

Post Care Visit Information

You may experience a number of things after your first (initial) care and your report of findings visits to our centre.

Generally you will feel light, free and relieved within yourself – however we have compiled some things to be aware of and some things that will help you through your initial care phase.

Ensure that you do the following and you will maximise the visit:

1. Drink 1 -2 litres of clean water during the day of your visit
2. Have a short walk of 5 -6 minutes following your visit
3. If possible find time to sit still and rest for 15 – 20 minutes within the first hour following a visit
4. Abstain from coffee, alcohol or other stimulants for at least 2 hours

Be aware that you may occasionally experience some short lived sensations:

- a feeling of lightness with the potential to feel a little vague
- a feeling of euphoria
- occasionally people experience a slight “hangover feeling”
- sometimes people feel a little achy or sore as their body adjusts to its newer position
- some tiredness and dry mouth
- spontaneous tears / giggling or laughter after emotional clearing work
- very occasionally teenage pimples after toxin release work

Most importantly stay on track with your care – be consistent, be on time and bring the best of yourself to help us bring the best of us to you.