

The Balance

Health & Wellness Center

- Come to the appointment wearing comfortable, loose-fitting clothing that can be easily removed. Wear or bring long-sleeved button-up shirt, long pants, socks and shoes. Avoid synthetic fibers, tight clothing or belts. Do not wear a bra or remove it at least 15 minutes prior to test.
- Do not shower or bathe the morning of the test. However, sponge bathing using only tepid water is allowable, as is a shower or bath the night before.
- Do not use body sprays, skin creams or lotions, or cosmetics the morning of the test.
- Do not drink coffee, black tea or caffeinated beverages, and do not smoke the morning of the test! Eat light the morning of the test; fruit, protein shake or eggs.
- Come to appointment hydrated; drink 12 – 16 oz. of water one half to two hours before the test.
- Do not exercise the morning of the test. This includes walking, yoga, Pilates, etc.
- Refrain from sunburn / tanning 3 days prior to test.
- Refrain from “regulative” and therapeutic practices within 36 hours prior to the test. This includes acupuncture, bio-energetic treatments, therapeutic massage, classical homeopathy, chiropractic treatments, etc.
- Refrain from dentistry and dental cleaning at least 3 days prior to the test.
- Women cannot be tested during the first or second day of their menstrual period. The lower abdominal points warm up and create false readings.
- Arrive 15-20 minutes before your appointment so that your body has a chance to relax before you are tested.
- Remove your glasses when you get to the office, as there are sinus points on the nose that will be tested. Refrain from wearing watches and jewelry the morning of the test.
- Turn off cell phones during the appointment. Cell phones are forbidden in the thermography room or must be turned off as electromagnetic radiation effects the nervous system.
- Do not alcohol for at least 24 hours prior to the test.
- Please tie back long hair at time of test.
- Men, if thick facial hair, please consult technician 3 days prior to your test for instructions.