Herxheimer Reaction - Healing Crisis, Die-Off Reaction

→ If you are sick and want to get well, this is one of the most important articles to read and fully understand!

**Background**

All pathogens invading the body put out toxins when they are alive. Pathogens or as I like to call them "Infestations" could be bacteria, viruses, parasites, fungi, mold, protozoa, and other forms like cancer cells. For most relatively healthy people, they are able to deal with the toxins put out by these invaders and dispose of them through the normal elimination processes. Normal detoxification and elimination pathways include things like the skin, kidneys, urinary tract, liver, bowel, and lungs. As long as (1) the infestation is not too large and (2) your detoxification pathways are not overloaded or plugged, you can maintain reasonable health in the face of the infestation. However, many people have large scale infestations and/or their detoxification pathways are not functioning as good as they should. For these people their body is continually dealing with massive amounts of toxins which get into the blood and go throughout the body. The result is that these people do not feel well at all and have very little if any detoxification reserve to handle more toxin load.

When the invading pathogens or infestations are alive they give off some toxins; but when the die, they often empty their entire contents of toxins into the body quickly. So dead pathogens are usually much more toxic than alive ones.

So we have now arrived at that healing paradox. In order for sick people to get well we have to kill off the invading infestations. But as we kill off the invading pathogens, the toxic load on the body increases based on the amount and kind of pathogen killed. This results in the person feeling worse and in some cases much worse. In some cases the treatment protocol killing the pathogens must be stopped to relieve the extra toxic stress from the die-off.

**Typical Herxheimer Symptoms**

- Headaches.
- Increased fatigue.
- Muscle soreness, especially in the back, but all over the body.
- Kidney pain (lower back internal).
- Flu-like symptoms all over.
- Sinus congestion.
- Diarrhea or constipation or gas.
- Skin rashes, flushing.
- Dizziness, depression.

You get the point. You feel pretty bad all over and just do not want to get out of bed. The Herxheimer reaction comes in many different levels. Mild ones are easily tolerated and are fine. Really bad ones need to be fixed by stopping or cutting back on your "killing" protocol. There are many levels in between.
Recognizing a herxheimer reaction is important. Tune in to it right away and adjust things if the reaction starts getting too strong. It is nearly impossible to avoid all bad die-off reactions. That unfortunately is part of the recovery process.

To make it easier to recognize which things may cause more healing stress, I have included a "healing reaction potential" rating on my recommended products list(s). Items with more bad healing reaction potential need to be recognized and doses watched carefully (color coded gray, yellow, orange, red). Sensitive people need to pay close attention to the healing reaction potential and start on very low doses and monitor the dosages carefully.

So if the bad healing reaction is inevitable, what can we do to minimize it or get over it more quickly?

**Strategies for Minimizing Herxheimer Reactions.**

**Improve your detoxification and elimination pathways.**
Get the toxins out of the body as fast as possible. But how can we do that?
- **Drink lots of filtered water.** Sounds easy but almost everyone does not do well at this one. We get too busy and don't drink or we don't want to go the bathroom too often.
- **Improve your liver functioning.** Most livers are plugged up with thousands of small gall stone like balls. These cause toxins to backup in the body waiting for passage through the plugged up liver biliary tubes. The simple and inexpensive liver flush technique listed in another article on this web site can quickly and painlessly purge hundreds of stones from the liver during each flush. Most people take about 5-6 liver flushes to have almost all of the stones removed. Getting any out will always improve things somewhat. So one or two flushes that get some out is better than not doing any flushes.
- **Improve liver and kidney health.** Many people have some liver damage from a variety of causes - metal toxins, chemical toxins, past liver diseases, too much alcohol, etc. These people will want to take some liver herbal supplements listed below. Pick some for liver and some for kidney/blood cleansing and rotate them in use every month or so.

