

LISTEN TO YOUR BODY

Dealing with the Healing Crises

It has been said that one does not always “see all he looks at” or “listens to all that he hears”. As far as your body is concerned, the above statements are very appropriate. During the days, weeks, and months ahead, your body chemistry will be making many adjustments and changes. It is very important that you be aware of the possible effects of these changes.

What are some of the possible effects you might experience if you decide to follow the recommendations? I do not want to predispose you to experience things you might not ordinarily experience. Some people move on quite smoothly to increased vigor and health, while others find the road more challenging. Some experience one thing and some experience another. A lot depends on the direct effects from one’s faith, their mental attitudes, determination and one’s physical make-up.

We will list a few things some people have experienced, so that if any of these things might happen to you, you will know that it is not unexpected. Not only should physical changes be expected, but as the body chemistry changes it can also effect your emotions.

Over a period of years the body makes adjustments to our lifestyle choices and often the result is a less than ideal chemistry. As we begin to adjust the body chemistry back to ideal, or as close to ideal as possible, some unusual things sometimes happen.

Some people do not understand this process and become frightened at how they are momentarily feeling and often stop the process by discontinuing with the recommendations. This only delays the changes that are good and necessary.

When the body starts taking up calcium some people get hives, or break out with pimples and even cold sores. Often an individual will feel “funny” or a bit “strange” – particularly in the area where energy has been lost. Old injuries of many years ago may flair up – sprained ankles or wrists, old surgeries, sports injuries, leg injuries, finger injuries, back injuries, etc. They may hurt just as badly as they did originally; then suddenly the pain is gone. This is the body doing its house cleaning. As the liver gains energy and becomes active toxins that have accumulated in the body for years begins to be stirred up and eliminated from the body. A person might get headaches, run a fever for a few days, become nauseated, feel like lying down, or run completely out of energy all of a sudden – these are all typical experiences.

In many cases – especially with headaches and fevers, the eliminative organs have not been able to keep up with the cleansing that is going on. In such instances it is advised to administer an enema or colonic for the best and quickest relief. Walking in the fresh air, while doing deep breathing is also helpful in many cases. When changes are more severe, it is best to take a lot of rest to conserve the body energy for the healing process.

When one chooses to do a lemon water fast for three days, at the suggestion of their counselor, in order to speed up the chemistry changes, often they will go through a very deep change, in which the liver reverses itself, causing vomiting (even of bile) and great discomfort. These effects last only a short time and then the body makes a quick and significant change, and the person feels a great deal better than they have in a long time. This type of experience is very likely to happen to someone who is quite over weight. This is because fat cells store toxins and when the body starts mobilizing the fat these toxins are released into the blood stream and may cause discomfort even to the point of illness.

During any of these potential symptoms one should stay on the program – don't back out – stay with it. You will only delay the process if you stop the program, and possibly create a situation that will eventually return as a disease process. Do not be frightened, rather understand the body is healing itself and the crises will pass and health will be restored.

When you sense that there is a critical change taking place; a healing crises – and you feel you need counsel or reassurance, contact your counselor. Sometimes you need a little encouragement or instruction to assist the body in its chemistry change. After a major chemistry change, it is usually necessary to adjust the recommendations according to the body's new requirements.

If all this sounds a bit gloomy, be assured many people feel better and better a majority of the time as the body chemistry shifts. However, everyone needs to understand that there may be some down days along with the good, and you shouldn't be bewildered by this fact.

Even when a healing crises takes place, long after the time it would be expected, don't be surprised. Everyday you faithfully follow the program recommendations; you are a day close to freedom from discomfort and disease. Everyday you forget, or goof off, a day is lost – sometimes many days are lost and it will take the body time to readjust again.

Some people forget how much better they are feeling until they go off the program for a few days. Suddenly, the old discomforts they had forgotten about come creeping back and take over once again. We suggest you maintain the discipline and commitment to your endeavor to gain perfect health. Going on and off the program can create a situation where the body may not respond later on. An on again, off again pattern can effect the body similarly to the way heat and cold temper metal – it hardens it. Likewise a hardening or resisting effect can be produced in the body to the extent that it may not respond in the future.

Therefore in order to gain the benefits you so desire a real commitment needs to be made to stick with the program. Face the future with confidence, with great anticipation and don't be disappointed when a little crisis comes your way. Remember it's all about choices and the choices you make today will create the world you live in tomorrow.