

Detoxing

Detoxing at a physical level can range anywhere from extremely mild (*more bowel or kidney movement, slight skin rash, little aches and pains*) to very, very intensely uncomfortable. When it reaches the far extreme of intensity, this state of feeling worse than you did before is often referred to as the healing crisis. Usually, a healing crisis should last no more than three days.

Although there are definitely things you can do to minimize a healing crisis during detox, there are times and situations where one is unavoidable.

This is why I always encourage people to make their health enough of a priority to schedule the first few days of their detox at a time when they can rest more, perhaps even be away from work entirely.

Detox symptoms can include skin rashes or eruptions, headaches, bad breath, unusual body odours, dizziness, nausea, feelings of fatigue or even slight depression, gas, diarrhoea, colds, ear infection, insomnia, boils, itching, etc. You can experience temporary periods of confusion, and lack of appetite. You may be very thirsty at times.

Why is this good?

Well, assuming the detox doesn't happen faster than the overall system can handle it, the symptoms indicate that the immune system is working properly, that toxins are being eliminated and that the body is working toward balance again.

Common & Uncommon Symptoms of Detoxing & What They Mean

Acid Reflux/ Heartburn

A sign that the digestive tract is too acidic; denotes a battle between acid and alkaline in the digestive tract; a natural reaction to the alkaline nature of the herbs in the products; a sign that cleansing and healing is taking place; also denotes a problematic stomach which needs attention. '

Anal Itch

A sign that could denote the elimination of parasites or that parasites have migrated to the anus in an attempt to escape the cleansing effect.

Bleeding Gums

A sign that cleansing is taking place in the mouth but that gum health (and/or teeth health) must be addressed. Possible gum disease or periodontal disease. See your dentist.

Bloating:

Gas pockets in the colon are dissolving; a sign of extreme gaseous activity taking place in the colon; a sign of serious blockage due to constipation. Double up on IsaFlush and drink lots of water. See treatment protocol for Lack Of Defecating.

Menstrual Blood Clots:

Denotes elimination of old endometrium lining shredding clogged in the vaginal tract. See Post-Menses Discharge!

Bloody Stools:

Not a good or healthy sign! Usually denotes internal bleeding or hemorrhaging in the colon (or ulcers). Juice and drink plenty of cabbage juice (4 oz) daily.

Bloody Urine:

Not a good or healthy sign! Usually denotes problems and should be checked by a doctor if not resolved after the program is completed. Could also denote a tumor being dissolved and released via the urinary tract! If the bleeding is excessive (with every urination) the problem is serious; if sporadic or rare, just a sign of cleansing.

Body Odour:

A sign that the colon is being cleansed and toxic fumes are being released via the pores of the skin; drink plenty of water and if desired you can add chlorophyll to your water. Practice deep breathing (yoga).

Bubble in the Stools:

A good and healthy sign! Denotes oxygenation from eating raw and living foods while detoxifying.

Bubbles in the Urine:

A sign of extreme acidosis and protein if the urine is yellow-orange in color. Increase water intake until urine is clear. If the urine is clear, a good sign of elimination. Urine can also be yellow from intake of B vitamins and is harmless.

Bumps (or Pimples, Blisters):

A sign that the body is eliminating toxins and parasites and worms via the skin; a sign that the blood is very toxic. Facial steaming is helpful; clean the skin with witch hazel or hydrogen peroxide (oxygen). Bumps, pimples, or blisters in the genital area denotes toxicity and lack of oxygen. Eat/juice more green foods!

Burning or Warm Sensation in the Chest:

A sign of heat in the chest; denotes too much acid (mucus) in the chest area (lungs); also can denote improved circulation in the chest area.

Burning Sensation in the Throat:

A sign that the throat is inflamed due to compromised mucus membrane area; mucus and toxic lymph congestion in the throat area of the mucus membranes. Take hot lemon drinks throughout the day or add lemon to your water. Also see swollen lymph glands for treatment protocol.

Chills

A sign denoting deep cleansing is taking place. This can often occur on cleanse days.

