



## Pura Vida Foodology Planet-wide

Dr. AvatarNirvana Perez - Foodologist - NP MD PhD

Ensenada | Mexico | Costa Rica | Hawaii | Bali | Indonesia | Philippines | Thailand | Africa | New Zealand

Welcome to Pura Vida Foodology Planet-wide, The Science & Alchemy Of Making Food Your Medicine.

Prior to your consultation with Dr. AvatarNirvana Perez, we request a current copy of your fasting Blood Work and Urine Analysis done within the last 30 days. This is something you can do through your primary care doctor and insurance company or at a private lab. For your Blood Work you will want to fast for 4-6 hours prior which means avoid all food and beverages even water for 4 hours minimum before your blood draw. You'll also want to schedule first thing in the afternoon to get a fresh urine sample.

If you are doing your fasting Blood and Urine draws in Mexico, we recommend Salud Digna for affordable, fast and usually same day online results. They also offer optometry, 4-D ultrasound, x-rays and diagnostics. You don't even need an appointment. Just walk right in.

Below you will find the Blood & Urine requests using the language in Salud Digna's system. When your number comes up simply give the cashier the bottom portion of this form with your ID so they know where to send you and how to charge you. The diagnostics we request on this form total around \$110-\$150 dollars USD depending on the exchange rate.

*May your life be full of great joy with the health and abundance to enjoy it.*

*Dr. Ava Perez*

cut along line

Paciente: \_\_\_\_\_ Ultimo Tiempo Come o Tome: \_\_\_\_\_

Nacido/da el: \_\_\_\_\_ Fecha de Nacimiento: \_\_\_\_\_ EDAD \_\_\_\_\_

Telefono / WhatsApp: 646.211.3852 Correo Electronico: [drava@dravatarnirvana.com](mailto:drava@dravatarnirvana.com)

PAQUETE COMPLETO ADULTO  
PAQUETE PERFIL TIROLDEO COMPLETO  
PAQUETE PERFIL GINECOLOGICO  
FACTOR REUMATQIDE  
PROTEINA CREATIVA  
TIPO DE SANGRE

*Que tu vida esté llena de gran alegría con la salud y la abundancia para disfrutarla.*

*Dr. Ava Perez*