

Important Do's and Don'ts for a Successful BIE Session

- 1. Do NOT do BIE if you have a pacemaker.**
- 2. Do NOT do BIE if you are pregnant.**
- 3. Stay well-hydrated (8 glasses of water per day) the day before, the day of, and for 3 days after your BIE session.**
- 4. Be prepared to experience a possible aggravation of symptoms starting up to 1 month after your session**
- 5. Realize that it may take several weeks before you notice lasting effects of homeostasis.**
- 6. Allow your body a 1-2 week break between BIE sessions.**
- 7. It is important to follow any dietary or cleansing advice given by your Naturopathic Doctor.**

I have read, understood, and will comply with the above requirements.

Signed: _____

Date: _____