



Biofeedback Therapy

Pre-Appointment Preparation Guidelines

Treatment is only available after we have received your e-signed Informed Consent. Please read these Preparation Guidelines carefully in conjunction with the Treatment Information Guide to ensure that we can maximise the efficacy of your treatment.

Contraindication

Please advise us if any of these apply as if so, we cannot offer you this treatment for safety reasons.

Pregnancy

Pacemaker

Electrical Implant

Before your appointment

Take supplements as normal.

Eat regular and balanced meals and avoid radical diets

Do not abruptly stop ANY pharmaceutical medication but specifically advise if you have taken a diuretic.

For at least 24 hours before your appointment

NO **Alcohol** or **Smoking** or **Recreational Drugs**

NO **Intense Activity**

NO **Sauna**

On the day

Arrive **well hydrated** to your appointment

Drink **1 glass of still water** before and after each treatment

You need to place **all metal objects** (i.e. car keys, mobile telephones, jewellery) cards with a magnetic strip (i.e. credit/debit/library card) at least 7 feet (2m) away from the therapeutic device.