



CONSTANCE JONES, I-ACT INSTRUCTOR, NBCHT
COLON HYDROTHERAPY
WWW.CLEANMYCOLON.COM

HELENE PULNIK, ND
GLASTONBURY NATUROPATHIC CENTER
18 SCHOOL ST. GLASTONBURY CT 06033
WWW.NATUROPATHICWELLNESS.COM
860-657-4105

Greetings, and thank you for your interest in Colon Hydrotherapy!

We appreciate the opportunity to inform you about our cleansing modality: the safe, gentle infusion of warm, filtered water into and out of the rectum and large intestine using no chemicals or drugs. Our state-of-the-art, FDA-cleared closed Colon Hydrotherapy system equipped with a sanitizing unit allows us to regulate temperature and pressure while maintaining maximum safety. We have created a nurturing, serene, and safe environment wherein your privacy and sense of well-being are easily established. Our technique uses hygienic and comfortable disposable equipment with multi-filtered purified water.

I am certified at the highest level of Instructor by the International Association for Colon Hydrotherapy (I- ACT) and am also Nationally Certified by the National Board for Colon Hydrotherapy. In practice since 1980, I have been actively involved in improving and promoting our profession for twenty-six years, which includes being an I-ACT Board Member from 1995–2003. I have been providing CH practice under the supervision of Helene Pulnik, N.D., at Glastonbury Naturopathic Center since 2003. As a skilled, intuitive practitioner, I guide you through a relaxing experience, integrating abdominal and pressure-point massage when appropriate. I am dedicated to assisting you in the process of healthy cleansing through colon hydrotherapy while providing education and support with compassion, warmth, and integrity.

I am available Monday through Thursday, including evening hours, as well as one Saturday a month. Other times can be arranged if you speak with me directly. The initial appointment is scheduled for 1&1/4 hours, if you have never had a session. I like to allow some extra time, for which you are not charged, in order for us to meet each other & for me to explain the procedure to you. Appointments thereafter are scheduled usually for 1 hour at the same rate. Occasionally, you might prefer a longer 1&1/2 hour session, which needs to be planned in advance. The number of sessions you might need can best be determined after our first session. We encourage most people to begin with 3 sessions – 2 the first week and 1 the next *or* 1 a week for 3 weeks – in order to feel the positive effects of cleansing.

GNP offers a special discount package of three one-hour CH sessions at a discounted rate. The Special Discount Price is paid in advance and must be completed within three months. Payment is required in full at the time of your appointment. We accept cash, checks, and credit cards. Generally, insurance does not cover the cost of Colon Hydrotherapy.

We require a 24-hour notice for all cancellations or postponements; otherwise 100% of the missed appointment will be charged. *As a courtesy, we give clients a telephone reminder a day or two before an appointment; however, appointments are considered confirmed when they are initially made.*

Please call 860-657-4105 with questions or to make an appointment.

Yours for better health naturally,

Constance Jones



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INFORMED CONSENT

I, the undersigned, authorize Constance Jones, under the supervision of Dr. Helene Pulnik, to administer Colon Hydrotherapy sessions. Constance Jones is not a physician and therefore is not qualified to diagnose or prescribe. I understand how Colon Hydrotherapy is performed and used, and I acknowledge the potential benefits and risks of Colon Hydrotherapy as described below:

COLON HYDROTHERAPY (or a colonic) is a gentle purified water washing of the large intestine. The client lies on a massage table and, with a Colon Hydrotherapy instrument, purified and triple-filtered water is run very slowly into the colon by the practitioner. When slight pressure builds up in the colon, the practitioner reverses the water flow to empty. As the water and waste are flowing out through an illuminated glass viewing tube, the abdominal area is massaged. This process is repeated several times during the period for 45 – 50 minutes. During one session a total of approximately 2 – 5 gallons flow into and out of the large intestines. **Glastonbury Naturopathic Center uses a *closed* Colon Hydrotherapy system with single-use, disposable speculum and tubing. The Colon Hydrotherapist is *always* present in the room with the client during each session.**

COLON HYDROTHERAPY may be used to cleanse the colon by removing fecal material, gas, and mucus. It may also be prescribed by a physician in preparation for the diagnostic study of the large intestine or for other conditions.

