**Cheryl Shotwell – Sacred Solutions**

**Suggested 30 Day Follow Up Plan After Spiritual Healing Sessions**

You will continue to receive the benefits of your session for the next 30 days. Please refrain from other healing or energy work during this time, or you can undo the benefits of healing you received today.

Most people are lighter, relaxed, and energized after a healing session. Occasionally, some experience what we call a “healing detox” following a session. Your physical body is simply catching up to the cleansing that has occurred to your energy fields. This has to do with the specifics of your session as well as how your own body physically releases negative energies. You may experience symptoms including: -Tiredness -Emotional upset -Natural physical purging including loose bowel movements

To prevent or lessen a detox, we recommend the following 30 Day Detox Plan:

-Pray to God in your own way.

-Love yourself and others. Do not judge or expect others to change. Look at yourself.

-Forgive Yourself. You are human, after all. Forgive and bless everyone who has hurt you

-Allow your feelings to flow without question.

-Have a good attitude.

-Be happy. Do not allow anyone to take you out of your good mood.

-Avoid negative television, news, media, music, and offensive language.

-Avoid the following: red meats, bananas (organic are ok), pork, eggs, chilies, caffeine, and alcohol.

-Drink plenty of water.

-Take minerals to increase the effectiveness of your body’s electrical system (check with your doctor).

-You can take salt baths once or twice per month. This helps neutralize energies as you continue to heal. Soak for 10 minutes maximum, and then rinse yourself off with clear water.

Over the next few weeks allow yourself to process emotions and thoughts...both positive and negative. Go with the flow. It’s not a bad sign to experience past symptoms during this time as they leave your energy fields. Continue to love and forgive yourself and others during this time. Please take this time to talk to God, to really share what is in your heart. Understand that this 30 day period is a beautiful opportunity for you to grow in all areas of your life. Simply praying to God daily can strengthen your own relationship and support your healing. The Lord’s Prayer, for example, is an easy but powerful offering. Some people also pray the Pieta St. Bridget prayers , the Rosary, or Hail Mary. It’s whatever resonates with you personally, and helps you connect to God. If you need additional support during this time, I am available for spiritual coaching.

 Please let me know how things are going in a couple weeks, or sooner if you have a question. I strongly recommend a spiritual clearing/grid correction appointment for your home or business. I can do this for you in person at your home, or remotely from a distance. I also encourage you to schedule a healing for your spouse and children. This can be done remotely, without their physical presence. This is my holistic approach to total wellness, and I am blessed and honored to offer these services to you.

May God Bless You, Your Family, and Your Home,

Cheryl Shotwell

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I feel it is important that you are doing what you are meant to do in this life. You deserve to live fully, with an open heart and positive relationships. You should have abundance, opportunity, and wellness. Please pray daily, asking to be on your Divine path. Really talk to God. Love yourself and be kind to yourself. Continue your healing plan with in person or remote healing sessions. This removes blockages and negative energies keeping you from knowing what is best for yourself. With enough healing sessions, and through developing a relationship with God, your Guardian Angel, and your intuition; you will be able to receive clear information from the spirit world, regarding what is best for yourself. This is very empowering, and something everyone should be able to do for themselves anytime. There is no magic number of healing sessions needed for an individual. All situations are different, all people are different, all healing requests are different. My best advice for you is to stay strong in your healing journey, and keep going! May God bless you, your home, and your family. Cheryl

Additional Considerations during and after a 30-day detox period. These are optional. Always check with your doctor first to ensure safety and to customize your own dosage. Dosage below is for general informational purposes only:

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| Bragg Apple Cider Vinegar | 2 tablespoons with 1 tablespoon of honey and hot water (made like a tea) | 3 times daily |
| Coconut Oil | Capsule form – 5 in the morning and 5 in the evening  Liquid form – 2 or 3 tablespoons per day | |
| Wobenzyn N for inflammation | Contact Total Health at 1 800 283 2833 for information | |

Client recommended reading:

Humanity’s Spiritual Plague, Victor Barron

Apple Cider Vinegar, Paul C. Bragg

Coconut Cures, Bruce Fife

Heal Your Body, Louise Hay

Fresh Vegetable and Fruit Juices, N.W. Walker

I also recommend:

Healing Teas, Marie Antol

Encyclopedia of Fruits, Vegetables, and Herbs, John Heinerman

The Pieta Prayer Book

God’s Creative Power for Healing, Charles Capps

\*Disclaimer: Cheryl Shotwell’s services are not a substitute for medical diagnosis and treatment, and no medical claims are made regarding these services. People with any medical conditions should consult an appropriate health care practitioner, especially before incorporating any health and wellness suggestions into their lives. There is no guarantee for change. The results differ from individual to individual. Except in the case of gross negligence or malpractice, I or my representative(s) agree to full release and hold harmless Cheryl Shotwell, and all aliases and/or associates, from and against any and all claims or liability of whatsoever kind or nature arising out of or in connection with any services or products.