

POST-SESSION RESTORATION PROTOCOL

Finalizing the Structural & Energetic Reset

Today's session was a deep structural "re-engineering." We have manually cleared the fascial matrix, stimulated the lymphatic system, and balanced your meridians. As your body processes this reset, the next 24-48 hours are critical for permanent restoration.

The Biological "Flush"

1. Hydro-Mineral Loading

Drink 24-32oz of water with a pinch of high-quality sea salt (Celtic or Himalayan) within 2 hours of leaving the Garden.

Why: Fascia is a hydraulic system. Salt pulls water into the newly opened tissue layers, preventing them from "re-sticking" (adhesion).

2. Magnesium "Pull" (Epsom Salt Bath)

Soak for 20 minutes in warm water with 2 cups of Epsom salts.

Why: Magnesium sulfate helps the skin pull metabolic waste (lactic acid and CO₂) out of the muscles, reducing post-session soreness.

3. The Movement Matrix

Perform gentle, rhythmic movements—no heavy lifting or high-impact training for 24 hours.

Why: Your nervous system is recalibrating your "posture map." Light walking helps the brain "lock in" the new structural alignment.

Understanding the "Healing Crisis"

You may experience mild fatigue, thirst, or localized tenderness. This is a sign that your **lymphatic system** is successfully processing the toxicity we cleared. If you feel "off," it is a signal from your Vagus Nerve to rest and hydrate.

Meridian Integration

By clearing the "dams" in your energetic highways, your organs are now receiving increased blood flow. Avoid caffeine or processed sugar for the remainder of the day to allow your **meridians** to stabilize without chemical interference.

The Healing Garden of Destiny

"Be water like the wind — move with heart and honor your rhythm."

Questions? Contact Master V via your private emergency line.