



## Natural & Digestive Health, LLC

**JULIE BRUNS BSN, RN**

*Certified Natural & Digestive Health Professional*

Your natural and medical healthcare link

Dear

I look forward to helping you with a specialized, therapeutic holistic health assessment. It is very different from today's common medical approach. I will work to more clearly identify and overcome the cause of ill health, and then improve total body function naturally by nourishing, balancing and revitalizing the whole individual. It is powerful, effective, and rewards you with improved health and function that is long lasting! Initial consultation is approximately 90 minutes.

### *Get Maximum Benefit from Your Appointment*

#### *How to Prepare*

1. Please fill out any requested paperwork before coming to our office including totaling the columns when indicated.
2. Prepare for your assessment by adhering to the following guidelines:
  - a. Do not exercise for 12 hours prior to testing.
  - b. Do not consume alcohol for 24 hours prior to testing.
  - c. Drink at least 1 quart of water within 4 hours prior to your testing.
  - d. Please fast from food and anything but water for 4 hours prior to your appointment.
  - e. Insure access to both feet with removable footwear (no pantyhose).
  - f. Please bring any labs or medical records that you have available to further the assessment.
  - g. No lotion on hands or feet.
  - h. NO CELLPHONE.

**IMPORTANT: In the event of an unforeseen event, 24-hour cancellation is appreciated.**

#### *Appointment Reminder*

Thank You! I look forward to helping you successfully achieve your personal health goals!

Julie Bruns, BSN, CNHP, RN  
Natural and Digestive Health, LLC