

**Fasting Services Pre-Test Protocols (TMST/In-House Lab):**

- Consume 6-8 glasses of water during the 24 hours prior to testing.
- If doing a morning test, do not eat 12 hours prior to your appointment time.
- If doing an afternoon test, do not eat for 5 hours prior to your appointment time.
- Do not exercise the day of testing
- No caffeine, allergy medications or alcohol 24 hours prior to testing (TMST only)
- No perfumes or lotions applied the day of testing
- Do not brush teeth or use mouth wash two hours before the test. Rinse your mouth with water only (Lab test only)
- Do not wear lipstick, gloss or balms before the test (Lab test only)
- Do not take supplements or consume Medical Foods like Ultra Meal or Ultra Clear the day of the test. Take medications as directed by your physician.

**FASTING TEST (toxicity malabsorption screening test)**

- Monitors the electrical conductivity of the Cells. (Like a EKG for your whole body)
- Tests your level of health and longevity at the cellular level
- Determines level of toxic build up in the tissues
- Predicts level of health risks for chronic diseases
- Determines ability to absorb the nutrients you are eating.
- Determines quality of nutrients you are eating. (By diet or supplements)

### **Non-Fasting Pre-Test Protocols (MTA):**

- Do not alter your normal eating habits during the 24 hours prior to the test; do not consume caffeine or alcohol 24 hours prior to the test.
- Eat a meal two hours prior to your sample appointment, do not eat food or drink sweet beverages between this meal and the appointment (It is okay to drink water.)
- Drink one glass of water per hour two hours prior to test to be prepared to provide a urine sample
- No exercise on the day of test
- Do not brush teeth or use mouth wash two hours before the test. Rinse your mouth with water only
- Do not wear lipstick, gloss or balms the day of the test
- Do not take supplements or consume Medical Foods like Ultra Meal or Ultra Clear the day of the test. Do take all medications as directed by your physician.
- You may want to bring something to read for 15-30 minutes.

### **NON FASTING Collection Instructions (MTA)**

Upon arrival at the office you will receive a large urine collection cup with a screw top lid and a small plastic cup.

#### **Kindly:**

- Proceed to the rest room and **collect half a cup of urine** in the lidded cup
- **Leave the tightly capped sample container on the metal tray in the X-Ray Room**
- **Return to the waiting area** and take a seat while gathering a saliva sample up to the 7.5 cc line marked on the small cup.
- **How to create a saliva sample quickly:**
  - Visualize sucking on sour lemons, dill pickles or eating something that usually makes you salivate
  - As the saliva gathers, let it pool under the tip of your tongue, at the bottom of your front teeth
  - To reduce the amount of bubbles in the sample, try to put large samples in the cup, not frequent and small samples

**A staff person will try to monitor your progress while gathering the saliva and will take the finished sample.** If you finish gathering the sample quickly, please advise the front desk.

#### **Gathering Samples at Home:**

- **Collect half a cup of urine** in the lidded cup
- **Transfer urine into the tall (10cc) tube**
- **Gather saliva to the 5.0 cc line** marked on the small tube
- **How to create a saliva sample** (see instructions above)
- **Store samples in the freezer** in the plastic sleeve until you drop them off at the office