

COMPOUNDING PHARMACIES

1. **Professional Village Pharmacy**, 1701 Professional Drive, Sacramento, CA 95825. (916) 483-3455.
2. **Sierra Compounding Pharmacy (LOP)**
3126 Professional Drive, Auburn CA 95603
(530) 889-9970.

DENTAL CARE PRODUCTS

Ionic Toothbrush: <http://www.ionicbrush.com/>

INDOOR ENVIRONMENTAL

Environmental Testing and Technology.

5431 Auenida Encinas, Suite F. Carlsbad, CA 92008.
(760) 804-9400. www.iaqsurveys.com. Indoor air quality mold and moisture. A complete physical for your building.

GARDENING

1. **Gardens Alive!** 5100 Schenley Pl., Lawrenceburg IN, 47025. (530) 354-1482. www.gardens-alive.com. All natural fertilizers, lawn care products, organic pesticides, pet care products, garden aids, bird houses and more!
2. **California Rare Fruit Growers (CRFG).**
The Fullerton Arboretum, CSUF. PO Box 6850 Fullerton, CA 92834-6850. www.crfg.org. Information on rare and unusual fruits and how to propagate them.
3. **Raintree Nursery.** 391 Butts Road, Murton, WA 98356. (360) 496-6400. (888) 770-8358. www.raintreenursery.com. Source of rare and exotic plants for the home and garden.

PHYSICIANS & CHIROPRACTERS

1. **Matt Lambert, D.C.**, 985 Lincoln Way, Ste. 202, Auburn, CA 95603. (530) 889-2467.

PRODUCT GUIDE

1. **Longhorn Meat Company:** 13131 Lincoln Way, Auburn, CA 95603. (530) 823-0275. High Omega-3 meats like fish, buffalo & free range beef.
2. **Foothill Farmers' Market.** Saturdays 8 a.m. – 12 p.m. Auburn Lower Courthouse Parking Lot. <http://foothillfarmersmarket.com/>
3. **CA Fed. of Certified Farmers Markets.**
Search Engine for all CA Farmers Markets.
<http://www.cafarmersmarkets.com/search/>

SERUM COMPATIBILITY TESTING

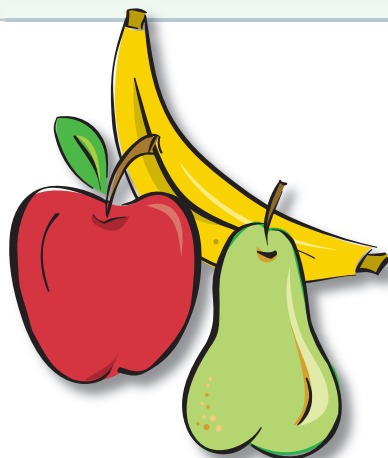
Tests for individual compatibility with different dental materials.

Scientific Health Solutions. 1621 North Circle Drive, Colorado Springs, Colorado 80909. 8 – 5 p.m. Mountain Time. (800) 331-2303. (719) 548-1600. <http://tomlevymo.com/> click on "Serum Biocompatibility Testing" link.

DIRECT LABORATORY SERVICES

Direct Laboratory Services, Inc.,

<http://www.directlabs.com/>. This organization offers a wide variety of health testing procedures which can be ordered directly by the individual. Prices are discounted due to the direct nature of the testing. This organization attempts to put you in touch with a lab within 25 miles of your home.



NUTRITION RESOURCES

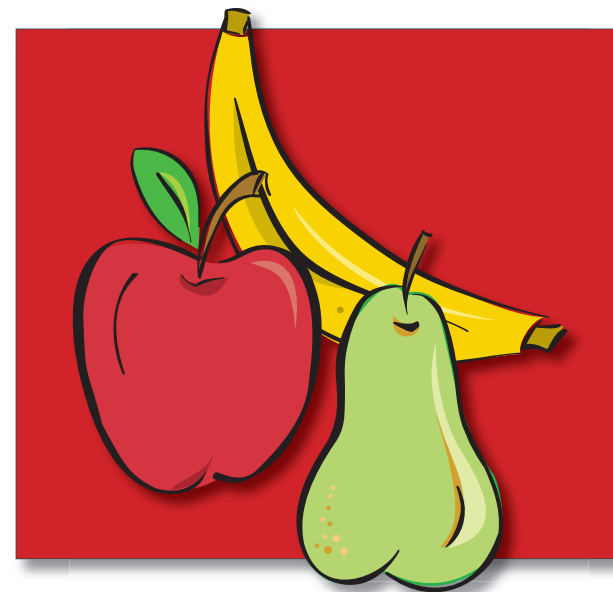


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NUTRITION RESOURCES:

LABORATORIES, ALLERGY, DIGESTIVE FUNCTION, AND NUTRITIONAL ASSESSMENT RESOURCES

OVERVIEW

Assessment of nutritional status is difficult and at times expensive. It is important, however, to be aware of testing techniques available.

