

Finally Understand **Why** You Don't Feel Well

Discover the cause of your symptoms. You already did the blood work. You already saw multiple doctors. Everything keeps coming back "normal" — yet you still know something is not right.

Physician Supervised

CLIA-Certified Lab

Results in 7-14 Days

EN / ES

— WHY THIS MATTERS

Symptoms That Deserve a Deeper Explanation

Symptoms like constant fatigue, migraines, digestive problems, trouble losing weight, hormonal imbalance, brain fog, anxiety, low mood, hair loss, constipation, bloating, slow recovery, and unexplained inflammation can all have deeper causes that routine labs may not uncover.

Fatigue

Migraines

Bloating / IBS

Hormonal Imbalance

Brain Fog

Weight Resistance

Hair Loss

Anxiety & Low Mood

At Viva Medical, we take preventive health seriously because we truly believe a better quality of life is possible. Our advanced testing is designed to look beyond common laboratory panels to uncover hidden deficiencies, hidden aggressors, cellular imbalance, inherited patterns, and deeper physiologic stressors that may be affecting how your body functions every day.

These are specialized tests. They are not typically included in routine wellness panels, and they are not commonly available through every provider. A full cellular nutrition and methyl detox workup is generally not part of standard insurance-covered preventive screening, which is why many patients choose to access these evaluations as self-pay when they want answers that routine care has not provided.

That is exactly why they can be worth doing. They may help explain why symptoms persist, identify what your body is missing, reveal what may be working against you, and support a more targeted plan for prevention, recovery, and long-term quality of life.



This is not about ordering "extra labs." It is about finding answers, uncovering deficiencies, identifying aggressors, and protecting your future health.

— UNDERSTANDING YOUR OPTIONS

Why This Is Different from Regular Blood Work

Why this matters: Many common symptoms — fatigue, constipation, hair shedding, brain fog, migraines, bloating, low mood, slow recovery, and stubborn weight or hormone issues — can be linked to nutritional insufficiency, inflammation, impaired nutrient utilization, genetic susceptibility, or ongoing exposure to internal and external stressors. The earlier these patterns are identified, the more opportunity you have to improve quality of life and reduce future risk.

Routine wellness bloodwork is important. But standard checkups usually do not tell you whether your cells are using nutrients efficiently, whether you carry common variants that influence methylation and detox biology, whether certain foods may be provoking cellular stress, whether histamine is building up, whether the intestinal barrier is under strain, or whether biological aging may be accelerated.

That is one reason patients can feel unwell for years while hearing that everything looks "fine." In many cases, it is not that nothing is wrong — it is that the right layer has not been evaluated yet.

What Routine Labs Often Miss

- × "In-range" values that do not explain how you feel
- × How your body handles folate, stress chemistry, detox pathways, and histamine
- × Why one patient improves with a supplement or diet change and another does not
- × Whether your cells are using nutrients efficiently
- × Whether certain foods may be provoking cellular stress
- × Whether biological aging may be accelerated

What Advanced Testing Can Uncover

- ✓ Functional nutrient gaps and hidden inflammatory triggers
- ✓ Genetic differences and biochemical patterns that can personalize care
- ✓ Differences in nutrient processing, tolerance, exposures, and symptom triggers
- ✓ Individualized biology that explains your unique response
- ✓ Hidden deficiencies driving chronic symptoms
- ✓ Actionable root causes your doctor can target

What Makes Our Approach Different

We believe better quality of life is possible — and preventive health should start before disease becomes harder to reverse.

- We do not stop at "normal" routine labs — we ask how your cells are functioning and what may be silently stressing your system
- We focus on root causes your doctor can act on: nutrient utilization, methylation, detox balance, gut-immune health, food-triggered inflammation, histamine processing, and biological aging
- We look at things regular labs can't see: whether your body is absorbing the vitamins you take, if genetic variants make it harder to manage stress, and why certain diets don't work for you

What Hidden Deficiencies Can Feel Like:

- Low energy and burnout — feeling tired all the time, even after a full night's sleep
- Hair shedding and poor recovery after illness or exercise
- Constipation, bloating, and digestive discomfort
- Headaches, migraines, and brain fog that won't clear
- Low mood, anxiety, and irritability
- Slower metabolism and difficulty losing weight no matter what you try
- Low immune resilience — getting sick often or recovering slowly
- Fertility or hormone concerns your doctor can't fully explain
- A sense that your body is not responding the way it should
- Taking many supplements but still feeling the same

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Knowing your deficiencies and knowing your hidden stressors can change the way you care for your body.



