



Chesapeake Holistic Health Center

## **BioSET PATIENT GUIDELINES**

Please read the following information in preparation for your appointment to begin treatment in BioSET Immunotherapy, an effective allergy desensitization and elimination system designed to strengthen the body's immune response to sensitivities to foods and environmental pollutants through proper digestion and nutrition

**INITIAL EVALUATION:** When you arrive, we will take an in-depth health history and perform several initial screenings through applied kinesiology (muscle testing) and/or electrodermal testing. Please bring your completed health history questionnaire with you. Your toxicity levels will then be examined among other findings, and your digestion will also be assessed. You will then be given an enzyme evaluation. Basic food groups will be tested to determine those items to which you are most sensitive. If time permits, you will also receive a Body Balance Treatment at the conclusion of this appointment. Please bring any medications and/or supplements you are currently taking with you to this appointment. This initial evaluation will take 2 hours.

**YOU MUST ARRIVE AT THIS APPOINTMENT WITH AN EMPTY STOMACH. DO NOT EAT OR DRINK ANYTHING FOR AT LEAST 6 HOURS (CHILDREN 10 AND UNDER FOR AT LEAST 4 HOURS) PRIOR TO THIS VISIT AND ALSO DO NOT BRUSH YOUR TEETH. WATER IS PERMITTED ANYTIME.**

After the enzyme assessment, you will be given a nutrient drink to take which will help us to assess your digestion. You may also bring additional food with you to eat.

Once you have received your initial comprehensive evaluation, you will be given a preliminary diet based on your digestion assessment. You will then begin a process of detoxification and a series of allergy desensitization treatments.

**NUTRITIONAL PHONE CONSULT:** Your initial comprehensive evaluation includes a 30-minute telephone consult with our Holistic Nutritional Consultant, Jennifer Salos, MS, CNC, who will review the nutritional findings from your tests, refine your diet to your specific needs based on sensitivities, and answer any questions you may have regarding your nutrition and digestion. After your initial evaluation, please call Jennifer at 410-349-9043 and leave a message requesting your telephone consult.

**TREATMENTS:** Approximately two weeks after your initial visit you will begin receiving allergy desensitization treatments. This intervening time will allow your digestion to begin correcting itself and your body to begin detoxifying. Allergy desensitization treatments take approximately 45 minutes to one hour. The treatment is

mild, with little or no side effects. Since there is no avoidance of allergens in this system, treatments can be scheduled as often as every 2 hours.

**NUMBER OF TREATMENTS:** Since the number of desensitization treatments depends on your body's state of immune deficiency, please understand that at the outset we can only give you an estimate of the number of treatments needed. As treatments progress and your digestion and immune system strengthen, many individuals are able to skip certain treatments because their immune system increases in strength and therefore can correct some allergies on its own without the necessity of a treatment.

The average number of treatments for Level 1 (blood, organs, systems, glands, liver detox pathways, immune boosters, enzymes) is 4-8. The average number of treatments for Level 2 (acid, base, vitamins, sodium chloride, minerals, mineral salts, calcium, metals, hormones, sugars, sugar metabolism, amino acids, protein metabolism, fatty acids, fat metabolism, bacteria, fungus/candida, mycotoxins, virus, vaccinations, radiations) is 6-10. Foods in Level 3 can often be treated by the entire category at once (i.e. treating all of dairy or fruits in one treatment). **AFTER COMPLETING LEVEL 2:** After Level 2 you will then be re-evaluated to re-check your toxicity and to confirm what antigens you have cleared and what other antigens need further treatment. Typical treatments after Level 2 include foods and advanced disease protocols depending upon your condition. You will also be re-evaluated at that time for your supplement & enzyme needs, as this often changes after Level 2. This reassessment session will take approximately 1-1/2 hours.

**CLINIC POLICIES:** To insure a pleasant treatment experience, we are reiterating a few guidelines:

- 1 Please be on time for your appointment. If you are more than 10 minutes late you will jeopardize the remaining treatments in the day as this throws off the entire day's appointments.
- 2 24-hour cancellation notice. Our schedules are booked weeks in advance. Appointments cancelled within 24 hours of the day of your appointment have to be charged out as a missed appointment, no exceptions.
- 3 When we run late: We try our best to address our patient's needs.
- 4 Sometimes a patient requires additional time and assistance to clear a vial, or needs additional testing, causing us to become late. If this should happen to your appointment, please be understanding as it could be you who needs the additional time causing another patient to run late with their appointment. Rest assured that when we run late, we will honor all appointments and always work hard to get back on schedule.

**OTHER MEDICAL PRACTITIONERS:** If you are under the care of another medical practitioner >who sent you to our clinic or with whom you work, we will make sure to work with him/her in terms of communicating the outcome of our findings and our recommendation on further treatments. We will NEVER tell you to stop or alter your prescription medication. That is strictly between you and your prescribing doctor.

**WHAT TO EXPECT AT THE COMPLETION OF YOUR TREATMENTS:** The body is complex. Healing involves integration of biochemistry, structure, emotion, and energetic systems. Each person's rate of healing and degree of symptom reversal is individualized. However, we cannot stress the importance of keeping low toxicity/energetic/drainage scores in order to maintain your clearings. We strongly suggest that you have your toxicity re-evaluated no less than every 6 months. An increased toxicity or drainage score can actually reverse your clearings causing your symptoms to re-occur. You will then have to return to treatments depending on the degree of reversal. If caught soon enough the treatments are minimal.

The following can cause your scores to increase with the possible surfacing of symptoms & should be a red flag to have you return for a toxicity re-evaluation:

- 1 Dental work outside of regular cleaning (i.e., root canals, crowns, mercury filling removals).
- 2 Physical or emotional trauma: deaths, divorce, serious relationship difficulties
- 3 Travel to and from other countries, especially if you became sick overseas.
- 4 Severe illness, especially flu or food poisoning.
- 5 Regular or excessive airline travel. With these guidelines we hope to make your treatments flow with ease and last indefinitely. If you have any questions, please do not hesitate to call our office.

Welcome to an exciting healing journey. I look forward to walking with you as you move toward vibrant health and more exciting possibilities for your future.

Katherine Sale

**Recommended Reading:** The Food Allergy Cure (Ellen Cutler, M.D.)