## Before your first consultation with Dr. Chow, please prepare:

1. A written chronology of your condition leading up to your present symptoms, how you are limited and include any progress you have made.
2. Describe all treatment and therapies that you have tried (Note: what has worked for you or not worked for you).
3. Describe your diet (a 4 day sample) and list any supplements and/or medication you are taking.
4. Please attach a synopsis or medical reports from your doctor and other therapists of the condition for which you are seeking treatment. (This is not the same as #1.)
5. Read her book "Miracle Healing from China…Qigong" especially chapters 5 to 7. It describes how she will work with you and what you can do immediately.

This exercise will assist you with an overall assessment of your condition and treatment. **Please e-mail, fax or mail your completed documents to Dr. Chow prior to your first appointment** for her review. Please have two hard copies of your chronology & medical reports (**Bring 1 set for Dr. Chow** and 1 set for your files). You will need to keep a daily journal of your progress after each consultation to be reviewed at your next appointment.

use more pages as necessary.