

Pre-Scan Instructions for BioScan

Please follow the instructions below for the best scan results

1 hour before your appointment:

- Do not take any supplements or unnecessary medications an hour before your appointment
- **Avoid eating** one hour before your appointment
- Please **drink plenty of water** the day before your appointment. (Half your body weight in ounces)
- Most treatments involve acupuncture points on the back, hands, and feet, so please wear a thin, **light-colored shirt** for best results
- 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 the day before your appointment

After your treatment

For long term benefits, please follow recommendations **1 hour** after your treatment

If possible, **do not**:

- Go to a highly-populated area (need to limit exposure to chemicals, toxins, and germs)
- 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, breathe, 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 1 hour, a small price to pay for long-term benefit.