

## Part 2, Chapter 13: The Invariable “Healing Crisis”

One of the great mysteries I noticed, especially when doing a lot of juicing, is that instead of feeling better sometimes I feel worse. There’s a good reason for this. On a Standard American Diet most people’s bodies are so overloaded with toxic substances that their body is either desperately trying to get rid of these poisons or, more likely, storing these poisons within fat to protect the body from them. In the process of consuming a ‘clean’ diet, and especially so when fasting, the body has a chance to catch up on its cleansing process. In so doing old toxins are often released as the body endeavors to process them out of the body. Dr. Bragg explains the process like this:

As you start on this system of purification you are going to stir up old toxic poisons, and you do have plenty of them! Everyone else also has them, because almost everyone carries from 5 to 10 pounds of deeply buried toxic poisons in their bodies at all times. That is the reason it is so ridiculous when we hear people say, “I am healthy”. When they make that statement to us we say, “Let us put you on a fast—followed by “The Toxicless Diet, Body Purification and Healing System”—and we’ll show you how much of these deeply buried poisons you have stored in your body.”<sup>{1}</sup>

This seems to run contrary to the whole goal of improving one’s health. Still, sickness is essentially the effect of poisons within the body. As you release these toxins it often happens that there are unpleasant symptoms that accompany this clean up process. “This cleansing can take the form of a cold, flu, pneumonia, fevers, headaches, coughs, earaches, boils, skin eruptions, abscesses and hundreds of other manifestations of the body ridding itself of toxic poisons.”<sup>{2}</sup>

I’ve noticed that when people have what seems to be a constant cold, perpetual sinus issues, headaches that won’t go away, and skin conditions such as acme that these are all critical indications that the body is so toxic that it is desperately trying rid itself of toxins anyway it can. Too, I find it interesting that with many prescription drugs one of the side effects is often flu-like symptoms. What I think is happening here is that the body knows how poisonous these pharmacological substances are and does everything it can to get them out of the body as expeditiously as possible.

The good news is, however, that if you stick with a cleansing diet, and especially so when utilizing fasting, that over time stored toxins will be purged from your body. You feel worse before you feel better—but you **will** feel better. Much better. A healing crisis is, essentially, nothing more than paying the price for bad choices in the past.

Too, and this is important, I’ve heard people say that such symptoms as described above are too awful to deal with. In the process, they go back to old bad habits, including flooding their body with pharmacological substances to make the symptoms go away. This is not a wise approach. It’s rather like drinking whiskey to cure a hangover: It only makes the problem worse.

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Too, when you stop the detoxification process, is re-buries the poisons again. The original problem is still there. At best the symptoms are simply masked by over-the-counter drugs and poor food choices. The underlying problem remains until these toxins are removed from the body, and health concerns continue to worsen.

To be sure, consider washing muddy clothes. The water gets pretty filthy but, once drained and rinsed with fresh water, the clothes become fresh and clean again. Stopping your body's cleansing process would be comparable to draining the muddy water and then adding more muddy water to rinse your clothes while expecting your clothes to come out clean. That's not going to happen. I've said it before: You can't fool Mother Nature. Sometimes the only solution is to stay the course and ride out the storm—and that is, essentially, what a healing crisis is.