

# Larry Permen, Naturopathic Practitioner

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[www.newtraditionsh Healing.com](http://www.newtraditionsh Healing.com)

## Collecting and Transporting Your Urine Specimen

The urine contains a wealth of bio-chemical information. It is your metabolic diary. All bio-chemical processes of your body leave residues that eventually find their way to the urine. Thus, the urine specimen is ideal for measuring and monitoring your metabolic health.

### DIET INSTRUCTIONS

Drink 6 glasses of water for 3 days prior to catching urine specimen.

For my lab to obtain the clearest information from your urine specimen, follow these diet instructions for 2 full days prior to catching the urine specimen:

No nutritional supplements, unless prescribed by a physician.

No gum, breath mints, or candy.

No eating your known allergenic foods.

No artificial food colorings.

No artificial sweeteners, sweets of all kinds, or sugar.

No alcohol, coffee, black tea, and sodas.

No laxatives & bulking agents, unless prescribed by a physician.

No salt.

No beets, carrots, or berries.

No processed, adulterated, or junk foods. Only natural foods!

Eat meat or fish at two meals per day during these 2 days.

Drink a minimum of 6 glasses of water daily.

VEGETARIANS: In place of meat/fish please eat 6oz. of raw, unsalted pumpkin seeds per day.

## Collecting and Transporting Urine Specimen

- Use the specimen cup provided by our office.
- Catch only first morning's urine (after 3:00 a.m.) the day you bring/send it to us.
- Wait until mid-stream to catch the sample.
- Fill specimen cup to ½ full.
- Screw cap firmly in place to avoid leakage. Place in a baggie for protection.
- **Do not refrigerate the specimen.**
- **Keep specimen at room temperature.**

**IF YOU ARE SHIPPING SAMPLES TO US PLEASE: (DO NOT SHIP OUT ON THURS. OR FRI. WE DO NOT WANT THE SAMPLE TO SIT OVER THE WEEKEND AS IT MAY SPOIL)**

- **Do not tape or mark the Styrofoam container.**
- **Make sure preservative tablet is in the urine cup.**
- **Mail via Priority Mail or UPS 3 Day to:  
4564 Telephone Rd., #804, Ventura, CA 93003**