

✓ Client Preparation Checklist

To ensure accurate baseline results during your live blood analysis session, please confirm the following:

- ☐ I have not consumed any sugar or alcohol in the past 24 hours.
- ☐ I have not taken any supplements this morning.
- ☐ I have not eaten any food this morning, other than drinking water or black coffee.
- ☐ I have consumed one full glass of water about 1 hour before the appointment.
- ☐ I have avoided touching my cell phone or electronic devices this morning as much as possible.
- ☐ I have spent 10–20 minutes grounding (barefoot outdoors) this morning, if possible.
- ☐ I have not engaged in intense exercise, sauna, hot baths, or cold plunges in the past 24 hours.
- ☐ I have not had any massage, cupping, or lymphatic treatments in the past 24 hours.
- ☐ I have not received any vaccines, IV therapy, or dental work in the past 3 days.
- ☐ I have reduced EMF exposure overnight (e.g., turned off WiFi, avoided Bluetooth).



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Name _____

Date _____