

NEUROPATHY PODIATRY TREATMENT CENTER  
16 Commandments of a Successful Neuropathy Solutions Program

**When to be Here:**

1. We recommend that you plan to be here at least 10 minutes PRIOR to your scheduled appointment. We provide refreshments, good company and be on the lookout for some entertainment even. If you plan ahead you will avoid issues with "TRAFFIC," Weather & Unexpected meetings, Etc...
2. Being at your appointment is CRITICAL to your recovery. If you do not get treated you will not get better.
3. Being ON TIME for your appointment is equally as CRITICAL. There are literally millions of people suffering equally or worse than you. Many of these people want your time slot in our program. We have reserved that time for you because YOU have committed to being treated at that time. We will be here, every other patient that day will be here and we expect you to be here as well. If you are LATE your appointment is considered MISSED, as this will ruin scheduling for every other patient for the rest of the day.
4. We do not like having to take such a hard line on this matter but it is just as serious as scheduling surgery and you certainly would not be late for surgery. Admittedly this is a lousy policy to be on the wrong side of, we strongly recommend you plan appropriately and DO NOT find yourself having it imposed upon you.

**What to Wear:**

5. Please take off your shoes and socks every time when you sit down for your treatment. If you need assistance taking your shoes off...please don't hesitate to ask one of our assistants for assistance.
6. It's best to dress comfortably...Layer for comfort. We do our best to maintain a consistent temperature...however it can be difficult to be the right temperature for everybody. We provide blankets if you are cold.
7. Pants: It's best to wear loose fitting pants, nothing tight. Jeans, Chinos, Khakis are ok. Skirts and dresses are good as well. Depending on where your neuropathy is emanating from we may need you to wear loose fitting pants.
8. If you have someplace to go after your treatment that requires different dress, we invite you to dress in our restroom after your treatment is complete.
9. If you are arriving from work in work clothes we ask that you either arrive in clothing appropriate for your treatment as listed above or PLAN to arrive early to allow you to change your clothing.
10. Please feel free to bring a family member with you to every treatment if you'd like. We offer a ton of support from our staff and patients but there nothing like having your family with you supporting and watching you get better.

## What To Do After Each Treatment:

If you want to **MAXIMIZE YOUR SUCCESS**, you want to **MINIMIZE YOUR ACTIVITIES** for the next 3 weeks. However if you're like most folks you'd prefer to push your luck, so with that in mind follow the following rules:

- **NO LONG DISTANT WALKING** for a minimum of 3 hours after regeneration treatment.
- **NO STRENUOUS** activity for a minimum of 3 hours after regeneration treatment.
- **NO PERIODS OF STANDING** for a minimum of 3 hours after regeneration treatment
- **ELEVATE** your feet for at least **ONE HOUR** after regeneration treatment

**We need you to Hydrate your Body.** It is recommended that you drink at least half your body weight in water **EVERYDAY**, if you want to get better quickly.

For Example: If you weigh 150 pounds, drink 75 ounces of water spread out over 24 hours is **IDEAL**. That would be just less than five 16oz bottles of water per day. We suggest that when you wake up first thing in the morning, drink one bottle. Then take three bottles to work with you and drink them before you leave. Have your last bottle anytime after you arrive home from work.

Take **ALL** supplements associated with your care as prescribed by your clinician. These are highly absorbable micro-nutrients that will help your nerves regenerate and heal quicker. If you are taking other prescription medications have them cross referenced with our clinician to ensure there are no contra-indications. This is highly unlikely as all of our supplements are all natural and safe... we always want to ensure your safety.

Understand that the Neuropathy Solutions Program is not Magic, it's simply the most advanced and reliable application of science to help you recover, reverse and regenerate your nerves. If you **FAIL** at this it will likely be because you did not do your part via either missing appointments, doing things/activities you should be avoiding and or not drinking enough water.

A Good Example Is:

If you came in late to your appointments, skipping treatments, not drinking your water or taking your prescribed supplements, not following the after treatment recommendations or even worse the recommendations of our medical providers. The treatment still works however when you follow our recommendations to a tee you will quickly get the results that you came here for. We will do **EVERYTHING** possible to help you; we hope that **YOU'LL** do the same.

We need your help... As we solve your Neuropathy condition we will be asking you to help us tell others about what we do in the form of a testimonial. Will you help us?

I\_\_\_\_\_ Understand and **AGREE** to the above terms.

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Signature

Date

