

## **Before Treatment Recommendations**

Everyone responds differently to treatment. Most of the time patients feel relaxed, energized, and possibly lightheaded or drunk feeling. This can vary based on your age, illness, energy level for the day, or the strength of treatment. We recommend that to prepare for your first treatment you have a light snack an hour or so before. If you are taking medications or supplements it's good idea to have a list available for your practitioner. Please bring any lab tests and x-rays that you may have.

## **After Care**

Drink plenty of water after your treatment. This helps your body heal more completely and flush out any impurities.

Get plenty of rest the night after your session.

Don't overdo it. Just because you feel great now doesn't mean you can go right to the gym and get going on that new workout routine. Especially if you are coming in for a pain condition, let your body recover and consult your practitioner before introducing anything new

If you do experience a flare up of your condition, 15 min. of ice will often reduce the inflammation and pain.