



Lifestyle does influence the energy flow in your body. To Receive the Most Benefit From Your Sessions:

- Try to get enough sleep.

Without sleep, the body cannot repair itself and your vitality will dim, slowing the pace of healing.

- *Exercise.*

Energy follows movement and movement follows energy. Exercise and movement will support and encourage any energy shift that takes place during the sessions, producing quicker and more lasting changes.

- *Eat right.*

Eating a poor diet can clog and disable the digestive tract, our prime system for intaking nutrients and eliminating toxins. A poorly nourished and toxic system causes fatigue, low vitality, poor concentration among other things as all the available energy is channeled to maintaining and repairing damaged systems. The best thing you can do for your system is add a serving or two a day of green vegetables. With a good diet, lots of energy is freed up to support healing and change in the body.

