

How to Minimize the Discomfort of a Healing Response

Occasionally, people have what's called a "healing response" when they heal. It's a well-known phenomenon in medicine known as the *Herxheimer Reaction*. It's also referred to as *Jarisch-Herxheimer Reaction*, *JHR*, *the Herxheimer Effect*, *the Herxheimer Response*, a *Herx Reaction*, *Herx* or *Herks*. You may also hear it called a *healing crisis*, *a detox reaction*, or *die-off syndrome*.

Whatever you call it, it's actually a sign of healing. It is an immune system reaction to the toxins (endotoxins) that are released when large amounts of pathogens are being killed off, and the body does not eliminate the toxins quickly enough. Simply stated, it is a reaction that occurs when the body is detoxifying and the released toxins either exacerbate the symptoms being treated or create their own symptoms. **The important thing to note is that worsening symptoms do not indicate failure of the treatment in question; in fact, usually just the opposite.**

So while it may not *feel* good to go through a healing response, it is actually a sign that you are in fact healing! The biggest problem with the Herxheimer reaction is that people stop doing the thing that is causing the reaction (such as The Healing Codes), and thus discontinue the very treatment that is helping to make them better. Although the experience may not make you *feel* particularly good, the Herxheimer Reaction is actually a sign that healing is taking place.

What To Do If You're Having a Healing Response

Here are some things you can do to minimize the discomfort:

Shift the focus of your Healing Code to whatever you're experiencing with the Healing Response. If you have a headache, put your headache in the Prayer of Intention. You may also do your Code with a focus on staying in balance, physically and emotionally.

Also, change the end of the prayer. Instead of requesting that the effects of this healing be multiplied by 100 times or more," say, "I also ask that the healing be gentle and easy, for my best good at this time."

Back down on the frequency and/or duration of your Healing Code until you feel a little better. That gives your body time to "catch up" with eliminating the toxins.

Make sure you're drinking plenty of water, preferably with lemon or lime in it.

Soak in a warm bath in which you've added 1/2 cup of baking soda and 1/2 cup of hydrogen peroxide.

MOVE! As in, walking or jumping on a mini-trampoline. Get your lymphatic system going.

Remember, healing responses are a sign the Code is working! Be encouraged, take these suggestions, and see it through. You WILL get to the other side, and when you do, you will feel so much better.