

After Your Treatment

My objective for this session was _____.

My starting score was: 0-10 intensity _____

Headlines from my session:

My ending score was: _____

My next steps are:

Increase your water intake from your normal average. Toxins which are acid waste will be released by the treatment into the blood stream. Water will help to flush them out of your system. If possible, drink 8 glasses each day of purified water for 2 days.

A hot bath before bedtime is strongly recommended. My cleansing recipe is:

- 1 cup baking soda
- 1 cup sea salt
- 15 drops of your favorite essential oil (optional)

Again, this will draw the acid waste out of the body, this time through the largest organ: the skin.

It is important to abstain from alcohol for 24 hours after treatment, to allow for uninterrupted integration of the treatment with your system.

Notice any changes in how you are feeling over the next few days. Often the changes are subtle but transforming. Keeping a journal is a very good way to record any shifts and make note of anything that occurs to you. A text or email to me helps me track your progress. Feel free to send any questions or concerns.

Give yourself permission to take a walk after dinner and/or have an early night. Since the treatments bring the body from the 'Adrenalin Fight or Flight' mode to the relaxed Healing Mode, you will feel the desire to catch up on sleep. Don't be surprised if you need double the sleep for the next day or two after your treatment. This is a good sign. Cultivate kindness, compassion and gratitude for your body. It's the only one you've got!