

Understanding Detox and Healing Symptoms

Detox Purpose

To eliminate the waste and toxins deposited in the tissues (since birth) in order to become healthier. Had they remained trapped in the tissues, eventually they would have brought about illness and disease, thus, causing greater pain and suffering.

Healing Symptoms

While detoxing, we can experience symptoms that are often misinterpreted. We may feel weaker because the body sends its energy from the muscles and skin internally to heal tissues, organs, etc.

Symptoms can include:

Headaches	Fever/Chills	Colds	Skin Eruptions
Constipation	Diarrhea	Nervousness	Irritability
Fatigue/sluggishness	Depression	Frequent Urination	

The symptoms will vary according to:

- a) The toxins being discarded
- b) The condition of the organs involved in the elimination
- c) The amount of available energy you have while facing the daily toxins in your water, food, air and thoughts.

Example

A person stops consuming coffee or chocolate may experience headaches and a general letdown:

- 1) The body begins discarding toxins (caffeine or theobromine) by removing them from the tissues and transporting them through the bloodstream.
- 2) Before these toxins are passed through elimination organs (skin, intestines, lungs, etc.), they can cause the feeling of pain (headache, etc.).
- 3) While these toxins are present in the body, they can stimulate the heart to beat more rapidly, thus producing the feeling of exhilaration. After these toxins are eliminated, the heart beats slower and can produce a depressed state of mind.

Conclusion

The symptoms will be milder and pass more quickly if we get more **rest, water** and **sleep**. With time, the healing symptoms will disappear as the body becomes healthier.

These symptoms are part of the healing process! They are not deficiencies. Do not treat them with stimulants or drugs. These symptoms are constructive even though unpleasant at the time. **Don't try to cure the cure.**

Finally, as the body heals, each healing symptom becomes milder and shorter in duration followed by longer periods of feeling better than ever, until you reach a level plateau of vibrant health.