

# Preparing for EECT

## Detoxification

In our modern world, it is impossible to avoid chemical exposure. Artificial chemicals are in our food, water and personal care products. Many chemicals absorb straight through the skin and build up in the body, paving the way for disease.

Because of the penetrating abilities of essential oils, it is possible during your first few EECT's to experience a mild to moderate "detox" response if you either have an overload of toxins in your body, or if your body's channels of elimination are not working optimally (urine, bowels, breath, skin).

You are a good detox candidate if you:

- ✓ Have worked amongst chemicals, eg. hairdresser
- ✓ Have taken regular pharmaceutical/recreational drugs
- ✓ Have had a recent acute or long-term illness

## What is Detox a sign of?

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

Most detox symptoms 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 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 EECT. It is recommended you:

- ✓ Drink plenty of filtered water before and after your session. Tea, coffee, softdrinks and milk don't count.
- ✓ Have 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 EECT 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 EECT will have a copy of this book handy, or you may wish to purchase this book for yourself from [www.healthgarden.com.au](http://www.healthgarden.com.au) (Ph 1800 01 33 22).

\*According to D. Gary Young, N.D., founder of Young Living Essential Oils

## Inviting a Third Person

In Ancient Egypt, EECT was always performed with two "Guides" giving to a single recipient. This sacred trinity is part of the power of EECT, and lends a strong sense of support throughout your session. Please bring to your session a photograph or memento that represents someone you are close to (living or in Spirit, human or animal), whose presence you would like to have with you during your session as your second Guide. For best results, it is also recommended that you fast for 4 to 6 hours prior to your EECT, consuming only water and naturally-sweetened vegetable and fruit juices. Avoidance of tobacco over this fasting period is also recommended.

## Client History Form

You will be asked to complete a client history form before your first EECT. This provides valuable information which will be used to tailor your session to your specific needs. The information you share in this form is confidential, and the details will not be shared with anyone, for any purpose, without your express permission.

## Emotional Rebalancing

While most people experience a deep sense of peace and inner strength from EECT, it is possible for emotions to surface during or after the session. The person giving you EECT will quietly support you if this happens during your session. If you are concerned about this, please discuss your concerns 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 EECT, if you do find yourself struggling with emotional or physical issues after a session, speak with the person who gave you EECT for their suggestions. Make sure you drink plenty of pure 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.

## How often can I receive EECT?

If you are going through a challenging time, you will appreciate the emotionally balancing effects of EECT. Weekly sessions are recommended during these stressful periods, or during times of conscious transformation and personal growth. For ongoing nurturing and support, fortnightly to monthly sessions are recommended.