

Preparation for food sensitivity treatment:

Eat one hour before the treatment. That means finish eating one hour before treatment.

Buy at least one gallon of distilled water and bring it to the appointment.

Bring any unique food that you regularly consume that is perishable. (fruit, spices etc.)

After the treatment:

Do NOT put anything in or on your body except distilled water!!!

That means no makeup remover, no gum, no mints, no brushing teeth, no washing hands, no soap etc.

ONLY DISTILLED WATER GOES IN OR ON YOUR BODY!!! All restrictions are over at the end of your processing time. You may resume normal activities when the processing time is over. Please shower and brush your teeth before your follow up appointment.

Preparation for environmental sensitivity treatment:

If you have pets; bring hair and saliva sample of each animal to appointment.

Just brush the hair and place in a zip lock baggie.

To get the saliva sample; take a Q-tip in the animals mouth and get it wet then place it in a baggie.

Bring an air sample of each area of your house, outside your house, and any area that you spend time in. Such as church, school, office, garage, etc.

To collect air sample; take a clean baby food jar, get a cotton ball wet and squeeze it out, place the cotton ball in the jar. Place the open jar in the area to sample and leave it there at least one hour. The longer the jar is in the area, the better the sample. Cap it, label it.

Bring a sample of each grooming product that you use.

One Q-tip of each is sufficient. Place the Q-tips in separate baggies.

Bring a sample of each cleaning product that is used in your home.

Q-tip as above.

Arrange to stay somewhere for the night that does not have pets as you will not be able to go back to the environment you frequent during the process timing. Most hotels are adequate.

Drink a lot of water.