Your Privacy Is Protected

Federal law (GINA) makes it illegal for employers or insurance companies to discriminate against you based on genetic test results.



Your Data Is Never Sold

Unlike consumer DNA kits, your genetic information stays strictly between you and your doctor. We never share it with third parties.



Medical-Grade Testing

Our partner labs are CLIA-certified, the same standard hospitals use. This is real clinical testing, not a mail-order DNA kit.



A Real Doctor Reviews Everything

A licensed physician personally reviews every result with you and explains exactly what it means for your health — in plain language.

— PREVENTION IS POWER

Why Early Detection Matters

When hidden deficiencies and hidden aggressors remain undetected for years, the body can stay under chronic stress. That may reduce quality of life and increase long-term vulnerability over time. Deficiencies and stress patterns can quietly build for years before they are obvious on routine care.

Long-standing low iron stores, low B12/folate, low vitamin D, low zinc, low antioxidant reserve, ongoing inflammatory foods, histamine issues, gut barrier stress, or poor detox balance can leave patients feeling "off" while still being told their routine labs are fine. Over time, these patterns can contribute to lower resilience, poorer quality of life, slower recovery, and a greater burden of symptoms that interfere with work, mood, relationships, and long-term health.

The earlier you understand what your body needs — and what may be working against it — the greater your opportunity to act before symptoms progress into chronic disease.

— FIND YOUR STARTING POINT

How to Choose Your Test

The best starting point depends on your symptoms, your goals, and how comprehensive you want your first evaluation to be. Use the guide below to see which test best matches your main concerns.

Fatigue, Brain Fog, Hair Loss, Low Ferritin

When you feel depleted despite eating well and taking supplements. You need to understand what your cells are actually absorbing.

Recommended: CNA

Body Responds Differently to Vitamins, Stress, Medications

When standard supplements don't seem to help and you want lifelong genetic answers about how your body is wired.

Recommended: Methyl Detox

Bloating, IBS, Food Reactions, Chronic Inflammation

When your gut has been off for a long time and you suspect foods or immune activation are driving your symptoms.

Recommended: ALCAT and/or CICA

Migraines, Flushing, Hives, Congestion, Nausea

When you feel worse after certain foods, alcohol, or stress and suspect histamine may be part of the problem.

Recommended: DAO / Histamine Panel

Longevity, Prevention, Biological Aging

When you want to understand not only what is wrong today, but also what your body may be telling you about long-term resilience and healthy aging.

Recommended: Telomere Length

— WHAT YOU MIGHT NOT KNOW

Conditions Genetic Testing Can Uncover

Many patients come to us for one symptom and discover underlying genetic factors they never knew about. These are real conditions our tests detect — things that standard blood work simply cannot see.



MTHFR Gene Variants

Affects up to 40% of people. Impairs how your body processes folate and B vitamins — linked to fatigue, anxiety, depression, migraines, and pregnancy complications. Most people carry this and never know.

• DETECTED BY METHYL



Silent Celiac Disease

You may carry the HLA-DQ2 or DQ8 genes for celiac disease without the classic stomach symptoms. Instead, it can show up as anemia, bone loss, skin rashes, brain fog, or chronic fatigue.

• DETECTED BY CICA



Histamine Overload

DAO enzyme gene variants mean your body can't break down histamine properly. Triggers include wine, aged cheese, fermented foods — causing headaches, hives, nasal congestion, and digestive distress.

• DETECTED BY HISTAMINE PANEL



Cardiovascular Genetic Risk

The AHCY gene variant affects homocysteine clearance — elevated levels silently damage blood vessels and increase heart attack and stroke risk, even when cholesterol looks normal.

• DETECTED BY METHYL



Hidden Nutrient Malabsorption

Your blood levels may show normal, but your cells are starving. Cellular-level testing reveals if vitamins B12, D, folate, magnesium, and zinc are actually reaching where they're needed — not just floating in your blood.

• DETECTED BY CNA



COMT & Stress Hormone Buildup

A slow COMT gene means your brain clears dopamine and adrenaline too slowly. Result: you feel wired but tired, anxious over small things, can't "turn off" at night, and crash after stress.

