

Deeper Preparation for Maximum Results

Some patients may wish to work harder to achieve the best results from their treatments. The following information IS NOT MEANT AS MEDICAL ADVICE, but may be helpful to achieve your personal health goals, along with the direction from your medical provider.

The Weeks Before Your Session:

1. Diet: Eat as “cleanly” as possible. This basically means avoid foods that congest the liver, kidneys, or bowel, including hormone residues, artificial chemicals, pharmaceutical residues, foods & beverages that spike the body’s blood sugar levels, and heated or rancid oils & grease (cooked butter, canola oil, soybean oil, safflower oil, olive oil, etc). These foods can stagnate the tissue, and lead to inflammation, pain, weakness, and dysfunction. The pain you feel can be directly related to the foods you eat. You may feel less pain in your body, in your life, and during these treatments if you eat clean, oxygenated, alkalizing foods. The cleaner your diet is, the healthier your cells likely will be. The healthier your cells are, the more efficiently they metabolize energy, which can lead to more chi flow (circulation) throughout your body. Healthy circulation is the key to healing disease.

Some examples of clean foods: Raw or lightly cooked organic produce; cereal grasses; chlorella; blue-green algae; sea greens; organic potatoes & beans; raw or lightly cooked organic meats & eggs; raw unheated creams & butters; very aged raw cheese; raw unheated honey & blackstrap molasses; raw organic cacao; raw seeds & nuts fresh from the shell; sprouted breads; sprouted beans; live & fermented foods; purified water containing organic minerals; fresh organic shots of juice (not tall glasses full); raw organic milk; fermented beverages; and organic herbal teas.

Some examples of unclean foods: Pasteurized dairy; refined sugar; artificial sweeteners; high fructose corn syrup; MSG; aspartame; agave nectar; oxidized or heated oils & grease; roasted nuts; low-grade chocolate; raisins; white flour & grains; white rice; cheap pastas, breads, soy, tofu, wheat, quinoa, barley, and millet; non-organic, medicated, processed, genetically modified/engineered foods; and overly cooked meats; tap water; low-quality coffee & alcohol; excess caffeine; soda pop; energy drinks; and artificially preserved juice.

*Refrain from high glycemic carbohydrates/sugar, grease/heated oils & fats, overly cooked foods, fibrous raw vegetables, excessive amounts of alcohol & caffeine, marijuana & nicotine

*Keep “High Oxalate” foods to a minimum: Spinach, Kale, Rhubarb, Beet Greens, Green Beans, Soybeans, Potato Skins, Navy Beans, Grapefruit, Raspberries, Avocados, Oranges, Dates, Almonds, Black Tea

*The key to eating right is to know your own body's needs based upon your body type & ancestral background, and experiment & learn to use your food as your medicine. You may want to start with the "Blood-Type Diet" to begin determining which foods digest easily and make you feel strong. For further nutritional education, however, you may want to consult Medici Medicine and the Weston Price Foundation. In addition, some short-term fasting, biochemical purification, or internal organ "cleansing" may also be helpful for some clients. For this, please see a qualified holistic doctor, or refer to Dr. Medici's staff at medicimedicine.com & (949) 873-2127.

2. Exercise: Stretch and exercise as often as possible. Flexible bodies with strong hearts and lungs have more oxygen, better energy flow, more vitality, and will increase the effectiveness of your treatment. Stretching the tendons (not necessarily the muscles) helps to move chi. There are numerous books on stretching. Find a few stretches that you know you need and do them every day. Yoga is excellent, but not for everybody, and there are alternatives. I would always do a good warm-up before stretching. Aerobic activity that you actually enjoy is always the ideal exercise, such as swimming, running, martial arts, gymnastics, dancing, etc. But adding in the right amount of weight training may also be essential.

30 mins/day minimum of aerobic exercise is preferred for most. Jumping on a mini-trampoline may be a good way to get started, as long as you are not too overweight, or have knee problems or other stability issues. Whichever exercises you choose, they should make you **sweat** and burn off excess internal heat energy! Ice baths and saunas can also be added in to help regulate internal temperature and boost the immune system.

3. Lifestyle: In addition to the diet & exercise improvements, some clients may find it helpful to spend some time in meditation, prayer, or seclusion for internal reflection... or out in nature getting reconnected to the elements. Others may need the opposite... out-n-about, in public, or with friends. These changes usually are more relevant for clients seeking energetic bodywork, not for the ones simply receiving soft tissue work.

The Day Of Your Session:

- *Do not eat within two hours of your appointment.
- *Please shower before your appointment, and wear clean clothing.
- *Please wear loose, comfortable clothing that is easy to stretch in.
- *Do not come to your appointment intoxicated, or highly caffeinated.
- *Do not come when you are sick or feel you may be getting sick.
- *All patients under the age of 18 must be accompanied by a parent or guardian.

Using Your Breath:

The way to release tension and circulate chi is through the breath. You probably already know this from your yoga classes. It's called pranayama. But on the treatment table you need to alter it a bit, to a more relaxed form of pranayama. Your body already does this naturally in the form of a "sigh". Have you ever been sitting in traffic, not moving an inch, late for work and frustrated? Do you remember taking a semi-deep breath and then just simply letting some of that frustration go right out of your mouth? You probably use this stress-relieving technique more than you are aware of. And you can learn to use it as a tool when you feel any pain, tension, or negative emotions that may arise during a bodywork session. What you want to do is take a normal breath in, picture the air (and chi) reaching every cell in your body, from your head down to your abdomen, and then out to your fingers and toes. Upon exhale, just let the air fall out of your mouth, taking the tension with it by letting out a little "core" sound, such as "ahhh", "haaa", or "hmmm" that seems to come from your low abdomen. It's NOT about taking a long, concentrated slow breath in, and then letting a long, concentrated slow breath out. That type of breathing will only make you more frustrated. Just simply breath in and then simply let the pain go. But breathe deep enough to penetrate "heart space". This will help you to circulate chi and release deeply rooted tension.

"Bodywork done intelligently is as important as surgery. It is the work that can heal people down to the core, and keep them from ever getting sick." -Dr. Medici