

MAXIMIZE YOUR EESYSTEM SESSIONS

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



Each visit should be a minimum of 2 hours.



Ensure you remain in a receptive energetic state achieved through meditation, sleep or restful state.

AFTER YOUR SESSION



Support and nourish your body with organic and whole foods. Avoid artificially processed foods and beverages. Consume water dense, plant-based foods as recommended by Dr. Michael.



Facilitating your healing is a journey and not a quick-fix. Be consistent with your visits and attend your sessions regularly.



Take the recommended salt bath after each session to maximize the body's detoxification.

SALT BATH RECIPE & PROTOCOL



2 cups
Sea Salt



2 cups
Baking Soda



1 cup
Mule Team Borax



2 Tablespoons
Hypercharged EESalt
(Purchased from EES or your local EES center, if available)

DIRECTIONS

1. Put ingredients in a tub of hot water and soak for 30 minutes or more with a wet towel over the chest (to help draw out toxins).
2. Beneficial to scrub skin while in bath
3. Magnesium lotion or oil with coconut oil following the bath.
4. Ensure to remain hydrated with water.