

Nutrition Connection Balance (NCB)

Valerie Sayre, RD, LDN, IMD
Registered and Licensed Dietitian
Medical Exercise Specialist
Reiki Master
Kent Sayre, CNC, NASM



303 Garrison Ave
Port St. Joe, FL 32456
850-227-7931
Fax: 850-227-7932

ncbteam@nutritionconnectionbalance.com
www.nutritionconnectionbalance.com

Mental Health Clinic Testing Information

2025 Dates: 2/19/25 & 7/30/25 (price subject to change)
\$455.00

1. What is Mental Health Testing? A simple and non-evasive, detailed urine testing that **shows 26 markers** to help mood disorders, fatigue, sleep issues, headaches, inflammation, fatigue, mental health in all areas, cognitive & various symptoms.
2. Here are just some of the conditions and symptoms that could be helped by mental health testing:
 - Depression**
 - Low motivation/apathy**
 - GI Depletions**
 - Anxiety**
 - Obsessive Compulsive Disorder (PTSD)**
 - Phobias**
 - Addictions**
 - Low patience & irritability**
 - Headaches**
 - Sleep dysfunction**
 - Brain and Cognitive conditions & diseases**
 - Medication & OTC Adjustments or Better**
 - Inflammation, Pain and "Swelling"**
 - Metabolism**
 - ADD & ADHD**
 - Fatigue**
3. Go to www.nutritionconnectionbalance.com , under "education" and watch the "Moods & Nutrition" clinical lecture by Valerie Sayre to understand more and get many tips about how to stay happier and mentally healthier!
4. Participants will need to call our office @ 850-227-7931 or e-mail NCB:
ncbteam@nutritionconnectionbalance.com to provide demographic information and credit card

information to register for the workshop and receive the testing kit ***at least 5-6 weeks or more before the workshop date so their personal results will be back in time for the clinic date.***

5. You will receive an email with handouts, a recorded webinar from NCB clinician and your individual results and goals between 11 am – 5 pm on the testing clinic date or sooner.
6. The **\$455.00 registration fee** is due when you call the office for the kit or pay on our website. This includes a copy of your results by e-mail and an information sheet, a therapy handout and group webinar recording that is good for 30 days from the clinic date.
7. **Easy instructions: collect 4 urine strip samples: upon waking, 2 hours after waking, before dinner and before bed. Do not eat or take supplements until after the 2nd urine sample is collected. Do not drink more than 8oz of water the hour before each urine collection. Samples must be fully dry when packaged to ship.**

It's takes approximately 3-4 weeks or MORE for the results to come back due to mail unreliability! Be sure the lab receives your samples no later than 5-6 weeks before your clinic date!

There are no cancellations or refunds for any reason, and you can NOT move to another testing clinic or send in an old kit. Purchasing a kit for this clinic means it must be sent in for this clinic.

8. **Important:** The therapies (supplements, foods and powders) at Nutrition, Connection, Balance (NCB) are used and brought in through my verification and food science degree. MOST importantly, they have shown clinical effectiveness with thousands of our NCB clients; therefore, if you do have issues with your levels or your body is unresponsive to something, we know that it is not the supplement but that your body needs a different dose or therapy to achieve balance. We STRONGLY advise you to order any recommended over the counter supplements directly from Nutrition Connection Balance/NCB at [850-227-7931](tel:850-227-7931) or e-mail your order ncbteam@nutritionconnectionbalance.com after the results session for your individualized deficiencies and imbalances. A NEW updated of "Supplement Guideline" sheet has been included with your e-mailed individual test results. Please review the handout and the recorded lecture on www.nutritionconnectionbalance.com under "education" about "The Right Supplements".
9. If you are interested in Juice Plus+ (fruits, vegetables, berries and/or omegas), Complete or Perform shakes, and Tower Garden, please call or email NCB.
10. Please visit our website www.NutritionConnectionBalance.com for more information about **NCB, upcoming events and clinics and testing services. Under "education" there are many medical valuable presentations on many health topics!**