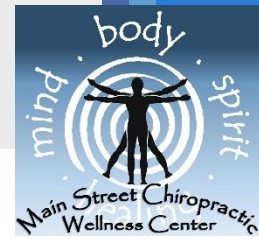


# Main Street Chiropractic

239 S. Main Street, Edwardsville, IL 62025

(618) 656-6565

www.docbaird.com



Thank you for completing the Nutrition Patient Questionnaire and HIPAA form. Depending on when we have received your paperwork, we will be calling you on or before the next business day to set up a consultation with Dr. Curtis Baird. Once we have your email address, you will be sent two emails. One will be a link to the Patient Symptom Survey and the other is for the Loomis Nutritional Enzyme Questionnaire.

After receiving The Patient Symptom Survey, you will have one week to complete it. Dependent on the severity of your symptoms, please allow 30 minutes to an hour to complete the survey. Once the survey is complete, we will need up to 72 hours before your consultation to review it. On the day of the consultation, your punctuality will ensure that you have the full time allotted to spend with Dr. Baird.

For some patients, we may suggest some specific tests be completed. One of these tests is a “Toxic Element Screening.” This requires taking hair samples. Prior to taking this sample, you may not perm or color your hair for 8 weeks. If you have an appointment scheduled for a perm or coloring, you may consider waiting until after your consultation. Please have hair washed. Conditioners, gels and hair sprays are okay.

We may also suggest a blood test for you. This requires a 12-hour fast. You can only have water for the 12 hours prior to the test. If you think you may do a blood test on the same day as your appointment, please fast for 12 hours and drink plenty of water. Also, do not exercise 24 hours prior to testing.

Please note: If you are diabetic or have another medical condition that makes fasting difficult, please do not fast. We will take your condition into account with your testing. If you are scheduled late afternoon for a consult, you can wait until the next morning to get your blood tested. We don't want you going 14 hours or more without eating.

We look forward to helping you through the testing process. If you have any questions, please feel free to call our office at **(618) 656-6565**.

Yours in good health,

*Dr. Curtis Baird*

Dr. Curtis Baird, DC, Internal Health Specialist