• DETECTED BY METHYL



Impaired Detoxification Pathways

Your liver uses methylation to clear toxins, hormones, and medications. Gene variants in MTR/MTRR pathways can slow this process, causing chemical sensitivity, hormonal imbalances, and feeling "toxic" after certain foods or environments.

• DETECTED BY METHYL



Invisible Food Immune Reactions

Unlike allergies (which are immediate), food sensitivities trigger delayed immune responses 24–72 hours later. You eat something Monday, feel terrible Wednesday, and never connect the two. ALCAT testing maps exactly which foods trigger your inflammation.

• DETECTED BY ALCAT



Accelerated Biological Aging

Your calendar age and your cellular age can be very different. Telomere length testing reveals if your cells are aging faster than they should — a reversible condition with the right interventions in diet, supplements, and lifestyle.

• DETECTED BY TELOMERE

Start With One of These Three Tests

These are the tests we recommend most often. Each one looks at a different part of how your body works, and your doctor will help you choose the right one (or combination) based on your symptoms and goals.

MOST POPULAR

Cellular Nutrition Assay

Find out exactly which vitamins and minerals your body is actually using — not just what's in your blood.

WHAT YOUR DOCTOR WILL LEARN

- Whether you're low in key vitamins like B12, D, folate, and B6
- If important minerals (magnesium, zinc, iron) are reaching your cells
- How well your body uses amino acids and healthy fats
- Your antioxidant levels — how well your body fights aging and damage
- Over 40 nutrients tested at the cellular level, not just in blood

You may benefit if you have: Constant tiredness, low energy, unexplained deficiencies, or interest in healthy aging

\$399 / session

or \$249 add-on with another panel

BRAIN & MOOD

Methyl Detox Profile

About 40% of people carry a gene variant called MTHFR that affects mood, energy, and detox — most never know.

WHAT YOUR DOCTOR WILL LEARN

- MTHFR gene — affects how your body processes B vitamins (important for energy and mood)
- MTR & MTRR genes — control how you use B12 and folate
- COMT gene — affects how your brain handles dopamine and stress hormones
- AHCY gene — relates to heart health and how your body clears toxins

You may benefit if you have: Brain fog, mood changes, anxiety, trouble sleeping, or family history of heart disease

\$349 / session

or \$249 add-on with another panel

Celiac, IBS & Crohn's Array

Your stomach has been bothering you for years but nothing shows up on tests. This panel finds what standard labs miss.

WHAT YOUR DOCTOR WILL LEARN

- Whether you carry the genes for celiac disease (a condition where gluten damages your gut)
- If your body is producing antibodies against certain foods without you knowing
- Whether you have genetic markers linked to Crohn's disease or IBS
- Hidden gut inflammation that may be causing symptoms in other parts of your body

You may benefit if you have: Bloating, stomach pain, reactions to foods, skin issues, or suspected food sensitivities

\$399 / session

or \$299 add-on with another panel

1

Cellular Nutrition Assay (CNA)

A deeper look at what your cells may actually be missing.

Most routine laboratory tests measure nutrients in the bloodstream at a single point in time. The Cellular Nutrition Assay is different: it is designed to explore how your cells respond across a broad panel — roughly 40 to 50 vitamins, minerals, and antioxidant-related inputs, based on the panel offered in your program.

That matters because many people live for years with chronic nutrient deficiencies without knowing it. Even if they "eat well," their bodies may not be absorbing, activating, transporting, or using nutrients correctly. Digestive problems, chronic stress, inflammation, medications, and genetic differences can all change nutrient needs.

This test helps your physician move beyond guesswork. Instead of asking only what you are taking, it helps explore what your body may truly need at the cellular level.

SYMPTOMS THAT MAY INDICATE A NEED FOR CNA

- Persistent fatigue or low stamina
- Hormonal imbalance or slower recovery
- Weaker immune resilience and slower repair
- Brain fog, poor focus, or low resilience
- Low ferritin/iron-related patterns including hair shedding

SCIENTIFIC BACKGROUND

Nutrient status is clinically relevant to immune function; low ferritin is commonly assessed in diffuse hair loss; and vitamin B12 deficiency can overlap with fatigue, neurologic, and neuropsychiatric symptoms.



It is not just what you eat — it is what your body can actually use.

