

LAND, FOOD, LIFE COACHING

Kara Kroeger

FUNCTIONAL WELLNESS LABORATORY TESTING



Discover your unique metabolic needs with functional wellness testing!

The following functional wellness laboratory tests are intended to help you understand where you are on the wellness continuum and support you with nutrition, supplement, and lifestyle recommendations that can improve your health and thus raise your quality of life.

These tests require either urine, blood or saliva samples which are either taken at home or at a recommended affiliate clinic in your area. Sample test reports are available if you would like to acquire a better understanding of what you will learn about yourself from each test. Please contact Kara to learn more about which test(s) may benefit your specific needs or to order test kits. The prices listed below are simply the cost of the test and do not include interpretation and consulting.

These tests are not diagnostic. These tests are intended to provide personalized diet, supplement, and lifestyle recommendations based on multiple aspects of your unique biochemistry and metabolism. Any recommendations given to you based on information provided from tests is for informational purposes only and is not intended to diagnose, heal, treat, or cure any symptoms or illness, nor is it a prescribed treatment. All recommendations given during consultations are based on sound scientific research but may or may not be approved of by the FDA. These tests are not offered as medical care, and should not be a substitute for medical diagnosis and treatment of disease by a medical doctor or other licensed health care practitioner.

**Alcat Food and/or Chemical Sensitivity Testing - \$200-
\$425 (prices vary)**

Inflammatory diseases and degenerative processes have greatly increased in the last decades and parallel the industrialization of food and modern life style. A 2010 survey of the Society for Nutrition Therapy and Prevention reported that 67% of respondents suffer from intermittent or persistent gastrointestinal symptoms including bloating or abdominal pain after eating. An important cause may be food intolerance, which is mediated by the innate immune system.

Health can be improved and maintained by knowing how food plays a role in your body. Alcat tests enable you to take advantage of leading technology to create a personalized eating plan resulting in benefits that can be seen and felt.

Alcat tests can measure up to 450 foods and other substances that trigger chronic inflammation and related health conditions, such as gastrointestinal, respiratory, and joint issues as well as migraine, dermatitis, fatigue, and metabolic disorders. When complying with Alcat test results, many clinical symptoms associated with food sensitivity may be substantially improved or possibly prevented altogether.

A small sample of your blood is sent to the laboratory overnight where it goes through a multi-step quality assurance process. Your white blood cells are tested against foods and other substances in a process using an impedance methodology based flow cytometer. This is a very accurate way to determine if your relevant immune cells react to the test substance. Your results are presented in a clear, easy-to-read, and color-coded format.



Alcat Test Comprehensive Profiles

Platinum Plus	
370 ITEMS:	
250	Foods
50	Functional Foods & Medicinal Herbs
30	Food Additives/Preservatives/ Colorings
20	Molds
20	Antibiotics/Anti-inflammatory Agents

Platinum Comprehensive	
320 ITEMS:	
200	Foods
50	Functional Foods & Medicinal Herbs
30	Food Additives/Preservatives/ Colorings
20	Molds
20	Antibiotics/Anti-inflammatory Agents

Pediatric Wellness	
81 ITEMS:	
50	Foods
30	Food Additives/Preservatives/ Colorings
1	<i>Candida albicans</i>

Comprehensive Wellness 1	
250 ITEMS:	
200	Foods
30	Food Additives/Preservatives/ Colorings
20	Molds

Comprehensive Wellness 2	
230 ITEMS:	
200	Foods
30	Food Additives/Preservatives/ Colorings

Comprehensive Wellness 3	
200 ITEMS:	
150	Foods
30	Food Additives/Preservatives/ Colorings
20	Molds

Panels
50 Food Panel
100 Food Panel
150 Food Panel
250 Food Panel
250 Food Panel
150 Vegetarian Food Panel
200 Vegetarian Food Panel

Panels
50 Functional Foods & Medicinal Herbs
50 Female Herbs
40 Male Herbs
40 Preservatives/Expanded Additives/Environmental Chemicals
30 Food Additives/Preservatives/Colorings
21/20 Molds <small><i>Candida albicans</i> is also included and reported in food panels of 100 or more</small>
20 Antibiotics/ Anti-Inflammatory Agents

Cellular Micronutrient Essay- \$350 (or add on to any Alcat test for \$250)

