

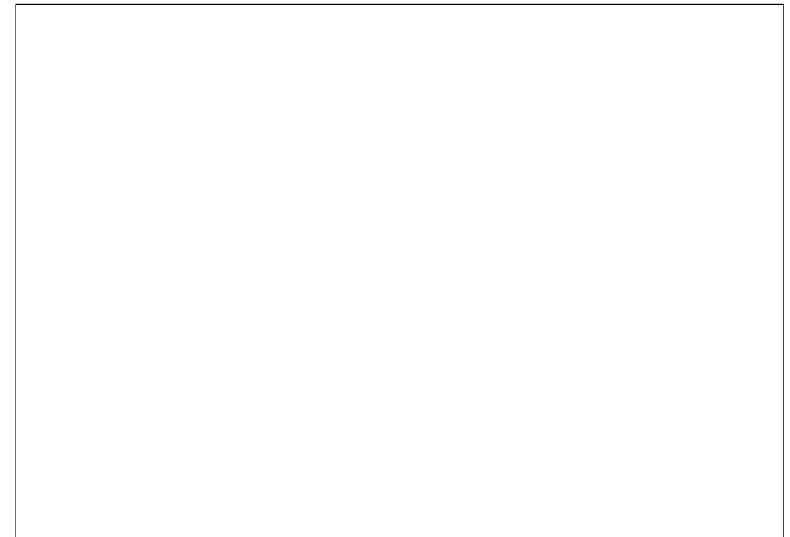
If you have any concerns, please telephone the
Complementary therapist
on (01803) 655634

South Devon Healthcare **NHS**

NHS Foundation Trust



**PATIENT
INFORMATION**



Complementary therapy is nature's way of helping the body cleanse itself naturally. This is done through the action of different organs in the body. After a complementary therapy treatment, the body is encouraged to increase this cleansing process and as a result, some of the following symptoms may be experienced temporarily:-

- The flaring up of skin conditions such as eczema for 2-3 days before returning to its normal level for you
- Going to the toilet more frequently or change in urine odour and colour
- Increased bowel movements and flatulence
- You may perspire more
- You may feel very hot / cold during treatment
- Emotional release – although this is more likely to happen during the treatment
- Women prone to discharge may experience an increase or more acidity
- Increased mucus production
- Headaches – this normally only increases if there are a lot of toxins already present in the body: i.e. caffeine, nicotine or alcohol
- Sleep patterns may be affected. Deeper sleep or more noticeable dreams may be experienced
- Energy levels may be affected – you may feel initially tired followed by increased energy levels or you may experience an energy rush straight away
- It is very important to rest after a treatment as your body will be working hard to eliminate toxins relax.
- To help this, it is recommended that you try and carry out the following:
 - Drink plenty of fresh still water
 - Avoid drinking tea, coffee, alcohol and fizzy drinks. Instead, drink fresh fruit juices, herbal teas etc
 - Eat a light nourishing meal after a treatment
 - Try to avoid smoking
 - Try to set aside time once or twice a week when you can relax and do something you enjoy– listening to music, taking a scented bath, doing yoga, meditation, or breathing exercises.
 - Aromatherapy oils should be left on at least 2hours post treatment to allow absorption into the bloodstream