Clear Urine:

A good sign! Denotes that the body is presently alkaline and being thoroughly cleansed. Urine is naturally clear!

Cold and Flu-Like Symptoms:

A sign that the body's defense (immune) system is taxed and greatly toxic; a natural sign that cleansing is taking place. Drink lots more water, take hot lemon drinks throughout the day and double up on Ionix Supreme. 30mls 2x daily.

Coughing:

A natural body function; a sign that the lungs are attempting to expectorate dissolved mucus via the mouth. If problematic drink hot water with 1/2 to 1 lemon juiced in it, taken 2 to 3 times a day.

Cramping:

Gas pockets in the colon are being released. See Spasm.

Dandruff:

Denotes dried mucus being eliminated externally in the head area; a sign of too much mucus in the head area; wash the head/hair with a pH balanced shampoo and lubricate with olive oil.

Dark Coloured Stools:

Nothing but years old faecal matter that has been stuck in the colon for many years and finally being released due to detoxifying the body; a sign that cleansing and healing is taking place in the colon. A great sign!

Diarrhoea:

A sign of serious faecal compaction in the colon. The body is taking water from the tissues and sending it to the colon to soften the hardened faecal matter. A sign of dehydration. Drink plenty of water, ideally 60mls per kg of body weight, and add a half teaspoon of sea salt to the water to replace the lost sodium in the body. Want More Energy Drink will also help to replace lost minerals caused by the diarrhoea.

Ear Pain:

A sign of fluidic build up in the ear canal and/or sinus passage; denotes fluid being dissolved in the head area. Ear coning or candling may offer relief. See Ringing in the Ear!

Enhanced Libido:

A sign of improved circulation throughout the body, mainly to the genital region.

Excessive Urination:

A sign that the body is greatly releasing fluidic build up from the kidneys. Keep up the fluid intake to flush out toxins and rehydrate.

Fatigue:

See *Lethargy*.

Fever:

Though rare, denotes the body heating up so as to cause perspiration which is a form of eliminating via the skin; cold baths help a fever but do not stop it. See Perspiration.

Flatulence:

A sign that gas pockets in the colon are being dissolved. See Bloating and Spasms.

Floating Stools:

A good and healthy sign! Denotes alkalinity in the body due to the consumption of raw and living foods. See Bubbles in the Stools.

Foul Odour:

A foul odour exuding the body denotes severe toxicity; however, a sign that the cleansing is in fact cleansing your body old putrefied toxins. Increase water consumption to flush out toxins.

Gas:

See Flatulence.

Green Stools:

Colon releasing old faecal matter. Green stools are the result of bitter gall fluid released in response to eating very acidic things eaten a long time ago. A sign of poor digestion.

Halitosis:

A sign that the colon is greatly toxic and that the colon is being cleansed and the fumes are being released via the mouth which is a part of the eliminative-digestive tract.
See *Body Odor and follow pointers given*.

Heartburn:

See Acid Reflux.

Headache:

Blood is thinning and purifying itself of impurities. Fluid in the head area is being dissolved and pressing against myofacial nerves. See Sinus Pressure.

Herpes Outbreak:

If you have herpes, during the cleanse outbreaks and lesions only mean that the body is utilizing the skin to rid itself of toxins and parasites. The skin is an organ of elimination, in fact, the largest organ of elimination.

Hunger:

Constant hunger while detoxifying is mainly psychological – an upset colon dictating to the mind of the brain; a sign that water/hydration (more minerals) is needed for the cleansing process. Simply eat more of the raw foods you like at your meal and snack times in addition to drinking more water. Want More Energy Drink is also an excellent way to overcome these psychologically based cravings as it provides the minerals and nutrition the body needs to assist with cleansing.

Itching:

A sign that the body is eliminating via the skin and that the blood is extremely acidic (which causes the itching). Use topical calendula cream on the itching area.

Itchy Throat:

A sign that the mucous membranes of the throat are being affected by the cleansing. Drink hot water with 1/2 to 1 lemon juiced into it.

