

LMP Post-Session Notes

After you've had an LMP session, there are a few things to take into consideration to best support your healing process:

Rest

You may experience flu-like symptoms (headache, fatigue, joint pain, fever or gastrointestinal imbalance) directly after an LMP session. Get extra rest and avoid strenuous physical activity or workouts for several days following treatment. Limit your exposure to stressful situations as best you can. The body needs time and all its resources to rid itself of the pathogens. Support it by taking things easy!

Practical Hygiene

After each LMP session, it is important not to re-infect yourself by using the same toothbrush, drinking cup, water bottle, etc. Sterilize what you can through the dishwasher. Soak your toothbrush, mouth guard, or retainer in hydrogen peroxide for at least 2 hours.

Nutrition

What you consume greatly affects your body's ability to sustain itself and clear pathogens and their by-products. The following suggestions help support the detox process:

Eat the most nutritious food you can – organic fruits and vegetables, grass-fed and free-range meats, wild-caught fish

Drink water with lemon. If you prefer plain water, that's fine too. Drink it regularly throughout the day to flush out your system.

Things to avoid:

Processed foods
White flour
Sugar and sugar substitutes
Alcohol
Caffeine (or cut back if you don't want to cut out)
GMO products
Factory farmed meats and animal products

Detox Bath

Sea salt baths – 2.5 cups sea salt, 2.5 cups baking soda, 2 Tablespoons dried ginger and the hottest bathwater you can stand. Soak for 15-20 minutes, and rinse quickly in the shower after. You could also consider a sauna to help your body release through sweating.