



Village Green Apothecary's Personalized Approach for Optimizing Mental Health

Precision Nutrient Therapy FAQs

Precision Nutrient Therapy Explained: Optimize Your Mental Health with Targeted Nutrition

Research shows that 95% of individuals with mental health disorders such as ADHD, schizophrenia, bipolar disorder, anxiety, clinical depression, behavior disorders, and autism have distinct biochemical imbalances. These imbalances, once accurately identified via lab testing, can be naturally corrected using targeted nutrients, resulting in significant improvements in mental well-being. Even if a mental health disorder runs in one's family, it does not mean that it is inevitable or irreversible. With the guidance of a skilled nutrition professional, Precision Nutrient Therapy offers a safe and effective approach for optimizing a person's brain chemistry based on their unique needs.

Q: What is Precision Nutrient Therapy?

A: Precision Nutrient Therapy is a natural means of supporting mental health using vitamins, minerals, and amino acids to address one's specific underlying imbalances and nutrient needs. Based on lab results and a detailed health assessment, key nutrients are recommended to help normalize the synthesis of brain chemicals, adjust activity at brain cell receptors, and defend against oxidative stress. Precision Nutrient Therapy is a highly personalized, targeted approach that can produce transformational results through the power of precise dosing, synergistic combinations, enhanced absorption, and increased compliance.

Q: Can Precision Nutrient Therapy be used with children?

A: Yes! Precision Nutrient Therapy can safely and effectively correct underlying imbalances in children, teens, and adults. Formulas are made specific to each person's needs and can be prepared either as capsules or in liquid form to meet individual preferences.

Q: How do I get started with Precision Nutrient Therapy?

A: Your first step is to order the [Precision Nutrient Therapy Program](#) on Village Green's website. This comprehensive lab test and consultation program includes:

- 1) Our Brain Chemistry Panel specialty lab test.
- 2) A detailed analysis of your Health Assessment Forms and interpretation of your lab test results.

- 3) A personalized action plan that includes recommendations for a customized nutrient formula.
- 4) A 30-minute phone consultation with a Village Green nutritionist to understand your results, discuss your individualized plan, and receive support and guidance.

Q: What specific biomarkers are included in the Brain Chemistry Panel, and why are these important for assessing brain health?

A: The Brain Chemistry Panel includes five important biomarkers, which are essential for accurately identifying imbalances in over 90% of individuals. These include four blood markers: plasma zinc, serum copper, ceruloplasmin, and whole-body histamine, as well as one urinary marker, a pyrrole analysis. These markers provide important insights into one's copper/zinc balance, methylation status, and oxidative stress levels—all key factors impacting brain health and mental well-being.

Q: What happens after I purchase the program?

A: Lab Test: After you purchase the program, you will receive an email from our partner lab, DHA Laboratory, within 1-3 business days. This email will include a requisition form to have your blood drawn at a LabCorp location convenient for you. In addition, a test kit for the urine collection (for the pyrrole analysis) will be shipped to your home. Follow the detailed instructions included in the kit to proceed.

Health Assessment Forms: You will receive an email that includes a link to fill out your health intake assessment forms.

Q: When and how will I receive my lab test results?

A: You will receive your test results via email in approximately 10 business days.

Q: Who will interpret my results and determine my nutrient needs?

A: Once your test results are in and your Health Assessment Forms have been filled out, everything will be reviewed and interpreted by a skilled healthcare practitioner. A detailed action plan will be created, which will include recommendations for your Custom Nutrient Formula. You will then schedule an appointment with a nutritionist to receive your therapeutic plan.

Q: How do I schedule my consultation?

A: You will receive an email to coordinate scheduling your 30-minute phone consultation with a nutritionist.

Q: What will happen during my consultation?

A: During your phone consultation, your nutritionist will provide you with a detailed overview of your test results, share with you your custom nutrient recommendations, and answer any questions that you may have. Your nutritionist will provide you with the support and guidance you need to implement your nutrient plan.

Q: How do I order my Custom Nutrient Formula?

A: After your consultation, your formula will be sent to our compounding lab for processing. The lab will reach out to you to discuss details such as directions for how to take your formula, when your order will be ready, your preference for receiving your formula (pick-up vs shipping), and for payment information. It is often advised that you start with a 30-day supply for your first formula. Then, you can order a 90-day supply. When refills are needed, you can reach out to your nutritionist or the compounding lab.

Q: What if I am taking prescription medications for mental health? Can I also take custom nutrients?

A: The nutrient therapies used in correcting biochemical imbalances can be safely taken alongside most prescription medications for mood disorders. However, open communication and collaboration with your doctor is very important, as medication dosages may need to be adjusted. This is especially critical if your goal is to wean off your medication. There can be serious risks stopping medication without guidance. Working with your doctor ensures a very safe and gradual reduction.

Q: When should I do a retest of the Brain Chemistry Panel?

A: Regular follow-up appointments with your nutritionist is key for ongoing support and fine-tuning your nutrient formula. It is important to note that Precision Nutrient Therapy can take time, and consistency is critical. We recommend that you retest after 3-6 months to help determine if any adjustments to your formula are necessary. Then, retesting annually is recommended.

Q: When should I notice improvements?

A: Response time varies from person to person and depends on the specific imbalances being addressed. Some individuals experience benefits within a week of starting their nutrients; however, generally, with good compliance, steady improvements often occur within 2-3 months. Sometimes, certain imbalances can take up to 6 months to reach full effectiveness.

Q: Once I feel better, can I stop taking my nutrient formula?

A: It is important that you consult with your nutritionist about your unique needs. Because many mental health conditions often involve inherited imbalances of specific nutrients (vitamins, minerals, and amino acids) that alter neurotransmitter activity, ongoing daily nutrient support is often necessary to correct imbalances.

Have any additional questions? Schedule a free 15-minute consultation with a Village Green nutritionist. [Book your appointment](#) on our website today!