

Complete Product Use Instructions

Welcome,

Nothing is quite so exciting and overwhelming as being presented with the bewildering array of products that arrives soon after you elect to follow the Healing America Strategy for achieving vibrant, dynamic, optimum Health. You need to know:

- How do I achieve the Perfect Start?
- What can I expect?
- What is the maintenance plan?
- Who will answer my questions and address my concerns?

The purpose of this booklet is to describe how each product should be used. This information should also help you design a regular daily program that fits both your schedule and your individual health requirements. Always look here first, but if necessary, a Product Specialist is generally available by phone during regular business hours.

You will find that this booklet is laid out in such a way as to describe

- The “cleanses” recommended for a perfect start
- The supplements that are “maintenance” every day for everyone
- Formulas that offer timely “solutions” to specific occasional or recurring challenges

These Product Use Instructions will hopefully be among your most powerful tools as you begin your journey to better health.

Our best wishes for a fruitful journey.

Sincerely,

W. Terry Martin

	Perfect Start Cleanses	Power Maintain	Targeted Support
Detoxal 21	x		
Colon Activator	x		
Colon Detox	x		
LiverClear Tea	x		
LiverClear Tincture	x		
HemoClear	x		
AlliPRO	x		
LifeSpice		x	
Multiplex III		x	
eRadicator		x	
Immunal		x	
<i>For those of you who wish to take your maintenance supplements individually the following remain available to you.</i>			
N-Zyme+		x	
AlliPro		x	
Clark's Colloidal Minerals		x	
AlkaMin		x	
Immunity Plus			x
Flu Buster			x
Natural Balance Plus			x
Kokoro Men's Crème			x
A Thousand Fires			x
Wild Oats			x
Ellagitannin			x
AGE-less			x
Brain Gain			x
Nerve Tonic			x
Pain Away			x
Omega 9+			x
SyndRx			x
Block			x
ReShape America Weight Management System			x
Flax Seed	x	x	x
Pure Water	x	x	x

Cleanses

Detoxal²¹

Take one capsule 3 times a day for 2 days. Then take 2 capsules 3 times a day for 14 days.

Colon Activator

Start with 1 capsule with dinner, increasing dosage by 1 capsule each day until you notice a significant improvement in the working of your bowel.

Used daily, if desired, for improved bowel functioning, or as part of the **21 Day Perfect Start Program**.

Taking with food is very important if you have digestive problems. An ingredient named African Bird Pepper is in Activator and this can cause a burning, hot sensation in your stomach.

Colon Detox for 10 days

Use as part of the **21 Day Perfect Start Program**.

Standard dosage is 1 level scoop (equivalent to 1 heaping tablespoon) with 6 oz of diluted juice (shake together in a small jar) 3 times a day. (Note: Although the Detox is black in color, it has almost no taste). If you are using the capsules, the dosage is 9 capsules 3 times a day with 8 oz of liquid.

For best results: Take one scoop in AM before breakfast, one scoop at lunch or supper, and one scoop at bedtime.

Note: Taking 1 or 2 N-Zyme capsules with each dose will help in digesting the Detox capsules, increasing their effectiveness.

You must take Activator throughout the **21 Day Perfect Start Program**.

LiverClear Tea

Two cups of the tea should be consumed fifteen minutes after drinking your apple and olive oil drink, as described in the **21 Day Perfect Start Program**. The tea helps with the flushing process itself, but also helps minimize any discomfort or nausea.

In addition, several cups can and should be consumed throughout the day. Sweeten the tea with honey or real maple syrup, if desired.

LiverClear Tincture

LiverClear Tincture contains herbs that help the liver to rebuild and regenerate itself.

Take 2 droppers 3-6 times a day (depending on your levels of illness and discomfort) until the entire bottle is gone, or as outlined in the **21 Day Perfect Start Program**.

