



## General Preparation for First Visit

Avoid comparing Tibetan to Western and Chinese approaches to diagnosis and treatment.

- These are three different systems that should be viewed in their own historical context.
- The three systems are not easily amalgamated even though they can benefit each other.

Read about the principles of Tibetan Medicine prior to your consultation.

- These principles are explained in introductory literature that is widely available.
- This will help you to understand the nature of your imbalance and why certain changes in food and habits are being advised.

Be clear about your expectations and know that a Tibetan doctor is not a miracle worker.

- A recent study by a German Ph.D. candidate interviewing patients before and after consulting a Tibetan medical physician showed that the expectations were in most cases extremely high and unreasonable due to a lack of information about Tibetan medical culture. Such expectations led to a high degree of frustration when they were not met.

## Preparations on the Day Before Your Consultation

- At least one day before the consultation, maintain a moderate diet, lifestyle, and environment. Get enough rest the night before your appointment. This will avoid imbalances in the elements and three Nyepas, which affect the pulse and urine diagnoses and may divert attention from your illness.
- Do not take vitamin pills (e.g., B vitamins), red beets, asparagus, and supplements which would affect the color of the urine.
- Avoid alcohol, meat, strong tea and coffee, excessive sexual activity, over-exertion, heavy sports and exercise, and traveling. These activities will change the quality of your pulse and urine and may divert the practitioner's attention from the problem you want treated.
- Avoid scraping or brushing off tongue coat in the morning on the appointment day because it blocks observing the true nature of the health condition.
- Avoid taking a hot shower in the morning because the subtle channels and the pulse will be affected.
- Collect 100 ml of your urine upon rising in the morning. Collect it when it is midstream in a clean, clear glass container (avoid using a salsa jar).
- Before your appointment, neither arrive hungry or thirsty, nor overeat or over drink.
- Do not rush to the clinic. Take your time and sit relaxed for at least 10 minutes before the pulse diagnosis.
- Inform the Tibetan medical doctor about your present intake of Western medications, especially if you are under hormone treatments or other medications that need to be taken regularly.
- Tibetan medicine and Western medicine, including homeopathy, can often be combined as long as each medication is taken separately, at an interval of a few hours.
- Keep a diary that notes the effects and changes that have occurred following your treatment.