**PRE-TREATMENT CHECK LIST**

*Thank you for choosing Center for the Healing Arts and Life Vessel Fort Worth. Whether your decision to visit our center is based on resolving a specific condition or simply addressing preventative wellness as an approach to good health, our objective is to assist you in reaching your health-related goals. We suggest that you choose to schedule sessions at a time that you can DE-STRESS, relax more and participate in less activities. Please review the attached checklist in preparation for your visit. Should you have any questions or if we can be of assistance in any way, please contact us!*

* Please read all the material in this packet.
* Please complete all forms and make arrangements (email, fax, mail) for them to arrive in our office prior to your first visit.
* **PLEASE DO NOT WEAR ANY COLOGNE, PERFUME or FRAGRANT LOTIONS the days you come in for LIFE VESSEL sessions.** (There are environmentally sensitive people being treated in the center).
* **PLEASE TURN OFF YOUR CELL PHONE PRIOR** to arriving for your Life Vessel appointment.
* Please let us know about any “energy work” you have planned over the next three weeks, following your visit. (chiropractic, massage, acupuncture, etc.) Please don’t start new treatments at the same time you are engaging in Life Vessel treatments.
* Commit to drinking up to **one gallon of water a day** (16 cups / 128 oz.) starting the day before your first Life Vessel session and continuing for the next 21 days. This is a part of the treatment and is a highly recommended commitment for your best out come. (Not hydrating well may cause flu-like symptom; fatigue, nausea, headaches, body-aches).
* Please have only a light meal prior to your ***first*** Life Vessel visit. Drinking a small amount of water prior to your first visit is okay.
* Please dress comfortably and casually (loose fitting clothing and minimal jewelry is highly recommended. Sports bras or underwire bras are NOT recommended for women).
* Please understand that your past habit patterns could well be impacting your present condition. This may necessitate a re-evaluation of your lifestyle, whether it is diet, exercise, food choices or habitat. Please be prepared to discuss any recommended adjustments that may be required to regain your optimum health.