

Healthworks

NUTRITION CENTRE

BALANCE. NOURISH. CLEANSE.

Preparing for your Live Cell Analysis appointment.

You will need to fast for two hours prior to your appointment, drinking ONLY WATER during this time. No coffee, no tea. You can take your medications as per usual.

If you have young children try your best to have them fast for the full time and bring a snack for your child to eat after the analyst takes the drop of blood. If they must snack have them eat a tiny bit of cucumber, broccoli, celery, blueberries or blackberries.