

Detox And The Healing Crisis

Modern medicine feels, in most cases, that the elimination of the symptom is the same as elimination of the disease. Therefore, most physicians and surgeons tend to treat symptoms instead of removing causes.

Unfortunately, the elimination of the symptom is not the same as elimination of the disease. Illness does not occur without cause and causes may originate in many areas of the body. The underlying roots of illness and disease must be identified and removed before complete wellness can occur.

Symptoms are expressions of the body's attempt to defend itself, to adapt and recover. They express the body's attempt to heal, but are not the cause of disease. Symptoms, therefore, should not be suppressed by treatment. To do so is, in effect, telling your body to Shut-Up when instead you should be listening to what it has to say.

A healing crisis (also known as a cleansing reaction, a detox reaction and the Herxheimer reaction) is the body's attempt to remove disease causing situations that may later develop into serious health problems. It is

often misunderstood as a relapse. This response by the body occurs during detox programs when it tries to eliminate toxins at a faster rate than they can be properly disposed of. *The more toxic one's system is; the more severe the healing crisis.* It is characterized by a temporary increase in negative symptoms during the cleansing or detox process which may be mild or severe. You may feel worse and therefore conclude that the treatment is not working. But these reactions are instead signs that the treatment is indeed working and that your body is going through the process of cleaning itself of impurities, toxins and imbalances. This is because at some stage on the road towards vital health, the body will feel strong enough to start the fight again.

Our body eliminates toxins via kidney (urine), lungs (CO2), bile and liver (bowel), skin (sweat and dead skins) and mucous linings (sinus, trachea, vagina). Women also eliminate wastes during menstruation.

Please note:

A healing crisis does not have to be an inevitable part of cleansing.

This article is written because the healing crisis is a common body response to most cleanse and detox programs that people take. This is because many detox programs are not balanced properly to facilitate the efficient removal of toxins. So backup can occur and those affected should know what to expect.

The body must heal itself from the inside out and it has to eliminate stored toxins. It will release what it is nutritionally prepared to expel; but without the proper nutritional factors it is severely limited in its healing energy. Your body is ruled by the elements of the earth. It must have nutritious food; electron charged vitalized water, proper supplements, fresh air and rest. If given the proper environment and left to its own measures the body is quite capable of dealing with its own health problems. It just needs your help!

The healing crisis generally lasts from three to eight hours. In most cases symptoms usually pass within a day, but on rare occasions, in those with ultra weak immune systems, it can last up to several weeks. (Even this group can be successful with proper guidance) This is nature's way of cleaning house. The body gets sick in an attempt to get well! Natural healing must follow this process for total healing.

Acute is the name of the healing stage. If you suppress the acute stage you will force the process of elimination back into the tissues to become sub-acute and eventually a chronic condition will develop and set you up for disease. The acute stage is not a disease; it is a primary reaction to remove something that is irritating to the tissues; poison, foreign body or infection due to fungal overgrowth, bacteria, parasites and viruses.

Herring's Law of Cure:

"All cures start from within out, from the head down, and in reverse order as the symptoms have appeared".

The body works with a balance system; the cleaner your body, the stronger you will feel. Periods of weakness when cleansing are normal. Regeneration, vitality and restoration of the body depend upon your inherited constitution. The healing crisis is the turning point of disease. It is brought on by a detoxification process and the restoration of a healthy way of living. This occurs when the body builds strength and begins to discharge the stored toxins which may cause chronic disease. It brings the person back to vitality and health.

Cleansing the body of stored drugs, pollution, heavy metals, additives and improper food may take a child three to fourteen days; whereas it might take an adult three months or more to work into a healing crisis. As the detox program progresses the person will start to feel wonderful, but when the healing crisis begins they will feel ill and under the weather. Sometimes indicators such as facial or lower lip swelling occurs before a healing crisis.

Once again, please understand that most people will heal without experiencing a healing crisis if the body is properly supported. The majority of people never experience a healing crisis but

have the healing. It's knowing what to do and when to do it. With a proper detox program over-taxing the organs is not a problem.

