

# *The Healing Crisis*

*(Creating a better you, part 3)*

“Healing sucks!” is a complaint I often hear when I tell someone they’re just doing a healing crisis. A healing crisis can feel like you have the flu (achy muscles and joints, nausea, even vomiting), it can be a rash or outbreak of acne, it can be a headache, it can be a bad case of diarrhea or constipation, it can be lethargy and a constant desire to sleep, it can be moodiness, it can be pain where you’ve never had pain before, it can be a runny nose or weepy eyes.

In homeopathy they call a healing crisis retracing, stating that you have to go back through the illness or trauma in order to get it totally free of your system. Herbologists simply say that you have a blockage because you have consumed too much garbage for your system to handle; they encourage you to feed the bowels so that they can increase elimination. Nutritionists call it detoxification, stating that you’re eliminating old buildups of unwanted building blocks in the body. Medical doctors may tell you you’re sick and prescribe something to suppress the symptoms. I’ve even heard of medical doctors who will say that you’ve poisoned yourself with all those herbs and oils (hogwash). I’ve heard experts refer to it as “housecleaning,” “cleansing reaction,” and the more common, “healing crisis.”

A healing crisis is simply your body shouting hallelujah as loud as it can and taking advantage of the situation as fast as it can. “Wow!” Says the body, “I’m getting what I need to feel better; I need to take advantage of it as quickly as possible.” It’s kind of like when you do a strict diet and the body says, “Whoa, there’s not much food coming in here, I’d better hang on to everything I’m getting in case we run out of food.” You then gain weight as opposed to losing. A healing crisis can occur because you suddenly started eating good, healthy foods (I hear about them a lot from women who just found out they’re pregnant and they’re trying to eat only good stuff when they ate bad stuff before). A healing crisis can occur because you’re doing a juice fast. A healing crisis can occur because you started using essential oils or herbs in order to live a healthier life. In all of these instances you are focusing on the needs of the body and it is rejoicing. It is bringing out the big guns, lining up the enforcers, and kicking the unwanted occupants out of your body as fast as it can! It is cleaning up the neighborhood in a big way! Sometimes that means that it is tearing down old buildings, remodeling slums, draining swampland, maybe even blasting a pass through a mountain range, whatever it’s doing, it will in the end be a more beautiful, peaceful place.

You may never experience a healing crisis. Statistics say that only about 40% of the people who make changes towards healthier living will, of that 40%, 10% will experience only a very mild healing crisis. Our goal is to keep you in the 10% (or better yet, the 60% who never have one) range.

The first thing that we need to realize is that our body is full of toxins. We eat toxins, breathe toxins, apply toxins to our bodies, absorb toxins, and are exposed to toxins with practically every step we take in this modern world. As we work to provide a healthier lifestyle experience for our bodies the first step we need to do is be considerate of our body. The liver is the main organ responsible for processing these toxins. Hey, it can even take care of many of the toxins all by itself; it works hard at converting garbage into things the body can use. The first step we need to take is to strengthen and assist the liver. We do this by starting the Liver Cleanse. (There’s a whole article devoted to this on our website in the library section.) The Liver Cleanse is simply taking one drop of Be Young Peppermint essential oil, one drop of Be Young Lemon essential oil, and one teaspoon to one tablespoon of fresh lemon juice each morning. (If you use another brand of essential oil do NOT take it internally, put it on the bottom of your feet and do not expect the same results.) Drink a glass of fresh, clean water and wait 20 minutes until eating. I generally

**Disclaimer:** The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade, EOBBB guaranteed essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2010 (208-852-2295, [www.TracesEtc.com](http://www.TracesEtc.com))**

encourage people to do this for at least a month before moving on. If you have difficulties with elimination (this means you don't have at least 3-4 bowel movements a day or one after each meal) then you will also want to add a drop of the Be Young Di-gest essential oil blend to your daily regime. This will help get the elimination process going so that you can get rid of the garbage your body will soon be sending packing out the door.

We must remember that toxins are so ingrained in our environment that they are in our bodies at a cellular level. It's going to cause some restructuring in our bodies to remove that. These toxins are not happy about going, either, they're going to try to leave an impression, but we don't have to let them stay and there are ways to make their passing easier.

As we remove these toxins from our bodies we will have to rebuild some parts of our bodies. The more we feed our bodies with the best nutrients available the faster it can recover. It's kind of like remodeling the garage. If we hire the neighbor's kid and let him learn while he goes it will take a long time, there will be errors made that have to be fixed, and it will probably even cost us more in the long run. However, if we can hire the best contractor in the area, provide the funds up front so he can have the materials needed delivered on time or even early so there's no waiting, and if we entice him with a little extra money so he puts our job first we'll be done in no time, with no dickering, and no stress.

