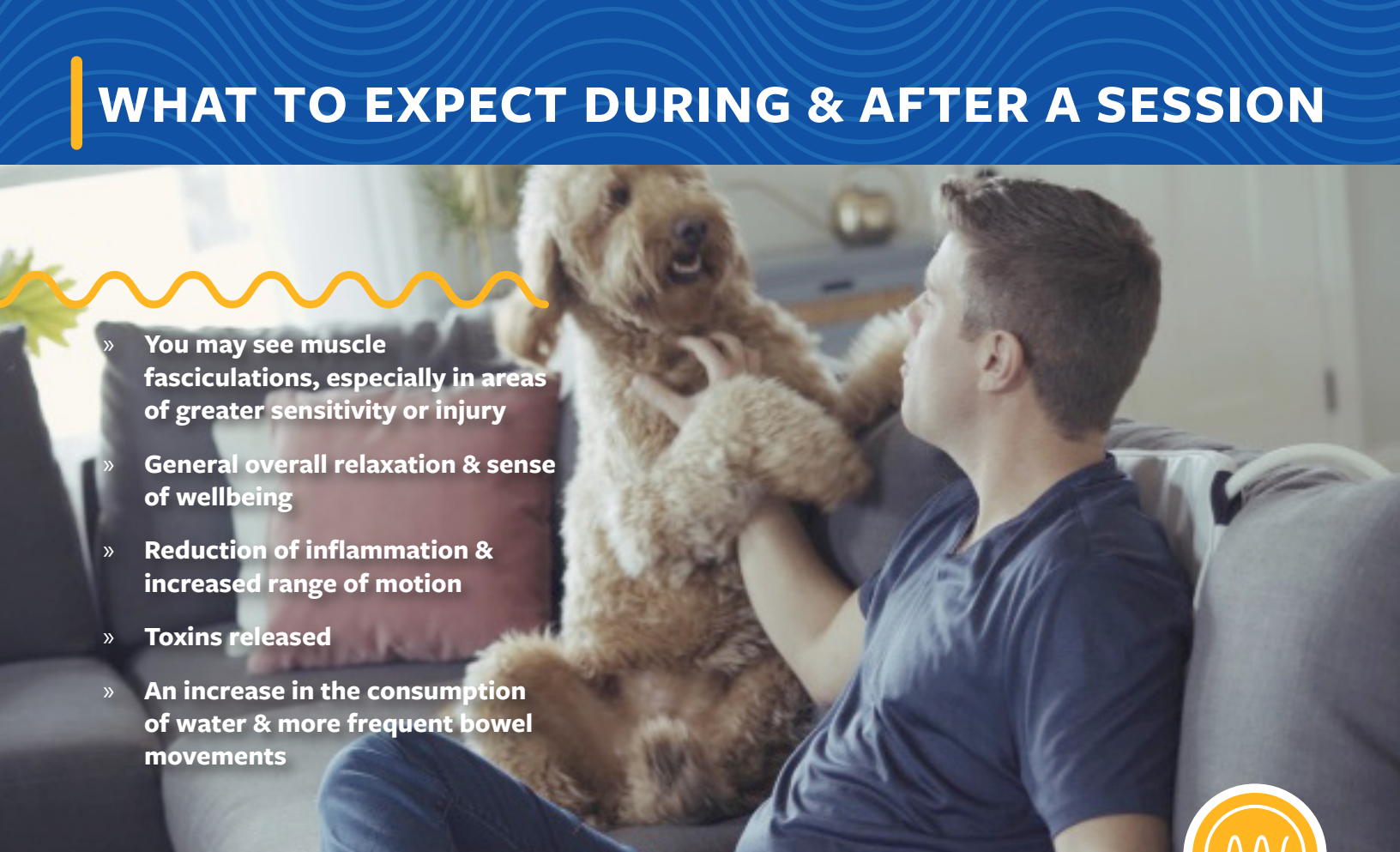


# WHAT TO EXPECT DURING & AFTER A SESSION

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- » You may see muscle fasciculations, especially in areas of greater sensitivity or injury
  - » General overall relaxation & sense of wellbeing
  - » Reduction of inflammation & increased range of motion
  - » Toxins released
  - » An increase in the consumption of water & more frequent bowel movements



*The possibility of feeling worse before you feel better. This is called The Herxheimer Reaction*

## WHAT IS THE HERXHEIMER REACTION?

The Herxheimer Reaction is an immune system reaction to the toxins (endotoxins) that are released when large amounts are killed off, and the body does not eliminate the toxins quickly enough. Simply stated, it is a reaction that occurs when the body is detoxifying and the released toxins either exacerbate the symptoms being treated or create their own symptoms. The important thing to note is that worsening symptoms do not indicate failure of the treatment in question; in fact, usually just the opposite. As the body detoxifies, it is not uncommon to experience flu-like symptoms including headache, joint and muscle pain, body aches, sore throat, general malaise, sweating, chills, nausea or other symptoms. The biggest problem with the Herxheimer Reaction is that people stop having the PEMF sessions that are causing the reaction, and thus discontinue the very treatment that helping to make them better. Although the experience may not make you feel particularly good, the Herxheimer Reaction is actually a sign that the body is setting itself up to heal itself. Not every person experiences this reaction, but it is a possibility.

**\*Always work in conjunction with your physician for optimal wellness**

