

Preparing for your VLA reading

VLA allows your practitioner to get a snapshot of how your body is coping and functioning at a cellular level. It provides an informative indicator of what may be driving your conditions and how your body is responding to treatment. Reviewing your cellular health throughout your treatment program allows us to target effective treatment options and clearly see the improvements both on paper and symptomatically.

How to get the most out of your VLA

Like many other tests VLA can be affected by certain variables. With this in mind it is important to do as much as possible to control for these variables. The following points will help to ensure that your VLA results are as accurate as possible.

- 1. Avoid drinking excessive alcohol the night before.
- 2. Drink plenty of water the day of the test.
- 3. Do not eat for at least 2 hours prior to the test (fasting 4-6 hours before the test is ideal).
- 4. Empty your bladder before each test.
- 5. Refrain from exercise for at least 2 hours (ideally 24 hours) before the test.
- 6. Sit still and rested for AT LEAST 5 minutes (ideally 10 minutes) before doing the test. This allows the body water to settle. Give yourself plenty of time so you are not rushing to make your appointment.
- **7.** Make sure you do not have any transmitting devices on you such as a mobile phone during your test.