



The Emotional Detox Program



Email Communication Guidelines with Practitioners

Your Emotional Detox practitioners are committed to doing their best to support you through the Emotional Detox Program.

In order to avoid miscommunication with your practitioner, below are some guidelines on how and when to email your practitioner outside of consultations, and situations where it is best to post on the Facebook Community instead:

Best to email to your practitioner:

1. If you think you might be having a negative reaction to anything recommended in the Program or your Report and have any concern - although please first download and read the Dealing With Detoxification and Reactions to Supplements download [first here](#)
2. If any of your prescribed medication has been changed or updated by your licensed healthcare professional
3. If you are unable to complete any recommendation in the program or the Detox Report due to items out of stock or links not working etc
4. If you feel you are not doing well, are in doubt in any way about staying on the Emotional Detox Program

Best to post in the Facebook Group:



The Emotional Detox Program



1. Wanting to get any support and encouragement from people on the same health journey as you
2. Comments and questions that will be relevant for everyone else to hear a response to (not questions which require specific personalized responses - especially regarding supplements)
3. Post all your successes, learnings, challenges you are working to overcome
4. Questions about products or services not specifically recommended on the Emotional Detox program - the support team may not be able to answer these if they don't have personal experience with the product or service