HemoClear

HemoClear is rich in the great blood cleansing herbs: red clover, burdock root, chaparral, pokeroor, and sheep sorrel. These are the herbs you will find in the famous blood cleansing formulas such as the Hoxey formula, the Essiac formula, and the Dr. Christopher and Dr. Schulze formulas. The herbal blood cleansers in *HemoClear* work to remove toxic residues from the blood so that it is inimical to cancer and tumors; they can literally "drive" malignant tissue out of the body.

Take in juice, 4-12 droppers daily according to need. Take rest days as needed, but finish the entire bottle. Repeat as often as needed. Or, take as outlined in the **21 Day Perfect Start Program**.

Power Maintain

LifeSpice

Sprinkle one capful (or to taste) 3 times daily on prepared food. See recipe insert for ideas on use with food.

MultiPlex III

Suggested use: 2 tablets every day, with water or juice, with food or without. May also be chewed or crushed and mixed into food.

eRadiator

Take 3 capsules daily, with food if you experience heartburn. For more intense application, take up to 12 capsules daily, spread throughout the day.

Immunal

Take 3 capsules daily for 20 days, then take 10 days off.

For those of you who wish to take your maintenance supplements individually the following remain available to you.

N-Zyme

Suggested use: 1-2 capsules with before meal. In addition, take 1 capsule daily any time when the stomach is completely empty to clean your blood.

AlkaMin

Suggested use: 20-40 drops daily. Optimize the pH balancing effects of AlkaMin and keep your body alkalized 24 hours a day by taking 3-5 drops per glass of water, spread throughout the day.

Clark's Colloidal Minerals

One capful a day is sufficient, though you may take up to one capful every hour for several days to address long-standing deficiencies in the body.

AlliPRO

One capsule three times daily. This is a combination of Prebiotic (stabilized Allicin from garlic to kill harmful organisms) and Probiotic (beneficial bacteria).

Targeted Support

Flu Buster

Take 3-5 droppers several times a week, in a little juice, for immune system maintenance.

Flu Buster in tomato juice tastes wonderful!

It tastes great in many dishes, but add just before serving so as not to cause heat damage.

Immunity Plus

For general immune system support, take one or more bottles a month, taking at least one week off after each bottle. At the rate of 3 droppers daily, for example, you would finish one bottle in 3 weeks. Take it in a small amount of juice, or take it straight, with juice or water to follow.

Natural Balance Plus for Women

The “balance” in the name of this product refers to hormonal balance, which can be achieved by supplementing natural progesterone transdermally (through the skin) with this cream. What you are trying to do is overcome **estrogen dominance**, the term coined by John R. Lee, M.D. to describe the imbalanced hormonal condition responsible for most, if not all, aberrations in the menstrual cycle, the resulting physical and emotional discomforts, and many more serious health problems.

Dr. Lee tends to rely on relief of symptoms when figuring out the ideal dose for each woman, the right dose being “the dose that works.” In his (recommended) book, *What Your Doctor May Not Tell You About Premenopause*, Dr. Lee says, “In a premenopausal woman (who is not preparing her uterus for pregnancy), about one-half of a two-ounce container (960 mg Progesterone total) used up in 24 to 25 days, or about ¼ teaspoon per day, will restore good physiologic levels of progesterone in one to two months. After that, one-third of a container (closer to 1/8 teaspoon per day) will

maintain these levels. Women who are closer to actual menopause may need higher doses.” Says Dr. Lee, “If you are taking a physiologic dose (an amount approximating what your body would make itself under normal circumstances) and your symptoms don’t go away after four to six months, or if they return, it’s best to work in partnership with a competent health care professional to find out why.” What Your Doctor May Not Tell You About Breast Cancer, Dr. Lee’s latest manuscript, and What Your Doctor May Not Tell You about Menopause, Dr. Lee’s first book, are both highly recommended. The passages above are taken from Dr. Lee’s second book, *What Your Doctor May Not Tell Your About Premenopause*, in which he offers:

Here are some general guidelines on how to get the most out of your progesterone cream dose.

