



TASKS PRIOR TO THE APPOINTMENT

All information (1–4) can be sent by email to:

PHUSIS-5331@PROTONMAIL.COM

1 - MEASURE BODY TEMPERATURE

INSTRUCTIONS:

To measure body temperature and obtain an average, it is important to follow these steps:

A. Choosing the measurement method: There are several methods for measuring body temperature, such as oral, rectal, axillary, or infrared. The rectal method is considered the most accurate and reliable for obtaining an average. However, the most practical method is to take the temperature in the mouth under the tongue.

B. Preparing the thermometer: Be sure to choose a suitable thermometer (*in degrees Celsius*) for the measurement method you wish to use. If using a digital thermometer, make sure it is properly calibrated—that it is capable of measuring to 0.1 or 0.01 degrees and that the battery is charged.

C. Measuring temperature (*3 times a day for 5 days*): Place the thermometer in the correct place on the body, depending on the measurement method you are using. Make sure to keep the thermometer in contact with the skin for the recommended time and note the correct temperature (*e.g., 36.3 or 36.32 degrees Celsius*).

D. Take several measurements: To obtain an average, it is important to take several measurements at different times of the day. This will help compensate for any natural variations in body temperature. The first measurement of the day should ideally be taken one hour after waking up but before eating. The second should be taken around midday and before eating, and the last of the day should be taken before going to sleep.

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E. Calculate the average: Once you have several measurements (*3 times a day for 5 days*), calculate the average temperature. You can do this by adding all the measurements together and dividing the result by the number of measurements. (*E.g.: $36.2 + 36.8 + 35.4 + 37.0 = 145.40$ degrees / 4 measurements = 36.35 degrees Celsius (this is your personal body temperature).*)

Additional tips:

Avoid measuring your body temperature when you are stressed or anxious, as this can affect the accuracy of the measurement. If you are using a digital thermometer, make sure it is properly calibrated and that the battery is charged.

For a correct reading, be sure not to eat beforehand or drink anything other than water. Do not consume stimulants such as coffee or mate, etc., and do not engage in physical activity such as sports or other activities that may affect your temperature. Avoid being in the sun or outside in the cold.

It is always best to use two different models and/or brands of thermometers to obtain the most accurate reading.

2 - MEASURING YOUR HEART RATE

Your heart rate is the number of times your heart beats in one minute. There are several ways to measure it, either electronically or manually. (*Instructions for measuring it manually are provided below.*)

INSTRUCTIONS:

A. Select an arterial point: There are several arterial points on the body where you can measure your heart rate. The most common are: * Carotid arteries (*side of the neck*) * Brachial pulse (*inner side of the elbow*) * Temporal pulse (*in front of the top of the ear*) * Femoral pulse (*upper and slightly inner thigh*) * Other body parts such as the back of the knee (*popliteal pulse*), behind the ankle (*posterior tibial artery*), or the facial pulse (*facial artery*).

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B. Locate the pulse: Place your fingers on the selected arterial point and press gently with your index finger. You should feel the artery beating.

C. Count the beats: Count the beats for a period of 10, 15, or 30 seconds. It is important to count the beats for a short period to avoid confusing the beats with other sounds.

D. Multiply by the factor: Multiply the number of beats by the corresponding factor: * 10 seconds: multiply by 6 * 15 seconds: multiply by 4 * 30 seconds: multiply by 2

E. Read the heart rate: The heart rate is expressed in beats per minute (*bpm*). For example, if you count 60 beats in 30 seconds and multiply by 2, the heart rate is 120 bpm.

Important: It is important to measure your heart rate (*twice a day, once at rest and once during activity/sport, for three days*). Measure your heart rate at rest, i.e., sitting and relaxed, and not after exercising or consuming stimulants such as coffee or mate. Also measure your heart rate no more than three minutes after exercising, but without consuming stimulants.

3 – TAKING PHOTOS FOR THE EVALUATION

For an evaluation, it is important to take photos that show physical and emotional condition.

INSTRUCTIONS:

The following photos will be important:

A. Photo of the face (*front and side*)

B. Photo of fingernails (*natural nails without nail polish - color*)

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C. Photo of the tongue (*in the morning before eating, drinking, or brushing your teeth*).

Important: It is important to take the photos in sufficient daylight, with natural light and close up. Also, avoid blurry or shaky photos and ensure they are sufficiently clear.

4 – ADDITIONAL INFORMATION

A. Blood Type / Group – photo(s) of the card.

B. List and/or photo(s) of the vaccination card indicating all vaccine names, brands, and quantities.

C. List and/or photo(s) of all types of medications and/or supplements (*with names, brands, descriptions, and quantities*) that you are taking (*allopathic and natural supplements*)

D. Information about your medical history (*and that of your parents, if available*), with dates and descriptions (*including dental history*)

E. Your current body weight (*without clothes*)

F. Your current height (*without shoes*)

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