2

Methyl Detox Profile

A once-in-a-lifetime map of how your body may process vitamins, toxins, hormones, and stress signals.

Your genes do not change. That makes this one of the most valuable long-term tests in the entire protocol. The Methyl Detox Profile is designed to help you understand, often for the first time, how your body may uniquely process vitamins, clear toxins, regulate hormones, produce neurotransmitters, and respond to stress.

This profile examines key genetic variants (SNPs) linked to methylation pathways such as MTHFR, neurotransmitter-related pathways such as COMT, detoxification pathways such as GSTM1, NAT2, and selected CYP450 patterns, histamine-related pathways such as DAO, and broader stress and hormone-related biology.

Why is that important? Because two people can eat the same foods, take the same vitamins, and try the same treatment — and still get completely different results. One major reason is biological individuality.

Real-world example: A patient may take folic acid, a standard B-complex, or common supplements and still not feel better. If that patient carries a lower-activity MTHFR variant, folate metabolism and homocysteine handling may be less efficient. The form of a vitamin can matter — and so can the rest of the pathway around it.

SYMPTOMS THAT MAY INDICATE A NEED FOR METHYL DETOX

- Chronic fatigue or low drive
- Migraines, brain fog, or poor concentration
- Hair loss, ferritin-related concerns, hormonal imbalance
- Neuropsychiatric symptom burden
- Metabolic imbalance and accelerated biological wear
- Anxiety, depression, irritability, or poor stress tolerance
- Constipation, digestive discomfort
- Cardiovascular risk patterns
- Immune stress and autoimmune vulnerability

What you gain: A better understanding of which vitamins may be needed and in what forms. A clearer picture of what to avoid. A more personalized plan for detoxification, metabolism, stress support, and prevention. A root-cause explanation for why prior approaches may not have worked.

SCIENTIFIC BACKGROUND

MTHFR is a central enzyme in one-carbon metabolism and folate/homocysteine pathways; lower-activity variants can affect homocysteine handling.



This is not just another test. It is the map that helps explain why your body responds differently — and how to optimize it for life.

3

ALCAT Food Sensitivity

When foods that look healthy on paper may still be acting like hidden aggressors.

You may be eating "clean" and still feel inflamed, bloated, foggy, tired, or headachy. ALCAT is used as a structured tool to explore whether certain foods or food-related exposures may be contributing to your symptoms.

This is different from classic allergy testing. The goal is not to diagnose emergency allergy. The goal is to investigate whether specific foods may be acting like silent inflammatory triggers. When likely triggers are identified, your physician can help guide a more targeted elimination strategy.

SYMPTOMS THAT MAY INDICATE A NEED FOR ALCAT

- Bloating, abdominal discomfort, or IBS-like symptoms
- Skin flares, fatigue, or body pain patterns
- Migraines or feeling unwell after meals
- Difficulty losing weight while feeling inflamed

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What you eat may be helping you — or silently working against you.

4

CICA Gut-Immune Assessment

Because the gut can influence immunity, inflammation, hormones, and even how you feel mentally.

The gut is not only about digestion. It is one of the body's major immune interfaces. CICA is designed to explore patterns related to gut inflammation, immune activation, and intestinal barrier stress — including patterns often described as "leaky gut."

What is intestinal permeability? The intestinal lining should act like a selective barrier. When that barrier becomes more permeable, unwanted material may cross more easily and stimulate the immune system.

SYMPTOMS THAT MAY INDICATE A NEED FOR CICA

- Bloating, gas, constipation, diarrhea, or irregular digestion
- Ongoing immune activation or inflammatory patterns
- Fatigue, brain fog, or skin issues without a clear reason
- Mood and stress effects through the gut-brain connection

SCIENTIFIC BACKGROUND

Intestinal barrier dysfunction has been linked in reviews to chronic inflammation and may play a role in autoimmune and inflammatory disorders.



If the gut barrier is not doing its job well, the whole body may feel the consequences.

5

Histamine Intolerance / DAO

When symptoms do not look like allergy — but histamine may still be part of the story.

DAO (diamine oxidase) is a key enzyme involved in breaking down histamine, especially from foods. When histamine is not degraded well, patients may develop histamine intolerance.

