

Nicholas B. Houston, MS, DC
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Dear SBN Client ,

Enclosed is your Patient Information form and Patient Symptom Survey that must be completed prior to your appointment date on _____ Bring these forms with you to your consultation. Your punctuality on this day will ensure that you have the full time allotted for you to spend with Dr Houston.

For some patients, we may suggest some specific tests be done. One of these tests is a "Toxic Element Screening". This requires taking hair samples. Prior to taking this sample, you may not perm or color your hair for 8 weeks. If you have an appointment scheduled for a perm or coloring, you may consider waiting until after your consultation. Please have hair washed. Conditioners, gels and hair sprays are OK.

We may also suggest a blood test for you. This requires a 12-hour fasting. You can only have water for the 12 hours prior to the test. If you think you may do a blood test on the same day as your appointment, please fast for 12 hours and drink plenty of water.

Please note: **Outside Lab hours: M-F 7am -5pm, some Sat 7:30-12pm.** If you are Diabetic or have another medical condition that makes fasting difficult please do not fast, we will take your condition into account with your testing. Also, if you are scheduled late afternoon for a consult, you can wait until the next morning to get your blood test. We don't want you to go 14 hours or more without eating.

Our office is located at 16101 Ventura Blvd. Ste. 330 Encino, Ca 91436. This is approximately . Please call if you need further directions. 818 788-2884

All missed appointments will be assessed a \$50.00 charge. To avoid this charge, please give 48 hours notice if you will be unable to keep your appointment.

We look forward to seeing you! If you have any questions, please feel free to call our office.

Yours in good health,

Nicholas B. Houston, MS, DC