

AFTER TREATMENT ADVICE & INFORMATION

After Treatment Advice:

- > Please drink plenty of clear liquids for the next 24 hours to help your body to flush itself of toxins that have been released.
- > Depending on any adjustments, corrections or remedies you may have received, you may experience a slight aggravation of your symptoms before they get better. This is quite normal and means that the session and/or remedies are working.
- > You may feel groggy and tired after your session. Please rest as much as possible and allow yourself to recover. If you are concerned please contact me.
- > You may experience a release of emotions such as feeling low, angry, tearful or even crying. Allowing this release to flow unhindered in a safe and controlled manner will greatly help the healing process and aid your recovery.
- > Please do not expect a miracle without any effort on your part! You need to follow the advice and recommendations I have given you as a complete protocol to ensure results. Some results will take longer than others, however it is my aim that you should notice at least some positive results within the first week (in most cases).
- > My therapies treat people Holistically. Therefore I do not cure, treat or diagnose any specific disease, I work on balancing your body as a whole and building up your natural immunity, so it may be in an optimum state to fight and prevent disease itself.
- > Your body will present imbalances to me in an order of priority. As symptoms can have multiple layers, this may cause symptoms to appear to be disregarded, or even undetected at first. The actual cause of your symptoms may not necessarily be where you are experiencing it, and may have a physical, mental, emotional or spiritual root. Working through imbalances in the priority your body is giving will effectively help us to work through any layers (if needed) and find balance as efficiently and effectively as possible, often without even directly addressing the symptom itself.
- > As you progress and become more balanced, the positive effects of the supplements/remedy will lessen. This is a good sign and does not necessarily mean that they are no longer being effective. It could mean that you are becoming balanced and no longer need them, and this will be checked at your next appointment. However, it can also be because you had become accustomed to feeling unwell and when your pain/symptoms lift it will, at first, cause you to feel a surge of health. Then, you will become accustomed to feeling a lot better than before, so the difference will not be so noticeable! I have always found it helpful to keep a health journal so you can look back now and again at your symptoms and sufferings to realise how much you have improved.
- > I cannot tell you to stop taking any medication. If you decide to do so yourself, it is important that you consult your prescribing doctor. They may or may not be supportive.
- > If you have received any conflicting information to what I have offered, whether from online articles, friends or other health professionals/therapists, please remember that I have energy-tested everything specifically on you and have relayed to you exactly what your body has told me it needs to become balanced. My beliefs, ethics or opinions have not influenced this advice in any way. If you need any clarification, please contact me.

My reputation is built upon how quickly I can help you to feel better and recover from your problems, and not by asking you back for unnecessary appointments! There is no better form of advertising than personal recommendations.

Therefore, if you are happy with my therapy service and the progress you are making, please pass my details on to anyone you think may benefit from a session with me.

I would also be very grateful if you could leave me feedback on my Google listing, Facebook page (Holistic Dani – Danielle Bryant) or you can email me to include your comments on my website.

Thank you, Dani x