SYMPTOMS THAT MAY INDICATE HISTAMINE INTOLERANCE

- Migraines or frequent headaches
- Bloating, nausea, diarrhea, or IBS-like symptoms
- Flushing, itchiness, hives, congestion, or "allergy-like" reactions
- Worsening after alcohol, fermented foods, or some medications

SCIENTIFIC BACKGROUND

Reviews describe DAO as central to histamine degradation and note that low DAO activity can be associated with migraine, gastrointestinal, and allergy-like symptom patterns.

6

Telomere Length

A prevention-focused look at biological aging and long-term cellular wear.

Telomeres are protective structures at the ends of chromosomes. Over time, they tend to shorten with age and cumulative stress. Telomere testing does not predict the future with certainty, but it can provide a useful lens on biological aging.

It is useful in longevity and prevention conversations. It helps frame aging as something to assess earlier. And it can support a more proactive discussion around recovery, resilience, and long-term health.

SCIENTIFIC BACKGROUND

Telomere length is widely studied as a biomarker of biological aging and age-related disease risk.



Prevention is strongest when you look ahead — not only when disease has already appeared.

— RECOMMENDED COMBINATIONS

Test Combinations From Our Clinical Protocol

Based on the patterns we see most frequently, these are the combinations our physicians recommend as starting points for different clinical goals.

Comprehensive Foundation Evaluation

CNA METHYL DETOX CICA

The most complete starting evaluation. Covers cellular nutrition, genetic methylation and detox pathways, and gut-immune health in a single protocol.

Inflammation & Food Trigger Focus

CNA ALCAT CICA

For patients whose primary concerns involve digestive symptoms, chronic inflammation, food reactions, and nutrient status.

Migraine / Histamine Focus

DAO ALCAT METHYL DETOX

When migraines, flushing, hives, or congestion are the dominant concern, combined with food triggers and methylation pathways.

Longevity & Prevention Focus

METHYL DETOX CNA TELOMERE

For patients focused on proactive health, biological aging assessment, and building a personalized prevention protocol before disease appears.

— SAVE WHEN YOU BUNDLE

Combo Packages

When you order more than one test during the same visit, you get a lower price on additional panels. Your doctor will recommend the best combination for your needs.

SAVE \$50

Foundation Bundle

Your complete health baseline

CNA — Cellular Nutrition Methyl Detox Profile

See what nutrients your body needs and how your genes affect your mood, energy, and ability to process vitamins. A great starting point if you're new to genetic testing.

BUNDLE TOTAL

\$698 /session

SAVE \$50

Gut + Nutrition

Optimize what you eat and how you absorb it

CNA — Cellular Nutrition CICA — Celiac, IBS & Crohn's

If stomach problems or food reactions are affecting your daily life, this combination shows you exactly what's going on — both at the nutrient level and in your gut.

BUNDLE TOTAL

\$748 /session

BEST VALUE

SAVE \$100

Complete Evaluation

Full-spectrum precision medicine in one visit

CNA — Cellular Nutrition

Methyl Detox Profile

CICA — Celiac, IBS & Crohn's

Our most popular option. Three tests in one visit that cover your nutrition, your genes, and your gut health. This gives your doctor the most complete picture to build a personalized health plan for you.

BUNDLE TOTAL

\$1,047 / session

— FULL MENU

More Panels Available

All tests ordered and supervised by our physicians. Add-on pricing when combined with another panel.

Histamine Intolerance

NEW

Tests DAO/AOC1 gene variants controlling histamine breakdown — linked to headaches, flushing, and reactions to wine or aged foods.

\$299

/ session - add-on \$199

Telomere Length

Measures your biological age at the cellular level. Shorter telomeres signal accelerated aging — a key longevity marker.

\$249

/ session - add-on \$149

ALCAT Food Sensitivity — 100 Foods

Measures immune response to 100 common foods. Identifies which foods trigger your inflammation.

\$395

/ session

ALCAT — 150 Foods

Expanded panel: grains, dairy, proteins, fruits, and vegetables for a broader picture.

\$479

/ session

ALCAT — 200 Foods

Comprehensive 200-food immune panel — a complete map of your inflammatory triggers.

\$549
/ session

ALCAT — 250 Foods

Our most extensive ALCAT — 250 foods including herbs, additives, and specialties.

