

## Step 1

### Watch Orientation Video

This will help you better understand what to expect during the Qest4 Bioenergetic Testing & Health Coaching Program.

<https://youtu.be/cGj2FFhEfdg>

If you have more questions about joining, feel free to set up a free 15 minute discovery call here: [www.picktime.com/reclaimingwellness](http://www.picktime.com/reclaimingwellness)

## Step 2

### Ready to Join?

#### Sample Collection & Mailing Directions

##### HNUS (Hair, Nail, Urine, and Saliva)

1. The first time you go to the restroom after 3:00 AM, put **URINE** on a Q-tip and place it in a Ziploc bag.
2. In the morning, before you brush your teeth or eat, swab your mouth to collect **SALIVA** with a Q-tip and place in a Ziploc bag.
3. Next, collect a small amount of **HAIR** and place it in a Ziploc bag.  
Collection Options (please choose which works best)
  - a. Cut a small amount from around the neck area.
  - b. Collect a small amount of hair from direct fall out while washing or brushing.
  - c. Pluck out just a few hairs by the root.
4. Lastly, cut some finger or toe **NAILS**, and place them in a Ziploc bag.
5. Please be sure to include the following on each sample bag.
  - Name of person
  - Birthdate
  - Date of sample

You will have a total of **4** individual ziploc bags with samples.

6. Complete new client forms found here:  
<https://reclaimingwellness.me/new-client-forms/>

7. **If taking supplements, please mail 1 sample of each supplement** you'd like to continue to take. Place each item in a ziploc bag and be sure to clearly label the brand and specific product name. This will ensure your product is helpful at this time.
8. Please **send biological and supplement samples along with new client forms** via **Priority Mail** to:

Reclaiming Wellness  
1177 Old Buckingham Rd.  
Powhatan, VA 23139

### **Step 3**

#### **Physical Observation Photos**

Please email the following photos to [reclaimingwellness.me@gmail.com](mailto:reclaimingwellness.me@gmail.com) when you mail out samples. (This is for the **initial** appointment only.)

1. Full Face (close up)
2. Tongue
3. Hand with clear view of nails
4. Eye
  - a. I am looking for a clear view of one eye, similar to this, showing the entire iris.



- b. Phone Camera Tips for capturing the eye
  - i. Take photos in good lighting.
  - ii. Use the forward camera on the phone (not the selfie camera.)
  - iii. Hit the zoom 2x button or macro setting if you have that.
  - iv. Experiment with and without flash to see which gives the best clarity.

## Step 4

### Making a New Client Appointment

1. Visit (<https://www.picktime.com/reclaimingwellness>)
2. Booking
  - Choose an appointment slot for a new client that is approximately **1 week past the date you plan to mail out samples.**
  - Please ship Priority, which generally arrives in 1-3 days. This will provide ample time for the samples to arrive and be scanned.

**Example: I checked the website and booked a May 14th time slot for a new client appointment. I will mail out my samples on May 7th.**

3. Once Samples are Received
  - I'll process samples, review scans, and create a recipe for wellness customized for you.
  - A summary will be emailed prior to our phone consultation.
4. Preparing for the Consult
  - Review the scans prior to the appointment & jot down any questions you have.
  - I'll call you at your scheduled time and review scans & recommendations. It's helpful to have those open on your device during the consultation.

### Making a Follow Up Appointment

1. Complete your recommendations for the time recommended and then complete the **Self Report** when sent the reminder.
  - Self Report: <https://forms.gle/QzXi8cyR6Mm6ZcX5A>)
2. Collect samples, mail them priority, and book your next scan 7 days after mailing here: [www.picktime.com/reclaimingwellness](https://www.picktime.com/reclaimingwellness)

## Payment

- Please note that I will be recommending supplements *in addition* to the scanning service, and those supplements will be billed separately.
  - The recipe for the absolute best results is:
    - imprints + recommended supplements + lifestyle changes
- Please make payment at the time of booking your appointment unless you have joined a subscription.
- *Subscription Clients Only:*
  - Payment will process automatically and **you do not need to pay when booking your appointment.**
  - Simply select, '**skip payment**' when booking.
- **Hero's Discount:** Teachers, First Responders, Healthcare Workers, Ministry leaders, & more. (10% off a single scan. Discount not eligible for subscription option since those packages are already discounted.)
  - If you're eligible for the Hero's Discount, select "skip payment" when booking. Once you've let me know, I will send a Paypal invoice to you with the discounted rate for the scan/service.

## Current Rates

Please check the website for current rates. Services and prices vary.

[www.reclaimingwellness.me](http://www.reclaimingwellness.me)