



Welcome to Vitae Healthcare! I am so excited to meet you and help you get started on your wellness journey.

As you prepare for your initial meeting with me, there are a few things I ask that you keep in mind:

Certain testing will require dietary and lifestyle restrictions. If you are wanting to plan ahead for your appointment (i.e. traveling in from out of state) some preparations will make the process of **potential** testing afterward more efficient.

- ❖ Avoid **fish, shellfish, and iodized salt** for 1 week prior to the appointment.
- ❖ If you are not currently taking my carefully sourced supplements, and are able to avoid **digestive enzymes** for three days and **probiotics** for two weeks, please do so.
- ❖ If possible, avoid **antihistamines, and prescription sleep aids** for two days prior to the appointment (natural supplements are an exception).
- ❖ If possible, avoid **steroids** for four days prior to the appointment

**Please be aware you maybe spending up to 2 hours in the clinic. Plan your day accordingly**

Dr. Halina Stec, M.D.