

Don't Fight The Healing Process

by Jimmy Scott, Ph D.

In the course of following a nutritional program many people experience uncomfortable symptoms. This is known as a healing reaction. The most common symptom people report is a brief reduction in energy. They may find themselves sleeping longer, perhaps as much as 12 hours a night. Some people also report aches and pains in various parts of the body, digestive system disturbances such as gas, constipation, diarrhoea or other miscellaneous complaints.

These symptoms may occur because the body is ridding itself of the various substances that have been making it unwell - not only the materials that have accumulated in the colon, but also the antibodies and other substances that have built up in their individual cells, interfering with their normal functioning. As these substances are ejected out of the tissues, they are dumped into the system, making the body temporarily more toxic until they can be excreted. This is partly what produces the symptoms of the healing reaction. This effect is accentuated by the body's process of tearing apart defective tissue, repairing damaged cells, destroying parasites or infective agents and otherwise producing debris from the reconstruction.

I find the more severe the individual's condition (the more toxic his or her body is), the stronger will be the healing reaction. Because the flushing of toxins out of the cells causes this reaction, the strength of the reaction depends on how carefully the individual is following the recommended nutritional program. The more correctly the program is followed the stronger will be the healing reaction.

WHY OLD SYMPTOMS COME BACK

Often in the course of the healing process, old symptoms temporarily re-appear. Why should people have to go back through these old problems in the course of getting better? The specific symptoms experienced at any given time depend on the balance among the various biochemical substances in the body. For example, when a person is perfectly healthy, there is a certain ratio between Substance A and Substance B in the tissues. When this ratio gets out of balance, the person may feel fatigue; when the imbalance is greater, a headache may occur, when it is even greater, the person may develop insomnia and so on.

One reason people re-experience symptoms as they get healthier, is that in order to progress from say 100:1 imbalance to a 1:1 balance, they have to go back through 98:1 and so forth, and as they go through each phase, they experience the symptoms associated with that particular level of imbalance.

Of course, in actuality a person's symptoms would not depend on the ratio between just two substances, but amongst hundreds of different things. If a person gets stuck at some level, he will get stuck with the symptoms

for that level.

I like to picture the healing process as going up a flight of stairs; the energy is balanced, all the nutrients are present in their proper ratios, and the body is functioning properly. When someone's health begins to deteriorate, he moves down the stairs, and at each step along the way, he experiences a specific kind of symptom - perhaps less energy at one step, headaches a little further down, an ulcer still further, and so on. As the body begins to heal itself once again, the person begins to move back up the stairs, and re-experiences the symptoms associated with the various levels of health.

The experience of one of my clients illustrates how confusing the healing process can be. When Mona first came to my office, she hobbled along on a cane, moving with difficulty and in constant pain. Her arthritis had developed rapidly, and she looked ten years older than she was. In spite of the hopeless prognosis she'd received from numerous health professionals, Mona was a fighter and was determined to overcome her affliction. Her high motivation helped her to follow closely the supplement program we worked out for her. Now only a year later, Mona is almost over her arthritis. She threw her cane away months ago.

This transformation was not an easy process. However in the course of healing her body, Mona experienced a lengthy series of symptoms which most people, unaware of the healing process, would have interpreted as getting sicker. On starting the program Mona experienced even lower energy levels. At times, she had severely swollen ankles, feet and legs. For a while she hobbled even more than she had originally! She had an assortment of aches and pains, which would drive most people to their physician for painkillers and tranquilizers. She had been warned, however, that she would experience many symptoms from years before, and soon she discovered that as these symptoms abated, the affected part of the body became as good as new.

DRUGS THAT BLOCK PAIN MAY ALSO BLOCK HEALING

Experiencing such healing reactions can be very distressing for many people, because we are taught in our society that symptoms are somehow bad. Although it is tempting to take painkillers, antihistamines, or other drugs when uncomfortable symptoms occur in the course of healing, it is very important to correctly follow the nutritional program you have begun and to do nothing to interfere with the healing process. If as in the past, an individual went through a period of pain, taking painkillers or other drugs at this point to relieve the symptoms, actually prolongs the discomfort.

You see, aspirin and antihistamines work by blocking the prostaglandins - chemical substances found throughout the body, which regulate many bodily functions and metabolic processes. Generally, the prostaglandins work

in opposing pairs. One for example may cause inflammation and swelling in response to a specific stimulus, while another undoes these reactions. When a person takes aspirin or an antihistamine to stop an uncomfortable reaction, they may not experience the pain or inflammation, but they also do not get the healing process that undoes the reason for the pain/inflammation. They have achieved a stalemate rather than a cure.

