



31157 Plymouth Rd. Suite 210
Livonia, MI 48150

Dear New Client,

Thank you for choosing Holistic Solutions, LLC as your partner on your path to optimal health and wellbeing. Our vision is to empower, educate, and counsel others on how to restore health in body, mind and spirit. As a result, we are committed to providing you with the highest quality in services and products to help you reach your goals. We are confident that you will find our individualized programs to be just what you're looking for!

Enclosed are the Client History and Symptom Survey forms. Please take the time to fill these out prior to your first appointment. Each page has two sides, so be sure to turn the page over for the entire questionnaire. If you run out of space on any question please attach additional pages as necessary. In addition, please bring with you any medical reports, blood test results, medication(s), and supplements that you are currently taking.

As part of your evaluation we may need to collect both a urine and saliva sample at the office. If at all possible please comply with the following pre-test instructions. Avoid all unnecessary medications for 3 days prior to testing. Avoid all medications for 24 hours prior to testing. Avoid coffee, tea, cola, and chocolate for 24 hours prior to testing or at least 12 hours. Avoid carbonated beverages for 12 hours before testing. Avoid candy, cough drops, breath fresheners, etc. for 30 minutes before testing.

We also ask that no perfumes, colognes, aftershaves or other fragrances be worn to the office due to the health issues of chemically sensitive clients.

If you have any questions, please call (734) 422-2128 or email us at holistic_solutions@sbcglobal.net.

We look forward to working with you at your first appointment on _____.

Yours In Good Health,

Kimberly S. Geck, B.S., M.S., MT (ASCP)