

## **IMPORTANT INFORMATION FOR YOUR PATH BACK TO HEALTH**

### **1. CLIENT SCHEDULING**

Each person is reserved what is deemed an appropriate appointment time, however, due to the human nature of our business, sometimes we will run late in spite of our best efforts.

In the event of this, the front desk staff will do their very best to notify you of this and keep you informed re estimated wait times to minimise your inconvenience.

Although we do respect your valuable time, we **do not** apologise for treating each person to the very best of our ability and giving the **very best** care. We NEVER shorten the care you require, even if we are running behind.

If you are on a tight schedule please book earlier in each shift to minimise disruption to your plans.

### **2. CHANGING APPOINTMENTS**

We recognise that unforeseen things happen and that you may need to reschedule your appointment. Due to the high demand for our services, in regular circumstances we do require 24 hours notice if you need to re-schedule and to enable others to take advantage of this availability.

### **3. OPTIMAL RESULTS**

We are not interested in masking pain and problems, we are interested in optimising your health and getting great results; in fact, our reputation is based on it.

In order to do this there are some things that will require your commitment, if you too, are dedicated to this end.

The first step is drinking sufficient water. Water is essential in the healing and maintenance of good health. The required water we ask you ingest, should not be mixed with anything else. You can drink other liquids but this amount is a stand alone amount as a minimum each day.

You would not wash the outside of your body with cordial or tea or lemon water, and so we ask that you drink water on its own, for the inside as well.

**THE AMOUNT REQUIRED IS 1 LITRE PER 23KG OF BODYWEIGHT.**

As we don't drink through the night (you should be asleep!) it is a good idea to drink a litre as soon as you get up. The rest however needs to be spaced out throughout the day; drinking a cup every hour is a good idea. This amount of water is your baseline amount; if you exercise, the amount of water you drink during that time is additional.

We do recommend using Himalyan salt on your food to ensure that your internal ocean remains the salty sea it needs to be. Standard hospital care knows the importance of this – this is why you get put on a saline drip as the first thing done in emergency.

According to your findings, other self-care will be advised after seeing Dr Sonia.

**If the terms of treatment, as stated above, do not suit your requirements, we are more that happy to recommend other practitioners to you.**

**If they do however, we look forward to empowering you back to your potential.**