**Product Type - Herbs**

<table>
<thead>
<tr>
<th>Product Name (Manufacturer - Distributor)</th>
<th>Use</th>
<th>Use Level</th>
<th>BERC Energy Safety</th>
<th>Chemical Safety Rating</th>
<th>Healing Reaction Potential</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parsley (Swanson)</td>
<td>kidney cleanser, nutrient support, green food</td>
<td>basic all</td>
<td>9.5</td>
<td>9.0</td>
<td>9.0</td>
</tr>
<tr>
<td>Turmeric (Swanson)</td>
<td>powerful anti-inflammatory, pain reduction, liver support, bile flow</td>
<td>basic all</td>
<td>9.0</td>
<td>9.0</td>
<td>7.5</td>
</tr>
<tr>
<td>Schizandra Extract (Swanson)</td>
<td>support liver cleaning and repair, mild energy support</td>
<td>basic all</td>
<td>9.0</td>
<td>8.0</td>
<td>9.0</td>
</tr>
<tr>
<td>Full Spectrom Milk Thistle (Swanson)</td>
<td>liver tonic, cleanse and rebuild</td>
<td>basic all</td>
<td>8.5</td>
<td>9.0</td>
<td>9.0</td>
</tr>
<tr>
<td>Red Clover Blossom (Swanson)</td>
<td>blood cleanser, mild natural estrogenic effect</td>
<td>basic all</td>
<td>8.5</td>
<td>8.5</td>
<td>9.0</td>
</tr>
<tr>
<td>Dandelion Root (Swanson)</td>
<td>liver and kidney and blood tonic</td>
<td>basic all</td>
<td>8.5</td>
<td>8.0</td>
<td>9.0</td>
</tr>
</tbody>
</table>
• **Get the body sweating.** The far infrared Sauna Dome is the best skin detoxification device. Pricey ($2000) but well worth if for long term uses. Or use any other saunas. Exercise is another good way to get sweating. Dress a little warmer at the gym or outside to get sweating faster and heavier. Drink extra water during and after all of the skin sweating activities. People who do not sweat regularly store many more toxins in their body and the kidneys get stressed much more by not sweating regularly.

• **Drink some red clover tea or other good detoxification tea.** During bad reactions drink 3-4 cups of red clover or detoxification tea a day. I have found that red clover tea works very well to clear toxins from the blood and make you feel better. You can also take the red clover herbal supplement for long term support but the tea works the best for more immediate help.

Quickly collect and bind the toxins into substances so they are not flowing freely about the body.

For this purpose I have created a separate category of products called "Toxin Collectors". Take plenty of these often with lots of water. The key general purpose ones are listed here. My two favorites are the apple pectin and activated charcoal. I take both regularly and use the bentonite more for heavy metal removal.

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</tr>
</thead>
<tbody>
<tr>
<td>Apple Pectin (Swanson)</td>
<td>soluble fiber, GI tract mechanical toxin absorption</td>
<td>basic all</td>
<td>9.0</td>
<td>10.0</td>
<td>10.0</td>
</tr>
<tr>
<td>Bentonite Powder (Now - iHerb)</td>
<td>bentonite clay, mechanical absorption of toxins in GI tract</td>
<td>basic all</td>
<td>9.0</td>
<td>9.5</td>
<td>10.0</td>
</tr>
<tr>
<td>Cholacol II (Standard Process)</td>
<td>bentonite clay, mechanical absorption of toxins in GI tract</td>
<td>basic all</td>
<td>9.0</td>
<td>9.5</td>
<td>10.0</td>
</tr>
<tr>
<td>Activated Charcoal (Swanson)</td>
<td>electrical collector, powerful GI tract toxin remover</td>
<td>basic all</td>
<td>9.0</td>
<td>9.5</td>
<td>10.0</td>
</tr>
<tr>
<td>Oat Bran (Swanson)</td>
<td>soluble fiber, GI tract mechanical toxin absorption</td>
<td>basic part time</td>
<td>7.5</td>
<td>8.5</td>
<td>10.0</td>
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Don’t just lie in bed all day. I know you feel bad and just want to stay in bed.

It usually helps clear the body faster if you get up and walk around regularly. Lying around all the time leaves the body stagnant and the toxins in the lymphatic system will never clear out. Regular short walks outside in the fresh air will often help. So rest some, then walk and breath deeply, drink water, rest some, walk and breath deeply, drink water... You get the idea.

**Help! I am still getting a bad reaction even though I tried some of the above ideas.**

In this case the best thing to do is to completely stop taking the products causing the die-off reaction. Stopping for 2-3 days is often enough to get the body cleared and feeling better again. Of course continue doing the above die-off reaction reduction...
techniques. Then start up your killing/stressing products again but at a lower dose and gradually work up.

**Start all of your healing procedures by established good toxin collection and clearance methods first.**

In all of my healing procedures you will see that I prefer to start people on 1-2 months of establishing good toxin removal before attempting any killing protocols. This is critical from the holistic view of medicine that I support. You will have a much better chance of decreasing or avoiding the harm caused by the cure. Do not rush into the "cure" or you may be sorry!