Potential risks may include possible aggravation of symptoms existing prior to the session, digestive distress, appetite changes, or energy changes.

Possible contraindications are: severe cardiac disease, severe anemia, GI hemorrhage/perforation, severe hemorrhoids, cirrhosis, carcinoma of the colon, fissures/fistulas, advanced pregnancy, abdominal hernia, recent colon surgery (within 6 months), and renal insufficiency. *if you have any of these conditions or are taking certain medications, you must consult Dr. Pulnik or your physician first. Connie will review your questionnaire at the first visit before you receive Colon Hydrotherapy to determine whether or not this procedure is appropriate for you.*

- I affirm that I understand the purpose and potential benefits of Colon Hydrotherapy.*
- I understand and freely accept the potential risks of the procedure.*
- An offer has been made to answer my questions about the procedure.*
- I freely and voluntarily consent to the above procedure.*
- I realize that no guarantee as to the results that may be obtained has been given to me by Constance Jones, Glastonbury Naturopathic Center, LLC, or Helene Pulnik, ND.*
- I hereby release Constance Jones, Glastonbury Naturopathic Center, LL, and Helene Pulnik, ND from any and all liability which may occur in connection with the above mentioned procedure.*
- I understand that I am free to withdraw my consent and to discontinue participation in this procedure at any time.*
- I am not acting as an agent for any government agency, law office, or pharmaceutical company.*

Signature of Patient (or of Guardian if under age 18):

Signature _____ Date _____



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FINANCIAL POLICIES

**Payment for services is expected in full at the time they are rendered.
We accept cash, checks, MasterCard, Visa, Discover, and American Express.**

- Our cancellation fee is the full amount of the missed appointment if NOT cancelled one business day (24 hours at least) prior to appointment date. Appointments are considered confirmed when they are scheduled.
- It is Glastonbury Naturopathic Center's policy that all patients keep their accounts current.
- Special Discount Packages must be paid in full at the first session and are nonrefundable and nontransferable. The special discount price expires three months after purchase date.
- Any accounts over thirty days will accrue interest at the rate of 1.5% per month. Accounts delinquent over 90 days are due in full and will be referred to collection. All collection costs and legal fees will be added to the account.
- I understand and agree that I am responsible for the balance on this account for services including Colon Hydrotherapy fees, supplements, and any fees charged to me for missed or late cancellations of appointments.
- Insurance does not cover the cost of Colon Hydrotherapy.
 - *Non-medical services provided at Glastonbury Naturopathic Center, including but limited to acupuncture, aromatherapy, massage, Colon Hydrotherapy, weight loss programs, and reflexology cannot be billed to insurance providers; therefore patients are responsible for the costs incurred for these services.*
 - *Clients may request a superbill which includes all necessary codes to submit to their insurance company for possible reimbursement for these services.*
- I have read and understand the above financial information regarding fees and financial policies of this office, and agree to abide by them.

Signature of Patient (or of Guardian if under age 18):

Signature _____ Date _____



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COLON HYDROTHERAPY Frequently Asked Questions

1.) What is the colon and how does it work? The colon, or the large intestine, is a tubular organ approximately 5 ½ - 6 feet in length and 2 ½ - 3 inches in diameter. Although most absorption occurs in the small intestine, the ascending colon also absorbs some minerals, nutrients and excess water from the digested residue of the food that we have eaten. The contents of digestion (chyme) are moved along by mass muscular movements (peristalsis), which are initiated by the nerve supply to the colon. Toxins and waste materials are then discharged through the anus. The process of digestion and elimination normally takes between twelve and twenty-four hours. When the colon is healthy, we experience a feeling of well-being because we are assimilating and eliminating properly. To ensure a healthy colon, we have observed that sufficient water, good nerve tone, and the proper biochemical nutrients and intestinal flora are needed.

2.) How do I know Colon Hydrotherapy will be useful for me? It is our belief that everyone can benefit from a gentle colon cleansing. Today's diets consist in great part of refined, processed foods, high in saturated fats and low in fiber. We believe eating these foods, overeating, ignoring the call to eliminate, stress, allergies and medications can contribute to poor colon health. The colon contains the largest concentration of bacteria in the body. Waste material allowed to stagnate alters the proportion of friendly bacteria to unfriendly bacteria, disrupting the balance of microorganisms essential to health of the colon and the body in general. Symptoms such as constipation, diarrhea, gas and bloating, or gastrointestinal pain may alert you to colon distress. In the case of a serious heart condition or acute inflammatory conditions of the colon such as diverticulitis, ulcerative colitis, and Crohn's disease, your physician can best determine the appropriateness of the procedure. From a naturopathic perspective, we believe that cleansing the colon may be valuable in minimizing the effects of dietary and environmental stresses as well as the impact on the immune system of toxins regularly bombarding us.

