

Instructions For Bio-Energy Testing™– Be sure to carefully read these instructions!!

For a full understanding of Bio-Energy Testing™, and all the invaluable information it can give you regarding your health, please read “Bursting With Energy”, available at the clinic.

1. **Important:** On at least two different mornings, record how many times your heart beats over a 30 second interval as soon as you awaken. Do this immediately after you awaken, before getting out of bed or sitting up. Try to move as little as possible. Plan it the night before, making sure there is a clock with a second hand that is easily visible. Better yet, have someone else take your pulse while you are sleeping or just after you awaken. Bring the result with you to the office.

Results: _____
 beats/30 seconds beats/30 seconds

2. After you awaken on the day of your test, make sure that you drink at least 16 ounces of water. In addition, make sure to **Take your hormones (thyroid, DHEA, estrogen, testosterone, growth hormone, etc.), and any prescribed medications as regularly scheduled.**

Additionally:

- (**Do not** take any vitamins, non-prescription medications, or herbs.
- (**Do not** eat or drink anything except water.
- (**Do not** exercise.
- (**Do not wear** an under wire bra.
- (**Do not** stress. This is an easy test. There is no need to worry!
- (**Do not** smoke.
- (**Do not** wear lipstick.
- (Keep your activity level to a minimum. No exertion.

3. Be sure that your diet and sleep patterns for the five days before the testing procedure are typical for you. If you develop an injury or a cold or flu, please call the clinic to cancel and reschedule.

4. Your test is scheduled for: _____. Wear loose fitting, comfortable clothing and tennis shoes. Shorts are preferred. We are going to exercise you fairly hard, but not to your maximum capacity.

Non-Refundable Deposit

Please note that our technicians are paid by the test. A \$35 non-refundable deposit will be required in order to reserve your testing time. This deposit will be applied to your account at the time of the test, but it will be forfeited if you miss your appointment without giving a 24-hour cancellation notice. Cancellations for Monday appointments must be given before noon the previous Friday.

Bio-Energy Testing Explanation For Patients

The testing procedure is actually quite easy. All you have to do is to relax and forget that this is a test. There is no way you can flunk this test! Before you start the test, the technician will check your blood pressure both lying down and standing, as well as determining your height, weight, and body fat percentage. He will then place a heart rate monitor with some electrode gel snugly around your chest.

The test is divided into two portions, the resting part and the exercise part. During both parts of the test the technician will place a plastic mouthpiece in your mouth, which will record all the oxygen going into your body and all the carbon dioxide coming out. He will also place a nose clip on your nose to prevent you from breathing through your nose. Be sure to adjust the nose clip if you need to in order to be more comfortable. The whole setup is a little uncomfortable, but is easily tolerated.

During the resting part of the test all you will need to do is to close your eyes, relax your body, and comfortably breathe into the mouthpiece for about seven minutes. Make sure you breathe only through the mouthpiece and not around it or through your nose.

After about seven minutes the resting part of this test will be concluded, the mouthpiece and the nose clip will be removed, and the technician will give you a drink of water. You will then be moved to the ergometer (a computerized stationary bicycle) for the exercise part of the test. Once you are comfortable on the ergometer, the mouthpiece and the nose clip will be replaced, and the exercise portion of the test will begin.

During the exercise testing procedure the technician will remind you that in order to maximize pedal efficiency, you should focus on exerting pressure on the up stroke as well as on the down stroke. Start pedaling when you are told to, being sure to keep the RPM gauge at sixty during the entire procedure. As the test proceeds you will notice that you will have to work progressively harder to maintain the RPM at sixty. This is because the computer will gradually increase the pedal resistance.

As you get closer to the end of the test, you will be exerting fairly hard, and will be breathing fairly heavily. The technician will be letting you know about how much more time you have before the test is concluded. The exercise part of the test usually takes ten to fifteen minutes. Of course a certain amount of breathlessness and strain is normal, but if you feel sick or lightheaded, or develop chest pain, you should stop and notify the technician. Be assured that the testing procedure does not require that we exercise you beyond what you should be safely capable of.

After the exercise portion of the test is completed, there will still be one more measurement to take. This will be your lung function measurement. For this determination, the technician will direct you to expel all the air out of your lungs and then maximally inhale and blow all that air out into the measuring device. You will do this three times in order to give the computer a chance to select out your best "performance".

After this is accomplished, the test is over. The technician will print out the report form and give you a copy. The form will not only show your scores, but will also give you an explanation for the different scores mean. Please be sure to take some time and carefully study the results so that when the doctor goes over the results with you, you will have a good understanding of what your overall level of health is, and what you will need to do to improve it.