

IMPORTANT NOTES REGARDING YOUR TFT SESSION

Thought Filed Therapy (TFT) works by recoding the brain to think, act, behave or respond to a situation (past present or future) in a different way. We will explain more about “how” it works when we see you, but it can be prevented from working or “undone” by the presence of toxins.

We are all exposed to toxins all day everyday, obvious toxins such as smoking, fumes known poisons etc. but also from unseen toxins from fragrances, i.e. perfume & aftershave, soaps, hairsprays, any air-fresheners & most cleaning products and even washing powders and conditioners. In addition to that some foods may be toxic for example some people are intolerant to wheat or dairy, for others it may be broccoli or carrots.

The body has a “toxic barrel” which contains all these toxins, all the time it is barely full it generally poses no problem – however if the barrel is full and overflowing it drastically affects how we think act and behave. In my experience anyone who suffers ongoing anxiety or panic attacks almost certainly has a “full barrel”.

How do you know if you are toxic and if so what to? Well there are several ways of finding this out which we will show you, however it is important in order to maximize the success of your treatment that you avoid as many of these potential toxins as possible for 24 hours prior to your appointment.

AVOID OR REMOVE

* perfume/aftershave

*perfumed soaps

*air fresheners

* alcohol

*cigarettes/tobacco

* hairsprays/gel

*cleaning products

*perfumed moisturizers/creams

*perfumed deodorants
with you”

*any food or drink you think may not “agree

DO – drink plenty of water and be active, this flushes out the lymphatic system and helps clear any toxins. Even a 10 minute walk can stimulate the lymph glands.