Instructions For Bio-Energy Testing™

Be sure to carefully read these instructions!!

- Be sure sleep patterns for the five days before the testing procedure are typical for you.
- Make sure you limit your carbohydrate intake (rice, oats, pasta, corn, cereals, bread, sugars, fruits, juices, potatoes) as much as possible for the five days before the test. You'll do much better if you do!
- Do not exercise 48 hours prior to the test.
- If you develop an injury, cold or flu, please call the clinic to cancel and reschedule. Please provide at least a 24-hour cancellation notice.

1. **IMPORTANT**: On at least two different mornings, record how many times your heart beats over a 30-second interval as soon as you awaken. Do this immediately after you awaken, before getting out of bed or sitting up. Try to move as little as possible. Plan it the night before, making sure there is a clock with a second hand that is easily visible. Better yet, have someone else take your pulse while you're sleeping or just after you awaken. Bring the results with you to the office on the day of your test.

Results: _____ _____
Beats/30 seconds Beats/30 seconds

2. After you awaken, on the day of your test, make sure you **drink at least 16 ounces of water.**

3. **On the day of your test, you MUST take your hormones (thyroid, DHEA, estrogen, testosterone, growth hormone, etc.) and any PRESCRIBED medications as regularly scheduled.**

4. On the day of your test please wear athletic clothing. You will be riding a stationary bike.

- **Do not** eat or drink anything except water.
- **Do not** take any vitamins, non-prescription medications or herbs.
- **Do not** exercise.
- **Do not** wear an underwire bra.
- **Do not** smoke.
- **Do not** wear lipstick
- **Do not** stress. This is an easy test. There is no need to worry!

5. **Please bring in a sample of your first morning urine. We will provide a urine collection cup.**

For a full understanding of Bio-Energy Testing™ and all the invaluable information it can give you regarding your health, you may wish to read Dr. Shallenberger's book, *Bursting With Energy*, which is available for purchase here at the clinic.

Your appointment date: _____ Time: _____