



HIJAMA THERAPY

Reviving the forgotten Sunnah

TREATMENT AND AFTERCARE

- Drink honey water and eat solid meal immediately after a treatment. You will be extra hungry over the next few days, so eat as much as your body requires.
- Eat a balanced and healthy diet.
- Bruising and incisions will heal in 3-10 days. Keep applying black Seed Oil to incisions if irritation occurs.
- Drink lots of water and herbal drinks including teas.
- You **MUST** rest after the session. Do **NOT** physically over exert yourself; do exercise, chores, etc. at all. It is best to sleep as much as you can after a session.
- You can take showers only in the front but **NOT** the back after the session; where the incisions are done.
- Do **NOT** engage in marital relations for 24 hours after any type of cupping.
- Try to relax, pray/meditate and think positive thoughts.

Do regular, moderate, light exercise over the next few days; you may notice change in:

1. Bowel and Urinary habits
2. Sleep patterns
3. Mood Swings/ emotional levels
4. Appetite

You may experience:

1. Skin Breakouts
2. Tiredness and feeling drained or low on energy
3. General weakness
4. Excessive flatulence, excessive release of bodily fluids such as phlegm, mucus, sweat, urine, pus (pimples), tears (crying)

These are nothing to be concerned about. It is simply your body getting used to the massive shifts in energy after treatments. Your body will now be dealing with and adjusting to huge changes in your physical, mental, emotional, and spiritual state.

YOU WILL FEEL WORSE BEFORE YOU FEEL BETTER! Your body has just been kick started in to a different zone and force to get out of its usual state of pain/sickness/ discomfort. You will feel better after a few sessions and your body will become more balanced. If you have any problems or questions, please contact me at any time.

Next appointment date: _____ **Time:** _____