

After an Appointment

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Sometimes deeper emotional work is addressed in an appointment and it is beneficial to know what you can do over the next days to integrate the changes you want.

While every attempt is made in appointments to resolve issues as fully as possible before you leave, sometimes a client can feel at loose ends in the days after. Please contact me if this happens - usually a quick phone appointment (no charge) is all that is needed to turn things around. Information on longer appointments is listed on the next page.

Water

Drink lots of filtered, spring or distilled water. When emotions are resolved, actual chemicals associated with the original emotion that were in the cell membranes of the tissue (ie. where the energy was held in the body) are released into the blood stream.

Drinking water dilutes this chemical stream and helps flush it out quicker.

Also, refrain from anything that would be likely to encourage dehydration (i.e. alcohol intake).

Rest

The body needs to “rest and digest” after emotional work. Remember to get good sleep - going to bed earlier and taking time for yourself is natural self-care.

Epsom Salts Baths

A very warm bath with 2-4 cups of Epsom Salts (available in drug stores and health food stores) will help your body adjust. As magnesium sulfate, Epsom Salts help to draw out lactic acid from the muscle after physical exertion and aid with sore muscles. It is also very helpful after emotional work.

Adding an aromatherapy oil of your choice can assist in relaxation and feeling better.

Nutrition

Listen to what your body's needs are for nourishment. Light meals of salads, steamed vegetables and complex carbs such as brown rice or quinoa will be easier for your stomach to digest.

Bach Flower Remedies

These are natural products that balance negative mental states and emotions. Most health food stores and some drugs stores carry these products.

These remedies are intended for personal self-help and are have very dilute amounts of the original substance - a homeopathic preparation. As they are in alcohol tincture, a few drops can be put in your drinking water to consume throughout your day. As very dilute substances, however, the remedies are subtle and can take a while to notice an effect. They are considered safe for pregnant women and small babies.

The most well-known is *Rescue Remedy* - a mix of five flowers homeopathically prepared. Prepared in drops, spray, gum or candy, this remedy is good for shock, upset, anxiety, unhappiness or just general stress and can be used as frequently as you like. Rescue Remedy is also available in a sleep formulation.

Other Bach Flower remedies are available and address a specific emotional state. Ask me for this information if you would like a document emailed to you.

Hypnosis MP3s

On your private link are recordings available as free downloads that you can use in your day or to go to sleep to. If a recording was made on your phone in the appointment, remember to use this as frequently as is helpful.

Phone and online appointments

While not common, sometimes a client may benefit from additional work - not all appointments need to be in person and phone/online work can be very helpful. Usually these appointments are about 60 minutes and a combination of tapping, and/or light hypnosis and/or NLP are the modalities used.