



Preparation for your visit and the Spectra Vision scan

The Spectra Vision will be evaluating the responses of the body to the various digital signals and their relationship to overall balance and energy flow. This process is called “BioEnergy Balancing” and is designed to assess impedances within the BioNet of the body. The BioNet is the electrical aspect of the body that lies within the connective tissues.

- 1) Please keep a three-day food log and bring it to your first appointment. Be honest and record everything you eat and drink.
- 2) Stop taking all supplements 24 hours before your visit. Continue prescriptions.
- 3) No alcohol or caffeine within 24 hours of testing.
- 4) Do not eat at least 2 hours before your appointment.
- 5) Make sure you are well hydrated by drinking 1/2 your body weight in ounces the day before, and the day of your appointment (depending on the time of day). This is a good rule of thumb for everyday life.
- 6) No exercise the day of your appointment. Get a solid 8 hours of sleep, if possible. You should be well rested for your test.
- 7) A low-level laser will be used. **Please do NOT wear black or dark clothing.** Please wear a white or light-colored shirt to your appointment. You will also be asked to take off your shoes and socks.

Contraindications

The Spectra Vision will NOT be used if:

- 1) You have a subcutaneous TENS units - must be able to deactivate the unit so it doesn't interfere with the MC Scan or SC testing.
- 2) You are pregnant.
- 3) You have a pacemaker.
- 4) You have had an organ transplant and are on immuno-suppressant drugs.
- 5) You have seizures.
- 6) You have shunts or stints of any kind.
- 7) You have been electrocuted or struck by lightning.

It is okay if you have metal plates, pins, rods, and/or denture implants.

Disclaimer: Our intention is to reeducate and assist with natural health information for the sole purpose of suggestion. You are responsible to research for yourself and choose the way you desire to live. This health history form is not intended to diagnose, prescribe, or treat any illness.