

CornerStone Integrative Care, LLC

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Thank you for scheduling your first BioSET/Homotoxicology appointment with us! In order to make the most out of your appointment, please read the following:

How to Prepare for your Initial BioSET or Homotoxicology Appointment

Your initial BioSET appointment will be about 1 hour in length. Your initial Homotoxicology appointment will be approximately 1 ½ hours in length. Please plan accordingly.

Prior to your appointment send:

- Completed client questionnaire and release form (this can be found on our web-site or we can email it to you). This gives us time to plan the best course of action for your health.
- Copies of recent and relevant medical records and lab results.
- A complete list of all medications and vitamins you are currently taking (please continue to take all prescribed medications and vitamins).
- A current picture of yourself/your family member to keep in our files. (We will be happy to take one for you if you do not have a recent shot).

For your initial appointment:

- Drink lots of water – very important for testing purposes.
- Be sure to wash your hands removing any lotion, oil or dirt to ensure accurate testing.
- Bring all containers of medications, vitamins, nutritionals and enzymes you are currently taking.
- Bring a small saliva and hair sample – kept separately in plastic bags.
- Bring any of the information above that was not sent previously.
- Bring a list of questions you would like answered and goals you would like to achieve.
- Bring a notebook so you can make a note of what is discussed.
- If the appointment is for your child or if you are bringing your children, we invite you to bring a favorite DVD/VHS tape to play during the appointment.
- We will be happy to reschedule your appointment should you or your family become ill. We have a 24 hour cancellation policy, however we take into account that emergencies arise and will waive the cancellation fee if you cancel due to illness. Please do not come to the office if you are symptomatic, we have many clients who are very sensitive to illness.

Follow-up Homotoxicology Appointments:

Please complete and mail (or email) a follow-up form before your appointment so that we can better direct our services to meet your needs.