



IHHS-HEALTH & WELLNESS CENTER

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IHHS Homeopathic Detoxification and Immune Stimulation Programs and Herxheimer Reactions

It is possible with Detoxification or Immune Stimulation reactions called a Herxheimer Reaction may be experienced. While trying to be healthier this can surprise a person, and they may have had no idea what was happening to them. In Homeopathy it is called curative in a curative direction and is related to resonance changes as well as detoxification. In herbal medicine it is called a healing crisis.

A Herxheimer Reaction is a detoxification reaction in the body. As the body detoxifies, it is not uncommon to experience flu-like symptoms including headache, joint and muscle pain, body aches, sore throat, general malaise, sweating, chills, nausea or other symptoms. This is a normal reaction to the toxins that are released when large numbers of parasites, fungus, viruses, bacteria or other pathogens are being effectively killed off and the body does not eliminate the toxins quickly enough.

The important thing to note is that worsening symptoms do not indicate failure of the protocol in question; in fact, usually just the opposite. Although the experience may not make you feel particularly good, the Herxheimer Reaction is a sign that healing is taking place.

The healing crisis is the result of every body system, in concert, working to eliminate waste products through all elimination channels and set the stage for regeneration. The end result: old tissues are replaced with new.

When any cleansing program causes a large scale die-off, a significant amount of toxins are released into the body. The more toxins present, the stronger the cleansing reaction.

Smart moves for negotiating a healing crisis include drinking plenty of fresh water, juices, and herbal teas to flush the body of toxins. Other ways to speed the detoxification along include saunas, hot-baths and massage. The idea is to get the toxins, which have been released by the protocols, out of the body. Faster is better. You don't want to release toxins from the tissues and then have them still circulating in the body, looking for an exit. Create exits! The faster the toxins exit the body, the less intense the healing crisis, as the Herxheimer Reaction is caused from a die-off of toxins still trapped in the body.

Do not move on to the next bottle in the program sequence until this reaction has ended, if it has begun. Not every step is going to have a reaction and some steps may be stronger or weaker from others. As the programs are repeated the sensitivity will decrease as toxicity decreases to the point there will be no reactions. From this point on maintenance without reaction will usually be all that is experienced. The cycle is every other month.