

Before You Start Equiscope Treatment

Known conditions that exclude use:

1. Pacemaker
2. Pregnancy
3. Chemotherapy

Notify physician of any of the following:

1. Physical, mental, or medical condition (such as heart condition, viral infection, chronic illness, Lyme, EBV) which would be triggered or exacerbated by use of the micro-current. Please provide a list of current medications.
2. Any Botox or facial fillers or Cortisone injections

Herxheimer or microbial die-off detoxification symptoms that can occur after micro-current therapeutic protocols:

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|-------------------|-------------------------|----------------------------|
| ★ Nausea | ★ Skin irritation | ★ Muscle spasm |
| ★ Headache | ★ Early menstrual cycle | ★ Chills |
| ★ Dehydration | ★ Diarrhea | ★ Temporary increased pain |
| ★ Fainting | ★ Vertigo | |
| ★ Hot/cold sweats | ★ Dizziness | |

Recommendations:

- Discuss medical conditions with physician before treatment.
- Discuss medications, vitamins, supplements, etc before treatment. (Pain meds can cause a detox reaction)
- Avoid shaving protocol area before session to avoid stinging.
- Do not wear any makeup, lotions, or fragrances on the protocol areas.
- Have hair pulled off neck and away from face.
- Wear loose clothing in order to expose protocol area.
- Hydrate with electrolytes before and after each session: coconut water, water with himalayan sea salt or celtic salt, lemon/cucumber water, celery water (avoid alcohol).
- Avoid immersing in water for up to 4 hours after each session (pool, bath, hot tub).
- Proper nutrition is important for healing.
- Exercise to increase your oxygen and energize your body.
- Detoxify your body, make sure your having normal and daily bowel movements prior to treatment.
- Remain self-disciplined, have a positive outlook and be patient.
- Take Magnesium as directed.
- Best results in 3-12 sessions, 3 times per week for 1 month.