

### **What To Bring at Your Initial Visit**

- If you know your **blood type** or think you may be able to locate it please do so. If not- I can test it in the office.
- If you want to bring a **list of supplements or the ones you take** with you to the appointment please do. As part of the initial visit, I outline a core nutritional program that I recommend based upon the inherent needs of your blood type.
- If we are working on your fertility, hormones or any other issue relating to your cycle- please **bring a record of the dates you had your last menses or ovulation** or noticed an issue.
- If you have **any pertinent recent lab testing or imaging results** you want to share as part of your history, please bring that to the initial appointment. If not-I will be able to formally request any pertinent medical records at that time with your consent.