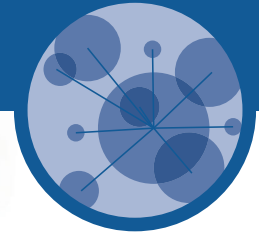


NUTRITIONAL TESTING

# Maximize your nutrition and improve your health!



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# Can Nutritional Lab Tests Help Me?

Poor nutrition contributes to many chronic diseases. Rather than treating your symptoms, optimizing nutrition may actually help address the root cause of your ailments.

**Are you tired?**



**Trouble losing weight?**

**Depressed or having mood swings?**

**Do you want to lower your risk for dementia, cancer, or heart disease?**

If you've answered yes to any of these questions, Genova's advanced nutritional testing may be the answer. *Talk to your doctor today.*

## THE BENEFITS OF NUTRITIONAL BALANCE



Weight Loss



Mental Wellness



Disease Prevention



Increased Energy



## How can adequate nutrition improve your health?



- Nutrition is powerful! A few simple tweaks can make a big difference in your body and how you feel. Testing can help pinpoint where to make adjustments.
- The right amounts of **vitamins and minerals** are needed to keep your body running smoothly, which can **boost your metabolism**, give you more **energy**, and **stabilize your weight**.
  - **Healthy fats** decrease inflammation and protect the **heart and brain**.
  - **Proteins and amino acids** from your diet can affect your **mood**.

## How is nutritional testing different?



- This nutritional testing measures 100s of areas in the body that are impacted by poor nutrition. Your results are presented in a **personalized report** so that your doctor can help **create a plan specific to your needs**.



- These tests **identify subtle imbalances** related to many common health issues that can be found before standard labs can detect them.



- Your tests allow insights on how **nutrition** and the **environment** are **impacting your body**. Testing can reveal toxic exposures and measure your body's ability to neutralize those toxins.