The crisis may take many different forms and include a wide variety of reactions, the most common are:

- **Increased joint or muscle pain**
- **Diarrhea**
- **Extreme fatigue and/or its opposite, restlessness**
- **Cramps**
- **Headache (believed to be caused by buildup of toxins in the blood)**
- **Aches, Pains**
- **Arthritic flare up**
- **Insomnia**
- **Nausea**
- **Sinus congestion**
- **Fever (usually low grade) and/or chills**
- **Frequent urination and/or urinary tract discharges**
- **Drop in blood pressure**
- **Skin eruptions, including: boils, hives, and rashes.**
- **Cold or flu-like symptoms**
- **Strong emotions: anger, despair, sadness, fear, etc.**
- **Suppressed memories arise**
- **Anxiety**
- **Mood swings**

If you are suffering from a major illness, *the symptoms you experience during the healing crisis may be identical to the disease itself.* Sometimes discomfort during the healing crisis is of greater intensity than when you were developing the chronic disease. This may explain why there may be a brief flare-up in one's condition. Often the crisis will come after you feel at your very best. Some people feel somewhat ill for a short period because it is at that point that

your body begins to dump toxins into the blood stream for elimination. With a more serious condition there may be many small crisis to go through before the final one. Once we recognize the true nature of disease, those who wish to improve their health will understand that for many detox programs a short spell of suffering might well be unavoidable. In fact, the healing crisis is often a mountain path that we simply have to climb if we wish to reach the peak of good health. Many of these symptoms and changes are unpleasant but they are short in duration, sporadic and are a necessary part of that particular healing process. Remember it is important at this time to rest and sleep more.

Detoxification and healing crisis does not just work on the physical level but also on a mental level. People may become angry or depressed or have very high anxiety for no apparent reason, but they should be patient and ride things through. These feelings can be eliminated during a healing crisis.

The average time for a healing crisis is three to eight hours and cleansing the bowel while going through this development will help because of the toxins that are expelled. Rest when possible and make sure to adequately hydrate your body.

One of the first steps in taking control of your health is recognizing that your body requires a constant and

consistent supply of healthy water. You are 70% water in weight. The quality and hydration rate of your water has a direct effect on every cell in your body. So it follows that you should drink *chemical free, clean, restructured and alkalizing water (commonly referred to as alkaline mineral or alkaline antioxidant water)* every day. Alkaline mineral water also helps to neutralize endogenous toxins (wastes produced by body metabolism) which are acidic in nature. (Take your body weight in pounds. Divide that by 2. The number you come up with is the amount in ounces of vitalized water that you should be consuming during the day. For example, if you weigh 150 pounds you should drink 75 ounces.)

Healing Crisis and the Skin

- **Boils may break out, starting out as a sore pimple and then become inflamed.**
- **Short-lived skin blemishes.**
- **Skin rash, acne, psoriasis, etc.**

Detox with reduced Healing Crisis

- **Many diseases start in the intestines, so it is important to thoroughly cleanse the digestive tract.**
- **Gradual detox supported by minerals (potassium, calcium, manganese, silicon) and vitamins (vitamin A, C, E, B1, B2, B6)**
- **Use nutritional supplements that contains lipotropic minerals (choline, inositol, lecithins) to cleanse liver (eg USANA nutritional supplements)**
- **A constant and consistent supply of healthy chemical free, clean, restructured and alkalizing water every day.**

Effective Detoxification involves:

- **Simulating the release of toxins from cells**
- **Effective transportation of toxins to the liver or kidneys**
- **Toxins processed for excretion**
- **Protection of liver, brain and other organs from circulating toxins**
- **Effective releasing toxin-laden bile into intestine**
- **Binding the toxins in the intestine to avoid re-absorption**

● **Effective elimination of toxins in the stool**

If you are in doubt about whether what you are experiencing is a normal part of healing contact a competent health professional.

Our body's systems are a compilation of complex interactions that are contingent upon one another. If our bowels are congested, it is likely that our liver is congested. Congestion anywhere in the body also indicates the likelihood of infection and inflammation on a cellular level. If the proper minerals, vitamins and oils are not supplied to meet the demands, then illness sets in. Every biological response relies on specific nutrition. To avoid and /or reverse this situation you require a detox program specific to your health situation.

Taking care of your body and preventing illness is far easier, wiser, and less costly than treating disease once it occurs.

Remember: Invest in the greatest creation: You!

Live Long and Live Well