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The Healing Process

"Peeling the Onion"

The healing process is often described as peeling an onion. Layer after layer of imbalances and weakness are corrected giving the impression of peeling the onion. Typically this process continues until there are no layers of weakness left to find, and this is what constitutes complete whole body healing. Indeed as each layer is peeled it may be surprising to discover the development of symptoms that had not formerly existed. This is very normal and explainable and a good sign that progress is being made.

Ultimately the human body is constantly in an effort to heal and repair itself, saving energy and reserves in an effort to heal the chronic wounds and imbalances. If given a chance the body will completely repair and renew itself to a perfect state. The way to support this is by reducing toxic and immune burdens to the body, providing vital and energized nutrition, and practice a lifestyle that respects the subtle needs and rhythms of the body. This is why we approach your health in a wholistic way with the concept of evolution towards entire whole body healing process, strengthening system after system, tissue after tissue.

One of the most confusing things about the healing process is what has been called the 'retracing phenomenon.' It has been said that any step of degeneration or decline that the body went through in the process of becoming ill it has to return through in the process of becoming well. Step by step. Sometimes this means that symptoms will get worse before they get better, and this often conflicts with our desires to simply feel better.

Typically retracing phenomenon, going back through a repair and recuperative process, is relatively short lived. Retracing symptoms last anywhere between hour-long individual episodes to at the most a few days. One way that one can distinguish between disease symptoms and healing symptoms is how quickly the healing symptoms change and develop into something new. As well often while these healing symptoms are occurring there is simultaneously a general sense of well-being and improved energy.

Healing symptoms can involve catarrhal cleansing such as phlegm, diarrhea, excessive urination and aching in muscles and joints headaches, or any symptoms that might have been experienced in the process of becoming ill. This is especially true in chronic illnesses or imbalances that have existed for a prolonged period of time. For example in neurological conditions such as MS or neuropathy it is a positive sign to find tingling and neurological sensations as healing begins.

There is no greater encounter with the vital force that made the body than healing processes. In general we do not yet fully comprehend what the healing power of the body can achieve.