3.) What happens during the procedure? Colon Hydrotherapy is the safe, gentle infusion of warm multi-filtered water into and out of the rectum and large intestine. To begin, the therapist will suggest a trip to the restroom to empty the bladder. After disrobing from the waist down and putting on a gown, you will be covered with a sheet, reclining on a padded massage table. At the foot of the table is a wall unit displaying a temperature gauge, pressure gauge and an observation tube. A disposable speculum 3/4's of an inch in diameter (narrower than a healthy bowel movement!) is partially inserted with a round-tipped applicator approximately 2-3 inches into the rectum. Two tubes are attached and extend from the outer speculum portion into the wall unit: the inflow carries water to infuse your colon and the outflow expels that water along with the waste it loosens up. The Colon Hydrotherapist is always present closely monitoring the temperature and pressure-sensitive flow of water while paying particular attention to minimizing any discomfort. Immediately upon your feeling full, she releases the water and waste material which travels through a glass viewing tube within the wall unit and into the drainage system. While you are emptying, the Hydrotherapist offers to gently massage your abdomen, encouraging an easier and more complete letting go. This cycle of filling and emptying is repeated several times during the 40 - 50 minutes that you are on the table. The session lasts an hour or so leaving time for a trip to the toilet at the end. Gravity will help to eliminate any excess water and waste. To ensure safety, the disposable packet is thrown away and the instrument is sterilized. Longer sessions are available if necessary.

4.) What are the specifics of our equipment? Our Toxygen Model B-SC-UV equipment is a closed system designed by Dotolo Research Corp with safety and hygiene as primary requisites. Registered with the FDA, our system is both gentle and effective, designed with pressure-sensitivity and temperature-control features along with the disposable packet described above, eliminating any possibility of contamination. Our wall unit has a built-in double-check valve to prevent back-flow. Additionally, our state-of-the-art instrument is sterilized after each session with Cetylcode II solution.

5.) How many sessions will I need? In our opinion, one session will satisfy your curiosity but won't be enough to make a significant difference. That first visit is an introduction, catching on to the experience! Our practitioner can help you determine the number of sessions suitable to your unique needs afterwards. However, we encourage most to consider doing a series of 3 Colon Hydrotherapy sessions initially: *preferably* 2 within 4 days and then 1 a week later *or* 1 a week for 3 weeks. Afterwards, weekly or biweekly visits for another series of 2 may be beneficial. The sessions build on each other, especially if you follow a healthy diet, eliminating dairy, sugar, wheat, and fats as much as possible during this period. As a preventive maintenance plan, monthly or seasonal sessions are great options. We believe that periodic cleansing of the colon accelerates the healing potential of your body when supported by a diet of nonmucus forming foods, water, appropriate exercise, and stress management.

6.) How can Colon Hydrotherapy help me? A healthy colon is essential to a healthy body. A Colon Hydrotherapy session has the potential to cleanse a large portion of the whole colon, or large intestine, releasing mucus, gas, and fecal impactions during repeated fills and empties. This is very different from an enema where water enters under gravity force, distending the lower section of the colon before being released on the toilet. Our naturopath, Dr. Pulnik, notes that our cleansing method seems to have a toning effect while also hydrating and enhancing absorption rather than the possible stretching and fatiguing consequences of an enema or laxatives. Unlike enemas and laxatives, Colon Hydrotherapy is not physically addictive. We believe that as you release toxins from your body, you may become more relaxed. Please read Michael Gershon's *The Second Brain* and Candace Pert's *Molecules of Emotion* for more information. Colon Hydrotherapy may also be prescribed by physicians as preparation prior to surgery and intestinal diagnostic procedures (i.e. barium enema, sigmoidoscopy, colonoscopy).