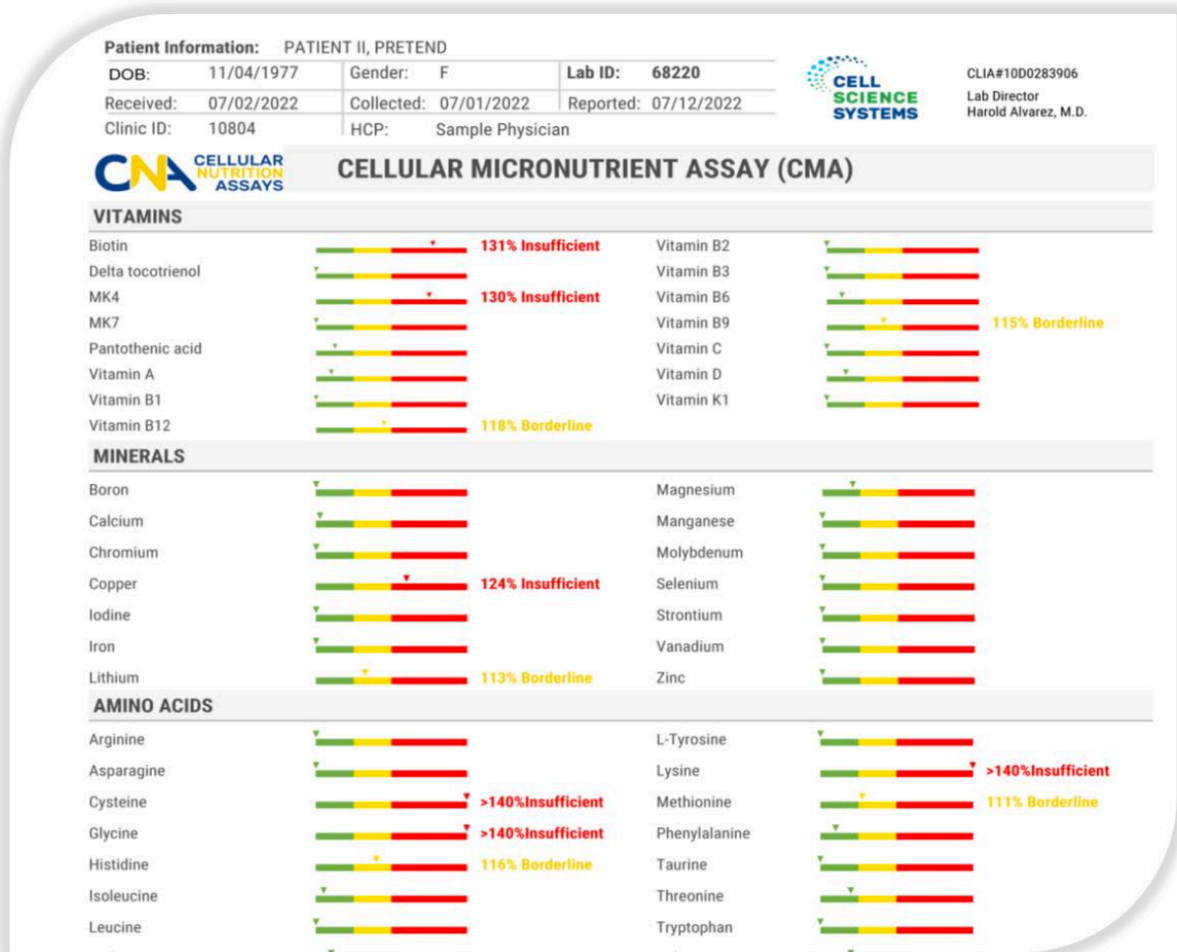
Are you getting the nourishment you need? Many individuals are exceeding energy (caloric) needs but not meeting micronutrient (essential vitamin and mineral) requirements.

Nutrient requirements are unique to each individual. Stress, genetics, high energy output in sports, pregnancy, recent infection, toxic burden, sleep patterns, age, gender, etc. all play a role in your nutrient needs. The cellular nutrition assay is specifically calibrated according to your individual needs and how your immune cells respond to the addition of each test nutrient. This test uses a “control” specific to you for each nutrient tested.

