

## What to expect from homeopathic and quantum healing treatment

This medicine removes energetic blocks to your life force, in order to enable it to rebalance and heal your body and mind. There are therefore no bio-chemical side effects to this treatment. As your body heals, however, you may experience one or more symptoms during your integration process after treatment. These include:

1. **Tiredness**, the need for rest or sleep.

The best advice is to do what feels right to your body, and take time out of your schedule to allow yourself to heal – it will be a good investment of your time.

2. **Release of negative emotions**, such as sadness anger or anxiety. You may even feel like a dark cloud of negativity has descended onto you, if your sub-conscious has been storing a lot of emotional charges. This is not something to fear, it will pass. It is an uncomfortable but unavoidable part of your healing process. After the clouds have lifted your will gain more clarity and empowerment in your being.

Allow your feelings to come up, without trying to analyse the cause of them. Instead try to become the impassive observer that is there, standing by, for you. This is will help you to transition through emotional charges that are held in your body.

3. **Physical discharging**, such as runny nose, frequent visits to the toilet, sweating, or temperature fluctuations including fevers.

Try not to medicate yourself to combat these symptoms, as this is the body releasing toxins out of your body.

4. **A return of old symptoms** that you may have had a few years ago or even in childhood.

This does not necessarily mean that your health is going backwards, it usually is a very good sign. Pathological symptoms pictures layer up in us over our lifetimes. When a new one forms an old one disappears from view but remains as a deeper strata and is therefore still an underlying factor and therefore problem to our overall health.

5. **More thirst for water.**

The body needs more water to allow the increased energy or life force to be conducted within it.

If you have any concerns or questions, do not hesitate to contact me.