



Pre-Scan Checklist for: _____ Date: ____ / ____ / ____

Your nervous system controls and regulates every cell of your body.
We use an instrument that reveals how well your nervous system is working.

PLEASE LET US KNOW IF WE NEED TO BE MINDFUL OF THE FOLLOWING:

Drinking coffee or tea can excite the nervous system.
Have you had any of these caffeinated beverages today?
No Yes About _____ cups

Cola drinks contain caffeine and chemicals that can affect the nervous system.
Have you had any sodas today?
No Yes How Many? _____

Nicotine is a nervous system stimulant.
Have you had any tobacco today?
No Yes How much? _____

Common, over-the-counter drugs can impact the nervous system.
Have you taken any of these types of drugs today?
No Yes

Many prescription drugs and muscle relaxers affect the nervous system.
Have you taken any type of prescription medication today?
No Yes

Excessive exposure to the sun affects the accuracy of your scan.
Have you had a sunburn in the last 5 days?
No Yes

Bath salts, oils or sunscreen on your skin can influence instrument sensitivity.
Have you used any of these products today?
No Yes

Vigorous physical activity can exaggerate your scan results.
Have you had a workout today?
No Yes

Stress, depression, anxiety or emotional upsets can affect nervous system tension.
Compared to a typical day, are you currently experiencing an increased level of stress?
No Yes

BP: O2: Pulse: Wt: BF%: VF: BMI: M%: