



**BRINGBALANCE 2U, Holistic Health Counseling**  
**Andrea Tortorella, HHC**  
**[Bringbalance2u@aol.com](mailto:Bringbalance2u@aol.com) or 914 960-1554**

Dear ,

Thank you for your interest in **Metabolic Typing**.

Your appointment is scheduled to be held in my office located at 343 Manville Road, Pleasantville, NY. When you arrive, walk up the stairs and enter through DePierro Insurance Company (on the left.)

The following reminders will help your visit go more smoothly.

- **Do not eat or drink anything (including tea, coffee or juice) except water.** Try to restrict water intake to 12 oz. in the 2 hours immediately prior to your appointment: however, be prepared to give us a sample of urine and saliva upon arrival: please do not chew gum.
- If your appointment is at or after noon, fast at least six hours before your visit, and restrict water consumption.
- Do not take any supplements or unnecessary medications the morning of your appointment.
- Fill out the Questionnaire, Diet and Medical History Forms before your appointment and bring them with you.
- Do not wear clothes with very tight sleeves and female clients are recommended not to wear pantyhose as they may interfere with the testing procedures.
- **If you are diabetic, please inform our office before your appointment.**
- Eat your customary diet the week before your appointment.

- The testing fee is \$250. A second follow-up testing is recommended one month later. Should you decide to schedule the follow-up testing also, the discounted fee for both tests is \$400. Payment needs to be made at the time of the initial testing. Also available are various packages which can include 4 counseling sessions, a cooking class and a health food store tour. Please inquire before your initial testing should you be interested in a package program.

Please make check payable to Bring Balance 2 U. We will be performing several different tests, in four cycles, during your visit. Expect to be here at least two hours (2 1/2 hours is average). You may want to bring a book to read between test cycles. At the end, you will be given a program of foods and possibly supplements to help correct any imbalances. If you have additional questions after your session, please feel free to call us.

I look forward to having you start a program to support your journey to better health.

Stay well,

Andrea Tortorella, HHC