

Maximise your Results

To get the best from the care we provide it is essential that you:

1. Attend **all** your scheduled visits – make up any missed appointments asap
2. Bring a positive attitude and an open mind to your sessions
3. Allow yourself the opportunity to get well, and be well
4. Take personal responsibility for your life and your actions
5. Drink 1-2 litres of clean fresh water each day
6. Have a diet that is balanced, fresh, healthy and nutritious
7. Minimise intake of chemical irritants – such as excess caffeine in all forms, cigarettes, pharmaceuticals, recreational drugs
8. Get into the habit of having a short walk after your session
9. Move more in life – it will stimulate flow in your body
10. Get at least 6 hours deep sleep a night / or in a sleeping session if you are a shift worker
11. It is best to sleep on your side or back
12. Look for the good in your self , others and in life – it will help your attitude
13. Be appreciative of all your life lessons and grateful for everything you have.
14. Be kind to your self from the inside out – remember life is a one way ticket.
15. Grow you awareness of the forces that run life and nature.

Most importantly stay on track with your care – be consistent, be on time and bring the best of yourself to help us bring the best of us to you.