

## Antioxidant Screening: What's your Number?

Dear Patient,

We are committed to improving your health and the best approach is to be proactive. We know that consumption of certain vitamins and carotenoid antioxidants:

- Decrease risk of cancer
- Decrease risk of cardiovascular disease and maintain healthy cholesterol
- Decrease risk of diabetic complications
- Slow the aging process
- Improve immune function
- Improve brain health and decrease risk of Alzheimer's
- Improve bone health
- Decrease exacerbations of autoimmune disease
- Improve sexual health
- Maintain good eye health, decrease risk of macular degeneration, cataracts, and glaucoma
- Improve skin, hair, and nail health

Various studies, including those from Yale University, have discussed the importance of abundant antioxidant levels. Even Dr. Oz devoted a show to this topic. Using the latest technology, our practice makes this biomarker **affordable** to everyone. Prior to this technology, measuring antioxidant levels required blood and cost several hundred dollars. Now, it is non-invasive, painless, fast, and inexpensive.

We have recently invested in this device and can now easily monitor your levels on a routine basis so you can work on improving your score with proper nutraceuticals, diet, and lifestyle. We can also tell you if your vitamins are working or not.

This is a relatively easy number to improve within a couple of months. We will rescan you in 60 days to see how you improve.

*If you do not wish to have this evaluation done please ask the office staff for a release to sign. To cover our cost, you will see a \$20 fee added to your office visit for the antioxidant screening. Screenings are not covered by your insurance.*