\$679
/ session

Triple Concerto — The Complete Trio

COMBO SAVINGS

ALCAT + CNA + Methyl Detox combined at significant savings. Covers immune food reactions, cellular nutrition, and methylation pathways — a complete perspective on foods to avoid, nutrients to prioritize, and supplements to personalize.

Ask for pricing — significant savings when bundled

— SEE BEFORE YOU DECIDE

What Your Results Look Like

Your results aren't a confusing spreadsheet. They're clear, visual reports that your doctor walks through with you, explaining every finding in plain language.



SAMPLE REPORT IMAGE

CNA

Nutrient Deficiency Map

Color-coded chart showing which of 40+ nutrients are optimal, borderline, or deficient at the cellular level. Green means your cells are getting enough; red means they're starving — even if blood tests say "normal."



SAMPLE REPORT IMAGE

METHYL

Gene Variation Results

Each gene tested shows your specific variant (normal, heterozygous, or homozygous) with a clear explanation of what it means for your health. Your doctor translates these results into a specific supplement and lifestyle protocol.



SAMPLE REPORT IMAGE

ALCAT

Food Sensitivity Color Chart

Every food tested is sorted into green (safe), yellow (moderate reaction), orange (avoid temporarily), and red (strong reaction). You'll know exactly which foods to eliminate and which are safe — no more guessing.

These are representative samples. Your actual report will be reviewed in person by your physician during your follow-up appointment.

— WHO MAY BENEFIT

Is This Right for You?



Patients with persistent fatigue, migraines, digestive symptoms, brain fog, hormonal imbalance, hair loss, low ferritin patterns, or weight resistance — symptoms that persist despite standard care.



Patients whose routine workups have not fully explained how they feel — when everything comes back "normal" but you know something is not right.



People who want a more personalized approach to vitamins, food triggers, detox support, and prevention — moving beyond one-size-fits-all recommendations.



People who take longevity and quality of life seriously before disease progresses — proactive patients who want to act early rather than react late.

— REAL STORIES

People Just Like You

1

"Everything Looks Normal" But You Still Feel Off

You've done the labs. Your doctor says everything looks fine. But you know your body — something isn't right. Genetic testing finds answers that regular blood work simply cannot see.

2

You're Tired All the Time or Can't Think Clearly

Constant fatigue, brain fog, difficulty concentrating, or mood swings that don't go away no matter how much you sleep or how well you eat. Your genes could explain why.

3

You Can't Lose Weight No Matter What You Try

You've tried diets, exercise, and supplements. Nothing works the way it should. Your DNA may reveal that your metabolism works differently — and needs a different approach.

4

You Have a Family History That Worries You

If heart disease, autoimmune conditions, thyroid problems, or cancer run in your family, genetic testing helps you understand your personal risk — and take action before problems start.

5

Your Stomach Hasn't Been Right for a While

Bloating after meals, reactions to foods you used to eat fine, unexplained skin issues, or just an overall sense that your digestion isn't working like it should.

6

You Want to Be Proactive About Your Health

You don't have to wait until you're sick. Many patients use genetic testing to build a personalized wellness plan — knowing exactly which supplements, diet, and lifestyle changes will work best for their unique biology.

— SIMPLE PROCESS

How It Works

1

Book a Consultation

You'll sit down with your doctor, talk about what you've been experiencing, and together decide which test or combination is right for you.

2

Sample Collection

A quick blood draw or cheek swab, done right in our clinic by our staff. Most patients are done in about 15 minutes. No outside labs needed.

Results & Your Protocol

Within 7 to 14 days, you'll come back to meet with your doctor who will explain every finding in plain language and give you a clear, personalized plan — including specific supplement recommendations, dietary changes, and follow-up steps.

— WHY CHOOSE US

Why Do This Test at Viva Medical Center

You can order a DNA kit online for \$99. But what you get is raw data — no doctor, no plan, no follow-up. Here's why patients choose us instead.



A Real Doctor — Not an Algorithm

A licensed physician reviews your results personally and sits down with you to explain every finding. You're not reading a PDF alone at home trying to Google what "heterozygous MTHFR C677T" means.



You Leave With a Plan — Not Just Data

Your doctor creates a personalized protocol with specific supplement brands and dosages, dietary changes based on your genetics, and a timeline for follow-up. This is a treatment plan, not a curiosity report.



Bilingual Care — English & Spanish

Our entire staff speaks English and Spanish fluently. Your consultation, results review, and follow-up instructions are all available in the language you're most comfortable with. No interpreters needed.



