

*What should I bring to my consultation?*

*For thorough consideration of your concerns, please bring:*

- *The completed version of any forms our office sent you.*
- *A list of all prescription medications you are taking, with dosage. (Or, ideally, bring the actual bottles with original labels intact.)*
- *A list of all supplements, herbs, hormones, vitamins, etc you are taking, with dosage. (Or, ideally, the bottles with label intact.)*
- *Copies of any laboratory reports of bloodwork, MRI, CT, ultrasound, etc. that relate to any condition(s) you wish to discuss. (It is not necessary to bring actual films.)*

*If you develop a cold or flu....*

*If you come down with a cold, flu or other infectious condition, please reschedule your visit for later, as your pulse will not accurately reflect underlying patterns at that time.*

*Please allow enough time for your visit...*

*Please note that the total time for your visit will last about twice as long as the actual consultation time. Therefore, please allow about 2 hours for an initial visit and an hour for a follow-up visit.*

**THANK YOU!**