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through Fasting
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UNDERSTANDING THE HEALING CRISIS.

UNDERSTAND THIS
FIRST. The body
tends to become
congested with
waste material
and toxins when:
A person has
been eating
poorly for a
long period of
time. A person

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doesn't exercise on a regular basis - this includes stretching and muscle strengthening exercises, in addition to cardio vascular exercises that speed up the heart rate. A person is

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exposed to
chemical toxins
found in food
and the
environment. A
person has been
taking
prescription ...

~~UNDERSTANDING~~
~~THE HEALING~~
~~CRISIS~~
~~Balanced~~
~~Concepts~~

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CRISIS.

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FIRST. The body
tends to become
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and toxins when:
A person has
been eating

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In a healing
crisis, every
body system

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works together to eliminate waste products and set the stage for regeneration. Old tissues are replaced with new. A disease occurs when the body cannot make it through its natural healing crises for one

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reason or another. The body is "locked" into a destructive and shut down place, physically, emotionally, mentally, and spiritually. Symptoms of the healing crisis may at first be identical to the

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Crisis

it is
meant to heal.

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Concepts In a
healing crisis,
every body
system works

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together to eliminate waste products and set the stage for regeneration.

Old tissues are replaced with new. A disease occurs when the body cannot make it through its natural healing crises for one reason or

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Another. The
body is "locked"
into a
destructive

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Old tissues are
replaced with
new. A disease

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occurs when the body cannot make it through its natural healing crises for one reason or another.

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point during a
natural, drug-
free, disease
reversal process
a patient ...

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This is likewise
one of the

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Crisis At some
point during a

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natural, drug-free, disease reversal process a patient will experience what is known as a Healing Crisis. This is the special mechanism used by Nature to cure Arthritis, Cancer, Emphysema,

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Asthma and other degenerative diseases.

~~Prescribed For
Life +
Understanding
the Healing
Crisis~~

In order to
better
understand what
happens in a
healing crisis

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It may be important to understand how a wounding crisis affects our body. A wounding experience is a physical or emotional memory stored within the body. A wounding crisis occurs either in a sudden blow or

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over an extended period of time and with repetitive movements. The three primary forces that help to create a wounding crisis are stress, repression, and physical trauma.

~~UNDERSTANDING A~~

Page 34/51

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~~HEALING CRISIS~~

~~Jon Burras~~

A healing crisis is an intense healing event which occurs on natural healing protocols. These protocols usually involve some form of detoxification where the body eliminates

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~~Crisis: My~~

toxins, yeasts
and parasites.
Read my post
which explains
why everyone is
toxic today and
how it is the
major underlying
cause of the
majority of
chronic disease.

~~The Healing~~
~~Crisis: My~~
Page 36/51

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~~Experience +
Nourish Balance
Heal~~

understanding
the healing
crisis Due to
the many
pathogenic
influences and
stresses of
daily life, as
well as
environmental
toxicity and

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pollution, and
the various
imbalances and
defects that can
crop up in the
process of
pepsis, or
digestion and
metabolism,
toxins,
metabolic
wastes, and
morbid or
superfluous

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humors
inevitably
Crisis Balanced
accumulate in
the organism
over time.

~~Greek Medicine:~~
The Healing
Crisis Any type
of cleansing or
healing that you
do will come
with a release.
This can happen

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Crisis, Balanced

on a physical, mental, emotional, or spiritual level, and often happens on several levels simultaneously. When toxins and toxic energy are released, your body and mind have to deal with a sudden

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and powerful
shift in
Crisis Balanced
balance.

~~What's a Healing
Crisis — Are You
Having One?~~

Usually, the
answer to
herxing, or
healing crisis,
is to increase
detoxification
efforts. So,

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messes were made of the body's systems, and then clean up efforts were applied. Even if used preventatively in anticipation of a reaction, this is still a problem, because there are other factors at play

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beyond
detoxification.
Crisis Balanced

Why force the
body?

~~Why True Healing~~
~~is Not a Crisis~~
~~+ Institute for~~
~~...~~

A healing crisis
is the process
by which toxins
are eliminated
from the body

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The mental,

emotional and

physical being

Crisis Balanced

of the person reaches a different level of health. The body is constantly striving to function towards optimal resonance with the memory of

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Crisis —
Naturopathic
Doctor News and
Review~~

Healing Crisis
and Balance The
discrepancy
between
different
healing

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modalities as to
what is
considered

healing partly
arises through a
misunderstanding
of healing
crisis and
balance.

Traditionally
there is
considered to be
one level of
balance, which

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The body attempts to maintain through a process called homeostasis.

~~Healing Crisis~~
~~is a~~
~~Prerequisite for~~
~~Regeneration~~
Seeking to
rebalance during
the healing
crisis can stop

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Crisis Balanced
transformation,
as inevitably
you are returned
to your
familiar,
comfortable
point of
balance, and
therefore don't
go through the
healing crisis
to get to the
higher level of
balance. At this

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point balancing
tools such as
kinesiology can
lead you astray.

~~Nutritional
Requirements for
a Healing Crisis
—Aziz Shamanism~~
Healing from DP
requires
changing our
understanding of
the disorder; to

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stop seeing it
as an enemy or a
threat and

instead to
accept and ride
these feelings
out. When we do
that, balance
can be restored.

I wish you well
on this journey.

Swamy G is a
counselor, coach
and writer for A

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Coach Called
Life.
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