

# UNDERSTANDING THE HEALING CRISIS

## UNDERSTAND THIS FIRST

**The body tends to become congested with waste material and toxins when:**

- A person has been eating poorly for a long period of time.
- A person doesn't exercise on a regular basis – this includes stretching and muscle strengthening exercises, in addition to cardio vascular exercises that speed up the heart rate.
- A person is exposed to chemical toxins found in food and the environment.
- A person has been taking prescription medications for many years rather than using more natural alternatives.
- Click [here](#) to read some articles that explain this in more detail.

## WHAT IS THE "HEALING CRISIS"?

When a person decides to take steps to be healthy, they make lifestyle and dietary improvements. Too many positive changes at once can put stress on the body. This creates a "Healing Crisis", also called "[Herxheimer's reaction](#)".

A Healing Crisis is when you temporarily get worse before you get better.

A healing crisis can only occur when the body builds up enough strength to handle detoxification. It manifests when the body is ready to heal.

## WHAT CAN CAUSE A "HEALING CRISIS" TO OCCUR?

*A Healing Crisis can happen as a result of many lifestyle or dietary changes such as:*

- When you begin to replace old and destructive eating patterns with new healthy eating patterns.
- When you start minimizing your exposure to environmental or chemical toxins.  
*Ex:* fertilizers, pesticides, food additives, artificial sweeteners, drugs, medications, carpet glue, chemical cleaning products, air fresheners, beauty products, hair products, etc....
- When you start to drink more water and stop or minimize the amount of beverages such as pop, alcohol or caffeinated beverages.  
\*The toxic build up of acids and artificial food additives get stored in the body's tissues and in fat cells. Water helps to flush the toxins out of your body.
- When you start eating more detoxifying foods such as increasing the ratio of vegetables and other plant foods, such as herbs, in your diet.

\*Plant foods have many nutrients that are needed to help your body detoxify. Some act as antioxidants and some nutrients are needed for your body to manufacture various enzymes that are needed in the detoxification process. Please click [here](#) to read about the nutrients needed to help your liver detoxify. When your liver is lacking the necessary nutrients to help your body detoxify, then a toxic build up occurs in your tissues, leading to symptoms.

- When you stop eating so many refined foods with sugar, white flour or "bad fats" (trans, hydrogenated, rancid, deep fried).

\*These foods have no nutritional value and only put stress on your body, leading to an increase in free radical damage to your cells. They also affect blood sugar levels and damage arteries, leading to [Syndrome X](#) (Heart Disease, High Blood Pressure, Hypertension, High Cholesterol, Insulin Resistance, Diabetes). Your body cannot utilize them so they get stored away as excess fat.

- When you start supplementing with essential nutrients that help your body to break down and absorb nutrients more efficiently.

\*This causes tissues to start healing and creates a healthier environment. When the environment within the body becomes healthier, toxins begin to get expelled from the body. Click [here](#) to read about the nutrients needed for the liver detoxification pathways.

## **SYMPTOMS YOU MAY EXPERIENCE DURING A "HEALING CRISIS"**

The healing crisis will usually bring about past conditions in whatever order the body is capable of handling at that time. People often forget the diseases or injuries they have had in the past, but are usually reminded during the crisis. There are a wide variety of reactions that may manifest during a healing crisis, the most common are:

- Mucus discharge
- Weakness
- Inflammation and pain
- Nausea and/or vomiting
- Bowel disturbances like diarrhea
- Aching muscles or joints - arthritic flair up
- Swelling
- Coated tongue
- Bad breath
- Body odour
- Extreme fatigue and/or its opposite, restlessness
- Cramps
- Headache (believed to be caused by buildup of toxins in the blood)
- Aches, Pains
- Insomnia
- Sinus congestion
- Fever (usually low grade) and/or chills
- Frequent urination and/or urinary tract discharges

