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## **Instructions for Bio-Energy Testing-Be sure to carefully read these instructions!!**

After you awaken on the day of your test, make sure that you drink at least 16 ounces of water. In addition, make sure to **Take your hormones (thyroid, DHEA, estrogen, testosterone, HGH, etc.) and any prescribed medications as regularly scheduled. Additionally:**

- **Do not** take any vitamins, non-prescription medications, or herbs
- **Do not** eat or drink **anything** except water
- **Do not** exercise
- **Do not wear** an underwire bra
- **Do not** stress. This is an easy test. There is no need to worry
- **Do not** smoke
- **Do not** wear lipstick
- Keep your activity level to a minimum. No exertion.

Be sure that your diet and sleep patterns for the five days before the testing procedure are typical for you. If you develop an injury, cold or flu, please call the office to reschedule your appointment at (951) 461-3021.

Your test is scheduled for: \_\_\_\_\_ . Wear loose fitting, comfortable clothing and tennis shoes. We are going to exercise you fairly hard, but not to your maximum capacity.

**The test takes 1 ½ hours, please allow for that time in your schedule.**