

Biological Terrain Assessment™ (BTA) Patient Information and Instructions

You have been scheduled for a test called a "Biological Terrain Assessment™ " or "BTA." This is a laboratory test that will provide valuable information about the underlying biochemistry of your body. This simple test analyzes small amounts of your blood, urine and saliva. It provides data about the current state of the building blocks of your body—your enzymes, amino acids, molecules and electrons. In order to insure accurate BTA results, it is very important for you to follow these instructions:

- **Fast for 12-14 hours prior to your test.** In order to do so, please complete your dinner the evening prior to your test no later than 5:00-6:00 p.m. After dinner, brush your teeth and refrain from eating or drinking anything until after your test. (This includes chewing gum and candy.) If you are presently on any type of regular medications (example: blood pressure medicine or insulin), take your medications as prescribed with only a small amount of water.
- **Refrain from using any toothpaste, mouthwashes or mouth rinses both at bedtime and the morning of your test.** Also avoid use of any lipstick or makeup around your mouth and lips. Do not smoke. Such substances can change the chemistry of the mouth and your saliva.
- **On the morning of your test, obtain a sample of your first morning urine.** Try to obtain a mid-stream specimen (urinate a small amount first, then obtain the remaining urine in your specimen cup). If a specimen cup did not reach you in time for your test, thoroughly wash a glass jar and lid (in the dishwasher is best) and bring that into the office instead. Some individuals may have to get up during the night or early morning to urinate. If this happens to you at 4:00 a.m. or later, collect this urine in your specimen cup.
- **When you arrive at our office, a small amount of blood will be tested.** A specimen cup will also be given to you to collect a small amount of your saliva. Swallow any saliva that may already be in your mouth. Close your mouth gently and allow saliva to accumulate. Expectorate into the cup. Do not bring up post-nasal drip.

Once these fluids are obtained and analyzed by specialized laboratory equipment right here in our office, you will have access to important data about how your body is actually functioning. Depending upon whether other tests have been ordered for you, a computerized report and evaluation will be shared with you either during your first or second visit. This report will help you gain a greater understanding into what is going on at a deeper level within your body.

Periodically during your treatment program, you may be asked to bring in your first morning urine so that your progress can be monitored. Depending upon the nature of your treatment protocol, complete Biological Terrain Assessments may be necessary from time to time. Because our office has the entire laboratory equipment on site, any testing is easy and convenient for you and can be performed on the same day as your appointment.