

Micronutrient Testing: Reduce Your Risk of Illness and Disease

by **dr. lisa hunt** | photo by **dawn kelly**

DID YOU KNOW THAT 50 PERCENT OF PEOPLE TAKING MULTIVITAMINS ARE STILL DEFICIENT?

Studies have shown that 50 percent of patients taking a multivitamin are functionally deficient in one or more essential nutrients that are vital to long-term health. Many micronutrient deficiencies can make a person more susceptible to disease, and lead to an overall decline in the condition of health. Vitamin, mineral and antioxidant deficiencies have been shown to suppress immune function and contribute to chronic degenerative processes such as arthritis, cancer, Alzheimer's, cardiovascular disease and diabetes.

Each micronutrient plays an individual and indispensable role in promoting optimal functioning of all our cells. When some of our cells do not function at their best, the foundation of our health is compromised, setting the stage for the development of disease. By identifying and correcting functional micronutrient deficiencies, you are taking an important step

toward long-term maintenance of optimal health.

Micronutrient testing measures your body's ability to absorb 32 vitamins, minerals, antioxidants and other essential nutrients within your white blood cells. This non-fasting blood test tells you if you have a vitamin deficiency and gives you a plan for how to correct it, thereby eliminating your deficiency and any unnecessary spending on costly supplements.

Anyone who is interested in feeling his or her best can benefit from micronutrient tests. Even people with healthy habits can have deficiencies. Biochemical individuality, absorption, chronic conditions, age and lifestyle influence individual micronutrient requirements. Even a healthy-looking person can have micronutrient deficiencies that may only be revealed through testing.

More importantly, micronutrient testing can not only help you reduce the risk of illness and disease, but it can also help to ensure that you are getting the nutrients you need! ■

Call today to 209-577-2799 to schedule your micronutrient test!

Dr. Lisa Hunt



Lisa J. Hunt, D.O., is the Medical Director of Valley Wellness Center in Modesto whose mission "is to build on every level of your health to achieve the best quality of life." She is Board certified in Family Medicine and Holistic and Integrative Medicine. She specializes in anti-aging treatment, natural thyroid replacement, menopause/andropause therapy (including bio-identical hormone replacement), strengthening the immune system, neurotransmitter analysis/replacement and nutritional support guidance.

MICRONUTRIENT TESTING

Are YOU getting the nutrients YOU need?

Overwhelming scientific evidence confirms that vitamin deficiencies are associated with disease processes and the overall condition of one's health. Vitamin, mineral and antioxidant deficiencies have been shown to suppress immune function and contribute to chronic degenerative processes such as arthritis, cancer, Alzheimer's, cardiovascular disease and diabetes.

10% OFF MICRONUTRIENT TESTING
Call now to reduce your risk of illness and disease!

DR. LISA HUNT

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