



Bio-Energy Testing Price Information

Resting and Active Test: **\$360—allow 1 ½ hour**

Resting Test Only: **\$185—allow 45 minutes**

Initial Bio-Energy testing is best-done with Resting and Active testing.

A Resting Test is only great for re-testing after modifying your lifestyle or starting a treatment program.

Scheduling your initial test requires a deposit. The deposit fee will apply towards your total amount due at the testing time and is refunded if you cancel the test with a two (2) business day notice. The deposit is forfeit if you cannot complete a Bio-Energy test due to not following instructions.

A consultation is highly recommended but not required. The cost of the test does not include the consultation fees.

The following are some instructions to prepare you for a Bio-Energy test on the day of testing:

Be sure that your diet and sleep patterns for the five days before the testing procedure are typical for you. If you develop an injury, cold, or flu, please call the office to reschedule your appointment.

Please wear loose-fitting, comfortable clothing and tennis shoes. Shorts are preferred. We will exercise you reasonably hard, but not to your maximum capacity.

Please ensure that you do the following on the day of testing:

- Drink at least 16 ounces of water
- As regularly scheduled, take all your prescription medications, including any hormones (thyroid, DHEA, estrogen, testosterone, HGH, etc.).
- Keep your activity level to a minimum. No exertion.

Please **DO NOT** do the following on the day of testing:

- Take any vitamins, non-prescription medications, or herbs
- Eat or drink anything except water
- Exercise
- Smoke
- Wear an underwire bra (for females)
- Wear lipstick (for females)

Bio-Energy testing involves using a pulmonary gas analyzer to measure real-time breath-by-breath oxygen consumption and carbon dioxide production. The analyzer sorts and analyzes an enormous amount of data and calculates your energy production dynamics under both resting and exercise conditions.

Relax, this is an easy test, and you can efficiently finish it!



In addition, you will also perform a Pulmonary Function Test and Body Composition (BMI) Test. Finally, the Bio-Energy testing computer will determine your biological age by matching your energy dynamics results with people of various ages.

A certified Bio-Energy Technician will briefly review your test results with you after the completion of the test. When scheduling the Bio-Energy test, you may schedule a consultation following the test or schedule it upon the completion of the test. Blood work is not required for the testing but will be needed if you schedule a consultation.

Please send us a message with your preferred contact information as well as what time of day you would like for us to contact you at frontoffice@anoptimalyou.com so that we may schedule your appointment or you may call us at (951) 461-3021.

For information on this or other services, please send us a message at frontoffice@anoptimalyou.com or contact us at (951) 461-3021.

We look forward to optimizing your health!

We treat patients in Murrieta, Temecula, Perris, San Jacinto, Fallbrook, Winchester, Wildomar, Hemet, and other surrounding cities in the Temecula Valley, CA.

Here at An Optimal You, we value every patient. Cancellations with short notice and missed appointments adversely affect our ability to accommodate patients. Therefore, An Optimal You has a cancellation policy for all initial and follow-up appointments.

A cancellation fee will apply if you do not cancel your appointment with at least two (2) business days' notice (a business day is Monday-Friday, non-holidays).

To avoid a cancellation fee, you must contact our office two (2) business days before your appointment to reschedule. (Of course, we do understand significant emergencies and encourage you to contact our office immediately if an unforeseen event occurs, and we will evaluate your situation on an individual basis)

For optimal treatment, communication is necessary. Therefore, any missed initial consultations (i.e., no contact with our office) will not be available for rescheduling. If an established patient misses two (2) appointments (i.e., no communication to our office regarding the need to cancel the appointment), then dismissal from the practice will occur.

We do our best to accommodate your needs and ask that you respect other patients by giving our office adequate notice when needing to reschedule an appointment.