

# Annual Wellness Screening

## Adams Avenue Integrative Health

a 501(c)3 NON-PROFIT COMMUNITY HEALTH CENTER

### Naturopathic Medicine

Adams Avenue Integrative Health offers an affordable and easy way for you to take charge of your own health and wellness, prevent chronic and acute health issues, and achieve optimal health. Dr. Heidi Wittmann, our Naturopathic Doctor, and skilled phlebotomist says...

*"Basic blood work should be done once a year that includes testing for blood count, liver function and kidney function, and Vitamin D. This information can reveal underlying sub-clinical issues and nutritional deficiencies."*

#### Includes:

**CBC:** Measures production of blood cells, allergy levels, and deficiencies of certain nutrients such as iron, B12, and folic acid.

**Chem Panel:** Can reveal issues with liver or kidney function, deficiencies of nutrients, causes of inflammation, adrenal dysfunction, and many other conditions.

**Vitamin D:** Vitamin D is not only a vitamin but a pseudo-hormone, influencing many body processes as well as the immune system, and the prevention of many types of cancer. Because deficiency is very common, testing for optimal Vitamin D levels is highly recommended for anyone with chronic health complaints.

**Cholesterol:** Lipid levels are commonly accepted to be a measure and predictor of cardiovascular risk and metabolic processes. Levels that are too high, in conjunction with inflammation, can increase cardiovascular risk. Levels that are too low can contribute to low hormone levels.



### WHAT TO EXPECT?

Your initial consultation and blood draw will take about 30 minutes. Upon receipt of your test results (2-3 weeks), a follow-up appointment will be scheduled that will include a second consultation, assessment, and any possible further treatment recommendations.

*\*Test results only given in person*

# \$199\*

\*Includes 2 full visits and all testing costs

Available beginning December 1, 2011

ADAMS AVENUE



INTEGRATIVE HEALTH

## 619.546.4806

3239 Adams Avenue San Diego, CA 92116

[www.AltHealNet.org/clinic](http://www.AltHealNet.org/clinic)