

The Healing Crisis

In Naturopathy, we sometimes refer to a 'Healing Crisis'...

This is an important concept to understand for clinicians, healers and individuals taking on any type of health improvement plan. The *Healing Crisis* may occur during or shortly after activating positive, healthful new steps for your body: a cleansing detox herbal tea, deep tissue massage, or strict organic vegetarian diet. Sometimes even falling in love or beginning a new spiritual or meditation practice is enough to elicit a *Healing Crisis*.

What is the basic principle behind a Healing Crisis?

From a Natural Medicine standpoint, the body can only take so much.

As the ascendancy of the constructive forces reach a peak of vitality, it is utilized by nature to expel a further load of toxins (Farida Sharan, ND, MH).

For example, someone may have a super stressful 3-month time period when they are rushed, rest little, eat too much junk food and drink too much coffee to cope. Or, an individual may have abused his or her body for thirty years by smoking or alcoholism. As the body begins to heal and recover with the new health program, suddenly old symptoms arise during the reversal of the chronic condition; *that is considered a Healing Crisis*.

The body finally has time and space to release what was toxic to it. It may look and feel like another illness coming on, *but it isn't*.

What happens during a crisis?

When you hit rock bottom, things begin to come up. Toxins may release daily. You may notice a bit of discomfort or bodily signs such as a headache, fatigue, urine that smells unusual, or irregular bowel movements. Suddenly the skin might detox and a rash will appear on the forearms, face, back or torso. You might feel sluggish or sleepy, even cranky or grumpy.

How long does it last?

While it cannot be predicted how long a *Healing Crisis* will last--if you've been ill for a long time or abused your body for decades--a crisis could last several weeks to several years. Typically, crisis signs come on fast--lasting only several days, a week or a month.

Can it be avoided?

Keep in mind that some people do not notice or even experience a *Healing Crisis*. If it does occur, the crisis can be greatly reduced or eliminated entirely by activating all the eliminative channels of the body (skin, lungs, digestive system, kidneys, liver, bladder, blood and lymph). Obtain ideas from a Naturopath on how to support each eliminative channel and system prior to a detox or cleanse.

What should I do if I have a Healing Crisis?

Create plenty of time and space for healing to occur. Be gentle. Don't push the

body beyond limits. It has been stressed for a while. Plan detox days or naturopathic spas for the weekend or vacation. Expect to feel sluggish or sleepy. Have a trusted natural medicine practitioner you can call on if needed. Ask for the support of your loved ones. Tell them what you are doing. Take time to journal, read, rest and relax. Maybe even have a massage or reflexology. Try flower essences as gentle aids.

Is it all worth it?

Support the body through this natural crisis. Morbid matter and toxins will be released and a new level of the healing process will be attained. You will feel new levels of vitality and health! *Yes, your health and happiness are worth it!*

Be gentle.
Nature is wise.

**g.I. Stafne copyrights 1995, 2000, 2012
greenwisdom.weebly.com**