- The larger the area of skin the dose is spread on, the greater the absorption
- Sufficient time should be allowed for maximum absorption, which is one reason to apply the cream at bedtime.
- Apply the cream to thinner and less keratinized skin with high capillary density—places where you blush. Biochemist David Zava has found that the best spots are the palms (if they aren’t calloused), chest, inner arms, neck and face. The soles of the feet are also good if they’re not thickened from walking barefoot. Contrary to what was advised in Dr. Lee’s first book, we now know that the skin of the buttocks, inner thighs, and lower abdomen are not quite as good.
- Take at least three to seven days off every month. (Women who experience a severe recurrence of symptoms during the break can take as little as three days off. Otherwise it’s best to give it a week.) This break protects against endometrial thickening in the uterus by allowing for complete shedding of the uterine lining each month—a menstrual period.

In premenopausal women, progesterone deficiency causes a “tuning-down” of estrogen receptors; when women begin using progesterone cream, this reactivates those receptors. This can temporarily cause buildup of the endometrium, with spotting and irregular bleeding. Most women find that the estrogenic symptoms disappear within a couple of cycles.”

Kokoro Men's Creme

Apply a small amount daily to the area between the legs directly behind the scrotum to prevent prostate problems, or increase the amount daily until problems are relieved and diminished sex drive is restored.

Apply directly to any sore or strained area of the body.

Wild Oats *for Men*

Take 3-5 droppers daily.

Take up to 10 droppers one hour before intimate encounters to enhance the experience.

A Thousand Fires *for Women*

Take 3-5 droppers daily.

Take up to 10 droppers one hour before intimate encounters to enhance the experience.

Ellagitannin

Suggested use: 2 capsules twice daily, preferably taken without food. For more aggressive dosing, take 4 capsules twice daily.

AGE-less

Take 2-3 capsules, without food (preferably), spread through the day. People 60 and over may want to increase to 4-6 daily.

Brain Gain

Take as needed, swishing 1-3 droppers in your mouth. It may be mixed with juice, if desired.

Nerve Tonic

Take 1-2 droppers in water or juice at bedtime or throughout the day, when you are in stress-related situations.

Pain Away

A little Pain Away goes a long way. It normally takes only to 2-3 drops to cover your entire knee, for example, and 5-6 drops is enough to cover the entire lower back.

- Don't overdo it. It can get too hot at the area where it is applied.
- Rub it in with your fingertips, rather than your palms, for better coverage.
- Wash your hands both before (important) and after applying, and avoid contact with your eyes and other sensitive areas.

Omega 9+

Take a "loading dose" of 2 capsules, 2 times daily, for 15 days in a row. This will get blood levels up as quickly as possible. You may, if you must, reduce this to the number of capsules you tolerate best, but it will take you a few days longer to get blood levels up. Then, to maintain a proper level for the rest of your life, take 1-3 capsules daily. Avoid, as much as possible, caffeine, sugar and alcohol. It may take up to 90 days for Omega 9+ to be beneficial to you.

SyndRx

Must be taken with food. Suggested Use: 1-2 capsules, 5-10 minutes before eating. Share your SyndRx information materials with your doctor before using if you are taking medications for blood sugar, cholesterol or heart disease, because this powerful metabolic assistance formula may necessitate a change in your prescription.

Block

Take one drop to BLOCK each fat gram, in any cold liquid, WITH your meal. There's no need to look for water a half hour before the meal, as with ordinary dry chitosan tablets. The Super Liquid Chitosan in Block is instantly available.

Note: This product is made from shellfish, and should not be used if you are allergic to shellfish of any kind. Fat-soluble medications or vitamins are made available to the body after dissolving into dietary fats in the stomach. Block will absorb these fats and nutrients also, unless it is taken at a different time.

Flax Seed

One and a half tablespoons of organic golden flax seed ground and mixed in juice, sprinkled on salads, or stirred into applesauce twice a day--before breakfast and supper--provides what your grandmother called "bulk" (in the form of fiber and mucilage) and omega-3 essential fatty acids to restore and maintain health. The benefits of generally more available brown flax seed are nearly identical, but most people prefer the taste of the golden variety.