7.) Will my electrolyte or probiotic floral balances be thrown off by Colon Hydrotherapy? *Effects of Colon Hydrotherapy on Serum Electrolytes* (by John Collins, N.D., Paul Mittman, N.D., & Mara Katlaps, B.A.) establishes that electrolytes are *not* depleted in people free of serious pathologies. Dr. Pulnik suggests that after the session you properly nourish your body with organic foods containing sodium, potassium and magnesium, so that the electrolyte level of the colon is naturally replenished. Emergen-C or Recharge drinks can be an extra boost after a colonic. As far as healthy flora go, most of us on a typical American diet don't have many to begin with anyway! Colon Hydrotherapy may wash out some flora, healthy and unhealthy; however, we believe the friendly flora have a better chance to proliferate in the cleaner environment established subsequent to the session if you consume supportive foods and probiotics.

8.) How experienced is your Colon Hydrotherapist? Constance Jones, practicing since 1980, is certified both through I-ACT as an Instructor and through the National Board for Colon Hydrotherapy. *She has performed over 30,000 Colon Hydrotherapy sessions!* Besides founding and directing the New England School of Colon Hydrotherapy in Boston for 6 years, she managed for 24 years Constance Jones and Associates, which administered to over 50 clients a week. Always concerned with integrity and quality in the profession, Connie was an I-ACT Board Member for 7 years. Since moving to Connecticut in 2003, Connie has been providing the highest quality of safe, comfortable, and effective Colon Hydrotherapy at Glastonbury Naturopathic Center under Dr. Helene Pulnik's supervision. Healthcare comes naturally for Connie, having grown up with an old-fashioned Medical Doctor father in North Carolina. Connie was first introduced to Colon Hydrotherapy in 1976 when she confronted a two-year diet pill addiction, which had gone out of control while speeding through a stressful financial career in New York City. Totally depleted and anorexic, she was inspired by a woman she met who healed herself from cancer through a holistic approach including Macrobiotics. Connie began her own recovery by immersing herself in several natural healing modalities which included Colon Hydrotherapy, quitting her job, and moving to Boston. She felt spiritually called to pursue Colon Hydrotherapy professionally after 4 years of experiencing the benefits for herself. Along with living a healthy and balanced lifestyle, this modality has been Connie's own core healing tool for 30 years.

9) How can I learn more about Colon Hydrotherapy? For further information on Colon Hydrotherapy, log onto the International Association for Colon Hydrotherapy's website at www.i-act.org. We recommend the following books:

Your Gut Feeling by Henry Janowitz
Natural Cures by Kevin Trudeau
The Body Ecology Diet by Donna Gates
Colon Health Handbook by Robert Gray
Detox for Life by Loree Taylor Jordan
Healing Within by Stanley Weinberger

Dr. Jensen's Guide to Better Bowel Care by Bernard Jensen
Colon Health: The Key to a Vibrant Colon by Norman Walker
Edgar Cayce's Guide to Colon Care by Sandra Duggan
I Was Poisoned by my Body and *Invisible Illness* by Gloria Gilbere
Renew Your Life and *Gut Solutions* by Brenda Watson
Staying Healthy with the Seasons and *The Detox Diet* by Elson Haas

We gratefully acknowledge the Dotolo Research Institute, Inc. for a portion of this material.



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Please help us provide you with the most appropriate and effective service by completing the following questions.
All information is kept **confidential**.

Personal Data: (please print)

Date: _____

First Name: _____ Last Name: _____

Address: _____ City /State /Zip: _____

Phone: Home: _____ Work: _____ Cell: _____ E-mail: _____

Occupation: _____ Date of Birth: _____ Gender: _____

Primary physician's name: _____ Phone: _____

How did you find out about us?

Practitioner (name & specialty) _____

Physician (name & specialty) _____

Friend (friend's name) _____

Internet/website search

Holistic Health Associations:

Connecticut Holistic Health Association

Holistic Health Practitioners of Northeastern Connecticut

Holistic Directories:

Connecticut Naturally

Door Opener

Spirit of Change

Glastonbury Naturopathic Center Advertising

Other (specify) _____

Colon Health:

Is this your first Colon Hydrotherapy session? Yes No

If not, where and when was your most recent visit? _____

What, if any, is your prior experience with colon cleansing, other than hydrotherapy?

enemas fasting juicing herbs health spa other _____

Do you use laxatives? Yes No If yes, how often? _____ Stool softeners? Yes No If yes, how often? _____

Are you currently fasting? Yes No Are you currently cleansing? Yes No If yes, type of fast or cleanse program: _____

My intention for hydrotherapy is: _____

Which of the following apply to you? Use "C" for **Currently**, "P" for **Past**.

