



For the best results for your BioScanSRT sessions

The day of your appointment:

Our testing is performed on a strict schedule, so please be on time. The following reminders will make your visit go more smoothly.

- Avoid eating one hour before your appointment.
- Please drink a lot of water for 24 hours before your appointment.
- Do not take any supplements or unnecessary medications for an hour before your appointment.
- Most treatments involve points on the lower leg, forearms and back. Please wear light weight and colored shirts or tops, shoes easy to take off and put on (sandals are a good summer choice.)
- Please do not wear perfume, strong smelling deodorant, fragrances, essential oils, hand lotion, aftershave or cologne on the day of your visit.
- If you need to reschedule your appointment, please do so as soon as possible.

After your treatment:

For three hours after your treatment we recommend, if possible, **Do NOT:**

- Eat
- Go to a restaurant
- Drink anything but water
- Chew gum, use breath mints
- Gas your car
- Shop
- Visit hair salon, barber shop, or nail salon
- Do anything that is highly stressful or stimulating
- Do not have a massage, acupuncture, vigorous exercise, hot tub, sauna, steam room or swimming

(This is to avoid exposure to foods and chemicals that you eat, drink, breath or put on your skin, and is recommended for best results.

You may be able to break some or all of these rules and do just fine, but to have the best results follow all these suggestions. The restrictions are for three hours, a small price to pay for long term benefit.)