The best source of flax seed currently available is from Heintzman Farms. They can be reached at 1-605-447-5813 or at www.heintzmanfarms.com.

Water

Drink 64-96 oz of pure water each day.

ReShape America Weight Management System

Ameri-Start

Ameri-START is only available in the initial kit. It is 7 herbal ingredients promote removal of excess fluid from your body and kick off accelerated metabolism that helps flush out fat stored in cells Suggested Use:

To prepare your body for maximum benefit from a weight management program, take 1 capsule with 8 oz. of water 3 times daily

Caution:

The cleansing herbs in this formula have some diuretic effect. Do not take for more than 10 days to avoid possible electrolyte imbalance. Do not take if you are presently taking prescription diuretic or blood pressure medication without first consulting your health professional. If you are pregnant or nursing, seek the advice of a health professional before using this product.

Ameri-SLIM

Ameri-Slim is an effective ephedra-free metabolic support formula.

Suggested Use:

As part of a weight management program including diet and exercise, take 1-2 capsules 3 times daily, or as advised by your healthcare professional.

Ameri-SHAKE

Each 25 gm serving of Ameri-Shake provides 12 gm of high quality protein concentrates, with 8 gm of total carbohydrates (including 1.7 gm of dietary fiber and 1 gm of sugars). It delivers the vitamins, minerals, and phytonutrients (10 nutrients) from 17 fruits and 12 vegetables, along with essential Omega-3 fatty acids. This healthy blend is ideal for satisfying hunger at the critical time after exercise when our bodies tend to store less balanced food as fat.

Suggested Use:

Blend 1 scoop in 8 oz. chilled pure water with ice. Add fruit or berries as desired for enhanced flavor. Consume 1-2 servings per day as needed for nutritional support.

SyndR_x

SyndRx is designed to work with and enhance the results you will achieve with the Reshape America Kit. This package alone can give you all the results you you've been hoping for.

The 21 Day Perfect Start Program Cleansing and Flushing

Dietary Recommendations:

Throughout this 21 day cleanse, you want to stay away from fast food, over-cooked food and boxed or pre-cooked food. If you have a catastrophic illness, you would want to only eat raw fruits and vegetables for your solid foods, adding vegetable juicing to the mix. (See special instructions below for days 1-5 and 17-21.)

Days 1- 5 Diet and Days 17-21 Diet

The best recommendation:

- Raw fruits and vegetables throughout the day. Veggie juice or fruit juicing would be great. Drink plenty of water throughout the entire cleanse.

Day 1

Start with one capsule of Colon Activator+ during, or just after, dinner. This formula works best when taken with food.

Take one capsule of Detoxal 21 three times today.

Day 2

In AM you should notice an increase in the amount of your stool. If not, you should increase your dosage of Activator to 2 capsules that night. Continue increasing your dosage every evening until you are having 2-3 bowel movements daily.

Take one capsule of Detoxal 21 three times today.

Days 3-5

Continue increasing your dosage of Activator every evening until you are having 2-3 bowel movements daily.
Do not start Colon Detox until you have reached this goal of 2-3 bowel movements daily.

Days 6-15

Begin Colon Detox. The standard dosage is 1 level scoop (equivalent to 1 heaping tablespoon) with 6 oz of diluted juice (mix with hand held blender) 3 times daily. (Note: Although the Detox is black in color, it has almost no taste).

If you are using the capsules, the dosage is 9 capsules 3 times daily with 8 oz of liquid. You should take one or two N-zyme capsules with each 9 capsule dosage of Detox to ensure complete availability.

For best results: Take one scoop in AM before breakfast, one scoop at lunch or supper, and one scoop at bedtime.

Make sure you are continuing to take Colon Activator nightly. If you start to feel like you're not having enough BM's, increase your Activator that night by 2.

