

## Patient Instructions For Live Blood Analysis

Drink plenty of water the day before and day of your consultation.

Avoid any alcohol for 24-48 hours prior to your consultation.

Do not take any vitamins or supplements if possible for 24-48 hours before your consultation.

Do not take any medication (**if safely possible**) for 24 hours prior to your consultation, if in doubt please check with your doctor, pharmacist or practitioner.

The analysis works best on an empty stomach. Please have nothing to eat or drink for at least 6 hours before your appointment, except for pure water.

For morning appointments, an overnight fast is ideal.

For afternoon appointments try to fast, if you are not able to fast, have a light breakfast (ensuring that it is at least six hours away from your appointment time).

Avoid using any creams or lotions on your hands the day of your consultation.

Please avoid wearing any strongly scented perfumes or body products the day of your consultation.

**If you have low blood sugar, or are unable to last your appointment without excessive hunger pains, dizziness, or nausea**, you may bring with you one small snack not a meal, to tide you over. i.e. grapes, cheese, yogurt, banana etc...

**\*\*\*Please ensure that the snack does not contain peanuts or seafood, and is completely self contained and does not make crumbs, and is not likely to spill.**

**\*\*\*Please take your garbage with you.**

**\*\*\*Please be courteous, as this is a medical office, not a restaurant.**

Roxanne Harris DMH, DHHP, DynNC, DynBC, DipBM, MCSBM, MISBM

Bioregulatory Medical Specialist, Wellness Practitioner, Glutenologist, Live Blood Microscopist/ Instructor, Nutritionist, Lifestyle Coach, and Prayer Warrior

ENGAGE  
Twelness

12875 County Road 43 RR#3

Chesterville ON K0C 1H0

613.448.4382

[www.engagewellness.ca](http://www.engagewellness.ca)