

Plan for Laboratory Samples:

Urine for Neurotransmitters:

- Take that Urine sample in the AM before eating or drinking:
- First urinate - and *flush* that first AM urine
- No breakfast, no meds, no supplements, no water, until after:
- Save the second urine into small cup, pipette into marked URINE bottle
- Screw top on tight
- [You can run the water in the sink to encourage flow]
- Mark and store in refrigerator in bag - that is your first clean urine

Saliva for Hormones:

- 1. AM before breakfast, 2. Before lunch, 3. ~ 4 PM and 4. ~ 8 PM
- Each time chew on the wax disc to encourage sputum flow
- When you spit, tap on hard surface to break down the foam
- Fill to near top, at least $\frac{3}{4}$ full
- Screw top on tight
- Label each one with a time and place each in the refrigerator
- Can be wrapped and sent in with Urine in the UPS mailer package

Blood for Immune, IgG, Chemical Testing:

- Blood will be drawn by a Mobile Blood Draw at your home or office, call:
- 1-800-568-6808 Ext: 110 to make the appointment for the draw
- They will spin and give back your blood, see instructions
- Wrap it in the package for sending
- Send it UPS, preferably on Mon - Wed.

Reading Results:

- CorePsych Patient Care Coordinator will call to schedule reporting results
- Please prepare to discuss by reviewing the teaching modules at CorePsych
- The Neuroscience Page at CorePsych for multiple references and webinars:
- <http://www.corepsychblog.com/neuroscience>
- Bring in any family or concerned others,
- You are welcome to record the reading process for later review
- CorePsych mission: Enhanced Self Discovery Through Advanced Evidence