

## THE HEALING CRISIS

Fruit and herbs are strong cleansers and they can stir up lot of toxins and mucus. You may feel some side-effects as the toxins leave the body. They can include: headache, body aches, fatigue, irritability, emotional releases, dizziness, diarrhea, nausea, muscle cramps, high temperatures, nasal congestion, sore throat, etc. This usually lasts just a few days unless you are highly toxic. Please know that this is just toxins and acids leaving the body that may have been there for many years and that it's ultimately for your great benefit. Don't be afraid of a healing crisis, it's a sign that you're getting well. "Wear the robe" and hang in there!

Your "weak" days are the days when your body is detoxing heavily. Try to get lots of rest and stay away from stressful situations. You will also have strong days when your body is rebuilding.

Low energy from detox or a fast is a sign of chronically weak adrenals and they need to be strengthened with herbs and possibly glandulars. They are being overtaxed and blood sugar and blood pressure can go low. Fruits are not adrenal stimulants, they are just pure energy.

You may have emotional releases. The theory is that emotions are trapped deep within the body and even the cells and will be released during a detox. This is for your highest benefit as you release unwanted baggage.

You may experience cold and flu-like symptoms during a detox. This is actually what you want! It's a way that your body purges toxins. Let it happen and try not to suppress it with medications. It will eventually stop once it's worked its way out of the body. A word of caution: If the throat starts closing up it may be sign of a severe allergic reaction and you may be going in to anaphylactic shock. Seek help immediately if you think this is happening.

If you really need to slow a detox, eat more salads. Steamed veggies and brown rice (or quinoa) will really slow it down. Start your detox slow by eating more salads and veggies and juicing less. Ease into it but push your limits--You have work to do.

Breaking a detox can also bring unpleasant effects. If you've been doing lots of fruit juices, start eating only fruit for a few days. if you've been eating lots of fruit, start eating only salads for a few days. if you want to return to some cooked foods, do it slowly. Start with steamed veggies and brown rice (or quinoa).

When you begin to detox your tongue will turn white, (or even yellow, green or brown). You should detox until your tongue turns pink again. The more toxic you are, the longer this will take. Have patience--it's so worth it.

The body is incredible at self-healing if it's keep free of obstructions. It can heal and regenerate any cell, from brain cells to toe cells. Focus on health and lose the concept of diseases--they're just signs and symptoms that the body needs to clean and rebuild itself.

Always remember, love is alkalizing!

Good luck and God bless!

This is not a cure or treatment for any specific disease and is for educational purposes only. Consult a healthcare professional before starting any detox program, especially if you are pregnant, elderly, or have underlying health issues.