

# UNDERSTANDING THE NATURAL HEALING PROCESS

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

The most common healing symptom is a temporary reduction in energy. Many may find themselves sleeping longer, perhaps as much as 12 hours a night. Some people also report aches and pains, itching in various parts of the body, digestive system disturbances such as gas, constipation, or diarrhea, or other miscellaneous complaints.

These healing 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.

It is found that the more severe the individual’s disease 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 healing reaction also depends on how carefully the individual is following the recommended nutritional program. The more correctly a program is followed, the stronger will be the healing reaction.

### WHY OLD SYMPTOMS COME BACK

Often in the course of the natural healing process old symptoms temporarily reappear. Why should people have to go back through these old symptoms in the course of getting better? I believe that the specific symptoms that a person experiences at any given time depend on the balance among the various natural 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 heal and 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.

Picture the natural 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-experience the symptoms associated with these various levels of health.

## **DRUGS THAT BLOCK PAIN MAY ALSO BLOCK NATURAL HEALING**

Experiencing such natural 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 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 painkillers or other drugs at this point 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 produce inflammation and swelling in response to a specific stimulus, while another undoes these reactions. When you take aspirin or an Antihistamine to stop an uncomfortable reaction, you may not experience the pain or inflammation but you also do not get the healing process that undoes the reason for the pain and inflammation. You have achieved the stalemate rather than a cure.

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