

Cameron Clinic of Oriental Medicine
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LIFE VESSEL PRE-TREATMENT INFORMATION

Thank you for selecting the Life Vessel at the Cameron Clinic. Whether your decision to visit our center is based on resolving a specific condition or simply addressing preventative wellness as an approach to good health, our objective is to assist you in reaching your health-related goals. Please review the following information in preparation for your Life Vessel visit. You do not have to be a patient of the Cameron Clinic to schedule a Life Vessel Protocol. Should you have any questions or if we can be of assistance in any way, please do not hesitate to contact us.

A Life Vessel Protocol consists of four (4) approximately one hour treatment sessions completed consecutively over 3-4 days. If completing the Life Vessel Protocol over three days, day 2 will consist of two sessions, spaced 2-3 hours apart. We encourage you to take it easy for the days you will be completing the Protocol.

Cancellation Policy: You will be billed \$100.00 if cancelled less than 72 hours in advance. We reserve time for your healing, so we need advance notification from you to serve others when you can't make it. Thanks for your understanding.

1. Please complete the Life Vessel History form, if you are not a current patient of the Cameron Clinic of Oriental Medicine. (Located on the Patient Forms page at www.camclinic.com)
2. Plan to dress comfortably for your Life Vessel sessions. Wear loose comfortable clothing and minimal jewelry. All metal, jewelry, underwire bras and belts are taken off for the treatment session. Pacemakers and implanted metals are not a problem. Refrain from wearing scented cologne, perfumes, deodorants and body lotions. Turn off your cell phone during your treatment session.

The light is not enough for reading. We suggest that you be prepared to lie in the Life Vessel for approximately one hour and relax. It doesn't matter if you sleep or keep your eyes opened or closed. It is easy to get in and out of the Life Vessel and although the doors are closed, you can easily open them and a call bell is always within easy reach if you need us!

3. Please discuss with us any chiropractic, massage, acupuncture, or any other "energy work" planned for within three weeks following your visit. It is usually not recommended starting new types of energy work immediately following your Life Vessel session.

4. Commit to drinking **up to one gallon of water** a day (16 cups/128 oz.) starting the day before your treatment session and for the following 21 days. Your urine should be clear or light yellow; if it is dark you need more water.
5. Please refrain from eating a big meal for 1-2 hours before your session.
6. How many sessions will I need? Everyone is different. Best results typically occur when the Life Vessel Protocol of 4 sessions is repeated monthly for 3 months. You will get the most from your sessions by drinking lots of water, eating a healthy diet and staying away from stimulants such as coffee, tea and nicotine. Eliminate the use of recreational drugs and alcohol. Physical movement and moderate (not strenuous) exercise daily to the limit you are able to tolerate is important. If you can't exercise, sing your favorite tunes with gusto! Get enough sleep.
7. Please understand that your current lifestyle may well be impacting your present health. This is a great time to re-evaluate food choices and diet, exercise, sleep habits, and stressors in your life. If you are not a patient of the Cameron Clinic you may want to schedule additional consultation time.
8. At the end of the Services section for the Life Vessel page on our website www.camclinic.com there is a \$50.00 coupon off your first protocol of four sessions. You can find current specials listed on our Life Vessel Facebook page. www.facebook.com/LifeVesselTherapy/

We look forward to seeing you soon! Call us with any questions, we are happy to help.

Nan Cameron, MSN, RN, Lac

Rainey Scrocco, office coordinator and life vessel technician

Karin MacKinnon, office support and life vessel technician