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## MAXIMISE YOUR EESYSTEM™ EXPERIENCE

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### BEFORE YOUR SESSION

- Focus on what you would like to receive from your session, rather than what you wish to have less of.
- Drink plenty of water before your session. Staying hydrated supports the body and allows the energy received to flow more easily.

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### DURING YOUR SESSION

- Set an intention at the beginning of the session.
- Do your best to remain present and relaxed.
- The more you allow your mind and body to settle, the more deeply you may receive. This can be supported through relaxation, meditation, quiet rest, or even sleep.

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### AFTER YOUR SESSION

#### Detox Bath or Foot Soak:

- This is an important part of supporting your body after your time in the EESystem™.
- For a 2-hour EESystem™ session, please complete one detox bath or foot soak within 12 hours of your session.
- For an overnight EESystem™ session, please complete a detox bath or foot soak for 3 consecutive days after your session.

#### Hydration and Minerals:

- Please continue to drink plenty of water after your session.
- We also recommend supporting your mineral intake, as minerals help the body stay hydrated and may assist you to receive the greatest benefit from your time in the EESystem™.

#### Food and Nourishment:

- Support your body with whole foods, water and minerals to assist hydration after your session.
- Avoid highly processed foods and beverages where possible.

#### Consistency:

- Facilitating your healing is a journey. For best results, we recommend attending your sessions regularly and consistently.

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### DETOX PROTOCOL

- Have a bath or soak your feet with the recommended Detox Mix for a minimum of 30 minutes.
- After your bath or foot soak, apply magnesium lotion or fractionated coconut oil to support the body.
- Continue drinking water and supporting your mineral intake after your session.

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### DETOX MIX RECIPES

**BATH:** 2 cups Sea Salt, 2 cups Bi-carb Soda, 1 cup Organic Borax

**FOOT SOAK:** 1 cup Sea Salt, 1 cup Bi-carb Soda, 1/2 cup Organic Borax

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*Results may vary. This information is provided for educational purposes only and is not intended to replace medical advice. Frequency of Light does not dispense medical advice, prescribe, treat, cure, prevent, or diagnose illness. The views and wellness guidance shared by Frequency of Light are not intended to be a substitute for conventional medical care. If you have a severe medical condition or health concern, please consult your physician.*