Lack of Defecating:

A sign of serious constipation and compaction in the colon; denotes weakened peristalsis (colon muscular activity due to previously eating too many dead or processed foods). Drink plenty of water (60mls per kg of body weight) and double up on IsaFlush. 1 x tablespoon of organic flaxseed oil can also be added to the shakes until elimination becomes more frequent and regular. If still constipated perform enemas (or get a professional colonic) to help.

Lethargy:

A sign that the body is greatly taxed due to being toxic. Rest and drink plenty of water to flush out toxins.

Loss of Appetite:

A good sign! A sign denoting that your past hunger was due to a toxic state.

Mucus in or on the Stools:

A good and healthy sign! Denotes the elimination of mucus via the colon.

Nose Bleed:

A sign that the cleansing is working in the nostrils, but also that attention should be given to the nose.

Nose Itch:

Cleansing is affecting the nose, perhaps to induce sneezing to eliminate mucus.

Pain:

Pain is always a healthy sign of an organ being addressed by the cleanse. Pain is a sensor. Where ever there is pain, it is a sign the cleansing is being greatly affected in that area.

Perspiration:

A sign of bodily elimination via the skin; a sign that the internal eliminative channels are taxed and sluggish; represents a good sign and natural function of the body's intelligence.

Poor Appetite:

A sign that the stomach and colon are shrinking back to its normal size — a good sign!

Post-Menses Discharge:

A secondary menstrual period; as menstruation itself is a cleansing function, a secondary menstrual cycle while detoxifying is a sign of the body releasing toxins via the female vaginal tract. Dark blood denotes serious toxicity (and anaemia) – a very unhealthy sign; light coloured blood is a sign of good to moderate health. See Vaginal Discharge.

Puffy Eyes:

Denotes fluidic pressure buildup in the eye area; a sign of fluidic buildup dissolving in the head area and being released; denotes cleansing activity in the kidneys.

Rash on the Skin:

A sign that the body is eliminating via the skin; a sign that the blood is toxic; denotes the blood being purified.

Red Eyes:

Denotes serious cleansing activity taking place in the liver; a sign that the liver is greatly toxic. Drink milk thistle or dandelion root tea.

Ringin in the Ears:

A sign healing is taking place in the ears. Also could denote celestial/cosmic information being downloaded that will manifest at a later date when you are ready to receive and act on the information. Left ear denotes "past" and right ear denotes "future." The side of the ear impact denotes information about your past or future. Also denotes a message that you need to hear something that you may have not been wanting to hear.

Runny Nose:

Dissolving mucus in the respiratory tract and/or sinuses being released via the nostrils; fluidic buildup in the head area being dissolved and eliminated via the nose.

Sinus Drain:

A sign that mucus is dissolving in the head area and respiratory tract and being released via the nostrils. See Runny Nose.

Sinus Pressure:

A sign that fluid congestion is breaking down and about to be released; pressure is caused by fluid pressing against myofacial nerves.

Spasm:

Gas pockets in the colon are being released; involuntary muscle contraction of sudden onset initiated by the dissolution of gas pockets. See Cramping.

Swollen Lymph Nodes:

Denotes the lymph system is congested and a lot of toxins are stores in the nodes and are trying to be released by the body. Do some gentle rebounding on a mini tramp for 10 minutes at a time, or use a body brush with firm upward strokes before bathing to move lymph. Increase water intake.

Trembling:

A sign that cleansing is possibly affecting the nerves.

Twitching:

A sign that cleansing is possibly affecting the nerves.

Vaginal Discharge:

Mucus being eliminated via the vaginal tract; a sign that the body's other eliminative channels (colon, kidneys, lungs, liver, and skin) are blocked; a sign of excess mucus in the female reproductive channel being released.

Vomiting:

Although rare, denotes elimination via the mouth; a sign that the body is too acidic and that the colon is too taxed to expel via the rectum; a natural reaction to the alkalinity of the herbs if the body is in a very acidic state. Drink more water, a minimum of 60mls per kg of body weight per day. Double up on IsaFlush to help with elimination through the bowels.

Watery Eyes:

A sign that there is much congestion in the head area and that drainage is taking place.