



## **Bio-Terrain Urine Assessment (BTA)**

### **PREPARATION INSTRUCTIONS**

The urine contains a wealth of bio-chemical information. It is your metabolic diary. All bio-chemical processes of your body leave residues that eventually find their way to the urine. Thus the urine specimen is ideal for measuring and monitoring your metabolic health.

**In order for the lab to obtain the clearest information from your urine specimen, please do your best to follow the instructions.**

LIMIT THE FOLLOWING ITEMS: **24 HOURS PRIOR TO YOUR APPOINTMENT:**

- ⤴ Nutritional supplements & non-essential pharmaceutical medications
- ⤴ Sugar and artificial sweeteners.
- ⤴ Alcohol, coffee, black tea, sodas and sports drinks.
- ⤴ Excess salt. (MSG)
- ⤴ Processed, adulterated or JUNK foods.
- ⤴ Your known allergenic foods.

**EAT WELL BALANCED MEALS, INCLUDING PROTEIN**

**Try to drink** a minimum of 6 glasses of water daily.

### **Collecting & Transporting Urine Specimen.**

Use the specimen cup provided by our office, or a clean glass or plastic container. Catch the first morning void (**after 4:00 am**) the day of your appointment.

Wait till mid-stream to catch the sample.

LEAVE THE TABLET IN THE CONTAINER PROVIDED

Put container in a baggie for leakage protection.

**Do not refrigerate specimen.** Keep at room temperature.

**If you have further questions, please contact us at: 770-642-4646**

**1745 Woodstock Rd. ♦ Roswell, GA 30075**

**770-642-4646 ♦ [www.longevityhealthcenter.com](http://www.longevityhealthcenter.com)**

# What Tests are Included in the BTA?

**Adrenal Stress Test:** This is a specialized test that measures the amount of chloride displaced in the urine. Excess chloride indicates adrenal stress or fatigue, a serious health concern resulting from our fast-paced lifestyles.

**Chemstrip Test:** The chemstrip measures 10 separate categories, screening for nutritional imbalances that can contribute to serious health problems including tissue degeneration, liver and kidney disorders and chronic disease.

**Calcium Urine Test:** Calcium is an essential mineral for many cellular functions, as well as for healthy bone development. This test looks at the levels of calcium in the urine and serves as an indicator of diseases related to calcium deficiency.

**Ureas: Nitrates & Ammonias:** The BTA also measures ureas, or waste products left over from normal chemical reactions in the body. High amounts of these by-products can burden the liver and kidneys over time, resulting in many chronic conditions.

**Vitamin C Test:** Vitamin C is crucial to the health of the immune system, vascular system and connective tissue, and is a powerful antioxidant. It is also an essential factor in many metabolic processes. This quick urine test will quickly determine your vitamin C status.

**Urinary Sugars:** Sugar metabolism is crucial in the body's ability to access appropriate energy production pathways. Urinary sugars are tested to measure both high and low levels in the body.

**Free Radical Test:** Free radical damage can lead to cell degeneration, initiating a host of chronic diseases and acceleration of the aging processes. The BTA provides an accurate assessment of free radical levels.

**Malabsorption Test:** This test allows us to test for the by-products of harmful anaerobic bacteria and bowel dysbiosis, a condition caused by the decline in beneficial digestive bacteria. Dysbiosis can lead to malabsorption, digestive problems, allergies and inflammatory symptoms.

**Electrolytes:** Mineral salt compounds can destroy tissue, over-stimulate the nervous system and threaten the health of the heart. The electrolytes test will identify both high and low levels of mineral salts, which can lead to issues like anemia, high blood pressure and hypertension.