

General Patient Preparation Guidelines

General Guidance for all Health Optimising Assessments and Treatments

Please follow these to maximise the efficacy of assessments and treatments which operate at an energetic, cellular level.

TIMING - treatment is best undertaken at least 4 hours before sleep

FAST - You are required to fast for 2 hours before each assessment or treatment. No eating or drinking during them.

DRESS - wear loose fitting comfortable clothes

HYDRATION - arrive well hydrated to your appointment
Drink 1 glass of still water before and after each assessment or treatment

SUPPLEMENTS AND MEDICATION

Take supplements as normal.

Do not abruptly stop ANY pharmaceutical medication – but specifically advise if you have taken a diuretic.

NO ALCOHOL OR RECREATIONAL DRUGS – for at least 24 hours before consultation

NO INTENSE ACTIVITY – for at least 24 hours before consultation

NO SAUNA – for at least 24 hours before consultation

ADDITIONAL GUIDANCE FOR SPECIFIC ASSESSMENTS

OPTIMAL HEALTH ASSESSMENT AND OPTIMAL HEALTH RE-TEST

See Separate Guidelines

INFRA RED THERMAL IMAGING

See Separate Guidelines

HEIDELBERG TEST

You are required to fast for 10 hours before this test.

