

## Healing Hands Healing Minds aftercare sheet following a session of Energy healing.

Complementary therapies have the same aim; to balance the body, the mind and the spirit. This means the emotional and physical aspects of the body. For this reason, you may experience some, or none, of the following symptoms after treatment.

- ✓ Headaches
- ✓ Loose stools
- ✓ Feeling tired or energised
- ✓ General aching, especially if prolonged treatment on one area of the body.
- ✓ Signs of latent illnesses could be brought to the surface
- ✓ Reflex actions, such as braking in a car could be slower as a result of the relaxing effect of the treatment.

Following a session of energy healing for the healing to be at its strongest please try if possible to follow the steps below.

- ✓ Try to drink 1.5 litres to 2 litres of water over the 24 hour period following healing.
- ✓ Try to avoid having a bath for 12 hours as this can neutralise the healing
- ✓ Try to avoid meat products for 24 hours.
- ✓ Try to avoid alcohol on the day of the healing if possible 😊

Clients say that no two sessions are ever alike and what you experience is really dependant on what you are going through in your lives when you come for healing the spirit world always know better than we know ourselves and they deliver the healing where it is required. Energy healing causes your body to balance itself. Sometimes the following may be experienced due to a healing session exacerbated symptom of symptoms, feeling emotional or giddy for no apparent reason because energy healing will release trapped blockages from long ago. All the above are symptoms of letting go and will benefit your body, mind and spirit.

We would recommend initially treatment on a monthly basis for 3 months and then in most cases it really is dependant on you, although most people love this time so use it as 'me time' and monthly maintenance plus we find things before they become problematic.

We would strongly advise that if you are having treatment from your GP that you explain that you are having energy healing, energy healing is an adjunct therapy to the treatment you are already receiving.

Following energy healing if you have any concerns or feedback positive or negative please don't hesitate to contact me on 07429 542291 or email [customer.service@healinghandshealingminds.com](mailto:customer.service@healinghandshealingminds.com)

In love and light, I ask you take the Angels love with you as they are never far away.