

FREE GUIDE

Preparing for Your Bioenergetic Assessment

A few simple steps to help you get the most from your session.

Your bioenergetic assessment is a gentle, non-invasive way of listening to what your body may be communicating. A little preparation helps the process go smoothly and helps us build the most useful picture of your wellness. Here's how to get ready.

In the Days Before

- **Hydrate well.** Drink plenty of water the day before and the morning of your visit — well-hydrated tissues make for a clearer assessment.
- **Eat normally.** There's no need to fast. A light, balanced meal a couple of hours beforehand is ideal, so you're comfortable and steady.
- **Go easy on stimulants.** If you can, limit caffeine and alcohol the day of your visit.
- **Rest.** Come as relaxed and well-rested as you're able — avoid strenuous exercise right beforehand.

What to Have Ready

- Be sure you've **returned your Consent and Health Questionnaire** that was sent to you — this gives me your health history ahead of time.
- A list of your **current supplements, herbs, and medications** (names and doses if you have them).
- Your **top two or three priorities** — what you'd most like to feel better.
- Any **questions** you'd like to ask. It's easy to forget in the moment, so jot them down.

What to Expect

We begin with your story — your history, concerns, and goals — because context is something no test can replace. The assessment itself is gentle and non-invasive. Together we look for meaningful patterns worth supporting, then turn them into a clear, written plan made just for you.

A Note for Distance Clients

If we're working together remotely, the same hydration and rest guidance applies. You'll receive any specific instructions when you book, along with everything you need to prepare from home.

This guide is general wellness education and is not intended to diagnose, treat, cure, or prevent any disease, or to replace personalized advice from your licensed healthcare professionals. Always consult your provider before making changes, especially if you are pregnant, nursing, managing a health condition, or taking medication.