



COMPUTER REGULATION THERMOGRAPHY (CRT 2000)

PREPARATION FOR TESTING

48 hours prior to the appointment

- Stop taking any supplements prescribed by your Naturopathic doctor.
- It is very important that you **DO NOT** partake in any exercise or any therapy such as neural therapy, acupuncture, yoga, or chiropractic therapy.

On test day

- Eat a light breakfast
- No smoking, drinking of alcohol, coffee, or tea
- Do **NOT** shower the day of the test. You may wash your hands and face in luke warm water, but do not use soap. You may also brush your teeth with toothpaste in luke warm water. Do **NOT** wear any make-up, body lotions, or deodorant.
- Do **NOT** wear tight clothing, we recommend that you wear a long sleeve front opening shirt as you must be covered even in summer before the test, and it will also allow the technician to perform some of the measurements by simply opening the front of the shirt.
- You **MUST** wear underwear as you will be required to remove all your clothing. (Ladies do **NOT** wear a Bra to the test)