Hello,

Thank you for booking your appointment with Herbal Health. Below is all the information you will need for your appointment. Please bring this information with you to your appointment.

We want you to be informed that we are members of PMA (Pastorial Medical Association). In order for me to give you any health advice or to share my knowledge, I need you to become a member. There is no fee to become a member. PMA is an organization designed to protect your freedom to choose the type of health care you desire. If you have any questions or concerns, please feel free to contact us.

To sign up with PMA:

Go to <http://members.pmai.us/> . Follow the steps. You will receive an e-mail confirmation. Please print off and bring in a copy of the confirmation.

You can go to [www.jordansnutrition.com](http://www.jordansnutrition.com/) and click download. Please print forms 1-5, fill out, and bring when you come.

Instructions:

Do not put anything in your mouth an hour before your appointment no water, gum, food, etc..

Do not take any supplements 24 hours before your appointment unless prescribed by a doctor

You can bring the supplements that you take and she can test them

Drink a large glass of water when you wake up

No caffeine 12 hours before you come

Do not wear a dark colored shirt

If you have any questions call [763-576-6879](tel:763-576-6879).

We do discounts!

Cash – get 5% off your purchase

Check – get 2% off your purchase

Credit card – no % off

Herbal Health

A Journey Into Wellness

622 East Main St

Anoka, MN 55303