

## Receiving Bio-Energy Healing Sessions

Be advised that this Energy Healing Therapy is not a substitute for medical treatment.

~Do not cease any medical treatment or medication without consulting your doctor or other health care professional.

~It is advisable to avoid alcohol prior to energy therapy and for some time after each therapy session.

~You will remain fully clothed and comfortable, but we request you remove jewelry, coats, scarves and shoes. No cell phone in pockets, or smart watches.

~Be aware that in some instances there is a possibility of experiencing some minor, temporary reactions following therapy. For example you may experience some unusual tiredness or some minor aches and pains. If you experience any or all of these symptoms, this is not unusual. Your body may be trying to unwind and relax after many years of 'holding it all together.

~ Be advised not to drive or undertake any excessive heavy or physical work or exercise, this includes sports of any kind. And be advised not to undertake any work which requires alertness for at least 6 – 8 hours following an energy healing session.

~ Children under 18 years of age must be accompanied by a parent or guardian at all times. We recommend that you familiarize yourself with any local regulations, laws or guidelines regarding vulnerable adults and children attending for therapy.

~ It is advisable that you have a driver with you for your return journey home, especially if you are traveling a long distance for therapy.

~ If you are driving, we recommend that you sit for at least 20 minutes before commencing to drive.

~ We recommend that you drink at least 2-3 pints of water daily in the days between therapy sessions unless otherwise advised by the energy healing therapist or other health care professional.

~ There is a minimum of 5 sessions recommended. There is not a maximum of sessions. This will depend on the severity of the illness.

~It is recommended that you allow 2-3 days between therapy sessions, to allow the body to absorb the effects of the therapy and allow time for alignments or adjustments to take place.

~Energy healing may be integrated with many other modalities such as massage, counseling, psychotherapy, acupuncture and so on.

*Contact Jane Smolnik, ND at 828-777-5263 or [UltimateHealing.com](http://UltimateHealing.com).*