- | | | | |
|--|---|---|--|
| <input type="checkbox"/> Abdominal Gas | <input type="checkbox"/> Colitis | <input type="checkbox"/> Gallstones | <input type="checkbox"/> Parasites |
| <input type="checkbox"/> Anal discomfort/itching | <input type="checkbox"/> Constipation | <input type="checkbox"/> Gastroparesis | <input type="checkbox"/> Polyps |
| <input type="checkbox"/> Anal/rectal bleeding | <input type="checkbox"/> Cramping | <input type="checkbox"/> Hemorrhoids | <input type="checkbox"/> Poor appetite |
| <input type="checkbox"/> Appendicitis | <input type="checkbox"/> Crohn's | <input type="checkbox"/> Hernia | <input type="checkbox"/> Rectal/GI hemorrhaging |
| <input type="checkbox"/> Atonic colon | <input type="checkbox"/> Diverticulitis/osis | <input type="checkbox"/> Hungry all the time | <input type="checkbox"/> Redundant/prolapsed colon |
| <input type="checkbox"/> Bad breath | <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Indigestion | <input type="checkbox"/> Reflex/heartburn |
| <input type="checkbox"/> Belching / Bloating | <input type="checkbox"/> Fatigue after eating | <input type="checkbox"/> Irritable Bowel Syndrome | <input type="checkbox"/> Spastic colon |
| <input type="checkbox"/> Carcinoma | <input type="checkbox"/> Fissure | <input type="checkbox"/> Lactose intolerance | <input type="checkbox"/> Vomiting |
| <input type="checkbox"/> Celiac disease | <input type="checkbox"/> Fistula | <input type="checkbox"/> Nausea | <input type="checkbox"/> Worms in stool |

Please list any intestinal-related procedures you have had, along with the year it took place:

- barium enema _____
- colonoscopy _____
- sigmoidoscopy _____
- surgery _____
- other _____

Bowel Health:

How many bowel movements do you usually have? # Per day _____ # Per week _____ Erratic _____

Do you strain to have a movement? Yes No Does the movement feel complete? Yes No

Please check applicable responses. The stool . . .

- shows signs of mucus Usual Color _____
- shows signs of blood Usual Shape _____
- has a strong odor Usual Consistency _____
- is irregular in color, shape, and consistency

General Health:

Blood type: _____ Have you been hospitalized in the last 3 years? No Yes If yes, why? _____

Which of the following apply to you? Use "C" for **C**urrently, "P" for **P**ast.

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Convulsions | <input type="checkbox"/> Heart condition | <input type="checkbox"/> Mental disorder |
| <input type="checkbox"/> Anemia | <input type="checkbox"/> Currently ___ months pregnant | <input type="checkbox"/> Heart disease | <input type="checkbox"/> Nerve disorder |
| <input type="checkbox"/> Anorexia | <input type="checkbox"/> Depression | <input type="checkbox"/> High/low blood pressure | <input type="checkbox"/> PMS |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Irregular menstrual cycle | <input type="checkbox"/> Prostate condition |
| <input type="checkbox"/> Appendicitis | <input type="checkbox"/> Dizziness | <input type="checkbox"/> Kidney Stones | <input type="checkbox"/> Renal insufficiency |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Eating disorders | <input type="checkbox"/> Liver disease | <input type="checkbox"/> Sinus condition |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Edema | <input type="checkbox"/> Loss of sleep | <input type="checkbox"/> Skin condition |
| <input type="checkbox"/> Auto immune disorder | <input type="checkbox"/> Environmental Sensitivities | <input type="checkbox"/> Low blood sugar | <input type="checkbox"/> Spleen/pancreas problems |
| <input type="checkbox"/> Bloodclot/vessel disorder | <input type="checkbox"/> Epstein-Barr | <input type="checkbox"/> Low libido | <input type="checkbox"/> Sweats |
| <input type="checkbox"/> Binging/bulimia | <input type="checkbox"/> Extreme weight gain/loss | <input type="checkbox"/> Lung disorder | <input type="checkbox"/> Thyroid problems |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Fainting | <input type="checkbox"/> Lupus | <input type="checkbox"/> Toxicity |
| <input type="checkbox"/> Candida albicans | <input type="checkbox"/> Fatigue | <input type="checkbox"/> Lyme disease | <input type="checkbox"/> Tumor |
| <input type="checkbox"/> Chemical toxicity | <input type="checkbox"/> Fever/chills | <input type="checkbox"/> Metal poisoning | <input type="checkbox"/> Ulcer |
| <input type="checkbox"/> Cholesterol high/low | <input type="checkbox"/> Fibro/polymyalgia | <input type="checkbox"/> Menopause | <input type="checkbox"/> Urinary tract infection |
| <input type="checkbox"/> Chronic fatigue | <input type="checkbox"/> Headaches/Migraines | | |

