

# Gentle Health Assessments

## Whole-Body Thermography Preparations

- Come to the appointment wearing comfortable, loose-fitting clothing that can be easily removed. Wear a long-sleeved button-up shirt that covers the chest and long pants, even if the weather is hot or humid. Avoid synthetic fibers and tight clothing. Do not wear a bra or remove it at least 15 minutes prior to the test.
- Do not shower or bathe the morning of the test. However, a quick shower using only tepid water is allowable, as is a shower or bath the night before.
- Do not use body sprays, skin creams or lotions, or cosmetics the morning of the test.
- Do not drink coffee, black tea, or caffeinated beverages, and do not smoke the morning of the test. A light breakfast is acceptable, but nothing piping hot.
- Come to appointment hydrated; drink 12 – 16 oz. of water 1/2 – 2 hours before the test.
- Do not exercise the morning of the test. This includes running, yoga, Pilates, etc.
- Stop taking all non-essential supplements and remedies 24 – 36 hours prior to the test. Continue all prescription drugs.
- Refrain from 'regulative' and therapeutic practices within 36 hours prior to the test. This includes acupuncture, bio-energetic treatments, therapeutic massage, classical homeopathy, chiropractic treatments, etc.
- Refrain from dentistry and dental cleanings at least 3 days prior to the test.
- Women cannot be tested during the first or second day of the menstrual period. The lower abdominal points warm up and create false readings.
- Remove your glasses when you get to the office, as there are sinus points on the nose that will be tested.
- Because electromagnetic radiation affects the nervous system, contact with electronics and wireless technology near the body should be avoided for at least 1 hour before the appointment. This includes wireless devices such as cell phones, cordless phones, computers using wireless internet, wireless printers, mice and keyboards, iPads, etc. Cell phones should be turned off, not just silenced, during the appointment.
- Do not drink alcohol for at least 24 hours prior to the test.

*Judy Roberson*

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*Judy@GentleHealthAssessments.com*

*610.732.3605*