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Instructions for Bio-Energy Testing Be sure to carefully read these instructions!!

For a full understanding of Bio-Energy Testing and all the invaluable information it can give you regarding our health, please read "Bursting with Energy," available at the clinic.

1. Important: On at least two different mornings, record how many times your heart beats over a 30
second interval as soon as you awaken. Do this <u>immediately</u> after you awaken, before getting out of
bed or sitting up. Try to move as little as possible. Plan it the night before, making sure there is a clock
with a second hand that is easily visible. Better yet, have someone else take your pulse while you are
sleeping or just after you awaken. Bring the result with you to the office.

Results:		
	beats/30 seconds	beats/30 seconds

2. After you awaken on the day of your test, make sure that you drink at least 16 ounces of water, but do **NOT** drink water 45 minutes prior to your arrival. (You will be able to drink water again shortly after the testing begins).

In addition, make sure to **Take your hormones (thyroid, DHEA, estrogen, testosterone, HGH, etc.)** and any prescribed medications as regularly scheduled. Additionally:

- **Do not** take any vitamins, non-prescription medications, or herbs
- **Do not** eat or drink anything except water
- **Do not** exercise for 48 hours before the test
- **Do not** wear an underwire bra
- Do not stress. This is an easy test. There is no need to worry
- Do not smoke
- **Do not** wear lipstick
- **Do not** change the carbohydrate content of your diet for five days before the test. If you do it will alter the test results.
- Keep your activity level to a minimum on the morning of the test.
- Be sure that your diet and sleep patterns for the five days before the testing procedure are typical for you.
- If you develop an injury, cold or flu, please call the office to reschedule your appointment at (541) 980-6260.
- Your test is scheduled for: _______. Wear loose fitting, comfortable clothing and tennis shoes. We are going to exercise you fairly hard, but not to your maximum capacity. The test takes about 1 hour, please allow for that time in your schedule.