Everything Happens in One Place

Consultation, sample collection, lab processing, and your results review — all coordinated by us. You don't drive to a separate lab, wait for a mailed kit, or chase down results. We handle everything.



Your Data Stays Private — Period

Consumer DNA companies sell your data to pharmaceutical companies and research firms. We never share your genetic information with anyone. It's part of your protected medical record, covered by HIPAA and GINA federal law.



Follow-Up Is Built In — Not Extra

The price includes your follow-up appointment. Your doctor doesn't just hand you a report and say "good luck." They walk you through it, answer every question, and create your action plan before you leave the office.



Serving the Doral & Miami Community Since Day One

We're not a faceless online company. We're your neighbors at 8200 NW 27th St in Doral. When you have questions next month or next year, you call us directly at (305) 209-0001 and talk to the same team that knows your history.

— BEFORE YOU BOOK

Frequently Asked Questions

Q What's included in the price?

Everything. The consultation with your doctor, the sample collection (blood draw or cheek swab), laboratory processing at a CLIA-certified lab, the full results report, and a follow-up appointment where your physician explains every finding and creates your personalized protocol. No hidden fees.

Q Does insurance cover genetic testing?

Most insurance plans do not cover elective genetic wellness testing. However, we offer competitive self-pay pricing and can provide a superbill (itemized receipt) that you can submit to your insurance for possible reimbursement. Many patients find the out-of-pocket cost well worth the lifetime answers.

Q Is the sample collection painful?

Not at all. Most tests require a simple blood draw (like any routine lab) or a painless cheek swab. The entire collection takes about 15 minutes, and it's done right in our clinic by our trained staff. No fasting required for most panels.

Q How is this different from 23andMe or AncestryDNA?

Consumer DNA kits focus on ancestry and basic traits. Our tests are medical-grade, processed in CLIA-certified labs (the same standard as hospitals), ordered by a licensed physician, and designed to create actionable health protocols. Your data stays between you and your doctor — it's never sold to third parties.

Q Do I need a referral from another doctor?

No referral needed. You can book a consultation directly with us. During your visit, our physician will evaluate your symptoms and health goals to recommend the most appropriate test or combination for you.

Q What happens after I get my results?

Your doctor schedules a follow-up where they walk you through every finding. You'll leave with a clear, personalized protocol: specific supplements (with exact brands and dosages), dietary changes tailored to your genetics, lifestyle adjustments, and a recommended timeline for re-testing to track your progress.

Q Can I combine tests from different categories?

Absolutely. In fact, we encourage it. When you add a second or third panel during the same visit, you get significant add-on savings. Your doctor will help you pick the combination that gives you the most complete picture based on your symptoms.

Q Will my genetic results ever change?

No — and that's the power of this testing. Your DNA doesn't change, so you only need to test once for genetic panels (METHYL, CICA, Histamine). Cellular tests like CNA and ALCAT measure current function and can be retested periodically to track improvements after following your protocol.

— SELECTED SCIENTIFIC BACKGROUND

Evidence-Informed Approach

The testing protocols offered at Viva Medical are informed by peer-reviewed literature and established clinical guidelines.

- 1 *NIH Office of Dietary Supplements: nutrient status and immune function.*
- 2 *Clinical guide literature on serum ferritin in patients with hair loss.*
- 3 *Review literature on neuropsychiatric manifestations of vitamin B12 deficiency.*
- 4 *Recent review literature on MTHFR, one-carbon metabolism, folate pathways, and homocysteine handling.*
- 5 *Review literature on intestinal barrier dysfunction, chronic inflammation, and autoimmune/inflammatory disease processes.*
- 6 *Recent review literature on DAO, histamine degradation, and histamine intolerance symptom patterns.*
- 7 *Current literature studying telomere length as a biomarker of biological aging and age-related disease risk.*

Discover the Cause. Uncover Deficiencies. Take Prevention Seriously.

Better health is not only about treating disease after it appears. It is about identifying the patterns that often come first. By looking beyond routine labs, we help patients and physicians uncover what may be driving symptoms, personalize the next step, and act earlier.

 **(305) 209-0001**

Or book online at vivacenters.com/appointment

< [Return to vivacenters.com](https://vivacenters.com)

Viva Medical Center

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