

After a BioMagnetic Pairs (BMP) Session:

Many clients report feeling improvements following their BMP Session within 48 hours of their first treatment. Others report realizing the full benefit of their body's regenerative ability by the end of the second or third month following their last BMP session as their systems take time to adjust to their newly-balanced state. Please honor your body and listen to the direction it provides following today's visit. Are you experiencing a rapid detoxification? Rest physically and mentally and take good care of yourself, drinking extra, pure water and eating more raw foods. A steam bath, a hot soaking bath or a session in the sauna can also support a person's detoxification after a treatment session. Others find it helpful to increase their dietary fiber intake while their system processes unwanted foreign materials and toxins. Rarely, in less than 10% of the cases, there may be a healing crisis resulting in a mild to moderate episode of discomfort. Feel free to call and consult with me about your individual experience following today's treatment.

For those on prescription medications, closely monitor yourself following a treatment session and work closely with your physician so as to avoid over-medication. It is your choice to advise your doctor of your BMP Session today, or not; but be assured BMP treatments are compatible with traditional as well as non-traditional medical practices. Many people find they need to adjust their dosages both immediately and long term, post-treatment.

How often to come back? Again, Listen to your body. Did today's session agree with you? Are you having noticeable improvements? Are you experiencing a rapid detoxification? Consider allowing your body a week to adjust to its new state of balance before returning for a subsequent treatment. Those with many BMP balanced during a session generally require more treatment sessions than those with less-complex complaints. Results can be seen and felt by most within the first few treatments; however, complex, challenging issues can require even many treatment sessions, over a matter of months. And even after a person's body feels completely balanced, many still like to come in at least once a year for maintaining optimal health. Of course, it's always your option to come in at the first noticeable signs of a problem, too.

You ultimately are responsible for your health. My hope is that your time with me today will result in encouragement to continue pursuing your healthy lifestyle free of poor food choices, toxic habits and destructive conflicts. Follow the guidelines below to get the most out of your BMP balancing session today:

Throw away your toothbrush and replace it with a new one. Do not even use your old one 1 time. It along with the items you use every day can prove to be a source of re-infection for you. Anything you use on a daily basis needs to be sterilized or (optimally) replaced. For example: re-usable straws in re-usable cups, on-the-go coffee or tea mugs, re-usable water bottles, toothbrushes (as mentioned), re-usable flossing devices or Water-Pik Irrigation devices, re-usable chopsticks, pens or pencils you might like to suck or chew on, inflatables you've had your mouth on, cosmetics, lipsticks, shavers, razors, etc.... Dentures must be thoroughly disinfected, as well as new toothbrushes you might not want to discard just yet. (It's always a good idea anyway to soak your toothbrushes in Hydrogen Peroxide regularly to keep them sanitary.) In other words: Disinfect everything your mouth goes on or that goes into your mouth. Another source of re-infection can be family members. At times, those enjoying BMP treatments find it advantageous to their health to include their family members in their treatments if this happens.

Thank you for coming in today to enjoy a BMP session and feel free to call without hesitation to have any concern addressed or question answered. I appreciate the time we spent together today.