



## Dorn Method Aftercare Information

1) Always drink plenty of water for 24 hours after a Dorn treatment. This ensures that any toxins released during the treatment can be safely excreted from the body in the urine instead of causing symptoms such as headaches because they are still circulating throughout your system.

2) The Dorn Method promotes the body's own healing mechanisms, so some type of response is to be expected. Most people experience a sensation of well-being & feel energized, rejuvenated & relaxed.

3) Sometimes however, the Dorn Method can bring about a "healing crisis reaction" whereby symptoms may appear worse before they get better. This is a cleansing process as the body rids itself of toxins & is nothing to be alarmed about.

4) Below I have listed the most common potential treatment reactions. Remember, drinking plenty of water will help prevent and alleviate these problems.

- Headache
- Detoxification signs: Sweating, changes in toilet habits, skin reactions, flu/cold like symptoms, etc
- Dull muscular pain/aches or stiffness (particularly at the corrected areas)
- Tiredness
- Feeling irritable/upset/emotional

## Things NOT TO DO after a Dorn Method treatment

**No heavy lifting or strenuous exercise for 48 hours after treatment.** Following your regular exercise regime is absolutely fine & to be encouraged but any other heavy manual work or lifting is best avoided for a few days to let the body rest & give it time to heal.

**No excessive stretching.** Avoid stretching the hip joint more than 90 degrees with knee turned inward e.g. when tying shoes laces or touching your toes with straight legs.

**No bending down over to one side while lifting even light objects.** This can pull the pelvis out of alignment. Instead pick up objects from in front of you with bent legs.

**No excessive twisting of the hips.** Avoid turning the hips more than 45 degrees with both feet on the floor e.g. when loading the car boot with shopping.

**No sitting cross legged.** Often the hardest habit to break! Sitting with crossed legs pulls the pelvis out of alignment. If you have been sitting cross legged then do the standing hip exercise when you stand up.

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