

The Die off Reaction or Healing Crisis explained

The following was given to patients at the Gerson Cancer Clinic in 1982: “As a person continues on an improved diet and supplement program and gradually raises his or her food quality, interesting symptoms begin to appear. The body begins a process called retracing.

The cellular intelligence reasons something like this: `Oh, look at all these fine materials coming in. How wonderful — now we have a chance to get rid of this old garbage and build a beautiful new house. Let’s get started immediately.

“First the body begins to clean house — everywhere (this is when you are likely to have a healing reaction, sometimes called a healing crisis or a cleansing reaction). During this period, the body “removes the ashes from the furnace preparatory to getting a better fire.”

This first stage persists for a while and then the body begins to form and replace what was discarded; this is the second stage.

The third stage is a build-up period (lean muscle mass and internal organ regeneration).

“At this point, much or more of the interfering wastes have already been discarded — the tissues that have been formed since the diet was raised in quality are more durable and do not break down easily.

Also, new tissues are now being formed faster. This is due to the improved assimilation of nutrients that occurs when wastes have been removed and the necessary nutrients are available.

“Let’s return to the symptoms, which occur when a person begins a superior nutritional program. People who have had tendencies in the past to recurring skin rashes or eruptions will frequently tend to eliminate poisons and harmful drugs through the skin with new rashes or eruptions. If they go to a doctor now, who is not familiar with the aspect of nutrition, he or she will diagnose it as an allergy.

The patient asks, “Why do I have a rash? I’m eating better now and than I ever did before and taking the best supplements in the world, and instead of getting better, I’m getting worse! They don’t understand that the body is “retracing.” The body is getting more alive and active. It is throwing out poisons more rapidly now that the body has more power.

“With some, colds, which haven’t appeared for a long time, may occur or even fevers. This is nature’s way of house cleaning. Understand that these actions are constructive, even though unpleasant at the moment. Don’t — but don’t try to stop these symptoms by the use of drugs. These are not deficiency conditions or allergic manifestations — not if you are eating properly and taking your supplements.

“Headaches may occur at the beginning, there may be a short interval of bowel sluggishness, occasional diarrhea, feelings of tiredness and weakness, disinclination to exercise, nervousness, irritability, negativity or mental depression, frequent urination, etc.

However, the great majority of people find their reactions tolerable and are encouraged to bear with them because of the many improvements which have already occurred and are becoming more evident with each day. This acts as an inspirational force to them.