

The Healing Crisis

A healing crisis is in effect when the body is in the process of elimination. Reactions may be mild or they may be severe. One should expect this and work toward it. The body's inherent desire is perfect health. We have the ability to earn our way back to that state, or closer to it. The body must go through an elimination process to achieve good health. There will be ups and downs. One does not go immediately into good health. Reed Davis, FDN Practitioner and Health Director of the San Diego Natural Health & Fitness Center in Southern California calls this the "healing crisis."

A healing crisis results when all body systems work in concert to eliminate waste products and set the stage for regeneration. Old tissues are replaced with new. A disease crisis, on the other hand, is not a natural one and works against the body's natural processes. Symptoms during a healing crisis may be identical to the disease, but there is an important difference – elimination. A cleansing, purifying process is underway and stored wastes are in a free-flowing state. Sometimes pain during the crisis is of greater intensity than when the chronic disease is building up. Davis says this may explain why there may be a brief flare-up in one's condition.

The crisis will usually bring about past conditions in whatever order the body is able to handle them at the time. People often forget the disease or injuries they have had in the past, but are usually reminded during the crisis. Reactions could include skin eruptions, nausea, headache, sleeplessness, unusual fatigue, diarrhea, head or chest cold, ear infections, boils, or any other way the body uses to loosen and eliminate toxins. The crisis usually lasts three days, but if the energy of the patient is low it may last for a week or more. The body needs juices, and especially water, to help carry off the toxins. This is a time for rest – mental as well as physical rest.

One crisis is not always enough for a complete cure. The person in a chronic state, who has gone through many disease processes in life, must go through these processes again. Often, the crisis will come after one feels his or her very best, setting the stage for the action. Most people feel energy boost the first few days. Then toxins are dumped into the bloodstream for elimination. Davis recommends going as slowly as your body needs to go so that your elimination is gradual and comfortable.

With a more serious condition there may be many small crises to go through before the final one is possible. Everything must be considered and given its proper place in the build-up to a healing crisis. One should expect it and work toward it.