**Spirit of Healing LLC**

**Thank you for your interest in the BioScan MSA!**

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.

* Do not take any supplements for the 24 hours before your appointment, unless prescribed by a doctor.
* Please do not take any unnecessary medications for an hour before your appointment.
* Avoid eating one hour before your appointment.
* Please drink a lot of water for 24 hours before your appointment. On the day of, please try to get at least 30-50 ounces of water before your appointment, depending on the time of day you are scheduled.
* No alcohol or caffeine 12 hours before your appointment.
* No physical activity (yoga, competitive sports training, daily exercise routines, etc.) before your appointment.
* No therapeutic modalities (chiropractic, acupuncture, massage, etc.) before your appointment.
* Scans involve acupressure points on the feet and hands. Please do not apply lotion to your hands or feet before the scan. If you do, please plan to wash your hands, and use a baby wipe to clean your feet at the beginning of your appointment.
* Please do not wear any jewelry, watches, or underwire bras to your appointment, as these can influence the scan results. If you have any of these on your body when you come in, please plan to remove them, and place them in the basket provided. Your phone will also be placed in the basket and the basket will be placed outside of the room.
* Please do not wear perfume, strong smelling deodorant, fragrances, essential oils, hand lotion, aftershave, or cologne on the day of your visit.
* Please bring any supplements you are currently taking, if you would like to have them tested to see how well they are working for you.
* Please inform us ahead of time if you have any electrical devices implanted in your body or on your body (hearing aids, pacemaker, etc.), or if you are pregnant, as this is a contraindication for the scan, and we will need to cancel your appointment.
* Should you need to reschedule your appointment, please do so 24 hours before your appointment. Any appointments not cancelled with at least 24-hours’ notice will be charged the entire fee.