

# Understanding Detox

When detoxing, you may suffer from symptoms as your body expels the toxins from your body. This is perfectly normal and is not a sign that you're getting sicker. Read on to find out what to expect and give you some ways to deal with the healing crisis.



## COMMON DETOX SYMPTOMS

Detox can create a number of symptoms in your body as your body goes through the process of purifying itself and eliminating toxins. Some common detox symptoms include:

- ◆ headaches
- ◆ lethargy
- ◆ temporary muscle aches
- ◆ irritability
- ◆ mucus or other discharge
- ◆ a coated, pasty tongue
- ◆ flu-like symptoms
- ◆ difficulty sleeping
- ◆ weakness
- ◆ cravings
- ◆ nausea
- ◆ constipation
- ◆ diarrhea
- ◆ gas

You may even find that the detoxing process causes you to suffer the old symptoms that you have had that the body has suppressed. You may think that you are becoming ill but it is important that you continue with the detox and don't take any medications to help with the symptoms. The aim to flush chemicals from the body, not introduce more!

## COPING WITH THE HEALING CRISIS

A healing crisis occurs when the body tries to expel toxins at a faster rate than they can be properly disposed of. The more toxic your system is, the more



severe the healing crisis may be. Healing crises are characterised by a temporary increase in symptoms during the process of detoxification. You may actually feel worse for a time and conclude that the detox program is not working. However, the opposite is true. The symptoms are a sign that the treatment is effective and that the body is cleaning itself of all the old, hidden, accumulated toxins. This reaction is temporary, and usually passes within one to three days.

To cope with the healing crisis, it is important to drink plenty of fresh water, juices, and herbal teas. These will help to flush the body of toxins. It is best to use pure water, and not water that comes from the tap. Bottled spring water is ideal. Drink at least six to eight glasses of water a day. If you are feeling lethargic or tired, the body is telling you that you need to rest.

Hot showers may be very helpful. Have the water as hot as you can stand it and scrub the skin well. This will help to eliminate toxins through the skin. Do not eat too much through the crisis. Eat light meals that are easy to digest. Increase the amount of fiber that you are eating and take supplements that cleanse the colon and kidneys. Meditation can also help with the mood swings and emotions that you may experience during the healing crisis.

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