

BTA TEST INSTRUCTIONS

(Biological Terrain Assessment)

You have scheduled for a test called a “Biological Terrain Assessment” or “BTA”. This is a laboratory test that will be providing valuable information about underlying biochemistry of our body. This simple test analyzes small amounts of your blood, urine, and saliva, which provides data about the current state of the building blocks of our body, enzymes, amino acids, molecules and electrons.

In order to assure accurate BTA results, it is VERY IMPORTANT for you to follow the instructions below.

***YOU MUST COME FASTING 12 HOURS PRIOR TO YOUR APPOINTMENT. THIS MEANS:**

- No candy
- No chewing gum
- No smoking
- No drinking (Includes water)
- REFRAIN from sexual activity during fasting period
- REFRAIN from wearing dentures or orthodontic appliances during fasting period
- DISCONTINUE any supplements 48 hours prior to your test

If you are presently on any type of medications (example: blood pressure medicine or insulin), take your medications as prescribed with only a small amount of water.

***THE MORNING OF YOUR TEST:**

- No toothpaste
- No mouthwash or mouth rinses
- No makeup of any kind

You may bring your dental care products to use after your testing is complete. While drawing blood for this test, we will draw a general blood profile at the same time if you do not bring copies of current blood work (within the last 6 weeks)

***THE MORNING OF YOUR TEST, YOU MUST:**

- Obtain a sample of your first morning urine after 4 AM

(Try to obtain a mid stream specimen. Urinate a small amount first, and then collect the remaining urine in your specimen container. You may use Tupperware or a clean glass jar for your specimen collection.

***WHEN YOU ARRIVE AT OUR OFFICE:**

- We will collect your saliva and blood

CRT TEST INSTRUCTIONS

(Computerized Regulation Thermography)

You have an appointment for a “CRT” or “Computerized Regulation Thermography” test.

This exam will take approximately one hour. Please follow the instructions below.

***THE DAY OF YOUR TEST, PLEASE REFRAIN FROM:**

- Taking a shower or washing in cold water
- Smoking
- Drinking ANYTHING
- Medications, Homeopathic or prescription drugs. (Refrain from medications 48 hours before test. An exception to this rule is life-supporting medications which cannot be stopped, such as medicine for diabetes, asthma, heart disease, etc.)
- Cosmetics
- Body lotions

***YOU MUST WEAR:**

- Socks
- Long pants
- Long sleeved shirt or blouse (Button down ONLY)
- DO NOT WEAR TIGHT CLOTHING. (Reddened areas will affect measurements)
- Woman: You may carry in your bra to wear *AFTER* the testing. IF you have long hair, please bring something to pull your hair away from your face.
- Men: Please refrain from wearing an undershirt. If you have a beard or mustache, you might consider shaving as facial hair will not bring optimal results.