One of my clients, Alice has had many years' history of pain, and is now going through a lot of healing reactions, including "spasms" in her digestive system. Although I have explained to Alice that she must go back through her painful symptoms in order to be cured, she insists that something must be wrong. When she has pain, she stops taking supplements and uses medication to reduce spasm. It is a real dilemma for her because she really is in pain, and she believes that it is not good to experience pain. Unfortunately, by blocking the pain with an inappropriate medication, she is keeping herself from being healed. So she is going back and forth, keeping herself precisely at the level where she is bound to have pain.

SOME NATURAL WAYS TO EASE HEALING REACTIONS

When healing reactions are very troublesome, we can usually do something to help. Some herbal remedies relieve symptoms without interfering with the healing process. For example, white willow bark contains a different chemical form of salicylic acid than aspirin, so that it blocks only the inflammation chain and not the healing chain. This explains why natural substances are preferable to synthetic drugs in the long run.

The dosage of certain supplements can also be adjusted to slow down the rate at which the healing process takes place. When my clients have uncomfortable strong healing reactions, I cut down on the dosage of some of their nutrient supplements but urge them not to stop. This reduction in nutrients slows down the healing process. The uncomfortable symptoms are less intense, but the healing process is more prolonged. *As the person's body becomes detoxified, we can increase the nutrient dosage until it is being taken at optimal levels.*

When a person is experiencing a healing reaction, they may be worried that they are getting worse rather than better. If the person is undergoing a healing reaction, they should be reassured with the explanation that the uncomfortable symptoms are a sign that they are moving up to a higher level of health.

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The Healing Crisis

Corey Sievers & Linda Barker

"Given the right conditions, your body will **always** heal itself."

Dr John Whitman Ray

A healing crisis is what happens when your body starts to regenerate. **Firstly** it usually only occurs by having the correct nutrients available in your cells and **secondly** by you having a positive frame of mind to set the process in motion. *A healing crisis comes about when your body starts to reject toxins accumulating in your body.*

Although it can be brought on by radical changes in diet alone if you have a very toxic system, a healing crisis is

usually more noticeable when undergoing some other natural therapy and or with a good nutritional supplemental regime.

Your skin is your largest eliminating organ. In a healing crisis your body can reject toxins through the skin, leading to **pimples, rashes, body odour, hives, boils**. Help your skin be vitalised by dry skin brushing with a natural bristle brush as this will get rid of dead skin cells, and help the skin to eliminate properly. Do **not use soap** as it clogs the pores and slows elimination. A non toxic shower gel and loofa are beneficial in improving skin health.

Other signs that show your body is healing can be - **cold, tiredness, diarrhoea, frequent urination, headaches, back aches, joint aches, exhaustion**, etc. *If these symptoms appear, congratulate yourself and your body, as healing has commenced.*

Enjoy the healing crisis. BE HAPPY! Be enthusiastic about your body's ability to heal! Endeavour to love / appreciate the discomfort, and be grateful that you have had the opportunity to reverse these ageing effects. *Know that it will pass and it is only your body working to regenerate itself.*

As your cells discard old toxins into your blood stream you generally cannot avoid some discomfort, headaches, or lethargy. **Rest.** Take some time for preparation and adjustment; take advantage of this special time. Treat yourself gently. Of great importance is to drink plenty of water, get plenty of rest and continue the nutrients that began the process!

If you take a suppressive drug, sweets & coffee, this healing will halt. There is a time and place for drugs; during a healing crisis is not the time. Why throw all your hard work and nutritional investment away? Know you are getting somewhere, LUCKY YOU.

Take the relevant supplements for at least three months to see significant improvement. It will not only get your body and mind into a healing mode but can also start emotional and mental healing leading to sometimes feeling grumpy, sad, depressed, angry etc. This is all ok and part of the process.

It has been our experience that due to the tremendous burden of our toxic environment, and our inadequate foods, **regular and constant supplementation has become a necessity for healthy living.**

Expect to be on the relevant supplements for at least three months before noticing significant benefits. The nutrients are doing the renovation of your body – renovation takes time. Remember you are living in your body, when you are living in a house you are renovating, its not comfortable, its not easy, but the results are worth it!

This is only the beginning of the regenerative process. *Instead of being impatient, learn as much as you can, ask questions, read books.* Understanding your body replaces any fear or concern you may experience. Concern causes tensed muscles and blocks blood energy flow.

The **Healing Crisis** is a very real and necessary factor in health and healing, and knowing how to work with your body is extremely beneficial in helping your body heal naturally.