- Bladder irritation (cystitis)
- Dizziness and/or drop in blood pressure
- Skin eruptions, including: boils, hives, and rashes  
*Note: Skin eruptions are often misdiagnosed as allergic reactions, resulting in the premature cessation of the cleansing program.*
- Cold or flu-like symptoms
- Cough and/or sore throat
- Thrush
- Strong emotions: anger, despair, sadness, fear, etc... (suppressed emotions may surface as the body begins to heal emotionally as well as physically)
- Suppressed memories arise
- Anxiety
- Mood swings
- New phobias develop

## HOW DOES YOUR BODY EXPEL TOXINS?

Click [here](#) to read more about the nutrients that are needed for the liver detoxification pathways. Once chemicals, toxins, pathogens and metabolic by-products are neutralized by enzymes that are manufactured in the liver, they get expelled through different methods, such as bile and the colon, the kidneys (urine), the lungs and the skin. Here are some examples of where various things get expelled from the body after they have been neutralized by the liver:

- **Detoxification of chemicals** happens in a variety of ways. For example, many chemicals get detoxified by the **sulfur**, found in cruciferous vegetables (broccoli, cabbage, cauliflower), and escapes through the skin.

- **Mercury** gets expelled through furuncles (boils), ulcers, abscesses, opens sores and hemorrhoidal discharges.

- **Toxic gases** find their way out of the body through body odor, furry tongues and in bad breath.

*Note:* If the symptoms are too overwhelming, feel free to stop any detoxification program you may be doing. You may cease it temporarily then begin doing the program once you feel ready to begin again.

## DETOXIFICATION PROGRAMS:

### ***What happens when you do a "cleanse" or "detoxification program"?***

- 1)** This causes the body to release "stored toxins" from tissues and fat cells. If the toxins are released more rapidly than the liver can detoxify them, the liver becomes "overloaded". The liver is what "filters" our blood so we must be careful not to overload it.
- 2)** This may cause a large amount of bacteria or other microorganisms to die off in your body. The endotoxins (toxins within the bacteria) are released into the bloodstream. The more

bacteria present, the more endotoxins that will be released, therefore the stronger the reaction to the detoxification program.

## HOW CAN YOU PREPARE THE BODY FOR DETOXIFICATION?

### *Ways to prevent or minimize the "Healing Crisis":*

#### Dietary tips

1. Eat a diet high in a variety of fresh or slightly steamed vegetables. The antioxidants and nutrients are needed to help your body detoxify and eliminate toxic build up. Click [here](#) to read about the nutrients needed for the liver detoxification pathways.
2. Eat whole natural foods that are free of pesticides, hormones and antibiotics
  - Choose organic vegetables and "naturally raised" meat
  - Avoid processed and refined food
  - Avoid high sugar foods and beverages
  - Avoid "farmed" fish
3. Eat plenty of fiber each day to absorb toxins and to help speed their transit through the system. High sources of fiber include: fruits, vegetables, crushed flax seeds, and Psyllium hulls or seeds.

\*You may try some natural herbal laxatives but you don't want to take any form of laxative for a long period of time or your bowels will start to depend on them.
4. Eat in a way that helps to balance your blood sugar. The main fuel for the brain is "glucose" so maintaining a constant blood sugar level is essential to minimizing a stress response. Ways to help balance your blood sugar are:
  - Eat small meals every 3 to 4 hours
  - Avoiding eating processed, refined and high sugar carbs or beverages
  - Avoid stimulants, such as caffeinated beverages, since they put stress on the adrenals and affect blood sugar regulation over time
  - Eat according to your [Metabolic Type](#) (you will need to fill out an online questionnaire to find out what your [Metabolic Type](#) is).
  - Avoid foods you are allergic or sensitive to. These may affect blood sugar levels in a variety of way (you will need to do the [food antibody panels](#) to find out which foods you are allergic or sensitive to - click [here](#) to read about the different antibodies that you can test for).

