

DON'T FIGHT THE HEALING PROCESS

In the course of following a Cleansing program for allergies or other problems, many people experience uncomfortable symptoms. This is known as a healing reaction.

The most common symptom clients report is a temporary 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, or diarrhea, or other miscellaneous complaints.

These symptoms occur because the body is ridding itself of the substances that have been making it toxic - not only the materials that have accumulated in the colon, but also the antibodies and other substances that have built up in the 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 re-construction.

The more severe the individual's condition (the more toxic his or her body is), the stronger will be the healing reaction. Because the healing reaction is caused by the flushing of toxins out of the cells, the strength of that reaction also depends on how carefully the individual is following the recommended Cleansing Program. The more correctly the program is followed, the stronger will be the healing reaction.

INCLUDEPICTURE "http://www.parasitecleanse.com/IMAGES/HEALING2.JPG" *
MERGEFORMATINET

Often in the course of the healing process, old symptoms temporarily reappear. Why should people have to go back through these old problems in the course of getting better? One opinion is that the specific symptoms that a person experiences 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 to a certain degree, the person may feel fatigue; when the imbalance is greater, a headache may occur; when it is greater still, the person may develop insomnia, and so on.

One reason people must re-experience symptoms as they get healthier is that in order to progress from, say, a 100:1 imbalance to a 1:1 balance, they have to go back through 99:1, 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 among hundreds of different things. If a person gets stuck at some level he will get stuck in the symptoms for that level. This helps to explain the basis of the chronic illnesses from which so many people suffer.

Picture the healing process as going up a flight of stairs. At the top of the stairs, the energy is balanced, all the nutrients are present in their proper ratios, and the body is functioning properly.

Then the body 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-experience the symptoms associated with these various levels of health.

The experience of one client illustrates how difficult the healing process can be. When Mona first came to the 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 had received from numerous health professions, Mona was a fighter and was determined to overcome her affliction. Her high motivation helped her to follow closely the program developed for her. Now, only a year later, Mona is almost over her arthritis. She threw away her cane 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. Mona had very low energy for a long time. At times she had severely swollen ankles, feet, and legs. She hobbled even more, for a while, than originally. She had an assortment of aches and pain, which would drive most people to their physician for pain killers and tranquilizers. She had been warned, however, that she would re-experience many symptoms from years before, and soon she discovered that as these symptoms abated the affected body part became as good as new.

INCLUDEPICTURE "http://www.parasitecleanse.com/IMAGES/HEALING3.JPG" *

MERGEFORMATINET

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 pain killers, antihistamines, or other drugs when uncomfortable symptoms occur in the course of healing, it is very important to follow the prescribed program correctly and to do nothing to interfere with the healing process. If in the past an individual went through a period of pain, taking pain killers 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 process. Generally the prostaglandins work in opposing pairs. One, for example, may produce 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, he may not experience the pain or inflammation, but he also does not get the healing process that undoes the reason for the pain and inflammation. He has achieved a stalemate rather than a cure.

One client, Alice, has had many year' history of pain, and is now going through a lot of healing reactions, including "spasms" in her digestive system. Although Alice has been informed 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 her supplements and uses medication to reduce her 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 getting healed. And so she is going back and forth, keeping herself at precisely the level where she is bound to have the pain.

INCLUDEPICTURE "http://www.parasitecleanse.com/IMAGES/HEALING4.JPG" *
MERGEFORMATINET

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 of the prostaglandin and not the healing chain. This illustrates 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 clients have uncomfortable strong healing reactions, they cut down on the dosage of some of their tissue extracts. This slows down the healing process. The uncomfortable symptoms are less intense, but the healing process is also more prolonged. As the person's body becomes detoxified, we can once again increase the tissue extract dosage until it is being taken at optimal dosage.

For those who may experience the healing process, symptoms usually happen at:

1-5 day mark

then further and further apart and the signs are milder as time goes on.

Cleansing Signs

1. Fatigue

lasts 3-5 days at beginning, then further apart and milder

2. Headache

reflects what is happening in the body

3. Rash

skin is largest eliminating organ

could be allergy or cleansing:

if rash came up right away, it's an allergy

if someone has been on the products for a while, then got a rash, it's a cleansing sign

4. Mucous

signs of slight cold, clearing throat often, runny nose, runny eyes

5. Loose stool

- loose stool is good, diarrhea is bad
- loose stool is going 2-4x very loose, or watery
- diarrhea is going 9-10x in last few hours
- most people have highly acidic system from meat, alcohol, pop.
- Experience is alkaline, neutralizes acidity.

6. Foul smelling stool

when Experience takes off the first couple of layers of fecal matter, it's very toxic and gaseous. May also have body odor.

Toxins released through pores:

stay home or try baking soda bath - 5 lbs. baking soda with fresh lemon juice for 20 minutes, or 2 cups baking soda with 2 cups Epsom salts.

The Law of Cure

The healing crisis has been expressed over the years by the following definition, which has gained widespread acceptance:

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

Putting it another way, a healing crisis will occur only when an individual is ready both physiologically and psychologically. The basic foundation for all healing is nutritional preparedness. A healing crisis will begin from within out, in reverse chronological order as to when and how the symptoms have appeared.

Frequently a person will start a new nutritional program, including the use of supplements. Within hours or days a burst of energy and well-being may be experienced. Shortly thereafter this may suddenly change, and past symptoms and pains may return. Unless one has been taught to expect such a "healing crisis," he or she might become alarmed, and resort to the use of drugs to "make me feel better." As indicated earlier, this suppresses the symptoms (which are body's efforts to return to rid itself of toxins) and halts the healing process.

If one is fully informed concerning the possibility of the healing crisis, there are a number of things that can be done to make this time pass more comfortably and

safely.

Remember, your body is infinitely intelligent, and, if given the proper tools (good nutrition, sufficient fresh air and water, adequate rest and sleep and a positive mental attitude), will manage to work itself through the healing crisis and "miraculously" heal itself.