

It's such a joy to have you as a new client! We are truly looking forward to working together to help you achieve abundant health. In order to ensure that your initial appointment is as effective and efficient as possible, please take a few moments to review the information below.

To Prepare For Your Initial Appointment:

- Do not consume alcohol 24 hours prior to your appointment.
- Do not exercise 12 hours prior to your appointment.
- Do not eat for 3-4 hours before your appointment.
- Drink at least 2-3 glasses of water before your appointment.
- Do not drink caffeine the day of your appointment.
- Please do not wear perfume as we have clients that are chemically sensitive.
- Print and complete the new client forms and bring them with you to your appointment. There are a total of four forms: Consent Form, Health History Form, Metabolic Screening Questionnaire and Two Day Diet and Activity Sheet. We require that you complete the forms prior to your appointment so that the entire duration of your appointment can be dedicated to health evaluation and consultation rather than filling out forms. The forms can be found under the "Forms" tab on our website www.nutritionandhealthcenter.com.
- If you have any questions, or need to reschedule your appointment, please call us at (281)440-0024. Please note that we do require at least 24 hours advanced notice to cancel or to reschedule your appointment. We understand that sometimes plans change and appointments must be moved, so we just ask that you call our office during regular business hours, which are Monday-Thursday from 9 AM – 5 PM and Friday from 9 AM – 4 PM, at least 24 hours prior to your appointment to notify us of the change. If we aren't given at least 24 hours advanced notice, or you do not show up for your appointment, your card will be charged \$60.

Your Initial Appointment Will Include The Following:

- Evaluation of your health
 - o Check height and weight
 - o Functional testing
 - Bio-impedance Analysis – A fluid analysis to identify measurements of resistance and reactance to determine cellular health, energy storage capacity due to intact cellular membrane integrity, resting metabolic rate of calories burned in 24 hours, body fat percentage and pounds, lean mass percentage and pounds, and intracellular and extracellular distribution of your total body water. One of the earliest signs of failing health is a shift of fluid from intracellular to extracellular, indicating possible toxicity.
 - Ragland's Test – An analysis of your blood pressure when standing and lying down to determine the level of adrenal health and function, which is associated with your ability to handle stress.
 - Dental Assessment* – An assessment of your teeth to evaluate meridian balancing of each tooth, which helps to identify anatomical structural problems and focal infections or disturbances throughout the body.
 - Functional Blood Assessment* – A drop of blood will be evaluated to screen for indications of anemia, protein deficiencies, B vitamin deficiencies, bacterial imbalance, immune health, oxidation damage, fatty acid deficiency, toxicity, electrolyte imbalance and other important data about your overall health.
- *Not applicable for Weight Loss Program initial appointments
- Individual consultation
 - o Review Health History and address problem areas.
 - o Evaluate Metabolic Screening Questionnaire.
 - o Discuss functional testing results.
 - o Establish health goals and commitment to reach them.
- Development of individualized plan for optimal health
 - o Individualized Supplement Plan - A nutrition supplement plan will be developed to assist you with your bio-individual chemistry health needs identified during the evaluation of your functional test results and health history. Your supplement plan may include medical foods, vitamins, minerals, herbs, amino acids, fatty acids, glandular therapy, homeopathy and Bach Flower remedies.
 - o Personalized Menu Plan - A menu plan will be developed based on your basal metabolic rate, blood type, health history, functional test results and activity level.
 - o Follow up appointments – A schedule for follow up appointments and additional functional testing will be determined based on your individual health needs and goals.