

# THE NUTRITION DOCTOR

Feel great in the skin you are in with a 360° degree body check from head to toe.



The Nutrition Doctor, August Bournovillespassage 1, 1055 Copenhagen

## Personalized health care.

Executive health checkups from head to toe to finetune your performance - whether in the boardroom or on the running field.

Our team is international and cross-disciplinary along with using the latest state-of-the-art equipment to give you a 360° degree feedback on your health.

We find the root cause of disease and detect early imbalances to prevent disease from happening.

No more one-size-fits-all health advice, because you are not one-size-fits-all.

**Our team:** Doctors + Nutritionist + Biochemists



**Clinical Nutritionist Christina Santini** is the face of the clinic and designs your program based on the cross-disciplinary team suggestions. Christina has 15+ years experience working with medical nutrition in NY LA + Copenhagen at private hospitals and executive health clinics.

## We treat

- Addictions + Eating disorders
- Autoimmune diseases
- Cancer
- Diabetes
- Digestion disorders
- Fertility
- Heart disease
- Men's sexual health
- Skin + Hair loss
- Toxin detox
- Weight+ Metabolism
- Women's health

## We offer

- Advanced lab testing A-Z
- Thermography - with the highest resolution available for the most accurate test result.
- Personalized nutrition
- Biological medicine

**Locations: Copenhagen + Los Angeles**

**Book your appointment today**

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## WANT TO KNOW WHAT YOUR BODY NEEDS? GET TESTED TODAY.

Each lab set is looked over by both a doctor + nutritionist to determine your next step.

**Amino Acids:** measures all amino acids in your body to determine nutrition needs. **Relevant for:** Skin + Beauty needs, Brain + Depression, Addictions + Eating Disorders, General health.

**Fatty Acids:** measures all 24 types of fatty acids incl. omega-3 vs. omega-6 ratio, AA/EPA ratio, transfat index, omega-3 index to figure out which fats you need for healthy hormones, glowing skin and bouncy hair. **Relevant for:** Skin + Beauty needs, Brain + Depression, Addictions + Eating Disorders, General health.

**Organic Acids:** measures neurotransmitters, mitochondria function, enzymatic deficiencies, vitamins like q10, c and b-vitamins along with oxalates, bacteria balance, candida and more. **Relevant for:** Gut disorders, Digestion, General health, Depression, Sleep, Gout, Gerd.

**Pesticide + Chemicals:** the only test that measures over 190 chemicals to determine your toxic body load. **Relevant for:** Cancer, Autoimmune diseases, Infertility + Low sperm quality.

**Glyphosate:** we test for the carcinogenic pesticide used in roundup separately. **Relevant for:** Cancer, Autoimmune diseases, Infertility + Low sperm quality.

**Mycotoxins:** mold exposure from food and water-damaged buildings can lead to toxic elevated levels of mycotoxins. **Relevant for:** Cancer, Autoimmune diseases, Migraine, Estrogen dominance, Weightloss resistance, Joint pain, Skin rashes, Liver.

**Streptococcus Antibodies:** this test screens for the two most common antibodies against streptococcus, DNase antibodies in serum (ADB) and antistreptolysin O titer (ASO). **Relevant for:** Rheumatic fever, Kidney disease (glomerulonephritis), PANDAS, Autism, Tourette syndrome, Tic disorder, Parkinson's, OCD.

**The DNA Methylation Pathway Profile:** screens for a variety of genetic changes (single nucleotide polymorphisms, or SNPs) that may impact the function of important biochemical processes. **Relevant for:** Insulin sensitivity, Bone health, Cancer, Heart health, Methylation, Detoxification, Mitochondrial function, Vitamin D function.

**IgG Food Allergy Test + Candida:** by measuring IgG antibodies specific to antigenic food proteins, it is possible to identify which foods may be responsible for hard-to-define symptoms. The 93 foods tested in the IgG Food Allergy Test w/ Candida include representatives of major food groups common in the western diet. **Relevant for:** Irritable bowel syndrome, Autism, ADHD, Cystic fibrosis, Rheumatoid arthritis, Epilepsy.

**Celiac Disease Test:** The TGAB test is a definitive test for Celiac Disease, a medical disorder characterized by a reduced ability to digest wheat. The disease causes a toxic effect from the protein gluten, found in wheat. Eating wheat causes destruction of the lining of the intestine for these individuals. **Relevant for:** Diarrhea, Short stature, Discolored dental enamel, Depression, Premature degeneration of the nervous system, Seizures, Arthritis, Nutritional deficiencies due to malabsorption, Abdominal distension.

**Heavy Metals + Minerals:** test for heavy metals along with minerals balance. **Relevant for:** Mental disorders, Depression, Liver issues, Thyroid + Metabolism, Diabetes, Heart Disease.

**Hormone + Cortisol Stresslevel:** we test for your hormone health and stress tolerance level via saliva as this is the only accurate method to test for active hormones. Blood test conventionally done measure both active and inactive. **Relevant for:** Men's health, Women's health, Stress, Sleep, Adrenal fatigue, Arrhythmia.