

The main technology I use is a bio energy balancing device called Spectra Vision. Along with my 20 plus years of experience this enables me to help educate you on alternative methods to improve your health. I use many methods such as bio energy balancing, herbal and vitamin supplements, cleansing, Profusion and Flower Essence therapy (for emotions), dietary changes, exercise etc. There are many times I will recommend other therapies such as acupuncture, chiropractic, colon cleansing hydrotherapy, message etc. My goal is to help guide you in a direction of wellness. I find everyone is different and needs different therapies according to where they are emotionally, physically and spiritually.

Appointment Instructions

- Drink a large glass of water before your appointment
- Do not wear perfume, essential oil or anything with a strong scent
- Do not take your supplements 24 hours prior to your appointment, unless it is prescribed by your medical doctor.
- Please bring up to 10 products that you use and wish to have tested to see if they are something that your body needs right now.
- Remove jewelry, pagers, cell phones or any other electronic device
- Do not drink alcohol or caffeine 12 hours prior to your appointment
- Please bring your Nutritional Assessment Form (filled out) to your appointment. (You may download this form from my website below
- Please allow two hours for a new appointment and at least one hour to one and a half hours for follow up scans depending on the depth of the scan.

What to Expect at Your Appointment

- You will be hooked up to the Spectra Vision (medical grade biofeedback device) via an arm cuff to run a scan. This measures your physiological response to outside stimuli and base electrical resonance readings. It is a totally painless test and involves attaching electrodes to your body.
- I will go over the scan results with you
- I will make you a customized homeopathic remedy to help rebalance your energy.
- You will also be tested for food sensitivities
- I will suggest supplements, dietary changes and other therapies if they are necessary to help you in your journey of wellness

Instructions for Appointments by Mail

If you are not able to come into the office for your appointment, via you live too far away or are just too busy, please follow the directions below:

You will need to download the following forms:

[Client Health Information Consent Form \(Privacy Act\)](#)

[Nutritional Assessment Questionnaire](#)

[Contract of Services/Wellness Evaluation Authorization/Application/Waiver](#)

Please fill out these forms and return them along with samples of your hair and saliva.

Samples

Hair – I need 10 to 15 strands of hair. Cut 10 to 15 strands from the nap of the neck as close to the skin as possible. Put this hair in a tissue and then in a baggie.

Saliva – Swab the inside of your cheeks and tongue with a q-tip and then put the q-tip in a separate baggie.

Place the forms, and samples along with a check (or pay by credit card. Please call with your credit card information) in the amount of \$160.

Please send everything to:

Herbal Health
1212 3rd Ave. So.
Anoka, MN 55303