For best results: Drink a gallon of water daily (NO soda pop, NO kool-aide, or any liquid other than pure, clean water) while following the **21 Day Perfect Start Program**.

Detoxal 21- take 2 capsules three times each day.

Day 16- Take a day off.... Eat whatever you want to.

BUT continue Colon Activator that evening.
Detoxal 21 - take 2 capsules three times today.

Days 17-21

Liver/Gallbladder Cleansing is very important. Remember that you need to follow the entire program for days 1-16 to get to this point, with no skipping.

On day 17, you want to start rebuilding the beneficial bacterial growth in your intestinal tract.

Day 17

On awakening, drink 8oz of water, followed by 8 oz of apple juice with **1 Tbs.** of olive oil added. Drink a cup of LiverClear tea (Let the tea soak over night, then sift out the herbs with a tea strainer. Bring the liquid to a simmer – then enjoy. It is good with honey added as a sweetener. Drink 3-4 cups of the tea daily throughout the cleanse.

Drink 1-2 quarts of apple juice throughout the day. 100% organic apple juice is preferable.

LiverClear Tincture and HemoClear are to be taken from day 17 until the bottles are empty. Take 6 droppers of each twice daily until the bottles are finished.

Take 2 AlliPRO capsules 3 times daily from now through day 21. Continue to take Activator in the evening.

Day 18

Repeat the above EXCEPT add **3 tbs** of olive oil to your 8 oz. glass of apple juice on awakening.

Days 19-21

Repeat the above EXCEPT add **5 tbs** of olive oil to your 8 oz. glass of apple juice on awakening.

The goal of the olive oil in apple juice is to get your liver to “dump.” You will know this has happened when you see “gravel” or a large

amount of fatty, green/brown, pea-sized floating objects (stones) in the toilet. Not everyone sees stones, but you will know that the dumping has occurred when your bowel movements become lighter in color.

**Congratulations! You have
finished the 21 day road to a
healthier You !**

Maintenance

When you have finished with the **21 Day Perfect Start Program**, you should only have to repeat this two-four time per year. If you complete this entire program by the book - NO SUBSTITUTES - you will be able to maximally benefit from the Power Maintain program for the coming months.

One note – you will still have some AlliPRO capsules left from the supply that came with the **21 Day Perfect Start Program** package. Take 2 of these daily until they are gone, even if you begin using LifeSpice. Doing so will further help to repopulate your intestines with beneficial bacteria.

Frequently Asked Questions

What is a normal bowel movement?

A normal bowel movement is soft and unformed. It should break apart when it hits the water -- or at least when flushed. This is not to be confused with diarrhea, which is characterized by watery consistency and, sometimes, mucus.

How often should I have bowel movements?

2-3 times a day, or once for every major meal you had the day before.

Can I become addicted to the herbs in Colon Activator+?

Unlike harsh chemical laxatives, it's practically impossible to become addicted to natural herbs. Not only are these herbs not addictive, they actually work to strengthen bowel function. In fact, there is no problem with continuing to use Colon Activator+ indefinitely, even after finishing the Intestinal Health Program.

Why am I experiencing rectal bleeding?

Rectal bleeding (unlike internal bleeding) is normally an insignificant condition -- similar to a bloody nose. It occurs due to a preexisting colon condition that leads to constipation and straining. As Colon Activator+ wakes up the system and breaks apart toxins and buildup, a few drops of blood may appear -- looking quite dramatic as they spread through the water. (Internal bleeding, on the other hand, is characterized by black or dark purple stools. If you experience internal bleeding see your doctor immediately.)

Are there any special concerns if I have colitis or Crohn's Disease?

Yes. If you have an overactive colon, then you do not want to take the Colon Activator+, which would increase that activity even more. If you have diarrhea or an overactive colon, start with the Colon Detox+ to soothe and calm your colon down. Eventually, as your

colon function returns to normal, you may want to incorporate some Colon Activator+ into your program.

