



# JACQUIE'S AFTER SESSION GUIDELINES



*Your body is going to do exactly what it's meant to do after the session,*

Sometimes during and more often after the session, for hours and on occasion days, the innate wisdom initiates multiple processes of release, repair, recommunicating and recalibrating within the body-mind... a lot of Re's I know! This is the natural and very normal balancing process. Keep in mind, the innate wisdom knows exactly what the best way of processing and healing the body needs to be. People and animals may notice that after their session some of the following experiences might be observed.



## *All of which are great signs*

- Fever (usually slight, avoid taking drugs to lower)
- Rashes
- Muscle Soreness
- Vivid dreaming
- Wind \*Burping/ farting
- Unusual Changes to sweating



## *and these ones too...*

- Bowel Movements, sometimes a lot, it's the excess emotions vacating.
- Changes in Urination
- Heightened emotional feelings
- A relaxed calm feeling
- Improved Sleep
- Increased energy
- Expelling of parasites



## *Anything the body can do; it might do it.*

Any of these are indicators of a healthy immune response which could also include some more uncommon ones, nausea, vomiting or diarrhea. View these as great signs that the immune system is now working at a more optimal level, even if they are temporarily unpleasant. I recommend water (clean, filtered (if possible) and not carbonated) intake is increased for at least 48 hours after your session. A minimum of 1 to 2 litres per day is best. This is an important part of your after care to yourself. In order for your body to incorporate all of the changes your innate wisdom is working to implement, it needs to use the energy made in the cells. Energy that is fuelled by great hydration. It will move slowly if you're not well hydrated. If you are feeling light headed it may indicate that your body needs more water or the Cortices technique to be done.

