



www.frequencyoflight.com.au

MAXIMISE YOUR EE-SYSTEM EXPERIENCE

BEFORE YOUR SESSION

- Focus on what you want to receive and not on anything you wish to have less of
 - Drink plenty of water. Staying hydrated allows the energy received to flow
-

DURING YOUR SESSION

- Set an intention at the beginning of the session
 - Do your best to remain in the moment
 - The more you relax your monkey mind, the better the results; best achieved through relaxation, meditation or even falling asleep
-

AFTER YOUR SESSION

- Detox Bath or Foot Soak: this is an extremely important step to the whole process. Continue detox baths/foot soak for at least 3 days after a session.
 - Support and nourish your body with organic & whole foods. Avoid artificially processed foods & beverages. Consume plant-based foods & increase your water intake as recommended by Dr. Michael
 - Facilitating your healing is a journey. Be consistent with your visits & attend your sessions regularly
-

DETOX & PROTOCOL

- Have a bath or soak your feet with the recommended Detox Mix for minimum of 30 minutes or more with a wet towel over the chest (to help draw out toxins)
 - Magnesium lotion or fractionated coconut oil following your bath or foot soak
 - Ensure to remain hydrated with water
-

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
-

Results may vary. Information and statements made are for education purposes and are not intended to replace the advice of your doctor. Frequency of Light does not dispense medical advice, prescribe, treat, cure, prevent, or diagnose illness. The views and nutritional advice expressed by Frequency of Light are not intended to be a substitute for conventional medical service. If you have a severe medical condition or health concern, see your physician.