

Understanding of "Healing Crisis"

By Dr. Olga Miezio

The **Healing Crisis** is recognized in all systems of natural healing. The Chinese refer to this as the "**the law of cure**". It is not uncommon with effective therapy that one seems to get worse before getting better. When the body is engaged in elimination of toxins accumulated over the years, one may experience aches, pains and symptoms of diseases of most resent to those of childhood. This is because the toxins are being liberated from their storage places and now are actively affecting the body full force. This is the healing crisis.

If you experiencing discomfort or marked weak ness during the four day fast or a result of taking the herbs and recommended diet, you should strengthen your determination to go through with it. **Strength and improved well being will return when the process of elimination has been sufficiently accomplished.** The cleansing fast can be repeated after one month to help complete the process.

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