

The Healing Crisis

So you have left the clinic with a treatment plan and it seems like it is actually getting worse! You might be thinking, "Is this really working?"

As a naturopath we treat with the intention to first **Do No Harm** - *Primum non nocere*. Sometimes, however, if the patient responds faster than expected or is sensitive to the prescribed treatment, an undesired reaction may occur. This is sometimes called the healing crisis.

The healing crisis is also known as the "Herxheimer Reaction". This reaction occurs when the body tries to eliminate toxins at a faster rate than they can be properly disposed of through the normal elimination channels. Often they occur on the skin as the toxins are easily pushed through this large surface area.

Such reactions are temporary and can occur immediately, within several days, or even several weeks. As we are all individuals, shifts in the physical body alter at varying speeds.

Considering our intention, *Primum non nocere*, the best option is to temporarily alter the treatment plan which allows the body to recover and adjust at a do-able rate. The body is still moving to a state of wellness, but at the new momentum it is able to cope with it without added pain!



Remember to-

- Keep hydrated – drink at least 30ml per kilogram of body weight per day
- Limit fatty, processed foods
- Increase variety and amount of organic colourful vegetables and berries
- Eat regular small meals through the day rather than 3 large meals

