JACKIE BELL
NATURAL HEALTH

EUROPEAN THERMOGRAPHY - TEST PREPARATIONS

Obtaining the best possible information from your scan depends on your following these instructions carefully. It may seem like a lot, but the test accuracy depends on non-stimulation beforehand!

1. Come to the appointment wearing comfortable, loose-fitting clothing that can be easily removed. Wear a long-sleeved button/zip-up shirt and long pants, even if the weather is hot or humid. Avoid synthetic fibers and tight clothing. Do not wear a bra or remove it at least 15 minutes prior to the test.

2. Do not shower or bathe the morning of the test. If necessary, sponge bathing with tepid water is allowable. You may shower or bathe the night before.

3. Do not use body sprays, skin creams or lotions, or cosmetics the morning of the test.

4. This is not a fasting test. A light breakfast or lunch is acceptable, but nothing piping hot.

5. Do not drink coffee, black tea, or caffeinated beverages, and do not smoke the morning of the test.

6. Come to appointment hydrated; drink 12 – 16 oz. of water 1/2 – 2 hours before the test.

7. Do not exercise the morning of the test. This includes running, yoga, Pilates, etc.

8. Stop taking all non-essential supplements and remedies 24 – 36 hours prior to the test. Continue all prescription drugs.

9. Do not drink alcohol for at least 24 hours prior to the test.

10. Refrain from 'regulative' and therapeutic practices within 36 hours prior to the test. This includes acupuncture, bio-energetic treatments, therapeutic massage, classical homeopathy, chiropractic treatments, etc.

11. Refrain from dentistry and dental cleanings at least 1 week prior to the test.

12. Women cannot be tested during the first or second day of the menstrual period. The lower abdominal points warm up and create false readings.

13. Arrive 15 – 20 minutes before your appointment so that your body has a chance to relax and acclimate before you are tested.

14. Remove your glasses when you get to the office, as there are sinus points on the nose that will be tested.

15. Turn off cell phones and electronic devices as soon as you get to the office. They cannot be on during your appointment. Electromagnetic radiation affects the nervous system and can alter your test results.

JackieBellNaturalHealth.com
Hanover MA | Morro Bay CA
508-280-6434 | jackie@JackieBellNaturalHealth.com