

## Detox Reactions

Detoxification (detox) reactions are part of every system of true healing that we are aware of. It can be called by different names, such as healing crisis, die-off, re-tracing, Herxheimer reaction, etc., But they all refer to the same thing: discomfort. In the healing process, the body is getting rid of toxic materials, such as metals, pesticides, herbicides, and industrial chemicals. The body is also experiencing a shift in its "usual" state of metabolic functioning. When it does so, you can experience symptoms. These symptoms can even be more severe than what you have previously experienced, and it might seem as if your condition is getting worse rather than better. The most common detox reactions include headache, muscle and/or joint aches, intestinal problems (gas, diarrhea, etc.), fatigue, and skin rashes and/or itching. However, any bodily function can be effected, and detox often repeats the symptoms that you have presently or had in the past. Everyone experiences a different level of detox, with some people going through very little discomfort, while others feel terrible. Unfortunately, this process is unpredictable. Just as unfortunately, I am unaware of any way around it. People simply don't become truly healthy without going through this process. You must decide for yourself if this is the course of action that you wish to follow.

If you do experience detox reactions, there are several things you can do to decrease the symptoms:

1. Unless otherwise indicated, you can reduce the amount of supplements you are taking in order to slow the process down.
2. Unless otherwise indicated, you can take large doses of vitamin C to bowel tolerance (diarrhea). This is usually in the area of 10-40 grams a day. Taking buffered powder is often more effective than pills.
3. Increase fiber in the diet, either through foods or fiber supplements, so that you are having 1-3 soft bowel movements per day.
4. Drink plenty of filtered water, 8-10 8oz. glasses a day.
5. Do body scrubbing with a body brush, 1-3 times a day.
6. Engage in an aerobic form of exercise. Rebounding (mini-trampoline) is excellent and assists in lymph drainage. If this increases symptoms, switch to a different type.
7. Take warm baths using baking soda, Epsom salts, or other symptomatic relief.
8. Medications, herbs and other agents can be used for symptomatic relief.
9. Do a liver flush-ask one of the staff for the instruction sheet.

Good luck, and remember detox reactions are a sign of healing.

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