

YOUR FIRST NUTRITIONAL VISIT

When you come for your first nutritional visit, please bring with you the following:

- All vitamins, minerals and herbs that you are currently taking. DO NOT BRING A LIST OF WHAT YOU ARE TAKING. We need the actual supplements.
- All prescription medication that you take regularly or occasionally

You may be asked to bring the following items with you on follow-up visits:

- Air samples
- Water samples

You will be informed when you need to bring these items to your future visits.

NOTE: If you are currently on Birth Control Pills, Hormone Replacement Therapy, or Steroids such as Cortisone or Prednisone, our results may be diminished and it may be more difficult to clear your imbalances. We can discuss questions prior to your first visit, or at the time of your first visit.

As a chiropractor I have no license to tell you to stop taking prescription medication. However, it is my experience that taking these types of medication set up conditions, which are very difficult to treat. As your body begins to heal, you may have less of a need for them. You can work with your medical physician to wean yourself off of these medications as we treat you if it is appropriate to do so.

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