



**Fluid Chiropractic**  
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**PLEASE READ THESE INSTRUCTIONS AND FOLLOW PRIOR TO YOUR NUTRITION  
INITIAL CONSULTATION**

**BODY COMPOSITION ANALYSIS INSTRUCTIONS *FOR CONSISTENT TESTING:***

- DO NOT SAUNA 8 HOURS BEFORE TEST.
- DO NOT EXERCISE WITHIN 8 HOURS OF TEST.
- DO NOT DRINK ALCOHOL WITHIN 12 HOURS OF TEST.
- AVOID LOTION BEFORE THE TEST (RIGHT WRIST/HAND, RIGHT ANKLE/FOOT)
- DRINK 1 LITER OF WATER IF YOUR APPOINTMENT IS BEFORE 12 NOON
- DRINK 2 LITERS WATER THROUGHOUT THE DAY PRIOR TO THE ANALYSIS IF YOUR APPOINTMENT IS AFTER 12 NOON.
- DO NOT HAVE THE TEST IF YOU HAVE A FEVER.