

## Meridian Stress Assessment—Patient Preparation

Meridian Stress Assessment (MSA) is a safe, painless, noninvasive way of determining the balance of your organ systems. The test involves applying a small pulse of electricity\* at various acupoints on the fingers and toes. (Acupoints are the endpoints of the body's meridians, or energy circuits.) Because the test requires direct skin contact, please note that you will be barefoot during the scan.

To prepare for an MSA scan, please keep in mind the following:

1. **Hydrate** – This is very important! Drink eight 8-ounce glasses of water on the day before testing and continue to stay hydrated during the day of the testing.
2. **Lotion** – Avoid applying any lotion on your hands or feet the day of the testing.
3. **Exercise** – If possible, avoid strenuous exercise within four hours of testing.
4. **Jewelry and watches** – You may be asked to remove jewelry during the test.
5. **Cell phones** – Cell phones must be off during the scan.
6. **Magnets** – If you sleep with or wear magnets during the day, please refrain from doing so the night before and/or day of the test.
7. **Pacemaker** – If you have a pacemaker or any other surgically implanted device, please let our office know.

### **On Supplementation: Please read!**

The advantage of Meridian Stress Assessment is that it provides a real-time snapshot of the state of stress of your organ systems. This is particularly useful for conditions that are chronic or “sub-clinical” (aren't showing symptoms yet). We have found that the quickest, easiest way to restore the balance of your systems is through a program of high-quality supplements tailored specifically to your body's needs as shown by the MSA scan.\*\* If you'd like more information about our supplements or about complying with a supplementation program, please speak with Dr. Hart.

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\* The amount of electricity in the pulse is about one quarter that of a 9V battery. Most patients do not feel the pulse at all, while some occasionally feel a slight tingle.

\*\* Patients usually start seeing results within 3-4 weeks of starting their supplementation program.