

Neurologic Stress Reduction Therapy - BAX 3000 Technology

Thank you for your interest in BAX 3000!

The day of your BAX 3000 Assessment (Testing and treatment visits):

*Our testing is performed on a strict time schedule, so **please be on time**. The following reminders will help make your visit go more smoothly.*

Do not take any supplements or unnecessary medications for four hours before your appointment.

Please drink a lot of water for 24 hours before your visit. We will need you to be well hydrated.

Do not wear pantyhose or clothes with very tight sleeves, as they will interfere with the testing procedures. A light colored tee shirt or blouse works best.

Do not wear any jewelry. You may wear your wedding ring.

Please do not take any aspirin or pain medication for 12 hours before being tested, if possible.

Do not consume alcohol for 12 hours before your appointment.

Please do not wear perfume, strong smelling deodorant, fragrances, essential oils, **hand lotion**, aftershave or cologne on the day of your visit. (**before or after**).

Please schedule appointment so that you are not being tested during the first three days of your menstrual cycle.

If you need to reschedule your appointment, please give us as much advance notice as possible so another person can take your time slot.

We may be performing several tests during your visit. You will be filling out an extensive questionnaire and speaking with the doctor. Expect to be here at least one hour.

At the end of your visit you may be given some instructions and a list of foods to avoid temporarily.

Please eat before your appointment. You may be asked to avoid food for several hours after your visit or to eat very little. Do not come to the office hungry.

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After you receive your BAX 3000 treatment:

You may not shop for six hours after the visit. So please shop in advance of your visit.

You may not go to a restaurant for six hours (for *any* reason).

You may not visit a hair salon, barber shop, or nail salon for twelve hours after being treated.

Not permitted for twelve hours after treatment: Chiropractic, Massage, Acupuncture, Vigorous Exercise, Hot Tub, Sauna, Steam Room or Swimming.

You must avoid all chemicals for twelve hours, so please refuel your automobile before your visit.

You may not bathe or shower for four hours after treatment, so please shower before your visit.

Do not chew gum, use breath mints, drink anything except water or eat anything after arriving for your visit.

You may not consume alcohol for twelve hours after treatment.

Do not eat anything for three hours after a treatment.

You may be given a list of additional things to avoid until the next day after your treatments.

The restrictions above are designed for the worst case scenario.

We have designed these suggestions based on years of practical experience. You may be able to break some or all of the rules and do just fine, or you may bend one rule and have to repeat the visit. You will have the best chance for success if you follow all the suggestions. The restrictions are to be followed for only the allotted time, a small price to pay for a long term benefit.