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**Nutrition Appointment Information**

For nutrition counselling, we prefer scheduling on Tuesdays or Thursdays. If that doesn’t work for you we can make other arrangements. Our office hours are Monday-Thursday, 9am-6pm, and Fridays, 9am-2pm. Please call to make an appointment at 907-274-2225. An initial appointment typically lasts up to 30-45 minutes.

Bring the **nutrition questionnaire** 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. Steven Henderson, D.C.

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.

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.

We do not do the blood test here at our clinic, but will send you with the requisition form to take to LabCorp located at **4015 Lake Otis Pkwy #100, Anchorage, AK 99508** (located in the MGM building).

**LabCorp Hours: Monday –Friday 7am-5pm & Saturdays 8am-12pm.**

Our office is located at **213 E. Fireweed Lane, Anchorage, AK 99503.** This is between Denali and C St. Please call us at 907-274-2225 if you need further directions.

Please give 24 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,

Dr. Steven M. Henderson, D.C.