



ADVANCED NIACIN THERAPY: CONSULTS, LAB TESTS, & SUPPLEMENTS

CONSULTS

Consult and lab fees may be covered under your extended health care benefits plan. Please consult your benefits manager for detailed information on your personal health care coverage. We provide invoices suitable for insurance provider reimbursement. *Consults are HST exempt.*

The First Visit

You will be asked to fill out history and consent forms in advance. In the history form there is a [Hoffer-Osmond Diagnostic Questionnaire](#) that will help us assess the baseline mental state (sensory perception, mood, thinking, and behaviour). In the first visit we obtain consent for lab testing and treatment, discuss and assess patient history and symptoms, develop a supplement and initial dietary plan, requisition blood and hair tests, and complete a complaint oriented physical.

The Second Visit

In this visit, we discuss the nutritional imbalances determined by laboratory results, develop a hierarchy approach to treatment, provide an individualized plan, and requisition tests needed to assess progress.

Follow-Ups

At follow-up (every 3 to 12 months) we discuss the progress in correcting your nutritional imbalances, reassess the chief complaints, consider next levels of treatment, provide an individualized plan, and requisition tests needed to assess progress.

LABORATORY TESTING

First Visit Lab Tests

To determine your baseline biochemical status, the following types of tests are requisitioned at the first visit:

- Blood tests ordered at the first visit look at mineral deficiency, liver metabolism, kidney metabolism, and cholesterol status. *Blood tests are HST exempt.*
- A hair mineral/metal test sample is collected at the first visit and looks at raw mineral and heavy metal levels and important body system ratios as indicators of what's going on inside the cells of your body. This test gives us a look at copper/zinc opposition, calcium dominance/deficiency, fast/slow metabolizing states, thyroid/adrenal imbalance, protein breakdown, heavy metal toxicity, sugar imbalance, and more.

Second Visit & Follow-Up Lab Tests

If there is indication to do other lab testing, then this is discussed. We requisition a select portion of the tests from the initial battery that may need to be monitored to advance treatment. Both blood and hair testing are recommended for responsible follow-up assessment. Samples are collected 2-3 weeks in advance of the follow-up visit. A simple home kit is provided for hair mineral test collection.

SUPPLEMENTS

Supplement costs vary depending on patient budget and need. A plan is created based on the hierarchy of your supplement needs as determined through lab testing and assessment. Custom encapsulated or powdered formulas are available for clients that want to streamline their treatment, reduce pill volume, and make the protocol easier to follow. To provide you with the best of care in addressing individual needs, the Naturopathic Medical Research Clinic also provides an exclusive supplement line.

A COMPREHENSIVE TREATMENT APPROACH

Our lab test battery considers a broad array of [syndromes common to mental and general health](#). The top biochemical syndromes that we treat include niacin dependency, thyroid imbalance, under-methylation, protein breakdown/deficiency, heavy metal excess, and more.