

## BioNetic Scan Prep Instructions

### Scans are a separate charge from your health check package.

The SpectraVision will be evaluating the responses of the body to various digital frequencies and their relationship to overall balance and energy flow. This process is called “BioEnergy Balancing” and is designed to assess stress responses and energetic imbalances within the BioNet of the body.

- 1) Do not take any supplements the morning of your appointment. Continue any prescriptions.
- 2) No alcohol or caffeine within 3 hours of your appointment.
- 3) Do Not eat at least 3 hours before your appointment.
- 4) Make sure you are well hydrated by drinking water, ½ your weight in ounces the day before and the day of your appointment. This is a good rule of thumb for everyday of your life!
- 5) No exercise the day of your appointment.
- 6) Get a solid 8 hours of sleep the night before. You should be well rested for your scan.
- 7) **If YOU HAVE CALM FIVE, FIELDS OF FLOWERS, AND/OR RELIEF, PLEASE BRING TO YOUR APPOINTMENT.**
- 8) A low-level laser may be used.
- 9) **For VPT Scans: PLEASE WEAR A LIGHT-COLORED TOP (NO BLACK OR DARK COLORS).**
- 10) Do Not wear jewelry to your appointment. Small studs in pierced ears can be left in.

#### **A hair sample or surrogate may be considered if any of the following are true:**

- You are pregnant.
- You have a pacemaker.
- Have had an organ transplant and are on immune-suppressant drugs. (ex: Prednisone, Tacrolimus, Cyclosporine, Mycophenolate Mofetil, Imuran, Rapamune, etc....)
- You have seizures or are on seizure medication.
- You have shunts or stents of any kind.
- Have a history of blood clots.
- Have had a stroke.
- You have artificial heart valves.
- You have been struck by lightning.
- Have experienced an electric shock.
- You have an insulin pump.
- You have an implanted blood sugar monitor.
- You have a neuro stimulator.
- You have a TENS unit - situated or applied under the skin (unless can deactivate the unit).

**It is okay if you have: metal plates, pins, rods, and denture implants.**