

Preparing for Raindrop Technique®

What is Detox a sign of?

Detox symptoms simply mean that toxins are being pulled out of cells, but are not being eliminated quickly enough from the body. Detox symptoms may include: Tiredness, Headaches, Thirst, Strong smelling stools or urine, Mood Swings, and Skin rashes.

Raindrop Technique works on the body for up to 10 days*, although most detox symptoms will pass within a day or two. If symptoms persist or you're concerned about your response, consult your doctor or natural therapist.

Helping to Reduce Detox Symptoms

There are a variety of ways that you can minimise the likelihood of any detox discomfort*. You may even choose to put these into practice for a week or two before your first Raindrop Technique. It is recommended that you:

- ✓ Drink plenty of filtered water before and after your Raindrop Technique session. Tea, coffee, softdrinks and milk don't count.
- ✓ Ensure you're having regular (daily) bowel motions

Balanced pH

Our western diet and stress levels leave many people with an acidic pH. You will have the best effects from Raindrop Technique if your pH is balanced*. For good health, minimise acid-forming foods in your diet (red meat, dairy, sugar, coffee, alcohol), and increase alkaline-forming and acid-binding foods*.

The Essential Oils Desk Reference (Appendix B) provides a comprehensive list of the pH of various foods. This is an excellent guideline in helping you choose more alkaline-forming foods. The person giving you Raindrop Technique will have a copy of this book handy, or you may wish to purchase this book yourself from www.healthgarden.com.au (Ph 1800 01 33 22).

Client History Form

You will be asked to fill in a client history form before your first Raindrop Technique. If you feel your body is overloaded with chemicals or heavy metals, indicate this on your form. If you think you might be a detox candidate, consider taking a *Young Living* product for a few days before your Raindrop Technique (see "Helpful Products").

*According to D. Gary Young, Prof. N.D., founder of Raindrop Technique

Helpful Products

Raindrop Technique was developed by naturopath D. Gary Young (N.D.), also the founder of *Young Living*.

In addition to producing the high quality essential oils used in Raindrop Technique, *Young Living* has a range of products designed to promote healthy elimination and balanced pH. These products are an excellent complement to Raindrop Technique, and can help minimise any detox response. They can also be used as part of an ongoing bowel or liver cleanse. Speak to the person giving you Raindrop Technique if you have any questions about these products, or would like to order these products for yourself.

Alkalime - a precisely balanced alkaline mineral and essential oil powder for preserving proper pH balance.

Comfortone - an all-natural antioxidant combination of herbs and essential oils that bind, eliminate and "scour" residues from the colon and enhance its natural ability to function optimally.

JuvaPower - a nutrient-rich, vegetable-based powder packed with phytonutrients, acid-binding foods and antioxidants.

NingXia Red - a delicious, nutrient infused wolfberry drink, with an exceptionally high antioxidant rating and low GI. Acid binding and alkaline forming.

Emotional Rebalancing

While most people experience a deep sense of peace and inner strength from Raindrop Technique, it is possible for emotions to come to the surface either during or after the session. The person giving you Raindrop Technique will quietly support you if this happens during your session. If you are concerned about this, please discuss this with the person giving you Raindrop Technique before your session begins.

At times, emotional pain may be expressed physically (body workers often refer to this as a "healing crisis").

Although this is rare with Raindrop Technique, if you do find yourself struggling with emotional or physical issues after a session, speak with the person who gave you Raindrop Technique for their suggestions.

As with any detox, if this happens make sure you drink plenty of water, and reduce your workload so you can take some time out for yourself. If you feel it's needed, seek the help of a friend or professional who can support you through this transformation.