

## HEALTHY TOUCH WHOLE HEALTH CARE, INC.

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### CLIENT PREPARATION FOR NUTRITIONAL CONSULTATION

Please keep this sheet for future visits

- Please bring a sample of your drinking water in a glass container for testing.
- Do not take your nutritional supplements for two days before you come. This gives a more accurate test of supplements. You may take necessary pharmaceuticals.
- Please bring a list of what you eat and drink for 5 days.
- Please bring all herbs, vitamins and pharmaceuticals, not just a list.
- Stop brushing tongue today thru appointment. (*May brush teeth*)
- No caffeine (*No coffee, tea, soda to affect pulse reading*)
- No mints or chewing gum (*discolors tongue*)
- Do not pumice feet (*interferes with foot analysis*)
- No foot powder (*interferes with foot analysis*)
- Wear no, or minimal, makeup – no nail polish for nail analysis
- Please remove your cell phone from belt or body during testing. Cell phones drain electrical energy from our bodies.
- Please bring samples of your best and worst foods and drinks that you consume for testing. And you may bring foods and drinks, which you would like, tested for their health value.
- Bring foods and substances that you are addicted to such as sugar, tobacco, coffee, etc. for testing.
- Please bring results of medical tests.

Thank you for your cooperation,

Howard Elrod

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