

Natural Allergy Elimination Preparation

- Prep takes at least 24 hours to obtain samples from lists below.
- You can't eat for 3 hours after appointment but you can have plain water.
- You must avoid whatever we treat for 3 hours after appointment (ie. pets, gasoline, lawn, etc)
- Cancellations within 24 hours are subject to 50% of your appointment fee

In order to account for all allergens you're commonly exposed to in your immediate environment, you'll need to prepare samples, including: water, dust, pets, etc.

Water Sample (required)

1. Fill casserole dish with a few inches of water and a splash of rubbing alcohol to prevent mold growth.
2. Leave this water outside at least 24 hours to accumulate local pollen samples.
 - a. Consider covering casserole dish with a cookie cooling rack if you have cats or pets who might drink this water.
3. Obtain approx. 4 ounces of this water sample in a glass jar.
 - a. If there is another place where you spend much of your time, (ie. school, work, church, family, etc), it is ideal to do a sample there too.

Dust Sample (required)

1. Using clear tape, obtain dust samples from around your home and other common places. Ideal places include:
 - a. bedside table, mantle, bookshelf, desk, break room, daycare, etc.
 - b. You simply stick it on, pull it off and fold it over onto itself so it doesn't stick to everything else.
2. You do NOT have to label each tape per room because we just treat for whatever comes up regardless where it is. You DO need to separate baggies from other locations (ie. one bag for home, one bag for school, work, etc).

Pets (optional) - If you have any pets, you can collect hair and saliva samples as well.

1. Take a Q-tip and rub it inside the mouth of the animal.
2. Cut a small amount of hair.
 - a. Label and bring each sample in separate baggies for each pet.

Other samples (if applicable)

- Bring samples of anything you assume an allergy to and we'll test and/or treat for it. For example: dryer sheets, lotions, perfumes, shampoos, etc. Samples are best collected in glass not plastic.
- If you're certain you have an allergy to specific foods, please tell me these foods prior to your appointment. If I do not have vials for said foods, I'll ask you to bring samples.

Appointment Locations

Services offered at retreats, Pop-Up Wellness Days on tour, San Luis Obispo County locations and Ashland, Oregon area. Your appointment location will be confirmed via email upon booking.

- Paso Robles, CA
 - Serenity Spa Wellness Inn- a white Victorian home with 2 tall palm trees in front - 740 Park St, Paso Robles, CA 93446. Street parking in front is usually available. When facing the building, walk the path on the left around to the back Spa Hut (to the right of the yoga hut). If the door is not open, please have a seat outside as I would be with a client.
- Yosemite Women's Retreat
 - Inside the yoga studio, Bodie room