

Jill Nahama L.Ac., O.M.D.

NAET

Follow Up Information

1. Review the self treatment sheet. It is beneficial if you are having an allergic reaction, at the onset of a cold or flu, or on a daily basis as prevention. Finger pressure is applied in a clockwise motion to each point for 30 seconds. If a massager is utilized, 15 sec. Massagers are available for purchase at front desk.

2. You may bring in up to 5 items to be tested per session. This is best done after you have completed your treatment for the top 10.

Examples of testable items; medications, vitamins, individual foods, combined foods, dust, plants, pet hair, beverages, cosmetics, fabrics, detergents, etc. **To speed up treatment time, samples are best brought in labeled small glass containers.** If needed, containers available for purchase at front desk.

3. Air samples may be taken of indoor and/or outdoor air. Living on the coast, mold in one's home is often problematic. An indoor air sample may be indicated. As seasons change, it is often beneficial to take a sample of outdoor air. Specific pollens, grasses, weeds, and trees may be more abundant at certain times of the year. Outdoor air samples may be indicated.

Air sample collection consists of 1 cup of purified water and 2 cotton balls (or 1/2 paper towel) in a wide bowl or dish set out for 2-3 days. Deposit some of the water and cotton balls into a small labeled (name, location and date) glass container.

Dust samples may be obtained from your vacuum, or wrap tape, sticky side out around hand and collect dust from the tops of doors, carpet, furniture, etc and place in labeled container.

5. Your time spent with Dr. Nahama is scheduled for 15 minutes. If more time is necessary there may be an additional charge.

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