

Dear Patient,

Thank you for your interest in FCT® (Field Control Therapy). To make the most of your treatment, please read the following carefully.

In order for FCT® to work, you must have self-discipline and a strong commitment to your health to make the following lifestyle changes. If you are able to do so, your chances of improved health are excellent. If for any reason you feel that you will not be able to make the changes, please cancel your appointment as soon as possible by calling my office at 850-878-4100. That way, the appointment time can be used by someone else.

1) You will need to follow a strict, no sugar, no artificial sweetener, no fruit, low carbohydrate diet. A few starches are allowable, but are limited to no more than 20% of each meal. Each meal must be composed of 80% protein, vegetables, and/or fat. If this diet is not followed, toxins can not leave your body and improvements will not occur. See the attached anti-candida diet for details.

2) Only the diagnostic portion of FCT® will take place in the office and will take about 1.5 hours. The treatment itself will take place at home within a week of the appointment. To begin the treatment, you will need to set aside 2-3 days where you will not be exposed to any electromagnetic fields (EMF).

Electromagnetic fields come from the following: computers, televisions, telephones, cell phones, jewelry, fluorescent lights, electric blankets, and cars. The removal of mercury and other toxic metals from your body is one of the main goals of FCT®. Any EMF exposure in the first few days, will prevent the metals from leaving your body. Most people do their treatments over the weekend. Avoiding unnecessary electromagnetic fields after the EMF-free period will help speed up the results of therapy.

3) FCT® is not a quick fix for symptoms. It will take regular treatments over the period of several months for mild problems and a year or longer for moderate to severe problems to clear most of the toxins from your body. A lifetime's worth of toxins takes time to remove. Most people start to see improvements in health in the first 2-3 months. Follow up visits need to take place on average every 3-4 weeks.

4) Keep in mind that FCT® has not been evaluated by the F.D.A. It is currently considered an experimental therapy. The improvements in health are common observations of FCT® practitioners and patients, but have not yet been independently studied.

5) Fees: Initial Visit: \$150.00. Initial testing (2nd visit) 225.00 Follow-ups: \$130-195.00 depending on the duration of the visit. Direct payment is expected by cash or check but a receipt will be given so you can request reimbursement from your insurance company if you so wish. Most insurance companies (with the exception of Capital Health, Medicare and Medicaid)) will reimburse you for the office visit as the services are provided by an MD but they will not cover the costs of the supplements or the testing. The FCT supplements (brown bottles) will cost approximately as much as 15.00-30.00 per visit (depending on the number of bottles). The price of other supplements (probiotics, adrenal support, vitamins, etc.) will vary depending on the supplement and how many are prescribed.

6) If you have any metal dental fillings, you will eventually need to get them removed for a complete recovery. Dr. Betancourt will provide instructions on whom to see and on the proper timing.

7) An international online support group has been set up at <http://www.fctforums.com>. The support group includes some recipes and experiences of other patients and practitioners.

Patient Instructions

Initial visit (Diagnosis and Treatment Plan)

During the initial visit, Dr. Betancourt will need to find out about all of your symptoms and medical problems. Completing the medical questionnaire and bringing it to the visit will speed up the process. The initial visit will be for diagnosis, treatment planning and to answer any questions you may have about FCT. No testing will be done during the first visit and no treatment will be prescribed. The patient consent form will be completed during the first visit in preparation for the second visit (FCT testing).

Second visit (FCT testing)

You will be asked to remove your shoes, glasses, jewelry, hairpins, any metal items and to completely empty your pockets. Any metal on your skin will interfere with the diagnostic process. Metal implants are not a problem. Cell phones should be turned off. Next, you will then be asked to lie on the exam table and hold a metal rod connected to a diagnostic platform. Conversations should be kept to a minimum during testing.

Dr. Betancourt will conduct the bioresonance testing. While this takes place, all you will notice is him holding your ankles as he looks for reflex leg movements in response to test filters. This process will take up to 1 ½ hours. Most people just close their eyes and relax.

