

THE HEALING CRISIS

During this program, your body can move through various stages of cleansing and repairing. Cold and flu-like symptoms, sneezing, coughing, diarrhea, sweats, fevers, aches and pains are all natural methods used by the body to detoxify (releasing toxins) and heal itself. When the natural healing process or "healing crisis" is in progress, it should be helped along and monitored. This expelling or purging is referred to in many health journals as "Herring's Law of Cure," or simply the **Healing Crisis**.

We refer to it in this workbook as "The Natural Healing Process." Cleansing cycles can last one hour, one day, three days, one week, or even up to three weeks. It depends on the level of toxicity in an individual. These are all great signs that your body is responding and cleaning out the toxicity and also rebuilding the weakened areas.

During the cleansing and healing process, old symptoms of past dis-ease, inflamed or weakened tissues may return and then disappear as the body heals that particular area. These are old, toxic problems that were originally suppressed; and now the body has worked its way into these areas to rebuild and restore normal tissue function. You may also feel areas of weakness that you never even knew you had! Don't panic! Just relax and let your body continue its journey into vibrant health!

Dis-ease is an illusionary concept, which is nothing more than a toxic, over-acid, inflamed body. Alkalinization of the body is key to removing the inflammation from these stored acids and toxins. True detoxification requires alkalinization, which leads to cellular regeneration. The diet programs listed in this handbook are high alkalizers and energizers of the tissues, organs and glands of your body. Try eating 80% raw uncooked foods to 20% cooked. If you can eat 100% raw fruits and vegetables, your body's response will be unbelievable. Try it!

⇒ NOTE: If your kidneys are not filtering your cellular acids properly, then your condition will be slow to correct.

MILD CLEANSING EFFECTS



- ⇒ Cold and flu-like symptoms
- ⇒ Low-grade fevers (99-100°F)
- ⇒ Coughing with or without discharge
- ⇒ Clear and yellow mucus discharge from nose or throat (lungs, bronchi, etc. This may include blood.)
- ⇒ Minor aches and pains
- ⇒ Mucus in stools
- ⇒ Mucus in urine
- ⇒ Loss of energy (energy may go UP and DOWN)
- ⇒ Rashes and itching
- ⇒ Symptoms increasing in intensity temporarily.
- ⇒ Weight loss (average 8-15 lbs. in two weeks. Depends upon level of thyroid weakness. Can be as little as 2 lbs.)
- ⇒ Chills
- ⇒ Emotional feelings rising up, such as mild crying, anger or even laughter
- ⇒ Short-term nose bleeds
- ⇒ Some rectal bleeding due to hemorrhoids or lesions
- ⇒ Minor blood in urine
- ⇒ Mucus from eyes
- ⇒ Mild headaches
- ⇒ Minor blurred vision
- ⇒ Minor vertigo



MODERATE CLEANSING EFFECTS

- ⇒ Symptoms of bronchitis or pneumonia
- ⇒ Heavy discharge of green to brown mucus from nose and throat (lungs, bronchi, etc.)
- ⇒ Pain in joints
- ⇒ Heavy discharge from kidneys (urine color changes to brown, orange or dark yellow, etc.)
- ⇒ Pain in old injury areas or in degenerative areas of the body
- ⇒ Minor paralysis of limbs
- ⇒ Chronic fatigue symptoms
- ⇒ Nose bleeds
- ⇒ Vomiting
- ⇒ Spasms of the lungs in conditions of asthma, emphysema, COPD, etc.
- ⇒ Moderate shortness of breath
- ⇒ Temporary increase in tumor size
- ⇒ Symptoms magnifying temporarily
- ⇒ Sores appearing on the skin
- ⇒ Oozing of innumerable substances from the skin, especially from the hands and feet
- ⇒ Bruising
- ⇒ Weak muscle break down (muscle from meat protein consumption)
- ⇒ Heavy mucus discharge from eyes and ears
- ⇒ Diarrhea
- ⇒ Cellulitis "clumping" (not to be confused with cellulite)
- ⇒ Dizziness and/or vertigo
- ⇒ Minor heart palpitations
- ⇒ Loose teeth (minor)
- ⇒ Minor abscesses in mouth
- ⇒ Migraines
- ⇒ High-grade fever (103-105°F)
- ⇒ Deep coughing, sometimes dry.
- ⇒ Depression or anxieties
- ⇒ Emotional releasing
- ⇒ Heavy thoughts (lack of clarity)
- ⇒ Skin splitting where heavy toxins exist
- ⇒ Excessive itching
- ⇒ Mercury tooth fillings being pushed out by the body
- ⇒ Rectal bleeding from past or present hemorrhoids or lesions

STRONG CLEANSING EFFECTS

- ⇒ Paralysis of any part of the body
- ⇒ Black mucus discharge from the lungs
- ⇒ Heavy brown discharge or blood in the urine with associated kidney pain
- ⇒ Heavy black discharge from the bowels with diarrhea
- ⇒ Tumors appearing all over the body
- ⇒ Loss of sight
- ⇒ Loss of hearing
- ⇒ Severe dizziness or vertigo
- ⇒ Old suppressed symptoms reappear
- ⇒ Severe fatigue
- ⇒ Abscesses developing all through the mouth
- ⇒ Loss of fingernails or toenails
- ⇒ Excessive weight loss
- ⇒ Severe shortness of breath
- ⇒ Temporary deep depression, released through crying, anger, laughter, etc.
- ⇒ Mental confusion
- ⇒ Skin cracking open
- ⇒ Teeth becoming loose (major)

