



**Thank you for allowing us to be your partner in healing!**

Here are some suggestions to best utilize your sessions:

- 1. We highly recommend staying hydrated throughout your detoxification process (with every exhalation your body releases moisture).** We cannot stress the water element strongly enough (60-90 ounces a day for 5-7 days after sessions is recommended). Hydration is critical to the process. Think of a riverbed filled with trash. A riverbed with very little water becomes stagnant, smelly, slimy and cannot support life. A riverbed with plenty of water gushing through it, however, cleans the riverbed, washes filth away and supports life for the river. Now see that riverbed as your bloodstream and lymph system. Which do you want running through your body, a stagnant swamp or a life-giving, crystal clear river? If you have brought your 4-legged family member in you might notice an increase in their drinking water. Be sure they have fresh water out / access to plenty of water.
- 2. To assist with hydration, may we recommend our Superieur product?** It balances your electrolytes, gives you energy and assists your cells in absorbing water faster and more efficiently. Superieur is better than any electrolyte drink currently on the market: the sweetness comes from Stevia and fruit extract, not sugar, and it is free of GMO, MSG, wheat, gluten, yeast and extra stimulants or synthetic ingredients. It refreshes without loading you up with more toxicity. We recommend a cup a day to assist your body with the healing process. You may also want to add ¼ to ½ tsp unheated, unrefined sea salt to your daily regimen.
- 3. Avoid heavy foods / meals – DO NOT FAST** (pastas, breads, cream sauces, greasy or fried foods, etc), avoid caffeine, alcohol and too much sugar...basically use your best judgment for a healthy lifestyle and diet. If you have brought your 4-legged family member in today we ask that you refrain from giving them unhealthy human food or too many treats for a few days.
- 4. Steer clear of heavy exercise, getting blood work drawn and energy work (including use of crystals / stones) for the integration period.** While you are in a detoxification process, your body has a limited amount of energy to take care of a lot of jobs. Your body will be cleaning house, fixing communication breakdowns, restructuring broken networks and formations...whew! There's quite a bit of activity going on that you will be unaware of and other energy work or energy devices can "arm wrestle" with the sessions. Exercise tears down muscle to rebuild it stronger, but wouldn't you rather your body fix what's broken, first? For now, let your body rebuild and heal on its own, with its own energy. Ideally, stay at only 60% of normal activity for 5-7 days so that your body can use all leftover energy to make you feel better inside. Same goes for your 4-legged family members if you brought them in today.
- 5. Listen to your body.** Rest if you are tired. Go to bed early if you are tired. Don't push yourself.
- 6. Health Maintenance Membership.** Ask us how today!
- 7. Now that you have experienced the technology, do you know of someone who would benefit from having sessions?**
- 8. If you have a flex spending or health saving account we can give you a receipt for reimbursement.**