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Test.....Don't Guess!

There are highly accurate laboratory tests that can reveal the specific foods and nutrients you need to optimize your metabolic function and health: The Comprehensive Metabolic Profile by Metametrix is a new test that does just this. It is not the only test that I use to “crack your case” but it is a VERY comprehensive test. How do you know which test you need? I will take a thorough history and do a thorough exam to figure it out. Sometimes, a comprehensive blood chemistry panel is all that is needed, other times, I have to “pull out the big guns” and utilize the Comprehensive Metabolic Profile to really figure things out.

Have you ever not felt as well as you should, gone to see your doctor and been told “everything is fine”?

Have you ever filled out a questionnaire and then gone home with a bag full of supplements?

The laboratory tests used at Optimum Function, including The Comprehensive Metabolic Profile take the guess-work out of getting to the nutritional cause of your current health status. Imagine how good you will feel knowing that you are eating the right foods and taking the right supplements (if indicated) for your individual make-up.

Many of the tests that I use are very convenient; most can be done from home - so no need to go elsewhere to have blood drawn!

The Comprehensive Metabolic Profile reveals imbalances of important nutrients like carnitine, lipoic acid, CoQ10, and antioxidants. You will discover how efficiently B-vitamins are functioning in your body. Essential fatty acids are also evaluated so I can help you optimize your levels to reduce pain and inflammation. The Comprehensive Metabolic Profile will even uncover hidden digestive abnormalities and food sensitivities that have been implicated in everything from skin disorders to autoimmune diseases. If the Comprehensive Metabolic Profile is overkill for your particular health status in relation to your personal health goals, I will choose the correct test to give us both the information we need to make educated and evidence-based decisions about your health.

The Comprehensive Metabolic Profile

Organic Acids Test (*urine*)

The Metabolic Profile starts with a “urine organic acids test” to establish the metabolic basis of your symptoms. This simple urine test reveals important information about:

- **B-vitamins**, which are involved in many critical processes. Even modest B -vitamin insufficiencies can compromise your energy production, digestion, muscle and nerve function.
- **Cellular Energy**, measuring compounds that relate most directly to how efficiently your cellular engines (mitochondria) produce energy.
- **Neural Function**, especially neurotransmitters, the chemicals your nervous system uses to function and communicate with your body. Abnormalities can relate to symptoms of mental, emotional, and behavioral problems (i.e. depression, insomnia and anxiety).
- **Detoxification Capability**, which is critical for eliminating environmental toxins produced by your body. Brain fog, headaches, insomnia, nausea, chemical sensitivities, and a variety of chronic health problems can be related to toxicity issues.
- **Intestinal Microbial Overgrowth**, which can lead to a wide variety of symptoms caused by toxins produced by bacteria, parasites, or fungi (i.e. yeast).
- **Lipid Peroxides**. In its efforts to produce the chemical energy necessary to power cells and fight infection, your body makes harmful chemicals called free radicals. These free radicals break down the lipid components of cell membranes, forming lipid peroxides. Antioxidant nutrients help protect your cells against this process. The lipid peroxides test shows if you are getting enough antioxidants. High levels of lipid peroxides are associated with cancer, heart disease, stroke, and aging.

BloodSpot Fatty Acids Test (*“finger-prick” blood*)

While there is much discussion of the impact of fats on health, the positive benefits associated with “good fats” is often overlooked. Achieving the optimum balance of good fats, or essential fatty acids, minimizes inflammation, a major risk in heart disease and cancer. A proper balance of fatty acids is also necessary for proper brain development and nervous system function. This unique test includes the arachidonic acid to eicosapentaenoic acid ratio, a measure of “silent” inflammation that can lead to heart disease. In addition, this profile can show if you actually will benefit from taking supplements like fish oils. If you are taking them when you don’t need to, you may experience increased free radical oxidation and the suppression of your immune system.

BloodSpot IgG Food Antigens Test (*“finger-prick” blood*)

Researchers estimate that at least 60% of the US population suffer from hidden food sensitivities. These are difficult to identify since they can occur hours or even days after consuming an offending food. Symptoms can be extraordinarily diverse, ranging from arthritis to eczema to migraines. For that reason, I routinely consider food allergy or intolerances when evaluating your health concerns. The BloodSpot IgG profile tests for sensitivity to the most commonly positive foods. From there, I can design a diet that eliminates and/or minimizes the offending foods, alleviating your symptoms.

Alternative Tests:

All of the tests listed below are those that your individual health history and physical exam may warrant utilizing. In many cases, the Comprehensive Metabolic Profile will be “overkill” and an expense that is not necessary to get the information we both need to make an educated decision about how to best support your health goals. It is extremely rare that I will find enough information in your history and physical examination as to not need any lab test at all and therefore your acceptance into the programs at Optimum Function requires your commitment to perform the necessary tests.

1. Comprehensive Blood Chemistry Exam: Utilizing my custom blood chemistry panel through Quest Diagnostics.
2. Basic Metabolic Profile Plus Fatty Acids: This is done through Metametrix labs, you will pay them directly and they will send me the results
3. Full Gastrointestinal Function Profile: This is done through Metametrix labs, you will pay them directly and they will send me the results
4. Gastrointestinal Infection Profile: This is done through Metametrix labs, you will pay them directly and they will send me the results
5. Amino Acids Profile 20: This is done through Metametrix labs, you will pay them directly and they will send me the results
6. Detoxification Capacity: This is done through Metametrix labs, you will pay them directly and they will send me the results
7. Bone Resorption: This is done through Metametrix labs, you will pay them directly and they will send me the results
8. Adrenal Stress Plus: This is done through Metametrix labs, you will pay them directly and they will send me the results
9. Adrenal Stress: This is done through Metametrix labs, you will pay them directly and they will send me the results
10. Estronex – 2/16 OH Estrogen Ratio: This is done through Metametrix labs, you will pay them directly and they will send me the results
11. Estronex with Bone Resorption: This is done through Metametrix labs, you will pay them directly and they will send me the results

There are many other tests that may be utilized, this is only a partial list.

Yours in Health,



Dr. Tim Irving