

Holistic Feathers

Be gentle with yourself

Our bodies have an amazing ability and capacity to heal themselves and holistic treatments act as a catalyst to your own self-healing processes.

Your chosen treatment will have increased the oxygen flow in your blood and released toxins into your bloodstream. It is therefore usual to experience an occasional feeling of light-headedness (or 'fluffiness' as Callie sees it!) and euphoria after receiving treatments.

To get the very best out of your treatment:

- rest as much as possible for the first 24 hours after your treatment, allow your body to heal and settle. Gentle exercise will help this process
- drink plenty of water, which will help to flush out the toxins
- avoid alcohol, tea, coffee and recreational drugs for at least 12 hours (if possible)
- try to eat only a light meal within 4 hours of your treatment as your blood flow will be busy transporting any toxins around your body, leaving your tummy to mind its own business for a while!

As your body starts to rebalance, you may feel:

- * more tired (due to toxins and activating healing energies)
- * muscle aches or headaches (nerves responding)
- * a frequent need to urinate (lymphatic system stimulation)
- * more frequent bowel movements (digestive stimulation)
- * a heightened emotional state (positive release of stress and strains)

Please be reassured that all of these are perfectly normal reactions to your chosen treatment. The after-effects may be especially noticeable if, for example, this is your first treatment or if you are suffering with high levels of stress.

Please get in touch with Callie on 07921 669012 if you wish to seek reassurance that all is well.