This brochure outlines types of testing available and sources where the testing can be obtained as well as a brief description of the different types of tests. Some of these tests will be available in more than one place.

We have tried to list sources well regarded by nutritionally oriented physicians. If a problem is not serious, it may clear up with simple attention to improved diet or supplementation.

TESTING LABORATORIES

1. **Aeron Lab.** 1933 Davis St. #310, San Leandro, CA 94577. (510) 729-0375; (800) 631-7900. <http://www.aeron.com/>
2. **Diagnos-Techs, Inc.** PO Box 58948. Seattle WA 98138-1948. (206) 251-0596. <http://www.diagnostechs.com/main.htm>
3. **Doctor's Data.** 30 W 101 Roosevelt Rd. West Chicago, IL 60185. (800) 323-2784; (312) 231-3649. <http://www.doctorsdata.com/>
4. **Great Smokies Diagnostic Laboratory.** 18A Regent Park Blvd. Asheville, NC 28806. (800) 522-4762; (704) 253-0621. Fax: (704) 253-1127. <http://www.gsdl.com/home/>
5. **Healthmed Clinic.** 1 Scripps Drive Medical Building. Sacramento CA 95825. (916) 924-8060. <http://www.healthmeddetox.com/>
6. **Meridian Valley Clinical Laboratory.** 24030 132nd Ave. S.E. Kent, WA 98042. (253) 859-8700. Physicians: (800)234-6825. <http://www.meridianvalleylab.com/>
7. **MetaMetrix Laboratory.** 500 Peachtree Indus. Blvd. #100, Norcross, GA 30071. (770) 446-5483 (800) 221-4640. <http://www.metametrix.com/>
8. **Oncolab, Inc.** 36 The Fenway. Boston, MA 02215. (800) 922-8378. <http://www.oncolabinc.com/>
9. **Serammune Physicians Laboratory.** 1890

Preston White Dr., 2nd Floor. Reston, VA, 22901. (800) 553-5472; (703) 758-0610.

<http://www.elisaact.com/>

10. **SpectraCell Laboratories, Inc.** 515 Post Oak Blvd. #830. Houston, TX 77027. (713) 621-3101; (800) 227-5227. Fax: (713) 621-3234.

<http://www.spectracell.com/>

11. **ZRT Laboratory.** David Zava. (503) 466-2445. FAX (530) 466-1636. E-mail: dtzava@aol.com

<http://www.salivatest.com/>

ALLERGY TESTING

1. **ALCAT Comprehensive Food Allergy Panel:**

Tests for a wide variety of foods and other substances a person can react to.

Visit: <http://www.alcat.com>.

2. **Combined IgE and IgG4 testing:** These allergy panels test for both immediate and delayed reactions. Physicians may call. Relatively inexpensive. Visit: http://www.meridianvalleylab.com/allergy_dept.html

3. **ELISA/ACT™**: Test for full spectrum of delayed hypersensitivity to foods, heavy metals, pesticides, and chemicals added to foods. (Generally recognized as the gold standard for this type of testing.) Expensive test although smaller panels are available. Visit: <http://www.elisaact.com/>

TESTS FOR DIGESTIVE FUNCTION

1. **Bacterial Overgrowth:** Tests to see if bacteria have overgrown the small intestine (they should be restricted to the colon or large intestine). Assessed with breath hydrogen and methane. Tests are often positive.

2. **Comprehensive Stool/Digestive Analysis:** Assesses digestion and absorption as well as bacteria and yeast cultures and dysbiosis.

3. **Comprehensive Parasitology:** Using new technology Great Smokies' has an exceptionally fine lab test.

4. **Helicobacter Pylori:** This organism is now known

to be the most common cause of duodenal ulcers and chronic gastritis.

5. **Intestinal Permeability:** This is a test for "leaky gut syndrome". This problem often underlies food allergy, celiac disease, & rheumatoid arthritis. Findings are often positive & may be linked to parasitic infection or bacterial overgrowth.

6. **Lactose Intolerance:** Tests for ability to digest milk sugar.

7. **SIGA Deficiency:** Secretory immunoglobulin A is the first line of defense of the immune system for foods entering from the gut. It is the most common immunodeficiency.

NUTRITIONAL ASSESSMENTS

1. **Amino acid analysis Information:** <http://www.gsdl.com/home/assessments/aminoacids/>

2. **Essential Metabolics Analysis:** Tests for functional requirements for nutrients. This test is still in development but has great promise. <http://www.spectracell.com/AboutSpectraCell-Development%20of%20FIA.htm>

3. **Ion Profile:** is a most comprehensive nutritional analysis. <http://www.metametrix.com/TestServ/default.asp?PageID=1>

4. **Spectrox:** Tests for adequacy of total antioxidant intake. Requires a blood draw. <http://www.spectracell.com/AboutSpectraCell-Development%20of%20FIA.htm>

5. **Organic Acid Analysis:** A valuable test for taking a look at how the biochemistry of the body is functioning. <http://www.metametrix.com/TestServ/default.asp?PageID=12>

