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 energy healing it is important to flush your body with water, so it is important to drink water for the following 24 hours and we would advise you to try to abstain from alcohol if possible in order for the healing to be as effective as 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.

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 [andrea.adnan4@outlook.com](mailto:andrea.adnan4@outlook.com)

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