



## **PATIENT INFORMATION**

### **Taking care of yourself after a complementary therapy treatment**

- ❖ Avoid a heavy meal after the treatment.
- ❖ Eat plenty of fresh natural foods to aid the elimination of toxins.
- ❖ Drink plenty of fresh water for 24-48 hours after the treatment.
- ❖ Drink fruit juice/herbal teas rather than coffee and tea for the next day or so.
- ❖ If possible avoid alcohol and tobacco for 24-48 hours.
- ❖ If essential oils have been used avoid washing or bathing for 4 hours after the treatment.
- ❖ Try to rest and relax to help the healing process.
- ❖ As the body eliminates impurities a 'healing reaction' can sometimes occur. Symptoms may include headaches, increased urine output, a change in urine odour/colour, increased bowel movements/flatulence, a runny nose and sinus congestion. Sometimes fatigue and heightened emotions may be experienced. These should not last for more than 24 hours.

#### **The Lodge**



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