial. Collect your second urine sample, labeled U2, in the last hour of your fast (or as you are arriving at the clinic).

- Collect the saliva in the last hour of the fasting. Close your mouth gently and allow saliva to accumulate. Expectorate into the cup. We cannot use post-nasal drip.
- A small amount of blood will be drawn once you arrive at the clinic for your tests.
- Your Osteopathic Physician will see you immediately after testing for a full evaluation. This entire test and evaluation procedure should take you 1 hour.

Because every patient's body and state of health or disease are different, treatment programs will vary in duration from person to person. Some patients who have been caring for their health for years may need only occasional visits, while others who have been experiencing illness or imbalance for years may require a longer treatment program. The length of your treatment is dependent upon several factors:

- **The nature of your specific health condition**
- **Your compliance with recommended treatment protocols**
- **Your ability to follow through and to make recommended changes in your diet**
- **Regular exercise**
- **Stress management**

Our clinic will be helping you to set realistic goals that will help you to naturally ease into renewed levels of health and vitality. If you have any specific questions regarding your treatment program, please let us know.

We are looking forward to the opportunity of working with you and are honored to be a part of your healing process.

**BE WELL NOW**