



Spiritual Healing & Consultation LLC

Dr. Ramin Mobasseri, PhD

raminmoba@gmail.com

Phone: +1-623-312-0534

[www.healconsult.com](http://www.healconsult.com)

## **30-Day Recovery Period After A Healing**

In this 30 days (+/-5 days) after your healing negative thinking, negative emotions and memories move out of your body, your cells and energy field. For that reason you might feel tired, more emotional and might also have some physical symptoms like soreness, aches and diarrhea. It could also feel at times worse than before the healing. Please contact me in that case and I will check you again.

Avoid to go to other healers during these 30 days, it might disrupt the outcome.

Please follow this protocol to achieve the best result from your healing:

- Pray daily to God in your own way and thank God every day “for the miracle of your healing”!
- Choose to love and forgive yourself everyday. Forgive and bless everyone who has hurt you.
- Allow your feelings to flow without questioning them. It is an emotional release and good for you.
- Have a good attitude, think positive, be happy. Expect to be healed.
- Avoid negative television, news, loud music and offensive language.
- Avoid red meat (organic ok), pork (toxic), eggs (organic ok), bananas (organic ok), ideally no spicy chilies or caffeine (can stir up anger) and please no alcohol.
- Drink plenty of spring water (at least 1 ½ to 2 liters per day).
- Take vitamins and minerals to increase the efficiency of your body’s electrical system (like Vitamin B-Complex, Magnesium Citrate).
- Take a salt bath using 1 cup of Epsom salt (or sea salt) in warm water, soak only for 10 minutes, then rinse (to do that in a shower is ok too). Do it once or maximum twice per week in the evening time. Do this especially when you have a crisis, such as headaches, stomach upsets, back pain, etc.