

THE HEALING CRISIS/CLEANSING REACTION

(Adopted from: H. Reg McDaniel, MD)

As you begin to eat the right combinations of foods for your metabolic profile and to supplement your diet with health-building products, positive changes begin to happen within your body.

The Ideal Reaction

The ideal reaction is the gradual development of an increased sense of well-being. At first you will notice you do not tire so easily. You will have more sustained energy during the day, and you will not become tired so early in the evening. Next, you may find you are more alert in the mornings. As your sense of well-being increases, you may begin to feel more emotionally and psychologically secure. Little things do not bother you as they once did. Your old patterns will begin to change from grumpy ones to happy ones.

Healing Reactions

However, in a significant minority, a number of uncomfortable reactions may occur as you begin to physiologically balance your body chemistry and revitalize your immune system through the support of cellular communication. It is not easy for your body to adjust overnight to a long history of inappropriate or inadequate diet. The longer the deficiencies have existed, the more prevalent the response is likely to be. Healing reactions that may occur are associated with: fever, rash, hives, gas, running nose, headaches, insomnia, thirst, weakness, lethargy, loss of appetite, nausea, diarrhea, fever blisters, dry mouth, canker sores, constipation, dizziness, nervousness, and various body aches and pains in joints and muscles. When these reactions occur, you can be assured your body is making positive changes toward an improved state of health.

If you recognize these as healing crisis, it will be easier to accept them as steps on the road to better health. These conditions are a small price to pay for long-lasting benefits.

Reasons for Reactions

Immune Response

When your body is exposed to long periods of emotional, physical, and environmental stress (heavy metal, petrochemical, or pharmaceutical exposures) combined with an inappropriate diet, your natural defense system can become compromised and less efficient. When the immune system “wakes up”, the reactions can come in the form of flu-like symptoms.

Toxic Dump

The human body has an amazing cleansing system for eliminating toxins that accumulate in the body. This system can also become inefficient and allow toxins to build up and be stored in body fat, cysts, tumors, polyps, and skin tags, rather than be eliminated. Once this natural cleansing system begins to work more efficiently, reaction can occur. These reactions result from the stored up toxins being released faster than the liver, kidneys, skin and lungs can remove them from the body. These reactions can include loss of appetite, cause, headaches, and swelling in various lymph glands throughout the body.

Allergic-type reactions

Allergic-type reactions can be caused when the hydrochloric acid in the stomach is deficient and/or when the liver and adrenal glands are in a state of dysfunction or extreme exhaustion. An allergic-type reaction can include skin rashes and shortness of breath.

What To Do

1. Attempt to drink at least one fluid ounce of purified water for every 2 pounds of body weight each day. This will help flush out toxins and contribute greatly to the natural cleansing of the kidneys.
2. Increase your intake of raw, fresh fruits, vegetables, and cereal brans. This can help accelerate the removal of toxins of any type.
3. Include an activity component in your daily routine. Briskly walking for 15 minutes is a good place to start. Aerobic exercise is another good way to support detoxification.

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4. If the reaction is too strong for you to tolerate, you can reduce or even discontinue the supplements for a couple of days, and then gradually build back up to the recommended amounts. This routine may need to be repeated, depending upon the depleted condition of your body and the amount of repair needed at the cellular level.

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