Have you been recently diagnosed with a major illness? _____

Have you recently had chemotherapy or radiation? If so, when and how often? _____

Do you use any of the following? How frequently?

- | | | |
|---|---|--|
| <input type="checkbox"/> antibiotics _____ | <input type="checkbox"/> prescription drugs (please list) _____ | <input type="checkbox"/> supplements (please list) _____ |
| <input type="checkbox"/> over-the-counter drugs _____ | _____ | _____ |
| <input type="checkbox"/> pacemaker (how long?) _____ | _____ | _____ |
| <input type="checkbox"/> prescribed birth control _____ | _____ | _____ |
| <input type="checkbox"/> recreational drugs _____ | <input type="checkbox"/> antidepressants (please list): _____ | _____ |
| <input type="checkbox"/> steroids _____ | _____ | _____ |

Diet:

Using the following key, please indicate your dietary usage.

H = Heavy (5 - 7 times a week)

L = Light (once a week or less)

M = Moderate (2 -4 times a week)

N = Never (really, never!)

- | | | | | |
|---|---|--|--|---|
| <input type="checkbox"/> Alcohol | <input type="checkbox"/> Carbonated Water | <input type="checkbox"/> Flax Fiber | <input type="checkbox"/> Poultry | <input type="checkbox"/> Soy |
| <input type="checkbox"/> Algae | <input type="checkbox"/> Cheese | <input type="checkbox"/> Fried Foods | <input type="checkbox"/> Popcorn | <input type="checkbox"/> Sugar |
| <input type="checkbox"/> Antacids | <input type="checkbox"/> Chocolate | <input type="checkbox"/> Fruit | <input type="checkbox"/> Processed Foods | <input type="checkbox"/> Tobacco/cigarettes |
| <input type="checkbox"/> Aspirin | <input type="checkbox"/> Dairy | <input type="checkbox"/> Gum | <input type="checkbox"/> Protein Shakes | <input type="checkbox"/> Vegetables |
| <input type="checkbox"/> Baked Goods | <input type="checkbox"/> Decaf Coffee / Tea | <input type="checkbox"/> Ice Cream | <input type="checkbox"/> Psyllium Fiber | <input type="checkbox"/> Water |
| <input type="checkbox"/> Beans | <input type="checkbox"/> Desserts | <input type="checkbox"/> Junk Food | <input type="checkbox"/> Red Meat | <input type="checkbox"/> Wheat/flour products |
| <input type="checkbox"/> Bread | <input type="checkbox"/> Eggs | <input type="checkbox"/> Nuts / Seeds | <input type="checkbox"/> Salt | <input type="checkbox"/> White bread |
| <input type="checkbox"/> Caffeinated Coffee | <input type="checkbox"/> Fatty Foods | <input type="checkbox"/> Organic Foods | <input type="checkbox"/> Smoothies | <input type="checkbox"/> Whole Grains |
| <input type="checkbox"/> Caffeinated Tea | <input type="checkbox"/> Fish | <input type="checkbox"/> Pasta | <input type="checkbox"/> Soda | <input type="checkbox"/> Yogurt |

Briefly describe your typical dietary intake for the following meals:

Breakfast _____

Lunch _____

Dinner _____

Snacks / Desserts _____

Do you have any food cravings? no yes _____

Lifestyle:

Are you currently under any excessive or unusual mental or physical stress? Please describe briefly:

How do you relax? _____

Do you exercise? Yes No If yes, how do you exercise? _____

Do you practice any forms of: Meditation Prayer 12 Step-Program Other _____

Are you, or have you been, addicted to: Alcohol Coffee Sugar Drugs Prescription drugs Other _____

If there are other areas of your lifestyle or your life history (such as post-traumatic stress or sexual abuse) that you feel would be appropriate for us to know in order to better meet your needs, please comment in the space below. All information is strictly confidential.