## Lifestyle and other helpful tips

- 1.** Avoid chemicals as much as possible! This will lessen the stress load on the liver.
  - Use essential oils, incense, flowers and candles for the replacement of chemical air fresheners and deodorizers of clothes and furniture. They are safer than using chemical air fresheners, which contain cancer causing estrogens, known as "[xenoestrogens](#)".
  - Choose natural based cleaning products and cosmetics
  - Wear gloves and have proper ventilation when working with chemicals
- 2.** Get some rest if you feel tired. It will help speed up the healing process. Keep in mind that your body is eliminating toxins and repairing damaged tissues.
- 3.** \*Your liver can put more energy towards detoxifying when you are resting because it doesn't have to put energy towards digestion, dealing with stress hormones or other bodily functions.
- 4.** Visualize how you want to feel. Write down your "health goals". There is evidence showing that visualizing and writing down your goals will make them more likely to happen.
- 5.** Surround yourself by positive "[affirmations](#)" to keep you in a positive mind frame. Praying and asking for guidance and healing also helps.
- 6.** Maintain a consistent exercise regime. Don't overdo it but keep your circulation going through a combination of moderate exercise and stretching. Sweating is a great way to help your body detoxify!
- 7.** Try calming exercises such as: meditation, yoga, deep breathing or EFT (emotional freedom technique).
- 8.** Drink plenty of water. It is recommended to drink 6-10 cups depending on your body weight. Adding an extra cup for every caffeinated or alcohol beverage is a good idea.
- 9.** Use an Infrared Sauna to help your body detoxify. It helps your body to detoxify more effectively since it helps you relax. When your body isn't stressed, your liver can focus more energy on detoxification. It also helps you sweat, therefore pulling toxins out through your skin. Click [here](#) to read more about the health benefits of using an Infrared Sauna.
- 10.** Try doing a couple coffee enemas to help your colon expel the excess toxins and take the burden off your liver. Ask me for instructions on how to do this. You can also find tons of information on the internet about it.
- 11.** Have people in your life who are positive, supportive and encouraging. This helps you to relax and feel more comfortable.

12. Take hot baths to relax. Epsom Salt baths will help your skin to detoxify more efficiently. The skin is the largest detoxification organ. Adding essential oils to your bath water is a great way to relax too. They help to calm your mind and help you to relax.
13. Aromatherapy is also a great natural way to help your body relax and detoxify. A great essential oil for relaxation is Lavender. Other essential oils that help the body deal with stress and help you relax are Cedar, Ylang Ylang. Click [here](#) to read more about essential oils.
14. Some therapy treatments such as: a massage, chiropractic adjustment, acupuncture or acupressure, will help your lymphatic system to eliminate toxins more effectively.
15. Do anything you can to de-stress! The body detoxifies better when you are less stressed.

**Dr. Bernard Jensen says:**

"We cannot expect sweet thoughts with a sour stomach. And for this reason, all stress in any organ has an effect on every other aspect of our being. Physical, emotional, mental and spiritual processes are all interconnected and need to be in balance for healing to occur."

**Source:**

***Iridology: The Science and Practice in the Healing Arts*** Volume II by Dr. Bernard Jensen  
© 1982

**Sources:**

[http://www.naturalhealthtechniques.com/basicsofhealth/healing\\_crisis\\_process.htm](http://www.naturalhealthtechniques.com/basicsofhealth/healing_crisis_process.htm)

<http://falconblanco.com/health/crisis.htm>

<http://www.enaturalhealthcures.com/healing-crisis-symptoms.html>

**Suggested books to read – written by Bruce Fife:**

[The Healing Crisis](#)

[The Detox Book: How to Detoxify Your Body to Improve Your Health, Stop Disease and Reverse Aging](#) – by

[The New Arthritis Cure: Eliminate Arthritis and Fibromyalgia Pain Permanently](#)

[Stop Alzheimer's Now!: How to Prevent & Reverse Dementia, Parkinson's, ALS, Multiple Sclerosis & Other Neurodegenerative Disorders](#)

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