

### What happens at your first appointment?? (2 hours)

- **Become acquainted:**
  - Answer initial questions
  - Discuss your health concerns
  - Review health history and personal health objectives
  
- **Physical assessment:**
  - Orthostatic vitals
    - Laying down and standing up blood pressure, heart rate, respiration rate
  - Leg length, possible alignment procedures
  - Breath hold
  - Achilles reflex
  - Possible mini glucose tolerance test if indicated
  - Holistic assessment of contributing factors to your current health status
  
- **Testing:**
  - Digestive Function Urinalysis
    - Vit. C, Urochrome, Indican and Sediment tests
    - Chem-strip reading
    - pH
  - Saliva pH
  
- **Individualized Education:**
  - Food Diary evaluation/discussion
  - Explanations of digestive analysis and physical assessment findings
  - Dietary, nutritional, enzyme/herb recommendations for your personal natural health building program
  
- **Subsequent appointments will focus on Physical Assessment and Testing and should only take one hour.**
- **Continued education is provided in on-going classes and consultation appointments.**

### **Please bring the following with you to your first appointment:**

- 1. A first morning's urine specimen from that day that has been kept cold.**
- 2. Signed Contract of Authorization\***
- 3. Completed Health History Form\***
- 4. Record of 3 days prior basal body temperature and pulse\***
- 5. Completed Food Diary of previous 3 days\***

**\*Forms and instructions can be found on New Member Resources page of our web site.**