Client Signature: _____

Date: _____



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DIRECTIONS to GLASTONBURY NATUROPATHIC CENTER

COMING FROM POINTS NORTH:

From Springfield area take **I-91 South** to *left*-lane **Exit 30 - 84 East/Route 2**.

Almost immediately get off of **I-84 East**, taking **Exit 55 -Route 2 East**.

Follow **Route 2 East** to **Exit 6 - Griswold Street**.

At the end of the ramp turn right onto **Griswold Street**.

At the light take a *left* onto **Main Street**. Proceed down Main Street through 6 lights.

After the stop sign at the intersection of Main Street & Hebron Avenue, take the second *left* onto **School Street**.

Glastonbury Naturopathic Center is located at **18 School Street**.

COMING FROM POINTS NORTH-EAST:

From Boston take **I-90 West** to **I-84 West**; near Exit 57 move to center lane and take *left*-lane **Exit 55 - Route 2 East**.

From Manchester, South Windsor, & Vernon: take **I-84 West** to **Exit 55 - Route 2 East**.

Follow **Route 2 East** to **Exit 6 - Griswold Street**.

At the end of the ramp turn right onto **Griswold Street**.

At the light take a *left* onto **Main Street**. Proceed down Main Street through 6 lights.

After the stop sign at the intersection of Main Street & Hebron Avenue, take the second *left* onto **School Street**.

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COMING FROM POINTS EAST:

From New London take **85 North** to **11 North** to **Route 2 West**.

From Providence take **6 West** to **395 South** to **Exit 82** to **West Town Street** to **Route 2 West**.

From Norwich take **Route 2 West**.

Follow **Route 2 West** to **Exit 8 - Hebron Avenue**.

At the light at the top of the ramp turn right and immediately get in the *left*-hand lane.

At the light take a *left* onto **Hebron Avenue - 94 West** towards Glastonbury Center.

Proceed to the stop sign at the end of Hebron Avenue where it intersects **Main Street**.

Turn *left* onto Main Street and take the second street *left* onto **School Street**.

Glastonbury Naturopathic Center is located at **18 School Street**.

COMING FROM POINTS SOUTH:

From New York & New Haven areas take **I-95 North** to **I-91 North**.

From Danbury & Waterbury areas take **I-84 East** to **I-691 East**. Take **691 East** to **I-91 North**.

From **I-91 North**: take **Exit 25/26 - Route 3 North** - Old Wethersfield/Glastonbury.

Stay in the *left* lane on the exit, which will take you over the Putnam Bridge.

On the bridge take the first exit on the *right* - **Main Street/Glastonbury**.

At the end of the exit ramp turn *left* onto **Glastonbury Boulevard**.

At the light turn *right* onto **Main Street**. Proceed down Main Street through 6 lights.

After the stop sign at the intersection of Main Street & Hebron Avenue, take the second *left* onto **School Street**.

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COMING FROM POINTS WEST:

From Hartford, West Hartford & I-84 East take **I-84 East** to **Exit 55 - Route 2 East**.

Follow **Route 2 East** to **Exit 6 - Griswold Street**.

At the end of the ramp turn right onto **Griswold Street**.

At the light take a *left* onto **Main Street**. Proceed down Main Street through 6 lights.

After the stop sign at the intersection of Main Street & Hebron Avenue, take the second *left* onto **School Street**.

Glastonbury Naturopathic Center is located at **18 School Street**.

PARKING: Turn right into the driveway *immediately after* our office at **18 School Street**. Proceed to our parking lot *all the way around to the right* behind the house. **Please note:** *The parking lot to the left of the driveway belongs to 24 School Street so please do not park there.* The walkway from our back parking lot will bring you around to our front entrance. Our reception room is straight through the hallway on the first floor.