



Introduction to Metabolic Assessment

This analytical lab test is used to understand a person's metabolic efficiency. Metabolism is the body's ability to transform food into energy and involves the entire digestive tract from the mouth to the intestines and right down to the absorption and elimination in each cell. Identifying and correcting imbalances allows the body to nourish and cleanse itself, resulting in improved healing.

Samples of urine and saliva are collected and measured for sugar, salts, urine and saliva pH, ammoniacal nitrates and nitric nitrates. These values evaluate digestion and metabolism. This simple test helps to identify mineral deficiencies, blood sugar problems, acidity or alkalinity, cholesterol buildup, overall system dysfunction or immune depletion. It can be used to monitor progress from visit to visit and takes just 10 minutes to process.