



BEFORE NAET TREATMENT

1. Do not schedule treatment when you are extremely tired
2. Do not schedule treatment during the first 3 days of your menstrual cycle
3. Shower before your appointment and wear clean clothes
4. Be sure not to wear and perfumes, strong smelling deodorant or hair spray.
5. Do not arrive at the office smelling of smoke
6. Wear as little jewelry as possible. No jewelry is best
7. Eat before your appointment so you are not hungry during treatment
8. Drink water before your appointment so you are well hydrated
9. Discard any candy or gum before treatment
10. Wash your hands immediately before treatment