

## Getting the Most From Your Treatment

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### Looking after yourself during bioresonance treatment.

During bioresonance therapy changes will be taking place in your body as the toxic load is taken off and your body readjusts to this. It is important that you remain realistic about your expectations of your self during the treatment period. It is also important that you are prepared to make small changes to help support your body's self healing process through good nutrition and adequate rest. Most people feel great after bioresonance therapy and some experience mild headaches, fatigue or flu symptoms as their body detoxifies.

It is important to follow the instructions below to help support your body and achieve the best results from therapy.

### Pre-treatment instructions general

#### Prior to your appointment it is important that you:

- Start drinking 2 litres or more of still, filtered or bottled water two days prior to the treatment.
- Don't have any tea, coffee, chocolate or caffeine on the day of treatment and for 12 hours after treatment.
- Do not drink alcohol or take painkillers or anti-inflammatories such as Panadol or Codeine, etc. unless specifically prescribed by a medical practitioner from two days before the treatment and for 12 hours after the treatment.
- Avoid pork over your treatment period as it interferes with you lymphatic system and reduces the effects of bioresonance treatment.

#### We recommended that you:

- Ensure that you get adequate sleep and rest during the treatment period.
- Eat a balanced diet.

#### Following the treatment be prepared to:

- Drink at least 2 litres of still filtered or bottled water per day following the appointment.
- Again this is essential to flush out toxins as part of the detoxification process.
- Abstain from alcohol, caffeine and painkillers for 12 hours following treatment.
- Please be aware that some patients are reluctant to drive for a few hours following the treatment.

## Pre-treatment instructions quit cigarettes

Following these instructions will help to ensure your success and the best post-treatment outcome.

Prior to your appointment it is important that you:

- Start drinking 2 litres or more of still, filtered or bottled water two days prior to the treatment.
- Don't have any tea, coffee, chocolate or caffeine on the day of treatment and for 12 hours after treatment.
- Do not drink alcohol or take painkillers or anti-inflammatories such as Panadol or Codeine, etc. unless specifically prescribed by a medical practitioner from two days before the treatment and for 12 hours after the treatment.
- Avoid pork over your treatment period as it interferes with your lymphatic system and reduces the effects of bioresonance treatment.
- Please bring your remaining packet of regular cigarettes with at least one cigarette in it to your treatment.

We recommended that you:

- Ensure that you get adequate sleep and rest during the treatment period.
- Eat a balanced diet. This will help to make the process of becoming a non-smoker easier. Nearly all smokers have low blood sugar levels. When your blood sugars are unbalanced you are more likely to experience agitation and shaking. In this state you will experience a greater urge to smoke.

Following the treatment be prepared to:

- Drink at least 2 litres of still filtered or bottled water per day following the appointment. Again this is essential to flush out toxins as part of the detoxification process.
- Abstain from alcohol, caffeine and painkillers for 12 hours following treatment.
- Please be aware that some patients are reluctant to drive for a few hours following the treatment.

### What happens on treatment day?

Clients will be asked to complete a basic questionnaire and we will discuss your smoking habit with you and answer any questions you may have.

You will then be asked to smoke your last cigarette. The ashes, cigarette remains and filter are collected in a glass beaker.

You will then sit in the therapy chair and hold electrode plates for ten minutes, whilst a basic treatment is administered.

Following this, the second stage of bioresonance treatment is administered, requiring you to hold the electrodes in each hand and wear a headband. The frequency pattern of nicotine is read, inverted and sent back to your body as a mirror image. At this second stage you will also be invited to receive hypnosis.

During the bioresonance stop smoking program the body does not receive any electrical charge. The electrodes are used only as antennae. The body's own vibrations and those of your cigarette are used for self-regulation. Nothing foreign is administered from the device itself.

### **What to expect after the treatment**

Following the treatment the body is stimulated to naturally detoxify almost immediately. The cell memory returns to the status of a non-smoker. Most people find themselves not requiring a cigarette, not having withdrawal symptoms and not having cravings by the time they make their return journey from the appointment. The body will begin to expel the toxicity built up over a number of years.

Detoxification symptoms vary from person to person and are dependant on many factors such as; how long you've been smoking and your metabolism.

Symptoms may include; headaches, fatigue, a feeling of sluggishness, an upset stomach, metallic taste in the mouth, sweaty palms and so on. These symptoms usually subside within three days. They are not cause for concern but simply a sign that your body is pushing out the toxins that have been accumulating over the years. As the toxins begin to expel, the skin may begin to smell of nicotine. Many people notice that they can smell the toxins in their clothes. Regular showers will help to minimize this.

Following the post-treatment instructions listed above, will help with symptoms of detoxification, ensuring the most successful and comfortable outcome.