

## Details regarding your Two Day In-Office Visit

We understand that helping members with a previous diagnosis of cancer requires that they spend necessary time with us to start them on a path of healing. During your stay at Conners Clinic, we will work to uncover our Four Pillars for every disease: 1 - Uncover the CAUSE, 2 - find the Specific Nutrition, 3 -Scan for Personal Rife frequencies, and 4 - Other supportive actions. You will be cared for in an individualized in-office program that may look similar to what is listed below.

### Morning Sessions:

- Examination- We perform an examination to determine exactly the direction to proceed. This initial examination is done on your initial day and it gives us indications as to which scans and further tests to run. Dr. Conners relies on his 30 years of experience as well as lab testing to guide your unique protocol.

- Scanning - doing Scans of frequencies on the Rife enables us to be as specific as possible in programming the Rife for each person. Each session of Scanning takes approximately 2-3 hours. You should eat the morning before the Scan and be able to sit comfortably without pausing for at least 1 hour. The frequencies that create a physiological change in the patient are recorded and programmed by Dr. Conners into the programs that you will use at home. What to Expect – Scanning is relaxing for the most part. You will be resting in a recliner while the scan takes place. You will not be permitted to use your cell phone or computer at this time. Anything that stresses you, including conversations can change the scan so it is a good idea to bring an iPod and headphones, read a good book, or nap at this time and we ask that any support people (family/friends) that come with you, leave the clinic while you are scanning.

- Education - each day you will be watching various educational videos to help you BEST utilize Dr. Conners therapies at home.

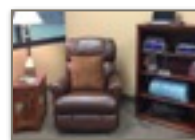
**Lunch** - you will be given ample time to leave and eat lunch (or go back to the hotel to rest) before your afternoon session begins. We will tell you your approximate lunch time to arrange your support person to pick you up to go eat.

### Afternoon Sessions:

- Additional Scanning – the afternoon sessions may include additional scanning or may be dedicated to start your detoxification and healing process. We utilize several therapy tools including Localized Hyperthermia, Pulsed Electro-Magnetic Field (PEMF) therapy, Hyperbaric Oxygen Therapy, Laser, Light Beam Generator (LBG), and various lymphatic therapies. These therapies will be used, depending on your particular condition, each afternoon of your stay.

- Exit Class - at the end of your 2-day visit, we need to teach an 'exit class' with instructions on how to use the Rife at home and to make sure you understand all the other at-home work you need to continue with. You leave with the Rife and instructions on how to perform all at-home therapies.

**Financial Obligations** – It is necessary that all financial plans are finalized before coming, as the last thing we would want to see is any misunderstanding about our fees. We also ask that PAYMENT be made for your Plan PRIOR to coming to avoid congestion the morning of Day 1. The cost of our program includes the Rife machine, bulb and laptop computer, as well as all testing performed per doctor's recommendation but does NOT include necessary supplements. Please contact the office with any questions on fees as we do not want any confusion in this matter.



### Items to bring:

- Any further Labs/Test results that were not already provided
- All your current supplements, including the bottles
- Water Bottle, Notebook and Reading materials – we encourage note taking during your visit.
- Comfortable, loose clothing and slip on shoes.
- Please check the weather in Minnesota as winter can get very chilly and summer quite sticky. Make sure you bring appropriate clothing.

### Items you will go home with:

- Rife machine- it will take up about an equivalent space as a box that is 12 x 24 x 4 inches. You will be receiving a nice carry-on bag that it all fits into which you can either take as a carry-on onto the plane or pack into a larger suitcase. We are also able to ship it (at your cost) directly to your home.
- Supplements- some supplements are liquid and are over the amount acceptable to put on a plane, so we are able to ship them to your home (at your cost.)



**Local Hotel Information:** MUST CALL LISTED HOTEL NUMBER FOR THE **DISCOUNTED RATES.**

**Holiday Inn Hotel and Suites:** \$92

8511 Hudson Blvd, Lake Elmo MN (651)714-8068

The Machine Shed Restaurant is attached to the hotel and offers a breakfast menu for an additional charge. Shuttle service within 3 mile radius.

**Hilton Garden Inn:** Daily rate -17% (Health and Wellness Package).

420 Inwood Ave N, Oakdale MN 55128 (651)367-2174 Breakfast included. Complimentary hotel shuttle to Connors Clinic.

**Sheraton:** Daily rate - 15% (Health and Wellness Package)

676 Bielenberg Drive, Woodbury, MN 55125 (651)209-3285

10 % Discount at Red Rock Restaurant. Complimentary shuttle service within 5 mile radius.

Other Local Hotels:

Best Western Regency (651)578-8466 Complimentary breakfast, no shuttle service.

Country Inn & Suites St. Paul East (651) 739-7300 Complimentary breakfast, shuttle service within 5 miles.

**Mall of America**

60 E Broadway, Bloomington, MN  
55425 (952)883-8800



**Stillwater, Minnesota**

Quaint River Town with shopping and good restaurants: The Green Room, Thai Basil, Quick Fire Pizza, Tin Bins, Phil's Tara Hideaway



**Lake Elmo Park Reserve**

1515 Keats Ave N, Lake Elmo MN



55042 (651)430-8370

\$5 entrance fee

**Local Restaurants that offer gluten free items:**

- Cravings Wine Bar and Grill 755 Bielenberg Dr #108, Woodbury, MN 55125 (651) 528-6828
- Machine Shed 8515 Hudson Blvd, Lake Elmo, MN 55042 (651)735-7436
- Lakes Tavern & Grill 9240 Hudson Rd, Woodbury, MN 55125 (651)287-2000
- CRAVE 9100 Hudson Rd. Ste. 108, Woodbury MN 55125 (651)756-1000
- Woodbury Cafe 803 Bielenberg Dr, Woodbury, MN 55125 (651)209-8081
- Chipotle 9965 Hudson Rd, Woodbury, MN 55125 (651)739-1164

**Grocery Stores:**

- Whole Foods 305 Radio Drive, Woodbury, MN 55125
- Trader Joes 8960 Hudson Rd, Woodbury, MN 55125
- Taylor Made Nutrition 8160 Coller Way, Woodbury, MN 55125
- Kowalski's 8505 Valley Creek Road, Woodbury, MN 55125
- Cub Foods 8432 Tamarack Village, Woodbury, MN 55125

**Churches:**

- Eagle Brook Church- 11125 Eastview Road, Woodbury, MN 651-429-7663
- Woodbury Lutheran - 7380 Afton Road, Woodbury MN 651-739-5144
- Rockpoint Church- 5825 Kelvin Ave N, Lake Elmo, MN 651-770-3172