



After your first session

You may feel great after today, you may feel terrible and achey or you may feel no different at all! These are all normal and expected responses in the range of what is possible.

If you feel no different, don't get upset, it's ok, as healing takes time. It is the same when we put on braces to straighten our teeth - they don't become straight immediately - it takes time to make permanent change.

Our goal is to restore your health and get rid of your symptoms, this takes time and there will be periods of highs and lows - stick with it as overall we are moving towards the direction of good health.

Please drink water - at least 1.5L in the next 5 hours. Your body has released a lot of toxins in your session, this needs to be released via water. Not drinking adequate water, can leave you feeling queasy.

Walk for 5 minutes after your session. You have been lying on blocks to balance your sacrum and your body needs time to adjust to this new position.

Avoid toxins for as long as you can - these included alcohol, tobacco, drugs and caffeine.

The welcome document you received earlier also outlines some ideas on how to get the most out of your treatment.

If you have any concerns or reactions you are unsure of, please call us ASAP. We want you to feel good about what you are doing and are very happy to discuss this with you.