



## Testing FAQ's

### What are the benefits of testing?

#### It's accurate

Even though I'm pretty intuitive when it comes to symptoms, I don't like to guess. I like to have the backup of a physical test – because I'm not infallible, and I want the absolute best for my clients – so if I know FOR SURE that something isn't where it should be, then I can put a natural protocol in place that laser targets that specific imbalance.

#### It's personal

Every BODY is unique. This is why the 'one size fits all' standard medical approach doesn't work for everyone. What I aim to do is to get to the root cause rather than just manage your symptoms. Having a programme totally targeted for your own unique imbalances will help you get much quicker and more effective results – after all, that's what we're aiming for!

#### It's motivating

Having test results motivates you to stick to the programme. It's all well and good telling you to make some changes, but seeing it on paper makes it REAL.

#### It's measurable

Testing gives me a baseline so I can measure your progress from beginning to end. That's when I know that my programmes are working and how I am able to keep on improving.

### What makes my programmes unique?

My tests – I use state of the art functional tests that are not available on the NHS or in mainstream medicine to look for the root cause of your symptoms.

Here are some of the tests I use regularly;

- **Hormones;** I use the most accurate and sophisticated hormone test in the world today. It's a urine test measuring 4 samples over 24 hours. It gives us a comprehensive look at your sex hormone levels but also their metabolites.



This shows a much bigger picture of how hormones are actually behaving, and crucial information about what might be causing your symptoms. I also test adrenal hormones so that I can see how your body is dealing with stress (crucial for your other hormones).

- **Thyroid health;** The Thyroid pathway involves several different thyroid hormones. It's important to test all of the markers that can indicate a potential thyroid weakness or auto-immune condition so that we can address the root cause and not just the symptoms. I look at TSH, T4, T3 and thyroid antibodies to identify any weakness in your thyroid health. And I want you to be 'optimal' not just 'normal'.
- **Blood panel;** My Well Woman comprehensive blood screening panel includes markers that look at Full Blood Count, liver, kidney, heart, Diabetes, inflammation, key nutrients.
- **Gut health;** My stool test is the most comprehensive and advanced on the market. It utilises cutting-edge technology to provide a true DNA-based assessment of your gut microbiome from a single stool sample. Key markers include bacteria (beneficial and pathogenic), yeast, fungus, parasites, inflammation, enzyme status, immune markers.
- **DNA Genetic Testing** - a comprehensive nutrigenetics test that reports on gene variants in key biological processes that govern health and disease in the following areas; Lipid metabolism (heart health), Methylation, Detoxification, Inflammation and Oxidative stress, Insulin sensitivity, Bone health and Food responsiveness. It helps to identify genetic weaknesses in these pathways and so I can help improve, or mitigate these weaknesses using targeted diet, lifestyle and supplement interventions for better health, longevity, and disease risk mitigation.



**My Specialist knowledge** – these tests are super complex. I have invested time and money into gaining the specialist knowledge and experience to be able to properly interpret these tests and translate them into a personalised programme.

**My Personalised approach** – I offer a totally personalised service which is as unique as you are.

**My mission** – I want every woman to thrive, not just survive. To feel better than they did in their younger years. I strive for OPTIMAL not just NORMAL. So you can live your best life NOW, not later.

### Can my Doctor do these tests?

You can get some blood tests done with your Doctor.

Unfortunately, resources are limited so you may only get certain hormones looked at, and testing via blood just shows a snapshot of free hormones at that particular moment. Many doctors will tell you that there's no point testing your hormones as they are fluctuating throughout the month. I use urine tests not blood, as I get to see all your sex hormones and your adrenal hormones (plus their metabolites) over a 24 hour period. You also do the test in your luteal phase (if you still have a cycle) which makes it more accurate. Most doctors also don't have access to the state-of-the-art stool tests and DNA testing that is available to private practitioners.

### Why isn't this testing free?

- The state-of-the-art tests I use are not available on the NHS or within most mainstream health providers (excluding some blood tests). They are only available to private practitioners.
- I have invested heavily in education and training in nutrition, gut health and hormones. These tests are very complex and need expert interpretation.
- Each programme is bespoke to each individual client. There is no 'cookie cutter' general approach. You get a highly personalised and unique programme so that you get the best outcomes for your body and your health.



### **How much does it cost?**

Costs vary according to which tests you need, but prices for test packages start from £495 and go up to £2000. On more comprehensive packages, I offer payment plans over 3 months for those wanting to pay in stages.

### **Are your programmes covered by health insurance?**

No, and that is as frustrating for me as it is for you! In our medical system, it's mostly NHS regulated services that are covered. But this may change, and if you find a company that does cover it, please let me know.

### **How does it work?**

My test kits are sent to your home and once you've collected your samples, you just post them to the lab in the return packages. It's very straightforward and I give you full instructions on what to do. For the blood test I arrange a nurse visit or a local blood draw. All my support sessions and consultations are held online or on the phone. I can ship testing kits to most countries in the world (depending on local laws and customs regulations). Email me if you'd like more information on which countries we can ship to.

### **How can I sign up for this?**

Testing isn't something you should be buying off the internet! These tests are very complex and need trained specialists to understand and interpret them for you. I need to talk to you first to learn more about you and assess whether I can help you.

Simply email [chiara@chiaranutrition.co.uk](mailto:chiara@chiaranutrition.co.uk) and I will get an initial call arranged, free of charge.