

# An Optimal You Price Information

## Bio-Energy Testing:

Resting and Active Test: **\$350—allow 1 ½ hours**

Resting Test Only: **\$175—allow 45 minutes**

Initial testing is best done with Resting and Active testing.

Resting Test only is great for re-testing after you make modifications to your lifestyle or start a treatment program

A \$75 Deposit is required at the time of scheduling your initial test. This will apply towards your total amount due at the time of testing and is refunded if the test is cancelled with a 2-business day notice.

**No consultation is required but is highly recommended. Consultation fees are not included in the cost of the test.**

The following are some instructions to prepare you for a Bio-Energy test 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 are going to exercise you fairly 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
- Take all your prescription medications including any hormones (thyroid, DHEA, estrogen, testosterone, HGH, etc.) as regularly scheduled.
- 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 the use of 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 easily finish it!**

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

A certified RN will briefly review your test results with you after the test has been completed. When scheduling the Bio-Energy test you may choose to schedule a consultation following the test or schedule it once the test is completed. Blood work is not required for the testing but will be required 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](mailto:frontoffice@anoptimalyou.com), so 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](mailto: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 affects 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 appointments are not cancelled with at least a 2 business days' notice (a business day is Monday-Friday, non-holidays).*

*In order to avoid a cancellation fee, you must contact our office 2 business days before your appointment time 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 initial consultations that are missed (i.e. no contact with our office) will not be re-scheduled. If an established patient misses two appointments (i.e. no communication to our office regarding the need to cancel the appointment), that patient will be discharged from our practice.*

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