

Pre-Consultation Questionnaire

Thank You for booking your first consultation and taking a step towards health and happiness!
Before arriving at your first consultation, please take the time to fill out the following questionnaire.
If you are having Bioresonance treatment, please also read the preparation instructions.

1. What are your main reasons for seeking help from a naturopathic nutritionist?

2. Do you have any underlying health concerns I should be aware of?

3. Are you currently taking any medication? Please list.

4. Are you taking any supplements or herbal or homeopathic remedies? Please list.

Please fill in the three-day food diary for me to better understand what you eat in your daily life.

Day 1

Breakfast:

Lunch:

Snack:

Dinner:

Drinks:

Day 2

Breakfast:

Lunch:

Snack:

Dinner:

Drinks:

Day 3

Breakfast:

Lunch:

Snack:

Dinner:

Drinks:

Preparation for Bioresonance

If you wish to do Bioresonance testing and treatment, please follow these instructions before your consultation.

1. Drink at least 2 litres of water daily to ensure you are well hydrated. Your body will be more receptive and conductive when it's hydrated, but also the detoxifying effect of the treatment requires good hydration.
2. Don't drink alcohol or smoke before your treatment. If you must smoke, ensure your last cigarette is at least 2-3 hours before the treatment.
3. Eat something at least 2-3 hours prior to your appointment.
4. Try to take steps toward ensuring daily bowel movements to help cleanse your body.
5. After your appointment, adhere to your dietary advice, as this will help detoxify and prepare for your subsequent treatment.
6. Contact me if you have any problems with the dietary and lifestyle plan or if you have issues achieving daily bowel movements.