

IMPORTANT INFORMATION ABOUT YOUR FIRST NUTRITIONAL VISIT (PLEASE READ THE FOLLOWING)

When you come in to our office for your first nutritional visit, I will make dietary recommendations at that time. These changes in one's eating habits can often be quite restrictive and come as a shock, but **PLEASE BE PREPARED TO START THE RECOMMENDED CHANGES THAT DAY!** Please do not have one last dietary fling after your visit. Do this before your first visit if you so choose. The reason for this strict request is because I do a specific desensitizing procedure that energetically increases the body's ability to heal what is going on within it. This also decreases the time needed to stay on a restricted food regime. This is a chance for you to prepare yourself mentally and emotionally for the changes you may be asked to make. In general patients that follow my recommendations achieve greater results. I want this to be a positive experience for you as I assist you in achieving the goals you set up for yourself. If you feel as though you need to speak to me concerning this, please call prior to your appointment and I would be happy to speak with you.

Sincerely,
Michael A. DeFino, DC