

## After your Healing Session

Below is some advice for after your healing session.

As healing sessions can vary, you may require some quite time after the session to allow for the healing to work during this time please ensure you give your body a chance to catch up and integrate the healing.

As everyone is unique, what works for one person may not be as effective for somebody else. You may require several sessions, particularly if you have a chronic issue. i.e. long-term ailment.

You may feel immediately better after your session or it may take several days. If you feel able to, take a little light exercise however be kind to yourself and avoid doing too much. Take responsibility for your health and wellbeing, you may find yourself intuitively wanting to make changes in your diet and lifestyle etc.

Healing sessions can cause dehydration, therefore please make sure you are hydrated during and after a session and keep hydrated throughout the day. It is also a recommendation to avoid alcohol or non-prescription drugs 48 hours after your appointment. Staying hydrated will help the body to flush out the toxins out of your system.

If you feel discomfort after your session this is completely normal, this is caused by your body trying to heal itself. You may feel worse before you feel better, this is called a healing crisis. The healing crisis for some clients is a part of the healing process, this occurs as the healing may have brought up things to the surface which need to be acknowledged and dealt with, both physically and emotionally – this is the detoxification process. With most people this process generally takes 2-3 days. If you are still feeling discomfort after 5 days, you may wish to contact your practitioner. The healing crisis process maybe accelerated by having several sessions close together so that the healing can continue to help you through the initial stages of recovery.

***Please note:*** A healer is not a doctor and therefore will not diagnose or treat any specific illness. Healing sessions are not to be used as substitutes for severe mental health treatments or treatments for medical conditions. If you have a medical problem, you are advised to seek professional medical help. Please do not stop taking any medication unless told to do so by your medical practitioner.