

## Biological Terrain Assessment (“BTA”)

### Client Information and Instructions

Biological Terrain Assessment (BTA) is a laboratory test that will provide valuable information about the underlying biochemistry of your body. This simple test analyzes small amounts of your blood, urine and saliva. It provides data about the current state of the building blocks of your body—your enzymes, amino acids, molecules and electrons. In order to assure accurate BTA results, it is very important for you to follow the instructions below:

- Fast for 14 hours before your scheduled appointment with nothing to eat until after your test - this includes chewing gum and candy (e.g. for 9:00 am appointments begin fasting from 7:00 pm the night before your test; for 10:30 am appointments begin fasting from 8:30 pm). Please do not drink anything after midnight. If you are presently on any type of regular medication (i.e. blood pressure medicine or insulin) take your medication as prescribed with only a small amount of water. When you come for your appointment, please bring some food and drink with you that you can consume after the testing has been completed.
- Refrain from using any toothpaste, mouthwashes or mouth rinses both at bedtime and the morning of your test. Also avoid use of any lipstick or makeup around your mouth and lips. Such substances can change the chemistry of the mouth and your saliva.
- On the morning of your test, obtain a sample of your first morning urine in a bottle that has been thoroughly washed and dried. Try to obtain a mid-stream specimen (urinate a small amount first, then obtain the remaining urine in your specimen bottle). Some individuals may have to get up during the night or early morning to urinate, if this happens to you at 4:00 am or later, collect this urine in your specimen bottle.
- When you arrive at our office, a small amount of blood will be tested. A specimen cup will also be given to you to collect a small amount of your saliva. Swallow any saliva that may already be in your mouth. Close your mouth gently and allow saliva to accumulate. Expectorate (spit) into the cup. Do not bring up post-nasal drip.

These measures are all that are needed for our office to run your Biological Terrain Assessment. Once these fluids are obtained and analyzed by specialized laboratory equipment right in our office, you will have access to important data about how your body is actually functioning. A computerized report and evaluation will be shared with you during your visit. This report will help you gain a greater understanding into what is going on at a deeper level within your body.