

## Congratulations on making your first appointment with NeuroFix.

A first consultation takes approximately 1 1/4 hours and some of this time is taken to review your case history.

### Please bring with you for the consultation:

Any medication or supplements you are currently taking.  
Any relevant medical diagnostic tests you have had recently.

### Other Information:

You may feel rather tired or a little weaker than usual after your first appointment as there is much clearing undertaken. It is recommended that you do not drive after this first appointment, so if possible, have someone to pick you up. Second and subsequent appointments are not as tiring.

### Maintenance check-ups are important

Just like a car, our bodies need to have a regular 'tune-up'. If you are going away on holiday, or you are going through a stressful time at home or work, have a check-up. It is important to make sure you continue to operate at optimum potential at all times! Often we are not even aware that our body is not functioning to its optimum, as we get busy and distracted. By not having regular preventative care for our health, more serious consequences can arise.

### How often should I have a maintenance 'check-up'?

The life of a red blood cell is 120 days, and it is to this cycle that we suggest having that 'tune-up'. Red blood cells perform the most important duty of travelling through your body delivering oxygen and removing waste. Your bones are continually producing new red blood cells. Aged red blood cells are removed by the liver, spleen and bone marrow. Your body is hard at work all the time.

Our experience has shown that the body struggles to keep itself at its optimum longer than around 100-120 days - the average life cycle of a red blood cell. It is to this quarterly cycle that we suggest having that 'maintenance' check-up. This will take care of any small issues today – with a view to preventing larger issues developing in the future.

“THE SECRET OF  
CHANGE IS TO FOCUS  
ALL OF YOUR  
ENERGY, NOT ON  
FIGHTING THE OLD,  
BUT ON BUILDING  
THE NEW.”

- SOCRATES

Bernadette Masefield

106 London Street, **Hamilton** - Naturally Healthy Premises  
175 Grace Road **Tauranga** - Corner of Grace Road and 18th Avenue.  
021 749 747 | neurofix@xtra.co.nz

Nikki King

Level 1, 593 Te Rapa Road, **Hamilton** - above the Robert Harris café  
021 181 2670 | nikki.neurofix@gmail.com

