

CONSULTATION SHEET: HOCATT Plus (Platinum Package)

Full Name: _____ D.O.B: _____ Age: _____ Height (cm): _____

Address: _____

Email: _____ Phone: _____

1. CONTRAINDICATIONS

Do any of the following conditions apply to you? (Indicate with a tick)

There are circumstances during which certain modalities of the HOCATT should not be used:

STEAM / FIR SAUNA

- Fever.
- Bleeding tendencies *e.g. haemophiliacs*.
- Active bleeding (from an injury).
- Menstruation.
- Elevated blood alcohol or drug levels.
- Excessive caffeine intake.
- Pregnancy.
- Children (<18 years).
- Taking medications that impair sweating and/or increase the health risks from heat exposure.
- Heat Insensitivity.
- Low blood sugar levels (empty stomach).
- Recently eaten a heavy meal (in past 30 mins).
- Little or no sleep the night before.
- Known heart conditions *e.g. heart failure, heart blockages, recent heart attack, etc.*
- Uncontrolled and/or malignant high blood pressure.
- Hypotension (keep temperature < 38°C).
- Taking blood pressure medication.

TRANSDERMAL OZONE / INSUFFLATION

- Thyrotoxicosis/ hyperthyroidism.
- G6PD deficiency (Favism)/ hemolytic anemia.
- Organ transplant patient, *i.e. taking immune suppression medication.*
- Cutaneous porphyria (transdermal only).
- Vitiligo (transdermal only).

CO₂ / CARBONIC ACID

- Hypotension.
- Taking blood pressure medication

FREQUENCY SPECIFIC MICROCURRENTS

- Pregnancy.
- Epilepsy and/or seizures.
- Electrical implants *e.g. pacemaker, cochlear implant, intrathecal pump, insulin pump, etc.*
- Known heart conditions *e.g. heart failure, heart blockages, recent heart attack, arrhythmias, etc.*
- Blood clots/DVT's or strokes
- Recent surgery (past 72 hours).
- Implanted metals *e.g. pins, plates, screws, joint replacements, mechanical heart valves, metal stents, or staples in blood vessels, etc.*
- An injury (where you may still be bleeding).
- Broken, injured, swollen, inflamed or infected skin on the hands or feet.
- Cancerous/ malignant tissue.

HIGH-INTENSITY PEMF

- Pregnancy.
- Epilepsy and/or seizures.
- Elevated blood alcohol or drug levels.
- Electrical implants *e.g. pacemaker, cochlear implant, intrathecal pump, insulin pump, etc.*
- Implanted metals *e.g. pins, plates, screws, joint replacements, dental implants, mechanical heart valves, metal stents, or staples in blood vessels.*
- Breast implants.
- Known heart conditions *e.g. heart failure, heart blockages, recent heart attack, arrhythmias, etc.*
- Active bleeding or bleeding tendencies *i.e. haemophilia, bleeding wound, or menstruation.*
- Grave's disease.
- Organ transplant patient, *i.e. taking immune suppression medication.*

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2. Have you consumed at least half your body weight (pounds) of water (in ounces) today prior to your session? *e.g. if you weigh 150 pounds, drink at least 75 ounces of water.*

- Yes.
 No, but I will have some now please.

3. Please list ALL current daily medications, herbs and/or supplements and dose: _____

4. Are there any other any other medical conditions you have that your practitioner/ technician should be aware of? _____

5. It is recommended that ALL CLIENTS, regardless of heart condition, see their primary doctor before using the HOCATT. You should inform your doctor that they will be using a temperature-controlled steam and FIR sauna, and your doctor should perform the regular health-checks (e.g. take blood pressure, etc.)

6. HEART CONDITIONS & ELDERLY CLIENTS

Elderly Clients and those with known heart conditions MUST consult their cardiologist about using steam and FIR saunas, as well as Frequency Specific Microcurrents (FSM) and High-Intensity PEMF if you would like to add those modalities to your HOCATT session. You need an EKG (not older than 12 months) and you need to be CLEARED to use a sauna by your cardiologist before doing a HOCATT session. Your cardiologist may recommend a safe **temperature range**, as well as a **heart rate limit** that may not be exceeded. Your cardiologist might also clear you for adding the FSM and/or PEMF modalities.

The HOCATT Plus has a heart rate monitor, so that you can monitor your heart rate throughout the session. You can also ask the HOCATT practitioner/ technician to set a heart rate **limit** (e.g. 120 beats/min). If your heart rate exceeds this limit, then the whole system will shut down (ending the session immediately).

7. DETOX REACTION

It is very important to drink plenty of water before and after a HOCATT session, as well as throughout the rest of the day and the days that follow. Drinking water helps your body to flush out toxins. It is important to note that detoxifying the body **too fast**, especially if there are many toxins present, can overload the body's avenues of elimination. These include the kidneys, liver, colon, lymph system, skin and lungs. When these organs are impaired, then even mild detoxification methods can overload the remaining elimination organs. Overloading these systems can result in a detox reaction or "cleaning crisis". You may experience anything