



Conditions and Considerations Information

Please review and share with your healthcare providers as applicable.

Resonate Health is a health and wellness platform created from the experience, knowledge and expertise of two Doctors of Physical Therapy. Through our practices we have found that when the Body, Heart, Mind and Soul are integrated together, deep healing potential arises.

With profound healing may come healing responses and detoxification reactions that, in some cases, can be overwhelming to the system and require a multi-modal source of support. Some **Healing and Detox Responses** have the capacity to produce flu-like symptoms, exhaustion, waves of emotion, loose stools, increased thirst, etc.

We want to support you in safely receiving Resonate Health's holistic multidimensional healing techniques alongside the current treatments and healthcare you are already getting. We are happy to collaborate with your current provider(s) to cohesively and seamlessly give you the support you need for your health, well-being and experience with our programs.

To achieve a healthy relationship, we feel transparency and communication are key!

Please review the following Conditions and Considerations Information and share with your healthcare providers as needed or desired. *This provides awareness, caution and guidance to manage any detox or healing responses you may experience as well as integration with any current medical treatment you are receiving.*

For all the listed considerations below, we recommend you opt to receive [one-on-one Integrative Consulting calls, Nutritional one-on-one Consulting Calls](#) and follow the guidance provided by Resonate Health Consultants within your membership to optimize your experience.

As a member, you have 24/7 access to Safety, Healing Detox Support information inside your member portal, and we also offer other personalized services to support you.

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For any questions, comments or concerns please reach us at [here](#).

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Active Cancer*

- Depending on the status and type of cancer, typically detoxification and processing within the body is compromised, increasing the potential difficulty in integrating new sensory, energetic or patterns of input.
- It is important to gently integrate the Resonate Health approach, especially the Biofield Tuning modality, as the body may not have the resources to effectively manage the healing and detox symptoms and reactions.
- Tumors may become irritated with Biofield Tuning and with the direct application of tuning forks to the area on the body. Be mindful of this with intentional use to any tumor/s as it is not recommended.

**Cancer that is active and/or in treatment; not including cancer that is in remission*

End of Life Care, Hospice Care, Palliative Care

- The Resonate Health approach may overwhelm the body and the detoxification systems, especially in an end-of-life state, which may be uncomfortable due to the lack of resources needed to manage the experience.
- Components of the Resonate Health approach including Biofield Tuning have the potential to be used as a means of calming the nervous system during end-of-life circumstances to ease transition.

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Advanced and Acute Illness

- The Resonate Health approach, including the modality of Biofield Tuning, can create uncomfortable detox reactions and/or exacerbation of symptoms when utilized during an acute or advanced illness.
- We recommend an inclusive approach alongside the recommendations of your current healthcare providers to optimize your experience and healing.

Pregnancy

- The Resonate Health approach is a perfect place to start when preparing your body, heart, mind and soul for a healthy pregnancy, baby and experience as a mother.
- During pregnancy, the body expends a tremendous amount of energy for creation and it is important not to overwhelm a potentially overextended system.
- The body may not have the resources to effectively manage detox systems from some of the modalities used in the Resonate Health approach, including Biofield Tuning, which may affect both mother and baby.

Electrical Medical Implants

- Some of the Resonate Health techniques including, use of Biofield Tuning, Tuning forks and magnets ie. during the Emotion Code technique, may interfere with the

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electrical functioning and electro-magnetic energy of any electrical medical devices in your body such as a pacemaker, medtronic pumps and/or neural implants.

- Proceed with caution, careful observation and the advice of your medical professional.
- Generally any direct pressure or stimulation over the device location is *not* recommended.

Recent Concussions

- Following any injury to the head it is important to manage the inflammation appropriately and every situation is different regarding the best methods and timing.
- After any significant injury to the head, it is recommended to wait at least 3 months before receiving any specific Biofield Tuning on or intentioned around the head space.
- It is your responsibility to abstain from Biofield Tuning specifically indicated for the Head if you are within 3 months of any significant head injury as this technique has the potential to aggravate or exacerbate symptoms and prolong the healing process.

High Toxicity Levels

- When using the Resonate Health approach on body systems with known toxicity like Heavy Metal Toxicity, it is important to monitor and support the detox response as strong reactions can occur.
- Without appropriate detoxification the remaining healing process is stifled, as the clearing aspect is just as important as the restoration.
- To manage this effectively, we recommend the advice of your medical professional and additional [Nutritional 1:1 Consulting](#) to ensure your detoxification systems are optimally supported.

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Hypersensitivity

- With people and body systems that are very sensitive to change and/or hypersensitive to stimuli it is important to carefully manage the use and integration of the Resonate Health approach.
- To ensure you get enough of what you need without overwhelming yourself we recommend [one-on-one consulting calls, nutritional consulting calls and occasionally request a personalized program](#) inside your membership portal to receive individualized guidance until you are aware of the potential responses and understand independent management.

Recent nervous breakdown, psychotic episode, emotional crisis and/or attempted suicide

- A recent episode includes any of the above situations within 4 months.
- Whatever the situation, it is important to monitor your responses and reactions to the Resonate Health approach as this method has the potential to significantly shift your perspectives and perceptions.
- The Resonate Health approach has the potential to support you through processing and integrating the lessons within challenging and/or traumatic life situations in addition to a conscious desire, intentional mindset and supportive healthcare team.
- Consistent [1:1 Integrative Consulting](#) is recommended in addition to seeking other healthcare services.

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