

# Metabolic Profiles FAQ Sheet

(Patient)

The following questions are the most common questions asked about the Metabolic Profile tests offered exclusively by Designs for Health through Metametrix Clinical Laboratories.

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**Q: Why should I take this test?**

**A:** This test takes the guess work out of figuring out what nutrients your body requires to improve your metabolism. This test will also be excellent for seeing your progress and knowing when you no longer need certain vitamins and other nutrients and can move onto fixing other problems.

**Q: Are the supplements recommended by the Metabolic Profile the only ones that I need to take?**

**A:** Not likely. This is a foundational test. Taking the supplements recommended will build a healthy foundation. Other testing your doctor does, including health questionnaires, will also provide information about your health that may require different supplementation in addition to the supplementation recommended by the Metabolic Profile test.

**Q: I was already taking CoQ10 that was recommended by my healthcare provider for a specific condition. My test results said I need CoQ10, but less than I am taking now. How much CoQ10 should I be taking?**

**A:** These suggestions are generally used in place of supplements you were taking at the time the testing was initiated to optimize your metabolic function. However, you should not stop taking specific supplements, like CoQ10, Carnitine, etc., recommended by your healthcare provider for health conditions unique to you. Be sure to discuss your results with your healthcare provider. It may mean that you need to increase your dosage of CoQ10.

**Q: What is the difference between the “Comprehensive”, “Basic” and “Basic Plus” Metabolic profiles?**

**A:** The “Comprehensive” profile includes all test parameters (organic acids, lipid peroxides, blood-spot fatty acid and food allergy testing), while the “Basic” profile does not contain the blood-spot fatty acid and food allergy tests (It is the only version available in New York State). The “Basic Plus” profile adds back the blood-spot fatty acid test to the “Basic” profile and contains everything that the Comprehensive profile contains except the blood-spot food allergy test.

**Q: Will the finger prick hurt?**

**A:** Most people report only a momentary slight prick of the skin which they do not think is of any significance.

**Q: Does Designs for Health have a HAQ (Health Appraisal Questionnaire)?**

**A:** No, we have better than that. We prefer a scientific analysis that more accurately tells what metabolic blockages or nutrient deficiencies are affecting the patient's health. It can very accurately assess the patient's improvements as well.

**Q: Can my doctor do both finger prick tests in my healthcare providers' office so that I do not have to do them myself at home?**

**A:** Yes, you can do finger sticks for both profiles at the same time, as long as you are fasting. The advantage of this is that you do not have to prick your own finger and it only has to be pricked once.

**Q: Is it possible that you will feel worse before you feel better?**

**A:** On occasion this can happen as a your metabolism adjusts and detoxification starts catching up with your new upregulated metabolic state. This is temporary and short-lived and means that you are on the way to feeling better than ever.

**Q: Do all retests show improved results in comparison to the first test?**

**A:** It is possible for the second test results to be worse than the first test. Reasons vary but oxidative stress can occur initially from increased metabolic activity and detoxification which will eventually diminish over time. This is particularly true in very chronically ill patients. Test results will eventually improve with subsequent testing.

**A: The positive foods on my food allergy test are the ones I always eat. How can this be?**

**Q:** It is very common to develop protective IgG antibodies to proteins in foods that you are over-exposed to, particularly if you have bad digestion and "leaky gut." These IgG antibodies are indicative of immune response and over-exposure but may actually be blocking more serious reactions, such as anaphylactic IgE responses. These foods should be eliminated for a time and reintroduced slowly after adequate digestion and GI health has been restored.