

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 actually work toward it. Be assured that the body's inherent desire is for perfect health. Fortunately, we have the ability to earn our way back to that state.

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. We call this elimination process the "healing crisis".

A healing crisis is the result of every body system in concert to eliminate waste products and set the stage for regeneration. Old tissues are replaced with new ones. **A disease crisis, on the other hand is NOT a natural one and works AGAINST the body's natural processes.**

Symptoms 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 healing crisis is of greater intensity than when building the chronic disease. 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 capable of handling at that time. People often forget the diseases or injuries they have had in the past, but are usually reminded of them during the crisis.

Reactions could include skin eruptions, nausea, headache, sleepiness, unusual fatigue, diarrhoea, head or chest cold, ear infections, boils, joint pain, or any other way the body uses to loosen and eliminate toxins. The crisis usually lasts about three days but, if the energy of the person is low, it may last for a week or more. The body needs juices, and especially [PURE LIVING](#) water, to help carry off the toxins. This is a time for rest, mental as well as physical rest.

However, one crisis is not always enough for a complete cure. The person in a chronic state, that is, the person who has gone through many disease processes in life must go through these processes again.

Often the crisis will come after one feels their very best, setting the stage for the elimination. The whole body must get into action. Most people feel an energy boost the first few days the toxins are dumped into the blood stream for elimination. Therefore, go as slowly as your body needs to in order 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. As mentioned above, one should expect it and indeed work toward it!