

# The Healing Crisis

What is it and does it happen in my pet as well?

Many people nowadays try alternative/complementary modalities to cleanse and detoxify the bodies of their pets. Sometimes they experience unpleasant symptoms and think it is not working and therefore discontinue using those methods. Generally, these new symptoms are actually not a new disease, but rather a healing crisis.

## What is a healing crisis?

Also known as the "Herxheimer Reaction", this reaction occurs when the body tries to eliminate toxins at a faster rate than they can be properly disposed of. The more toxic the bodily systems are, the more severe the detoxification, or healing crisis. There is a big difference between an illness and a healing crisis. A healing crisis is a sign of improving health. When you encounter a healing crisis after using modalities like massage, acupuncture, Australian Bush Flower Essences, etc. it proves that it is working!

The healing crisis is a process in which the body undergoes an intense period of cleansing and rebuilding. It is called a 'healing' crisis because the body is healing itself and becoming stronger. It is referred to as a 'crisis' because the symptoms can be dramatic and rather unpleasant during this time. Because the healing crisis is accompanied by unpleasant symptoms it is often mistaken as a sickness. In reality, it is just the opposite. It is a process in which the body is overcoming ill health and becoming healthier and stronger.

Toxins, bacteria, and diseased cells are flushed out of the tissues and dumped into the bloodstream to be removed through the body's channels of eliminations.

Such reactions are temporary and can occur immediately - or within several days, or even several weeks, of a detox. Symptoms usually pass within 1-2 days. If longer, please contact your vet or practitioner.

Often the crisis will come after your pet feels its very best. It can be just that one healing crisis or there may be many small crises to go through.

## Symptoms can include:

- Increased joint or muscle pain
- Diarrhoea
- Nausea
- Extreme fatigue and/or its opposite, restlessness
- Cramps, muscle aches and pains
- Arthritic flair up
- Insomnia
- Fever (usually low grade) and/or chills
- Frequent urination and/or urinary tract discharges
- Drop in blood pressure
- Skin eruptions, including: boils, hives, and rashes
- Strong emotions and mood swings

- Anxiety

**What can I do to ease my pet's way through a healing crisis?**

Offer plenty of fresh water to flush the body of toxins.

If your pet is feeling fatigued, or sleepy, let it rest.

© 2009 [Animal Connection](#) All Rights Reserved.