

WOOD THERAPY BEFORE & AFTER CARE INSTRUCTIONS

BEFORE CARE

Do not eat for at least 2 hours before your treatment.

Start drinking lots of water.

Make sure to ask your physician if this treatment is compatible with any medical conditions you might have.

AFTER CARE

Combined with a healthy lifestyle, you can experience a permanent change in your body shape.

To boost your metabolism and to receive the benefits of Wood Therapy make sure to:

- *Drink lots of water - To Flush Out Toxins.
- *Eat Lighter - Healthier lifestyle will allow less inflammation in your cells and for more permanent results.

Continue regular and consistent Wood Therapy Treatments for faster and longer lasting results.

You might feel some or all of the following basic symptoms of Detox:

- *Headaches, Nausea, Fatigue, Bloating, Cramping and Gas.

Numbing in areas where Wood Therapy was used.

Wood Therapy can cause some slight bruising.

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