

FAQ's

Where do I start in my journey of feeling better in my health and emotions?

Firstly identify how you want feel and what you would like to achieve in all the areas of your life. You can do this by know what you don't want and choosing the opposite. This will send your desires out so they can be answered.

What are some of the side effects or detoxing effects of energy healing or taking cleansing foods or products?

There are many variables in how you may feel, during and after a treatment or commencing a cleanse program. When your body's energy improves through the releasing of emotions and toxins, or meridian blocks are cleared, the body will release toxins which can result in any of the following:

- A sense of well-being and relaxation
- Sighing, breathing deeply or yawning
- Tiredness /More energy
- Feeling like laughing or crying
- Experience a tingling sensation in the feet or through the body
- Pin stick type feelings in the feet over congested areas
- Temperature change either hot or cold
- A sense of unease due to emotional problems
- A sense of lethargy, nausea or tearfulness
- Cold-like symptoms such as a running nose as catarrh and sinus congestion are cleared.
- A cough as mucus is cleared from the lungs and respiratory passages
- More frequent urination or bowel movements/flatulence
- Increased sweating or feeling cold
- Skin rash /Headaches / Aches and pains
- Forgetful/Foggy Head/ lack of concentration
- Symptoms get worse – Most common when releasing heavy metals.
- Healing crisis may occur

What is a healing crisis?

- A healing crisis can occur if toxins are released too quickly from the body;
- If this occurs, you may feel extremely unwell, feel cold, shake, cry incessantly, etc,

What can I do if I am having a healing crisis?

- Drink warm water
- Energise the kidneys by placing your hands either side of your navel or on the lower back area
- Energise front and back brain (place hands on the front and back areas)
- Take slow deep breaths
- If it gets too uncomfortable I **recommend you have a further treatment to assists** the organs which get overloaded in this process
- Seek medical advice if symptoms persist

I feel like I am not changing, my life is still the same. What am I doing wrong?

You need to analyze what are thinking and feeling? Where are you spending you “energy”. Is it on what is wrong in your life or is it on the solution. It can take time and effort to change habitual thought patterns and behaviours. Continual small changes amount to long term long ones. Remember “Energy is everything and everything is energy.” Spend your energy on creating things you do want.

Please not; This information does not replace, diagnose, prescribe or should contradict information from your health care advisor. If symptoms do persist, consult with your health care advisor.