

TOTAL HEALTH SYSTEMS

Multi-Specialty Clinic

Chiropractic • Medical • Physical Therapy • Massage Therapy • Nutrition

Clinton Township • (586) 228-0270 ♦ Chesterfield • (586) 949-0123 ♦ Eastpointe • (586) 772-7770
www.TotalHealthSystems.com

BIOMERIDIAN PATIENT INSTRUCTIONS

- Testing CANNOT be done if you have a pacemaker
- Testing CANNOT be done if you are currently doing a Nutritional Detoxification (you must wait at least 7 days after the detoxification is complete)
- You must be hydrated 24 hours prior to testing (drink at least 64oz /8 cups of water)
- If you have participated in physical activities (sports, exercise, cardio/weight training), you must wait 4 hours after exercise before testing can be done.
- Avoid applying lotions and perfumes on testing area (hands and feet)
- Eat only a LIGHT meal 2 hours prior to testing (heavy meals can affect readings)

Other Considerations:

- Omit supplements (3 days prior to testing) when advised by our physician. Supplements to omit:

- Drinking herbal teas 24 hours before testing is NOT recommended
- Preferably, we recommend testing NOT be done during menstrual cycle (for women)
- For retesting (after 30 days) we suggest you test at the same time of the day (eg. am, noon, pm) as previous test (when possible)
- **Please let the front desk know if you have had any organs removed surgically or are missing any appendages as this may affect test readings. Also, the technician must set up the system specifically for your situation.**