This translates as feeding the body the nutrition it needs:

- Get your daily dose of Masaji™
- Add in a drop or two of Black Cumin essential oil to beef up the bone marrow production.
- Do a soak in Healing bath salts a minimum of once a week (3-5 times is better). You can eliminate a quart of toxins in one 20-minute soak! Don't forget to rinse off afterwards.
- Drink plenty of fresh, clean water. (Strive for half your body weight in ounces, for example if you weigh 100 pounds try to drink 50 ounces of water a day—not all at once! Throughout the day!)
- You may find that you need to increase the level you're doing the Liver Cleanse at or take it more than once a day (be careful, hit it too hard and you'll put yourself into a healing crisis!)
- Mind your eating habits. Try to eat lots of fresh, raw, organic fruits and vegetables. Avoid refined, processed, and prepared foods.
- Fresh carrot juice is a great way to speed building blocks into your body and speed up elimination.

If you are currently having a healing crisis—SLOW DOWN, BACK OFF, STOP WHAT YOU'RE DOING or suffer through it. If you begin to see the signs of a healing crisis (or you're in one), back off. Stop giving your body the tools to eliminate and rebuild. You do need to get whatever the body is working on done with, but if you're careful it doesn't have to be painful. I woke up one morning and was having a terrible time, I stopped moaning and groaning and analyzed, yep, sure enough I was having a healing crisis. I also had to teach a class in a few hours and knew I wouldn't do justice to the topic and the students feeling the way I was. What was my solution? I went to the grocery store, bought a donut, some chocolate milk, and a small bag of chips. Whoa! This is junk food incarnate! Was I crazy? Nope, within 15 minutes of eating my junk food my body quit cleaning and started sorting out and processing the new garbage I had fed it. It didn't have time to clean house anymore, it was busy trying to deal with the trash I had just dumped in!

Note, this is not what you want to resort to at the first sign of a healing crisis. At the first sign you want to drink more water and do a soak to remove toxins, this will generally give the body the help it needs to get rid of what it's trying to get rid of. You can often get over a healing crisis just by doing that. You may choose to skip a day of your Liver Cleanse, maybe take a day off completely from using the essential oils to give your body a chance to catch up.

**Disclaimer:** The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade, EOBBDD guaranteed essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2010 (208-852-2295, [www.TracesEtc.com](http://www.TracesEtc.com))**

You only want to resort to donuts and chips if you're in full healing crisis mode and not even then if you can possibly avoid it. Back off the oils, drink more water, do a soak, spend some time in bed, be miserable, give your body the chance to catch up and then go forward again. In most cases a healing crisis lasts only 2-3 days, less time than the common cold and you'll probably feel fabulous afterwards! (In rare cases healing crises can last as long as 30 days, I generally suggest you back off if you go longer than 2-3 days because then you're going too fast. It's really hard not to get discouraged if you feel sick all the time. I prefer to do my best to keep my clients in the group of people who don't have healing crises or the 10% who have very mild ones. Doesn't mean they do what I say or listen to me, though. Some people always insist upon learning the hard way.)

If you are in a full blown healing crisis you can speed your way to feeling better by:

- Backing off or slowing down whatever change(s) you've made (did you start a cleanse, begin drinking juiced fruits and vegetables, add in some new herbs?)
- Do a soak in saltwater (add ¼ - ½ cup Epsom salts to bath water), be sure to rinse off afterwards. You may also choose to add a living clay (Redmond clay is a good one) it helps to draw toxins out of the body also (same proportions as the Epsom salts). If you can't soak in the tub, soak your feet in a dishpan, then you only need about ¼ cup of Epsom salts or clay. Again, be sure to rinse off after soaking.
- Ginger root tea is gentle to the system and is a great detoxification aid. It shouldn't increase your healing crisis, but should help you eliminate the toxins you're dumping.
- Get plenty of sleep.
- Get a massage, lymphatic is best in this case. It will help keep the system moving so you don't get blockages.
- Drink plenty of water. I like to use distilled water because it will help clean out whatever you're dumping.
- Add some fresh ground flax to your diet. It binds with toxins and carries them quickly out of the body.
- Don't resort to drugs to suppress the symptoms, they will come back and bite you hard if you do.
- Stay positive, negative emotions will slow down your recovery time. Spend some time learning more so you understand what's happening to your body.

Remember, this is a temporary thing and it's really a good thing. Think of how much garbage you're dumping out of your system that you will never have to deal with again! Think of how wonderful you'll feel when you have a healthy, strong, happy body! What you are really doing is creating a younger and healthier body! When you start feeling better and begin to walk the path to good health again, just take it a little slower this time and stop to smell the roses.

**To order, for class information, or if you have questions contact:**

Debby or Penny Swann

208-852-2295

[www.TracesEtc.com](http://www.TracesEtc.com)

**Disclaimer:** The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade, EOBBB guaranteed essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2010 (208-852-2295, [www.TracesEtc.com](http://www.TracesEtc.com))**