

## What is a healing crisis?

*"There is a need to make a distinction between the symptoms of a disease process and those of the healing process."* -Dr. Bernard Jensen

In other words, at times *getting well* may look the same as *getting worse*.

Let's say you are at a formal party. If you had no contextual cues to guide you, wouldn't the hostess greeting guests as they *arrive* at the party look pretty much the same as them bidding guests goodbye as they *leave* it? In one case, the guests are *coming*, in the other they are *going*. In both, there are smiles, hugs, handshakes and the like.

So, its important to know how to differentiate between feeling not so good when you are *actually getting better* – and feeling not so good, when health is *actually deteriorating*.

Different people have different reasons for having *colon hydrotherapy*. Some are after relief from symptoms such as bloating, digestive ills, headaches, malaise etc. Even a single colonic can offer this kind of relief, for a short or longer period of time, depending on the level of toxic buildup. Some people use colonics as part of a more structured plan to move to a vibrant level of health, not merely the absence of disease.

The most obvious way to promote healing at the physical level is to detoxify the tissues at a cellular level. It's best to do this in a structured way, with a proper sequence, for instance as is found in the *panca karma* method in Ayurveda, the ancient Indian form of medicine. (Panca means 5, and karma means action – hence, 5 actions, one of which in its modern form, is colon hydrotherapy) However, people's lifestyles don't always allow for this sort of systematic and systemic approach.

At *West London Colonics*, we take a somewhat pragmatic approach. We think the main thing about any health -oriented system is that it be **do-able** for the person on an individualistic basis. If it's not **do-able by them** (does not fit into their value system, lifestyle, motivations) it won't get done, no matter how good the system is in theory. In western methods of healing, which also have sequences and logic attached to them, (albeit not as proven as the more ancient systems); **colon cleansing** is often an important technique.

Why? Because any cleansing program has the objective of leading to a beneficial and important *healing reaction*, which manifests as the recurrence of old physical problems, such as a runny nose, flu-like symptoms, and fever which occurs to burn out toxic waste. The toxicity, once suppressed by drugs, is now released. Colonics help the elimination process, and reduce the discomfort of the healing reaction.

As one continues a healthful pattern of living through good nutritional practice, one may experience several healing crises, each time releasing past problems. According to naturopaths, this is a sure sign that the right path has been taken and that the body has gained the strength to heal itself naturally.

So, a *healing crisis* is the opposite of a *disease crisis* yet in many ways may look and feel the same, with similar symptomology. Healing crisis usually occurs after a period of increased well-being, and may last a few days. Each healing crisis releases physical problems from the past. When a healing crisis comes, do not try to stop it; *support it*. The discomfort of the healing crisis is an indication of your own body working to heal itself, from the inside- out.

Typically, as a condition proceeds toward the chronic stage, the allopathic approach calls for (increasingly more) powerful drugs to suppress symptoms. Meanwhile, hidden from sight, the disease process continues unabated. To begin the reversal path and get back to a higher level of health, we must retrace the path back, from illness back to wellness.

According to naturopaths, rejuvenation cannot be accomplished by using medicines to suppress symptoms. Elimination of toxic material is the key, and must be assisted rather than repressed.

Hering's Law of Cure explains the distinct differences between the development of the disease process and the healing process.

It states, "All cure comes from inside-out, from the head -down and in reverse order as the symptoms have appeared in the body."

Since I find this aphorism to insightful, I will explore it further in a future article.

My personal experience (both with myself, and with clients) is that as one adopts right eating and living habits, the body inevitably responds. The response however may seem counter-intuitive. This is where an understanding of healing pathways comes into its own. The state of health will retrace backward via the same path that led to disease in the first place. During a healing reaction, toxins and sedimentation are dislodged from the weak areas of the body where they had created blockages to the free flow of energy. This is a good thing to be sure. But it *won't always feel good* as it's stirred up. Why?

When the old waste matter is activated, or stirred up, it returns to the bloodstream to begin the process of being eliminated from the body. It is necessary for healing to occur. The free flowing toxins work their way out through the eliminative channels of the body. And the speed at which they are eliminated depends on how well our eliminative channels are working. It's not a good idea to suppress or repress a healing reaction; it is much better to discharge it. Here is one time that Colonics really come into their own. A course of colonics taken as part of a cleansing plan really can reduce any *yuk(!)* factor (healing reactions) associated with the cleanse. In my opinion, it is the premier way of supporting the body during a cleanse, eliminating wastes and supporting long-term tissue rejuvenation through bowel cleansing.

Colonics have much to commend them as part of a superior nutrition and lifestyle-based health program.