



CHAD JOHNSON ACUPUNCTURE

WHAT TO DO AFTER TREATMENT

I hope you enjoyed your session today.

Acupuncture and massage facilitate great change in your body. How you proceed from here affects the outcome of your treatment. Here are some important notes on the coming week for you.

- You will need to **drink more water**. Try having two glasses upon awakening in the morning. This improves digestion.
- You may notice more range of motion, soreness as if you've just worked out, or other body changes. **Be very gentle with yourself** for a couple of days, then, **ease** into more activity each day mindful of the changes that are taking place.
- Watch less TV and **listen to your body**. Unplug from computers, wifi, and email if possible, even if just for short periods of time.
- It is helpful to **keep a journal** during your course of treatment to reflect changes and progress.
- **Eat nourishing, whole, seasonal foods** that are prepared with **love**.

Thank you for the opportunity to work with you and I look forward to continuing to help you create a new relationship with your body.

In service,

Chad