

# Clarity of Health

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Center For Healthy Living



## Testing For Optimal Wellness *The Comprehensive Metabolic Profile*

**21st century testing is here with the Comprehensive Metabolic Profile (CMP).** I like to call this test the **“Alternative to your yearly check up.”**

This test takes the guess work out of figuring out what nutrients your body requires to improve your health and metabolism. The CMP is also excellent for seeing your progress and knowing when you no longer need certain vitamins and nutrients so that you can move onto fixing other problems.

If your new years resolution was a commitment to enhancing your health this year, the CMP can dramatically improve your success. In this article, I will explain the 4 tests that make up the CMP and how they can have a major impact on your health. Remember, **“If you not testing, your guessing”.**

Part 1: Organic Acid Profile:

One of the most underutilized tests, organic acid testing is a crucial step in determining exactly which vitamins and minerals you need. Organic acids are key compounds of many biochemical pathways and provides critical insights into the functioning of the mitochondria—the power source of each cell in our body. Just as a traditional physician would obtain serum chemistry testing to seek out a diagnosis, the functional medicine specialist utilizes organic acid testing to seek out a deficiency and the underlying cause. Organic acid testing can be done in the convenience of your home via a urine sample. This single urine specimen provides important information about:

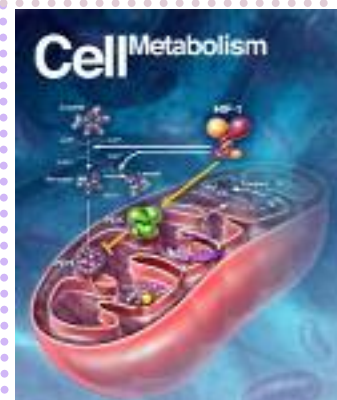
1. Specific vitamin & mineral deficiencies.
2. Adequacy of your bodies ability to detoxify .
3. Oxidative stress & antioxidant deficiencies.

### CMP: 4 Tests in 1:

1. Organic Acids Profile
  2. Urine Lipid Peroxides
  3. Fatty Acid Profile
  4. IgG food Antibody Profile
4. Specific markers for gut health.
  5. Neuro-hormone metabolism.
  6. Mitochondrial energy production.

Part 2: Urine Lipid Peroxides: In your body's effort to produce energy to power cells and fight infection, your body produces harmful free radicals. High levels of lipid peroxides are associated with cancer, heart disease, stroke and aging.

Part 3: Fatty Acid Profile: From a single fingerstick, this unique test measures the levels and the ratio of the omega-6 and omega-3 fatty acids. This is a measure of inflammation that can lead to heart disease and other chronic conditions. With many people loading up on fish oils, this profile can also detect *(Continued on Back...)*



**Will my Insurance cover the CMP? Let's find out!**

*Here's what t do:*

1. Call your health Insurance and tell them you want to check to see if a specific lab test is covered and that you have the “codes”.
2. Give them the following codes:

**CPT:** 86001, 83918, 82491, 82725

**ICD9:** 269.3, 269.2, 269.9

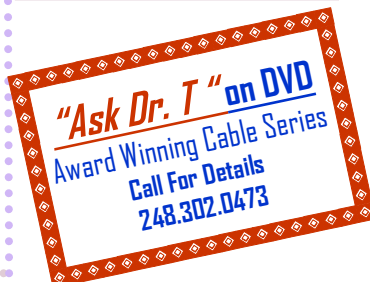
*Your insurance company will tell you if you are covered and what your deductible is for “out of network”. Then find out if you have met your out of network deductible.*

