

Understanding the Healing Crisis

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The body has an inherent desire for perfect health. We have the ability to earn our way back to that state, no matter how "normal" or bad our health is now. But in the meantime, the body must go through an elimination process to achieve good health.

The elimination process is often referred to as the "healing crisis." Once the healing crisis starts, reactions may be mild or severe. Expect ups and downs as it takes awhile to get good health back.

In a healing crisis, every body system works together to eliminate waste products and set the stage for regeneration. Old tissues are replaced with new. A disease occurs when the body cannot make it through its natural healing crises for one reason or another. The body is "locked" into a destructive and shut down place, physically, emotionally, mentally, and spiritually.

Symptoms of the healing crisis may at first be identical to the disease it is meant to heal. But there is an important difference: elimination. A cleansing, purifying process is underway and stored wastes are in a free-flowing state. The body, mind, and spirit are no longer "locked." Sometimes pain and symptoms during the healing crisis are more intense than that of the chronic disease, but it is temporary and necessary.

The crisis will usually bring about past conditions and personal issues. People often forget the diseases, issues, or injuries they have had in the past, but are usually reminded during the crisis so that they can heal their unfinished business. This arises in whatever order the body is capable of handling at that time.

Physical reactions could include skin eruptions, nausea, headache, sleepiness, unusual fatigue, constipation, diarrhea, head or chest cold, ear infections, boils, or any other way the body uses to loosen and eliminate toxins. An initial healing crisis usually lasts around three days but if the energy of the patient is low, it may last a week or more.

Your body needs juices, and especially water to help carry off the toxins. This is a

time for rest. Be kind to yourself --- mentally, emotionally, and of course physically.

One crisis is not always enough for a complete cure. The person in a chronic "locked" disease state will often have to go through cycles of healing crises, with each one improving the condition some. It has taken time to develop a chronically diseased state, and time is required to let go of the "locked" energy, piece by piece. It's like peeling the layers off an onion.

Often the crisis will come after one feels their very best and most energized, setting the stage for the elimination. The whole body gets into action. Most people feel an energy boost at the beginning until the toxins start dumping into the blood stream for elimination. Go as slowly as your body needs so your elimination is gradual and comfortable.

With a more serious condition, there may be many small crisis to go through before the system can become healthily balanced. Everything must be considered and given its proper place in the build-up to a healing crisis. One should expect it and work with the body, not resentfully against it.