Dr. Betancourt will then prepare the remedies needed for your treatment and provide instructions on how and when to take them when you return home. Most people receive 8-15 remedies. You may also receive herbs, glandulars, and/or minerals.

Care of the remedies

To care for your remedies, do not store them near anything electrical. That means keep them away from microwaves, phones, refrigerators, computers, lamps, radios, computers, fluorescent lights, clocks, etc. Also, do not expose them to sunlight or extreme heat.

Taking the remedies

The remedies *should be started* within *1 week* of getting them. Please follow the directions for taking the remedies carefully. In general, one remedy is taken and then you wait anywhere from 30 minutes to one or more hours until taking the next remedy. Some people have up to 25 remedies to take but this is very rare. Each remedy is taken as a single drop under the tongue. Do not take 2 drops or a dropperful. Do not repeat the dose unless directed to do so. Do not take additional doses on your own. If you overdose, you will probably have no side effects. Any side effects you get will be temporary and minor.

Follow-up

You will be asked to return for a follow-up visit every 2-4 weeks to repeat bioresonance testing. Each round of treatment removes a layer of toxins like the peeling of an onion. Repeat testing is needed to determine what is the next layer of toxins to remove. Waiting too long in between follow-ups can cause setbacks.

Each of the following treatments addresses different toxins and different organs as determined by the testing process. Usually the first treatment or two addresses heavy metals in your immune system. The following treatments usually address chronic infections such as candida and others.

When scheduling follow-ups, make sure you'll be able to start the treatment within a week for best results.

If you're unable to keep an appointment, please cancel it as soon as possible so that other people can use the slot. If you don't show up for an appointment without canceling, you may be subject to a service fee. If you don't cancel within 24 hours, you may also be subject to a service fee. I block off large amounts of time for each patient for FCT® and the time could easily be used for a new patient who has been waiting for months for the appointment. If you have any questions in the meantime, you may call my office during weekdays.

What to expect:

Remember, healing is a gradual process. You have accumulated toxins in your body over a lifetime. It will take time for them to be removed. In most cases, you should begin to notice a change in your symptoms within the first 2 months. The process can be so gradual that you don't notice the improvements. It's best to compare how you feel at present to the time before starting FCT®. You should notice some improvements in energy and in your symptoms. The symptoms that you want to get rid of first may not be the first ones that improve. It is also possible to experience a temporary worsening of symptoms or development of new symptoms such as fatigue, sweating, nausea, rashes, coughing, sinus drainage, and diarrhea. This is normal and part of the process of toxins leaving your body and it is important not to interfere with this healing process (by using medications or other measures) as it may interfere with your progress and the treatment may stop working or proceed at a slower rate. Following the candida diet and minimizing unnecessary electromagnetic fields will help minimize these potential symptoms.

Progress is generally not a smooth road. Bumps along the way are expected. This is because as one toxin is removed resulting in improvement, another one will take its place resulting in some loss of improvement. At the next follow up, the new toxin will be removed and the cycle will start over. Eventually, your health will be much improved when you have few toxins left.

Because your body will begin to normalize, you can develop side effects to your medications as if you were healthy. For example, a healthy person on diabetes medication would develop low blood sugar so a diabetic on FCT® can develop low blood sugar. Likewise, blood pressure medicine can make the blood pressure low, pain medicines can cause sleepiness, etc. If side effects to medications occur, it is time to stop or lower those medications. Please notify Dr. Betancourt if such reactions occur.

Prescription Medications:

Please do not stop your prescription medications without notifying Dr. Betancourt. They will likely need to be cut back as the treatment progresses, but Dr. Betancourt or your primary physician should determine if it is safe enough to do so.

Supplements

In most cases, most of your supplements should be stopped during FCT® as they can interfere with the treatment but they should be reviewed by Dr. Betancourt.