



Jacquie's After Session Guidelines

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

Your session has set many things in motion, and your body is now integrating and adjusting. The changes may continue for hours or even days, depending on what your innate wisdom is working to shift.

Sometimes, during or after a session, your body begins releasing, repairing, recommunicating, and recalibrating—yes, lots of "Re's"! This is all part of the natural and intelligent process of balance and healing.

Please remember:

- The length or intensity of processing is not a measure of how effective your session was.
- Your body will process in the way that is most appropriate for you, at the right pace for your system.
- This applies equally to people and animals



Common Experiences After A Session

You or your animal may notice some of the following responses. These are all healthy signs that the body is rebalancing and releasing:

- Slight fever (short-lived and mild; avoid lowering it unless it's dangerously high or causing serious discomfort – please contact the office if you're concerned)
- Rashes (often small, isolated areas)
- Muscle soreness
- Vivid dreams



- Increased wind (burping or farting)
- Increased or unusual bowel movements (releasing old emotions or energetic patterns)
- Changes in urination
- Heightened emotions
- A deep sense of calm
- Better sleep
- Boost in energy
- Expulsion of parasites
- Changes in sweating
- Strong thirst for water (especially if hydration came up as a priority in your session)



Essential After Care Tips

- Hydration is key. Drink at least 1–2 litres of clean, filtered (non-carbonated) water daily for the next 48 hours. This fuels the cellular energy your body needs to implement changes.
- If you're feeling light-headed, it may mean you need more water or to do the Cortices Technique.
- Rest when needed, and trust your body's process.
- It's perfectly okay if not much seems to happen outwardly—your body is still doing important work behind the scenes.

Final Note

- Anything your body is capable of doing to support healing—it might do. Trust your innate wisdom. And remember, you can always reach out if something feels unclear or concerning.