Is it necessary to take Colon Activator+ for the full five days before beginning Colon Detox?

No. The main purpose for Colon Activator+ is to get the bowel functioning again, so that you have 2-3 bowel movements a day. It is recommended that you continue taking at least one Colon Activator+ capsule while on the Colon Detox+ because Colon Detox+ is binding, and you don't want to become constipated.

I read that the Colon Detox+ formula absorbs drug residues. Is this a problem if I am currently taking medications?

No, but to be on the safe side, it's recommended that you take any medications a minimum of 2 hours before or after using the Colon Detox+.

Will I actually see worms with my bowel movements while I'm taking Detoxal 21?

You may or may not see dead worms or fragments of worms while you are undertaking a parasite cleanse with Detoxal 21. It is a vermicide (worm killer) and a vermifuge (worm expeller). It is better to have them in your stool than to still have them in your body.

Won't the garlic extract in AlliPRO kill beneficial as well as harmful bacteria?

Harmful bacteria produce a number of enzymes that beneficial bacteria don't. Many of these enable the harmful bacteria to penetrate and damage host tissues. Stabilized Allicin, the garlic extract in AlliPRO, has been found to kill harmful bacteria by inactivating certain of their enzymes. The enzymes involved are specific to harmful bacteria, so the beneficial bacteria are not killed.

Why do I need to take time off after finishing a bottle of Immunal?

One of the principal active ingredients in Immunal is Larch arabinogalactan, an immune system enhancer. Arabinogalactan is largely responsible for the immune-stimulating effects of Echinacea. It has been found that these effects are lost if Echinacea is taken continuously. The same applies to Immunal. By the way, the concentration of arabinogalactan in Echinacea is 3-5 %, while in Larch tree extract it is about 98 %. For this reason, Larch arabinogalactan is often referred to as “atomic Echinacea.”

I'm overweight, and I have high blood pressure and elevated cholesterol, so I suspect that I may have Syndrome X. However, I tend to have hypoglycemic episodes. Should I avoid SyndRx because of this?

Actually, hypoglycemic episodes often occur in people with Syndrome X. They can result from an over-response of insulin to spikes of blood sugar, as the insulin excess develops. SyndRx usually helps with this hypoglycemia by smoothing out the sugar/insulin metabolism. Just be certain that you always eat shortly after taking SyndRx.

A Note on All Herbal Tinctures

For those of you who have a problem using tinctures that contain alcohol, be aware that the alcohol must be used for extracting and preserving the active phytochemicals found in the herbs. However, if you are sensitive to alcohol, place the recommended dosage in 2 to 3 ounces of hot water and let it cool to lukewarm before taking. The alcohol will have evaporated.

Understanding the Healing Crisis

Have you ever noticed what often happens at the end of an acute infective illness? You will experience fever, generalized aches, shaking chills, and sweats. Then, all of a sudden, you feel well again, although a little drained. You have been through a Healing Crisis!

Back in 1902, a German physician named Karl Herxheimer noted that syphilis patients receiving mercury treatment experienced flu-like symptoms, fever and chills, increased heart rate and lowered blood pressure. He postulated that these effects were caused by organisms dying off and releasing toxins into the body faster than it could handle them. This syndrome has been seen with all types of organisms – spirochetes, bacteria, viruses, fungi and parasites – and has come to be known as the Herxheimer Reaction.

As we have developed an increasing understanding of the need for cleansing and renewal to allow our bodies to assume their natural states of health, it has become clear that something like the Herxheimer Reaction occurs with any process of cleansing and renewal. Whenever our bodies eliminate or control acute infections, the phenomenon occurs. It also occurs when we assist our bodies in expelling chemical toxins and harmful organisms that have accumulated in our organs and within our cells. Because of this, a better and more descriptive term for the phenomenon is Healing Crisis.