When the body has an infection, it increases protection of the T and B lymphocytes (memory cells) that recognize and combat that specific invader. The faster these cells reproduce the faster infection is overcome. The ability of these cells to reproduce is driven by our nutrient stores. Cells

need nutrients in order to grow and multiply. Those nutrient requirements are individual and are impacted by many factors listed above.

Measurement of the effect of nutrients on your immune function can be more revealing than just knowing if your blood serum levels of vitamins, minerals and amino acids, fall within normal ranges.



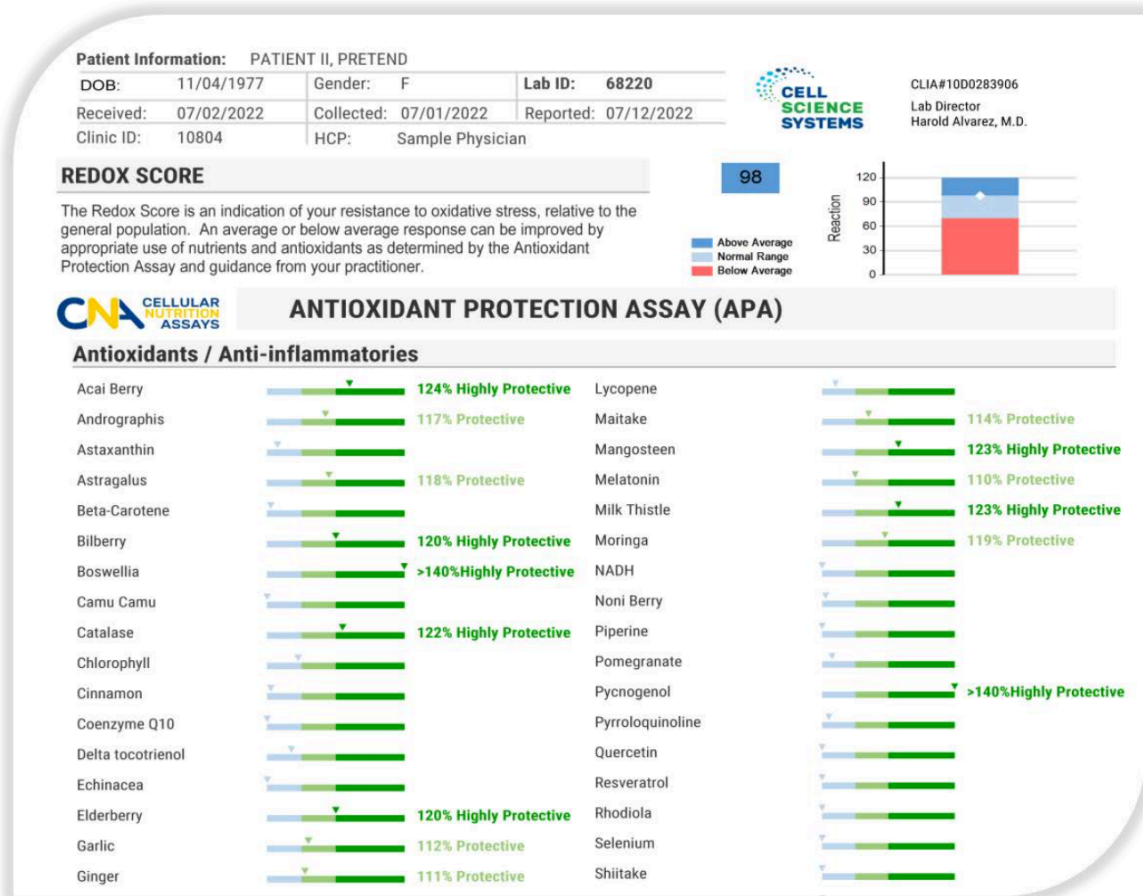
Redox/APA (Antioxidant Protection Assay) - \$350 (or add on to any Alcat test for \$250)

Cell Science Systems has developed a cellular test that determines specific nutrients that may be particularly protective for you to help resist in oxidative stress and restore efficient antioxidant function.

Antioxidants are molecules which can safely interact with free radicals and terminate the chain reaction before vital molecules are damaged. Although there are several enzyme systems within the body that scavenge free radicals, certain micronutrient antioxidants are required for proper function of the body's antioxidant enzyme systems. The body cannot manufacture these micronutrients so they must be supplied in the diet.

