

Hello,

Thank you for booking an appointment with Shekinah Wellness. Below is information you will need for your appointment.

### Instructions:

DO NOT put anything in your mouth one hour prior to your appointment. No water, no gum, food, etc

DO NOT take any supplements 24 hours before your appointment time unless prescribed by a Doctor

DO NOT drink alcohol or caffeine 12 hours before your appointment time

DO NOT wear perfume, essential oils, lotion, or anything with a strong scent

The day before your appointment drink 1/2 your body weight in ounces. If you weigh 120 lbs, you'd drink 60 ounces.

Please drink a large glass of water before your appointment (but not within the hour)

You may bring your supplements with you and I will test them to see how well they are working for you (up to 10 items per visit)

If you have a virus- please change your appointment date because testing will not be effective, unless you want to work on the virus

If you need to change your appointment date or cancel an appointment, please do so 24 hours in advance

### When do I come back:

This depends on what we are working on and how your body is responding.

### When will I feel better:

Natural healing is promoted by the BioBalancing Techniques. You may not experience wellness overnight, but you may notice slight changes in your health after just one visit. Often, long standing issues which have been present in the body for years, can take several months to clear, however in our experiences, by following the protocols many issues can become resolved. Often healing will start from inside the body, where the energy blockages now being cleared may be less noticeable by you and you may only notice slight energy increases. We recommend appointments to be on a regular basis for a minimum of 10 visits before expecting dramatic results.