When we start taking supplements that promote more efficient cleansing and renewal processes in our bodies (such as the Healing America product line), we often feel better and stronger, both mentally and physically – for a while. Then, suddenly and without warning, symptoms of illness or toxicity appear. This is the Healing Crisis – a result of all our body systems working together to eliminate harmful organisms and waste products, and prepare for regeneration.

It is natural to assume that a Healing Crisis is some sort of a bad reaction to supplements we have just started taking, but the opposite is actually true. An understanding of Healing Crisis symptoms and why they occur will help us see how a Healing Crisis

can lead us to an improved state of health.

The symptoms of a Healing Crisis all share a common theme and purpose – elimination. There is usually a flushing of body fluids, with increased perspiration, urination, and nasal mucous – swollen glands, bloating, and edema reflect this process in the lymphatic system. Diarrhea and increased intestinal gas may occur. There can be foul odors in stool, urine, and sweat. Elevated heart rate, lowered blood pressure, palpitations, and dizziness may accompany the reduced fluid volume that results from the flushing of body fluids.

Flu-like symptoms usually occur with a Healing Crisis. These include low-grade fever, generalized aches, nausea, headache, chills, and fatigue.

Skin eruptions, such as pimples or a rash, are often seen. If a rash occurs immediately after starting a supplement, it is likely due to an allergy. If it occurs after being on the product for a while, it is more likely a sign of cleansing.

Emotional changes, such as anxiety, depression, and anger can be experienced during a Healing Crisis, since the nervous system also participates in the cleansing and renewal.

So, now that we know what a Healing Crisis is all about, how can we better deal with it? To begin with, it is important to take the process of detoxification slowly, one step at a time. The Healing America program for detoxification is designed with this in mind. If the symptoms you have are too severe, it is OK to decrease or stop your detoxifying products for a while, then gradually resume them.

It is very important to drink plenty of fluids during a Healing Crisis, to help flush out toxins. This means three quarts to a gallon per day. Quality water is key, but fresh fruit and vegetable juices, with their anti-oxidants and enzymes, can also help. Be sure to avoid soft drinks, chlorinated water, and alcohol.

It is a good idea to decrease or avoid eating solid foods while in a Healing Crisis. This fasting leads your body to more rapidly break down its own tissues to provide nutrients and energy,

and it will do this to damaged and diseased tissues preferentially. We actually see this phenomenon quite often – babies and animals don't eat when they are sick. It is particularly helpful to avoid refined, processed and preserved foods during a Healing Crisis.

Baths – regular, steam, and sauna – can help “sweat out” toxins. Getting at least minimal exercise daily helps promote circulation. Rest, both mental and physical, helps initiate renewal. Continuing vitamin, mineral, anti-oxidant, and enzyme supplements is important to help your body break down and eliminate toxins. Stress relief, in the form of prayer and meditation, can also help your body to better deal with a Healing Crisis. The biblical instruction for fasting and prayer rings true here!

It is very important to avoid suppressing Healing Crisis symptoms with medications, since this will interrupt the needed process of elimination. This particularly applies to fever and pain, though most of us find it difficult to adhere to this. Aspirin and antihistamines provide a good example. They work by blocking the prostaglandins, which are chemicals found throughout the body that regulate many bodily functions and metabolic processes. Typically, prostaglandins work in opposing pairs. One may produce inflammation and swelling in response to a specific stimulus, while another settles down these reactions. When we take aspirin or an antihistamine to stop an uncomfortable reaction, we may not experience the pain or inflammation, but we also do not get the healing process that counters the source of the pain and inflammation. We interrupt the body's attempt to deal with the problem, and generally add more toxicity, as drug residues accumulate.

We need to learn to embrace Healing Crises. Even though they are unpleasant, they are necessary processes in which our bodies are “cleaning house.” They usually last only two to three days for people of average health, but they can last longer for people with more health issues. They tend to lessen in severity and duration as our health improves. Sometimes, Healing Crises can be brought on by just weight loss or a change in diet. Whether they occur with intentional detoxification or with the resolution of acute illnesses, we should do our best to avoid interfering with our bodies' corrective measures.