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## NUTRIENT TESTING

### Q: Why test micronutrients?

A: Nutrient status is a vital foundation of health. Each micronutrient plays an indispensable role in promoting optimal cell function. When some cells do not function at their best, the foundation of our health is compromised, setting the stage for the development of disease. Identifying and correcting nutritional deficiencies is an important step in the long-term maintenance of optimal health.

Vitamin deficiencies aren't just a reflection of diet. Since we are all biochemically unique, nutrient deficiencies will vary from patient to patient, and do not necessarily correlate directly with nutrient intake, even among those with similar health conditions. Many factors beyond diet determine whether nutrient function is adequate. These include biochemical individuality, genetic predisposition, absorption and metabolism, age, disease conditions and medications.

### Q: What diseases or conditions are linked to nutrient imbalance?

A: Arthritis, Parkinson's, alcoholism/substance abuse, behavioral disorders, cancer, cardiovascular diseases, chronic fatigue, macular degeneration, diabetes, immune disorders, multiple sclerosis, stroke, and osteoporosis have been linked to nutrient imbalances. Studies published in 2002 in the Journal of the American Medical Association confirm the connection between nutrient deficiencies and disease processes.

### Q: What about people who maintain a "healthy" lifestyle?

A: Even people with healthy habits can have deficiencies. Biochemical individuality, absorption, chronic conditions, age, and lifestyle influence individual micronutrient requirements. Even a healthy-looking person can have micronutrient deficiencies that may only be revealed through testing.

### Q: Does private insurance pay for these tests?

A: Most private indemnity insurance carriers cover FIA™ tests including PPO, EPO and POS plans. Patients are responsible for co-payments and are invoiced by SpectraCell for this fee. Patients who have not met their deductible also receive an invoice from SpectraCell. HMO's do not pay for any FIA™ tests.

### Q: Will Medicare or Medicaid pay for these tests?

A: SpectraCell accepts Medicare assignment and Medicare covers many of the FIA™ tests. SpectraCell also accepts Medicaid in many states. Medicare claims can only be filed if the tests are ordered by a licensed Medicare physician.

Available at Wellsource Naturopathic Medical Center 480-607-0299