In this test for individual antioxidants, it is determined which specific antioxidants may be beneficial and thus support your immune cells to resist oxidative stress. In this test single antioxidants are added to your cell's and their serum in the presence of oxidative stress molecules.

Specific antioxidants that can significantly improve your antioxidant function to recover and resist the effect of the oxidative stress are reported. This process is repeated for each individual antioxidant.



Metabolomics Spotlight - \$240

The Metabolomics Spotlight functional wellness test analysis provides an in-depth view of the function and efficiency of multiple aspects of your unique biochemistry and metabolism. This analysis will unveil your unique metabolic pathways and reveal your specific metabolic status.

Metabolomic analysis enables you to view the larger picture of your health by evaluating the function of key metabolic pathways to provide better targeted support and lifestyle changes for a truly personalized approach.

Each Metabolomics Spotlight test kit contains everything necessary, including detailed instructions on how to noninvasively collect a urine sample and send it in for analysis. A report with your results contains a unique, in-depth assessment of many key areas of biochemistry and metabolism essential for human health, including the following:

- Metabolic and macronutrient processing
- Mitochondrial function and micronutrient status
- Amino acid, protein, and neurotransmitter metabolism
- Inflammatory response and oxidative stress
- Detoxification and microbial metabolites
- Stress, mood, and overall well-being

The Designs for Health Metabolomics Spotlight™ functional wellness test is not diagnostic. This test is intended to provide personalized diet, supplement, and lifestyle recommendations based on your multiple aspects of an individual's unique biochemistry and metabolism

Genomics Spotlight – \$260

Coming soon!

GI Spotlight – \$350

The human gastrointestinal tract contains an ecosystem with over 4 trillion microbes, living in a symbiotic relationship with you, their host. These microbes, when in a healthy state and balance, are responsible for performing duties essential to your health such as supporting normal digestion, hormonal balance, immune modulation, and neurotransmitter function.

The infographic features a 3D rendering of the GI Spotlight test kit box on the left. The box is white with green wavy patterns and text: "designs for health GI Spotlight™", "Functional GI Molecular Stool Analysis by qPCR", and "Stool Collection Kit". To the right, a grid of statistics is presented in various colors and fonts:

- Digestive Disease is BIGGER Than Diabetes**
- In the United States . . .**
- 70 million** people are affected by DIGESTIVE DISEASE. Compared to **30 MILLION** affected by DIABETES.
- 74%** of Americans have DIGESTIVE TROUBLE and aren't sure where to get help.
- ANNUAL COST** of digestive disease is a jaw-dropping **\$136B**.
- Up to 75%** of diabetes patients report GI SYMPTOMS.
- 35 days/year** of ABSENTEEISM for gut trouble. **3X MORE** THAN DIABETES.
- Rx DRUGS** for one person with DIGESTIVE DISEASE **\$70,000 PER YEAR**.

The designs for health GI Spotlight™ logo is at the bottom right.

The GI Spotlight contains a unique, in-depth assessment into many of the key microbes essential for human health. The microbes are measured using the most precise molecular analysis known as quantitative PCR, useful for assessing absolute values and determining the accurate number of microbes, as provided on the report. This test contains many of the most well researched microbes, keystone species, and those with the greatest known correlation to functional categories listed in the report.

- Microbial diversity and balance
- Intestinal permeability/barrier function
- Inflammatory balance
- Digestive sufficiency/functionality
- Histamine tolerance
- Food tolerance
- Fungal balance

This is not a test intended for medical diagnosis. This test is intended to provide personalized diet, supplement, and lifestyle recommendations based on your unique GI microbiome and functional status.

TAKE THE GUESSWORK OUT OF YOUR HEALTH AND WELLNESS DECISIONS BY EMPOWERING YOURSELF WITH FUNCTIONAL WELLNESS LABORATORY TESTING. CONTACT KARA TODAY!

TO LEARN MORE ABOUT KARA'S HOLISTIC HEALTH COACHING SERVICES TO ACCOMPANY THESE LABORATORY SERVICES PLEASE VISIT THE FOLLOWING LINK.

<https://www.landfoodlife.com/services?category=b51a53dd-c11f-4fe0-81d2-53766118c9bb>