|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | **After-care advice** These reactions are only temporary and should clear within 24 hours.  They are ***positive signals*** that your body has responded to treatment and is balancing itself.  After a treatment do take time to relax and benefit from the session and ensure that you drink plenty of fresh water of at least 8 glasses (approx. ½ pint glasses during 24 hours).  Do try to avoid alcohol for 24 hours as the manual therapy can speed up the effect that this stimulant has on the body.  It is also recommended that you try to reduce your caffeine intake (including colas) and eat light, healthy meals. | | **some have Experienced:**  * Frequent visits to the toilet to enable the body to get rid of waste * Runny nose and/or cough as the body rids itself of toxins * Slight rash as the skin rebalances and rids itself of toxins * Perspiration - another way that the body can excrete waste * Conditions which have been suppressed may flare up temporarily before they heal * Deep sleep or difficulty sleeping and vivid dreams | | |  | | --- | |  | | |  | | --- | |  | | rjparkerremedialtherapist@gmail.com | | |  | | 07581781652 |     facebook.com/rjparkerreflexology    instagram.com/rjparkerreflexology/ | | are you worried?Do you need more advice? The please do not hesitate to contact me on the info above! |   Take care and see you soon! |