

## **DEPARTURE INFORMATION**

We sincerely wish your travel back home will be very pleasant. Since you have been leading a rather quiet lifestyle during your treatment, now friends will be asking all kinds of questions. To that end we ask that you look us up on the Internet.

[www.alivizatos.com](http://www.alivizatos.com)

We will be glad to mail out DVD's and brochures.

**Just call 1-800-262-0212**

If you have a medical question and need to contact your Doctor from IBC Hospital, you can e-mail at [alivinfo@gmail.com](mailto:alivinfo@gmail.com) or by calling our Coordinating Office we can put you through. If you wish to call directly into the IBC switchboard dial 011-52-664-681-3171. The best time to call is Wednesday through Friday 9:00 a.m. to 1:00 p.m. west coast time. Doctors regular hours are from 8:00 a.m. to 2:00 p.m. Monday to Saturday. However, if you have question concerning the Alivizatos Diet please feel free to give the coordinators a call.

Rest, proper diet and adequate water intake are very important for the six months after the treatment when it is working the hardest. If you must go back to work, try to get an hour rest during the day and do not over tire yourself. Stress is your worst enemy so learn to manage it. Much of your recuperation is governed by what you eat. Please remember that the **Alivizatos Diet is low in protein, low in dairy and low in acids**. It is especially advisable to follow these indications very closely.

Valid U.S. passports will soon be mandatory to return to the United States. Your Doctor should have indicated when to return for booster treatments. Usually between 4 to 6 months another 12 treatments will be prescribed. Please keep in mind that IBC Hospital does not close for the Holidays. The only two days out of the whole year that the outpatient treatment room is closed is December 25 and January 1. Otherwise treatments are always given Monday to Saturday.

**Our hopes and prayers are for your complete recovery from your illness.**