



Dr. Marilyn Peterson

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Pre-Visit Preparation

The TiTron (*Infrared Paraspinal Thermal Scanner*) the Doctor uses to test your Nervous System is extremely sensitive to temperature. Therefore, we need to eliminate as many variables as possible to get an accurate scan. Here are a few ways you can help.

1. Show up a few minutes *before* your scheduled appointment time to acclimate to the inside temperature.
2. Arrive with **dry hair**. This includes perspiration (when possible).
3. No *caffeine* or *nicotine* with an hour of your appointment.
4. No scarves, neck ties, turtlenecks, or ***Sports Bras***.
5. Be prepared to remove necklaces and earrings.
6. Wear appropriate attire. If you need an Upper Cervical Adjustment, you will be in the knee chest position (on your knees).

If you are to receive an Upper Cervical Chiropractic Adjustment you will be asked to relax for 20 minutes in Zero Gravity position. This gives the Nervous System the best chance to hold the Adjustment. After 20 minutes, you will be re-tested with the Infrared Paraspinal Thermography.