

The main technology I use is a bio energy balancing device called Spectra Vision. Along with my 20 plus years of experience this enables me to help educate you on alternative methods to improve your health. I use many methods such as bio energy balancing, herbal and vitamin supplements, cleansing, Profusion and Flower Essence therapy (for emotions), dietary changes, exercise etc. There are many times I will recommend other therapies such as acupuncture, chiropractic, colon cleansing hydrotherapy, message etc. My goal is to help guide you in a direction of wellness. I find everyone is different and needs different therapies according to where they are emotionally, physically and spiritually.

### **Appointment Instructions**

- Drink a large glass of water before your appointment
- Do not wear perfume, essential oil or anything with a strong scent
- Do not take your supplements 24 hours prior to your appointment, unless it is prescribed by your medical doctor.
- Please bring up to 10 products that you use and wish to have tested to see if they are something that your body needs right now.
- Remove jewelry, pagers, cell phones or any other electronic device
- Do not drink alcohol or caffeine 12 hours prior to your appointment
- Please bring your Nutritional Assessment Form (filled out) to your appointment. (You may download this form from my website below
- Please allow two hours for a new appointment and at least one hour to one and a half hours for follow up scans depending on the depth of the scan.

### **What to Expect at Your Appointment**

- You will be hooked up to the Spectra Vision (medical grade biofeedback device) via an arm cuff to run a scan. This measures your physiological response to outside stimuli and base electrical resonance readings. It is a totally painless test and involves attaching electrodes to your body.
- I will go over the scan results with you
- I will make you a customized homeopathic remedy to help rebalance your energy.
- You will also be tested for food sensitivities
- I will suggest supplements, dietary changes and other therapies if they are necessary to help you in your journey of wellness

### **Instructions for Appointments by Mail**

If you are not able to come into the office for your appointment, via you live too far away or are just too busy, please follow the directions below:

You will need to download the following forms:

[Release Form](#)

[Biofeedback Stress Response Testing Authorization Form](#)

[Client Health Information Consent Form \(Privacy Act\)](#)

[Nutritional Assessment Questionnaire](#)

Please fill out these forms and return them along with samples of your hair and saliva.

### **Samples**

Hair – I need 10 to 15 strands of hair. Cut 10 to 15 strands from the nap of the neck as close to the skin as possible. Put this hair in a tissue and then in a baggie.

Saliva – Swab the inside of your cheeks and tongue with a q-tip and then put the q-tip in a separate baggie.

Place the forms, and samples along with a check (or pay by credit card. Please call with your credit card information) in the amount of \$160.

Please send everything to:

Herbal Health

1212 3<sup>rd</sup> Ave. So.

Anoka, MN 55303