



BIOMAGNETISM, LLC

AFTER SESSION CARE

I hope you found today's session relaxing and calming to your body and mind. Your body has a remarkable ability to self-generate and restore, and you can help the progress by attending the following things.

Saliva & Reinfection

Saliva can carry pathogens therefore following items must be sterilized after each session to avoid reinfection:

- Change your toothbrush or soak it for at least 4 hours in hydrogen peroxide for sterilization
- Carefully sterilize mugs, glasses or water bottles used before treatment (the best is to put them into the dishwasher); Wipe lipsticks, inhalers, contact lenses, etc...
- Change bed sheets and towels
- some infections are transmissible so it is best not to share a glass, mug, water bottle or toothbrush with anyone
- After a session avoid body contact with others the same day (hugging etc). If the body starts to detoxify some of the pathogens might try to "escape" to another host

Post Session Detoxification

Rest! Rest is an important component for recovery. Avoid stress! An overstressed lifestyle is not conducive to healing, and has especially significant implications for a person suffering from the effects of a disease.

Herxheimer Reaction: After a session the body may undergo a period of cleansing and rebuilding. This detoxification process is also called Herxheimer reaction or healing crisis. *Healing* because the body is healing itself and becoming stronger, *crisis* because sometimes (but not always) symptoms of the detoxification process may be experienced as headaches, fatigue, joint pain, fever, gastrointestinal distress etc.

Immune System: Over the last years health experts have put more and more emphasis on supporting the immune system and helping the body to detoxify.

On the next page you find a list of suggestions for your info only.



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During a session the body may show that one or more of below suggestions may be helpful to support the immune system. These are not to be understood as a diagnosis, nor a treatment, nor a prescription. You have to first consult your medical care doctor to make sure that they are in no way harmful to you or contradictory to any treatment you may receive.

Ask your doctor about below suggested supplements, food, therapies etc

- Foot Soaks, Body Soaks with Seasalt
- Castor Oil Packs
- Drinking water with lemon/lime
- Take more to boiled food, fresh fruits and white meats for some time
- Avoid alcohol, fried/fatty/oily food, red meats, fish, sodas, white flour, processed food and GMO products
- Diets: Paleo, Ketogenic diets, GAP, anti-inflammatory diet,...
- Heat: Sunshine, Sauna, Infrared Sauna, Hyperbaric Therapy, Heating Pad Therapy
- Lymphatic Drain Massage
- Exercises for a better oxygen flow
- Oxygen Therapy
- Parasites cleanses
- Colonics, Coffee enemas
- Prebiotics
- Probiotics and Fermented Food
- Vitamine C Therapy
- Liposomal Vitamine C
- Vitamine B Complex
- Vitamine D, E, K
- Minerals: Calcium, Magnesium, elemental silver, colloidal silver, Zinc, Potassium,
- Omega 3 Oil
- Selenium, CoQ10
- Digestive Enzymes
- Pancreatic Enzymes
- Glutathione
- Milk Thistle
- Stevia
- Liquorice
- Activated charcoal
- Green Tea
- Curcuma
- Cilantro
- Chlorella
- Ginger
- Peruvian Cat's Claw
- Aloe Vera
- Lion's Mane
- Colostrum and Whey
- Slippery Elm
- Biosalts
- Peppermint
- Garlic
- Dandelion Roots
- Bentonite Clay
- Rosemary Oil
- Frankincense Essential Oils
- Primrose oil
- Echinacea
- Cool pack on the right side of your abdomen for about 10 minutes (make sure it is not directly on the skin but wrapped in a cloth to avoid skin damage)
- Buhner Protocol
- Low Dose Naltrexone (LDN)
- Chinese Medicine
- Homeopathy
- Family Constellations