

# CONTINUING SUCCESS FOR NATURAL HEALING CLIENTS

Karta Purkh Singh Khalsa, R.H. (AHG), D.N.-C. – Natural Healing Specialist

*Please call your practitioner if you have any change in your condition, or you have any questions.*

You are participating in a unique opportunity to enhance your life and health. You want to feel successful with the natural healing process, and to feel better quickly. A few suggestions will help your progress to be rapid and enjoyable.

## **Health Suggestions**

It is important to follow instructions carefully. Please take extra time at home to review your suggested combination of therapies. If you have any questions at all, please call right away for clarification. It is important to your success to use exactly the specific type of suggested remedy. Substitutions usually will be much less effective. Please seek help in locating remedies you may need.

It is usually helpful to review your suggestions from time to time, to be sure all therapies are being included in your daily routine.

## **Nutritional Supplements**

Please ask questions to clarify any points whatsoever.

Points to remember:

- Split your daily dose between two or more meals.
- Best with food, as necessary for comfort.
- Usually best in middle of meal, as necessary for comfort.
- Any new supplements may best be introduced gradually over a few days.
- Any discomfort or unusual sensation is a reason to call for advice.

## **Timing and Communication**

*Any change in your condition is a good reason to check in.* If you develop a new problem (cold, flu, sinus, diarrhea, etc.) or have new information about your health, you should communicate. Often adjustments can be made by phone. It is very appropriate to address new circumstances when they arise.

*If your therapy program becomes no longer appropriate for you, due to changes in your life (time schedule, finances, motivation, etc.), again please call and discuss the issue.* There are many ways to progress in health care. Your program can be adjusted to meet your lifestyle needs.

## **Staying Motivated**

If circumstances change, you can adjust the timing of updates to a less intensive schedule. If you are unable to attend a scheduled session, please discuss options for continuing therapy in an effective way. *If finances are a problem, let your practitioner know. Many options are available.*

You may need help to stay motivated. The results are worth it. You are doing a good thing for yourself. We all need good nutrition, exercise, and stress management. We need to repair damage from the past, when we may have made different choices. That extra effort can pay off tremendously, and we really can feel better and younger each day.