

# **Instructions For Bio-Energy Testing®. Be sure to carefully read these instructions!!**

**For a full understanding of Bio-Energy Testing® and all the invaluable information it can give you regarding your health, please read "Bursting With Energy", available at the clinic.**

1. After you awaken on the day of your test, make sure that you drink at least 16 ounces of water. In addition, make sure you do **Take your hormones (thyroid, DHEA, estrogen, testosterone, etc.), and any prescribed medications as regularly scheduled. Additionally:**

- **Do not** take any vitamins, non-prescription medications, or herbs.
- **Do not** eat or drink anything except water.
- **Do not** exercise for 48 hours before the test.
- **Do not wear** an under-wire bra.
- **Do not** stress. This is an easy test. There is no need to worry.
- **Do not** smoke.
- **Do not** wear lipstick.
- **Do not** change the carbohydrate content of your diet for five days before the test. If you do, it will alter the test results.
- Keep your activity level to a minimum on the morning of the test.

2. Please bring in a sample of your first mornings urine on the day of the test. Our office will supply you a urine collection cup if you are local. If you are not local, you can use a clean container with a lid for your sample.

3. Be sure that your diet and sleep patterns for the five days before the testing procedure are typical for you. If you develop an injury or a cold or flu, please call the clinic to cancel and reschedule.

4. Your test is scheduled for: \_\_\_\_\_. Wear loose fitting, comfortable clothing and tennis shoes. Shorts are preferred. We are going to exercise you fairly hard, but not to your maximum capacity.