

# HEALING CRISIS

- The word “crisis” is described as “The turning point for better or worse in an acute disease or fever”.
- A healing crisis is known in naturopathy as “an acute reaction, resulting from the activity of nature’s healing forces in overcoming chronic disease conditions”.
- A crisis is brought about when the body becomes overcrowded with waste and irritating poisons.
- Cells and tissues begin to throw off the waste and it is carried by the circulating bloodstream to the eliminatory organs” the bowels, kidneys, lungs, skins, nasal passages, ears, throat, bronchi and genitor-urinary organs.
- The organs then become some what crowded, irritated and congested. The organs of elimination, heavily laden with waste at this time, produce disease symptoms such as colds, boils, kidney and bladder infections, open sores, perspiration, diarrhoea, fever etc.
- All crises are a form of healing and elimination.
- First the toxins are eliminated; second the tissues are renewed.

## WHERE SYMPTOMS AND THE PROCESS OF ELIMINATION ARE PART OF THE CURE

- There is nothing to fear, just work with it.
- Do not suppress the symptoms with drugs unless absolutely necessary.
- In some situations, such as during chronic illness like cancer, the pain can become severe and drugs sometimes need to be used.
- Many of the drugs themselves accumulate in the body because our organs were not made to handle them and they are stored in fatty tissue and other parts of the body.
- The tissues, which are imbedded with these foreign elements, are actually destroyed or begin a process of degeneration.
- Many natural healers have said that many diseases are actually drug diseases caused by these hostile elements that only suppress nature’s healing forces.
- The naturopathic school of thought distinguishes between a healing crisis and a disease crisis. A healing crisis and a disease crisis may look alike by their outward manifestations, but they are taking place under different conditions.
- A disease crisis is when the body is loaded to its toleration point with toxins and waste productions. The body arouses itself in self – defence and brings about an acute elimination of toxins in the form of a cold, fever, inflammation etc.
- The body is on the defence and it produces a disease crisis.
- If poisons are not eliminated, the body, until it becomes sick, adapts itself to functioning at a lower energy level.
- Foreign waste materials accumulate and inhibit the organs from performing their normal functions until finally a chronic disease manifests.
- On the other hand, a “healing crisis” develops because the healing forces are in the ascending. Through natural living and a balanced diet, the body gets stronger and digs into crisis.
- During a healing crisis, therapy can be used to a much greater extent because the patient already had endurance and can tolerate cleaning herbs, fasting and advanced water treatment.
- When people are weaker, building foods, short fasts and tonic herbs are used.
- Then once the energy returns, more vigorous cleansing methods can be used.

- A healing crisis shows that there is enough energy in the body to eliminate unwanted materials.
- It can take the form of fevers, excessive menstrual discharge, diarrhoea, itching, boils, ulcers, haemorrhage, etc.
- Reactions will vary according to how seriously ill the person has been and how much the environment they live and work in abused them.
- To be able to differentiate between a healing crisis and a change for the worse during a disease is very important.
- Whether a person is trying to improve their life by changing their diet and using detoxification methods or not, a crisis, if not watched and understood properly can weaken the individual and last for several days if not treated properly.
- You can usually see a positive change in a crisis in three days.
- The most severe symptoms begin to decrease, fevers break, and the person becomes more relaxed and psychologically feels better.
- If after three days the severe symptoms do not change for the better, then a new course of treatment is indicated.
- Many times a crisis can be avoided if the individual has a strong constitution and proper functioning eliminatory organs.
- Also sometimes there are preceding symptoms that show fevers, coated tongue, sense of irritability and weakness, headaches and ringing in the ears are a few preceding signs to look for.
- If therapy is undertaken during these times and the body is assisted by the proper use of herbs, enemas, homeopathy, acupuncture, massage and hydrotherapy, energy blockages that are caused by accumulated waste can be released.
- The normal energy flow is restored to the eliminatory organs and the poisons are eliminated naturally without noticeable crisis.
- Although no person can guarantee that a crisis can be avoided, these natural therapies will always assist nature in re-establishing health and balance.
- The body will become much stronger after each crisis if a better lifestyle is continued.
- Each crisis becomes farther apart until the day comes when only health is present and sickness is history.
- You may experience slight crisis once in a while, but they will last for only a short time (one to three days and will pass and leave you healthier).

## **MANY PEOPLE ASK IN WHAT FORM THE CRISIS WILL APPEAR AND HOW LONG WILL IT LAST. IT DEPENDS ON THE FOLLOWING:**

- The kind of waste (drugs, chronic environment, toxins etc)
- The condition of eliminatory organs
- The energy level or vitality of the patient

## **CRISIS WILL ALSO VARY ACCORDING TO HOW SERIOUSLY ILL THE PERSON HAS BEEN.**

## **THE AREA OF CONGESTION IN THE BODY WILL DETERMINE THE TYPE OF CRISES YOU WILL HAVE.**

- Constipation can precede diarrhoea; lung congestion can precede a crisis in that area etc.
- If the mucus is thick the body will force it out through the mucus membranes producing nasal drip, cold, flu etc.
- If waste cannot be eliminated through natural pathways the body will burn it off (fevers) or manifest it as boils or acne.
- Nature always picks the best-adopted organs for elimination.
- At times we feel pain in our kidneys bladder or bowels and we believe the organ in question is diseased.
- On the contrary it is usually the strongest eliminative organ in the organism and nature is using it for an outlet for the unwanted waste.

### **Climate can also play a great influence on the type of crisis**

- If the weather is cold the pores of the skin are usually covered and contracted so the kidney, bowels and lungs throw excess.
- In hot climates, the skin can eliminate more acid waste; people wear lighter clothing and the pores are open elimination takes place.
- Often at times people move to warmer climates and a skin disease develops.
- In a hot climate the sun drains out the poisons through the open pores where they accumulated and may cause skin diseases such as cancer.
- It is then said “the sun causes skin cancer” or that “hot weather is bad for us”.
- Of course too much sun causes skin conditions but this is usually not the problem.
- The poisons are being drawn to the surface for elimination.
- If the blood were clean a great percent of these conditions would not exist.
- After a thorough cleanse proper food, rest, exercise and a positive mental attitude, the worst skin conditions vanish.
- These individuals are then free to enjoy sun bathing after years of not getting the beauty and health preserving benefits of the sunrays.

### **The energy and vitality of an individual is also determining factor during a crisis. In robust individuals the toxins are eliminated quickly and in a more powerful way.**

- A person, who is weak, with low vitality, takes a much longer time to eliminate the toxins.
- In these cases, natural therapy can be of great assistance.
- When the crisis is over in both weak and strong persons, toning and strengthening the body is a necessity.
- Exercise, proper diet, toning herbs and hydrotherapy can be used.
- A healing crisis usually lasts from three to seven days, it is usually because the individual is weak and is just going to take a little longer or the treatment was not properly followed.
- If there is a question about the length of a sickness or the severity of the problem, consult a qualified physician.
  
- An important thing to remember is never go to extremes in dietary changes.
- Use a slow transition, develop your intuition, educate yourself about diet and normal therapeutics and work with a practitioner who can assist you along these lines, follow your own Inner higher self.
- Trying to get too pure too fast can be destructive and can postpone your goal. Listen from within.