

PLEASE READ AND ADHERE TO PREPARATIONS

We have strict guidelines in order for accuracy.
If your results come back as INVALID, it will be additional cost to you.

- Do not wear a bra or remove it at least 15 minutes prior to your appointment.
- Wear long sleeve, button up shirt and long pants that can be easily removed.
- Do not shower or bathe the morning of the test. However, a quick shower using only tepid water is allowed.
- Do **NOT** use **ANY** deodorant, body sprays, skin creams or lotions, essential oils or cosmetics the morning of the test.
- NO** Food 2 hours before appointment. Do not have any **HOT** food.
- Do **NOT** drink **ANY** coffee, black tea, or caffeinated beverages, and do **NOT** smoke the morning of the test. We do recommend drinking 12 oz room temperature water.
- Avoid taking medications and/or supplements day of appointment, if possible.
- Do not exercise 24 hours prior to appointment. This includes running, yoga, Pilates, etc.
- Refrain from acupuncture, bio-energetic treatments, therapeutic massage, classical homeopathy, chiropractic treatments within 36 hours prior to appointment.
- Avoid tanning or sunburn at least one week prior to appointment.
- Refrain from dentistry and dental cleanings at least 3 days prior to the test.
- Women** cannot be tested during the first or second day of the menstrual period. The lower abdominal points warm up and create false readings.
- Men:** Do **NOT** shave morning of appointment, however, trim facial hair if you have moustache and/or beard. We have points along jawline and upper lip.
- Arrive 15 – 20 minutes before your appointment so that your body has a chance to relax before you are tested.
- Do not drink alcohol for at least 24 hours prior to your appointment.
- Other time restraints: Biopsy or minor surgery must wait at least one month; Major surgery, completion of Chemo/Radiation must wait at least three months.