

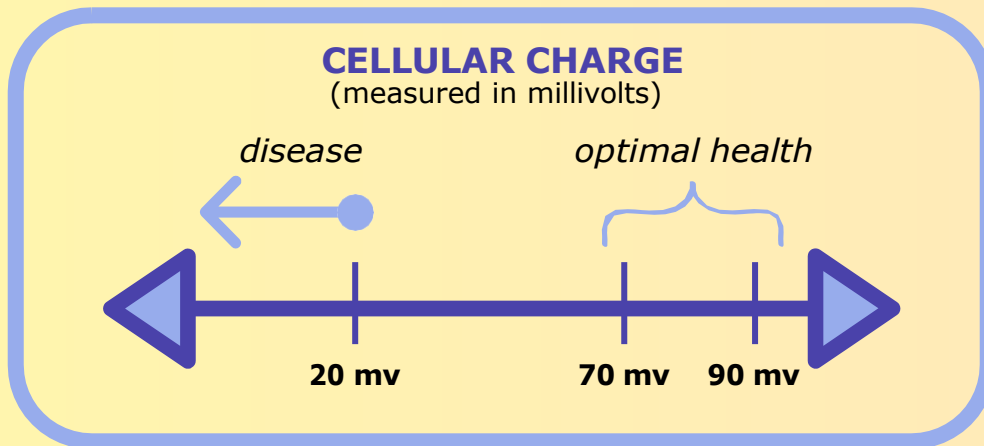


## HOW DOES THE EESYSTEM WORK?

This revolutionary technology, developed over 20 years ago by Dr. Sandra Rose Michael, Ph.D, DNM, DCSJI, uses custom installed computers which generate bio-active energy fields called "scalar waves". These promote wellness for cell rejuvenation, improved immune function, relief of pain, body detoxification, elevated mood and consciousness, and the balancing of the right and left brain hemispheres for increased energy levels. Ultimately, it assists in facilitating an optimal healing environment that can assist the body to begin healing itself.

## EVERY CELL HAS AN ELECTRICAL CHARGE

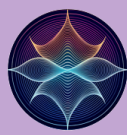
Health starts within your cells. A high electrical charge within your cells will lead you to experience health and a low electrical charge will lead you to experience disease. The goal is to charge our cells to facilitate good health.



Therefore, one of the main intended components of the EESystem is to charge the cells based on the principle that we interact with the energetic resonance of our environment. When you're in an environment that is charged at 70-90 millivolts and spend enough time in that environment, your cells will begin to assimilate and sync to their optimal charge levels which promotes the body to heal itself on potentially a multitude of levels.



Visit [EESystem Kent UK](http://EESystemKentUK.com) to learn more.



## MAXIMIZE YOUR EESYSTEM SESSIONS

### BEFORE YOUR SESSION



Focus on what you want to receive and not on anything you wish to have less of.



Drink plenty of water. Staying hydrated allows the energy received to flow.

### DURING YOUR SESSION



Each visit should be a minimum of 2 hours.



Ensure you remain in a receptive energetic state achieved through meditation, sleep or restful state.

### AFTER YOUR SESSION



Support and nourish your body with organic and whole foods. Avoid artificially processed foods and beverages. Consume water dense, plant-based foods as recommended by Dr. Michael.



Facilitating your healing is a journey and not a quick-fix. Be consistent with your visits and attend your sessions regularly.



Take the recommended salt bath after each session to maximize the body's detoxification.

## SALT BATH RECIPE & PROTOCOL



**2 cups**  
Sea Salt



**2 cups**  
Baking Soda



**1 cup**  
Mule Team Borax



**2 Tablespoons**  
Hypercharged EESalt  
(Purchased from EES or your local EES center, if available)

### DIRECTIONS

1. Put ingredients in a tub of hot water and soak for 30 minutes or more with a wet towel over the chest (to help draw out toxins).
2. Beneficial to scrub skin while in bath
3. Magnesium lotion or oil with coconut oil following the bath.
4. Ensure to remain hydrated with water.