

DON'T FIGHT THE HEALING PROCESS

In the course of following a nutritional program for allergies or other problems, many people experience uncomfortable symptoms. **This is known as a healing reaction.** The most common symptom my 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 reconstruction.

I find that 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 the reaction also 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 reactions. See Article, "[Detoxification](#)"

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WHY OLD SYMPTOMS COME BACK

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? I believe that the specific symptoms that 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.

A theory that people may 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.

Biochemist John Eck has pursued a similar line of thought in his research on mineral nutrients. Using hair analysis Eck has suggested the optimal levels for some of the principal minerals in the body. On the basis of the ratios among these minerals, Eck is able to estimate how efficiently the thyroid and adrenal glands are functioning, and hence to predict an individual's metabolic energy level.

Of course in actuality, a person's symptoms would not depend on the ratio between just two substances, (See: triad of health) 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.

I like to 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. 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 these various levels of health.



The healing process can be hastened through using Kinesiology techniques. (See article “What is Kinesiology, and What Can It Do For Me?”)

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 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. Taking pain killers or other drugs at this point to relieve the symptoms can actually prolong the discomfort. However, in some instances medication may be required.

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 produce inflammation and swelling in response to a specific stimulus, while another un-does 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.

SOME NATURAL WAYS TO EASE HEALING REACTIONS

When healing reactions are very troublesome, we can usually do something to help. By seeking a Remedial Therapy such as Kinesiology, you will know which course of action to take. 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 prostaglandins 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 processes takes place. When you have uncomfortably strong healing reactions, the dosage of some of your supplements can be cut down. This slows down the healing process but the uncomfortable symptoms are less intense. The outcome is that the healing process is more prolonged, but bridges this difficult time. As the person's body becomes detoxified, we can once again increase the supplements dosage until it is being taken at optimal dosage.

When a person is experiencing a healing reaction, he/she may be worried that he is getting worse, rather than getting better. If the person is undergoing a healing reaction, he should be reassured with the explanation that the uncomfortable symptoms are a sign that he is moving up to a higher level of health. The skillful practitioner will be able to determine that healing is taking place rather than some “disease process”.