## How Toxic Are YOU? You might be surprised at the answer

For the last several years, I have been testing more and more patients for heavy metal toxicity. Most people that we test have elevated levels of just about any toxic metal you can think of, mercury being the most toxic. This discovery can be especially shocking to people who have been tested by

mainstream doctors in the past using blood testing that has come back normal. Unless you have an ongoing exposure at the time of the testing, blood testing will just about always come back normal making this type of testing for heavy metals essentially useless. Toxic metals are rapidly cleared from the

bloodstream so that they do not continue to circulate and damage your cells over and over again. Some of these metals will be excreted but most are stored in our fatty tissues (like our brains!). Oh, and by the way, anywhere these toxic metals are stored, they will impair the function of that area... A catch 22. *(cont'd on back)*



## Testing For Optimal Wellness

### *The Comprehensive Metabolic Profile (cont'd)*

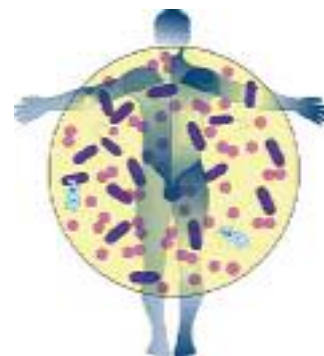
over use of the omega-3s that can cause immune suppression.

**Part 4: Food Antibody Profile:** Clinically one of the most important tools I use to unearth hidden factors affecting patient's health is food allergy testing. Food allergies can be broken down into two categories: immediate and delayed. Most of you know someone that has a peanut or shell fish allergy. These are immediate and it doesn't take a physician to understand that these are life threatening. But the delayed reactions are more subtle. **These hidden allergies (or sensitivities), silently erode away ones health, frequently going undetected since the response may be up to 72 hour later.** Controlling food allergies is an essential part of good health. Researchers estimate that at least 60% of

the U.S. population suffers from unsuspected food reactions that can cause or complicate health problems. Symptoms can be extraordinarily diverse, ranging from arthritis to eczema to migraines. The IgG Food Antibody Profile tests for sensitivity to 30 of the most commonly positive foods, all with a single finger stick.

**In conclusion**, these four tests that comprise the CMP are the best way to build a supplement program that is specific for you. In my practice, I have noted dramatic improvement in the overall quality of my patient's health after they have begun a supplement regimen based on these tests. Not using this important tool is like stumbling around in the dark when all one needs to do is turn on the flashlight that is

In your hand. For those of you who want to get serious about overall wellness for this year, taking the CMP is a crucial step toward good health.



## How Toxic Are YOU? You might be surprised at the answer (cont'd)

One of the best tests to rely on to find out if you have toxic metals is a "Provocation Test." A chelating agent is given either by mouth, suppository or through Intravenous to pull these toxic metals from your body and urine is collected for a set period of time. Afterwards the urine is then analyzed for specific metals and if positive a treatment plan is laid out by your doctor to remove these toxins over a period of six months to two years(!)

Before running out to get the provocation test or starting therapy to remove these metals, I recommend having the Comprehensive Metabolic Profile (CMP) performed as well. Any abnormalities in the CMP when corrected will augment the removal of toxic metals as well.

So... How toxic do you think you are?



### Where Does Mercury Come From???

1. Look in your mouth! Silver fillings can be made up with as much as 50% mercury.
2. Fish especially tuna and mackerel.
3. Vaccinations & Flu shots: Mercury is used as the preservative.
4. Fluorescent lights... There's mercury inside.
5. Contact lens solution from the 70's & 80's

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◆ Double-boarded in emergency medicine, is now board certified in Anti-Aging Medicine & has completed a two year fellowship in Functional Medicine.

◆ Dr. Topouzian focuses his energies on seeking out the **Root/Underlying Cause** of a patient's complaints & utilizes **Bio-identical Hormones**, Pharmaceutical Grade Nutrients from compounding pharmacies as well as utilizing Science Based treatment options.

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### The New Approach To Medicine:

**Anti-Aging Medicine** is a medical specialty aimed at the early detection, prevention, treatment & reversal of age related decline.

**Functional Medicine** is a science-based integrative approach that treats illness & promotes wellness by focusing on the bio-chemically unique aspects of each patient & then individually tailoring treatment to restore balance.