



## Rules for Preparation for your 2-Day Visit

1. In preparation for your initial exams **on DAY 1**, we request that:
  - You refrain from drinking any alcohol for at least 24 hours prior to your visit
  - You refrain from consuming any caffeine for at least 4 hours prior to your visit
  - You refrain from any exercise for at least 4 hours prior to your visit
  - You refrain from using a Sauna or other therapy for at least 24 hours prior to your visit
  - You refrain from wearing all jewelry
  - You try to drink 2 glasses of water prior to your visit
  
2. In preparation of us possibly wanting to do Thermography, **on DAY 1** we ask that:
  - You refrain from taking a bath (shower is fine as long as you do not spend too much time under a hot stream) the morning of your visit
  - You refrain from shaving any body parts (for women only) the morning of your visit
  - You refrain from using ANY lotions, oils, powders, antiperspirants, or makeup the morning of your visit
  - You refrain from having a massage or doing any skin-brushing of any kind for at least 24 hours prior to your visit
  - You refrain from smoking the morning of your visit
  - You refrain from any acupuncture treatment of any kind for at least 24 hours prior to your visit
  
3. SUPPORT: Notes on bringing your spouse, family members, friends and/or attendants:
  - PLEASE note that we do NOT allow anyone other than the patient in the Treatment/ Exam areas (pending specific circumstances) due to space limitations.
  - Spouse, family, or designated attendant of patient may attend training and educational sessions. **You will be informed as to times of these.**
  - We simply do NOT have space or waiting areas in the clinic. We ask that other support personnel remain outside the clinic so as not to disrupt other patient care.
  
4. Additional Notes:
  - **Arrival Time: 8:30 AM**
  - **Lunch Break: Noon-1:00 PM** (Lunch is not included in the program)
  - **Departure: 4:30/5:00 PM**
  - Please bring all your current supplements for testing

**Thank you for understanding**