



SETTING UP APPOINTMENTS FOR METABOLIC FINGERPRINT™, OR RMR (Resting Metabolic Rate) MEASUREMENT

Conditions:

In order to obtain an accurate Metabolic Fingerprint measurement the patient or client must prepare for their appointment. At the time of their appointment, the individual must not have:

Eaten for at least 4 hours (water is OK).

Exercised for at least 4 hours.

Used any form of nicotine for at least 1 hour.

Had caffeine or stimulatory nutrients for at least 4 hours.

Time:

You should allow at least 30 minutes for your measurement. This allows at least 15 minutes of resting upon arrival, 5-10 minutes for measurements, and 5-10 minutes to evaluate and explain the results to you.

Location

All measurements will be conducted in a quiet, comfortable environment. A private office is ideal because outside distractions should be minimized during the measurement. You will be positioned in a quiet, calm environment, for the best results.