

~ Ask Granny Earth ~

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Healing

ASK GRANNY EARTH

I've been taking your Liver Formula tincture for about two weeks. I have developed a rash on my face and from time to time experience slight nausea. What's going on? Should I keep taking the formula? Sometimes I feel worse than before I started taking it.

Congratulations! You're experiencing what is known as the **Healing Crisis**. Keep taking the tincture, and remember the herbs are doing a healing on your entire system. Some other names for this process is- the Die-off effect, Restoration and just plain old HEALING!

The Healing Crisis happens when the body is in the process of elimination (of stored up toxins, pathogens, i.e., viruses, bacteria and/or parasites and poisons). Reactions may be mild, severe, or nothing at all, depending upon the overall condition of your entire immune system. When taking herbal formulas, you should expect some sort of **Healing Crisis** reaction. Work toward it and accept it as part of your body's healing process.

The severity of this **Healing Crisis** will depend on how long you have had the condition, the amount of accumulated toxins that are being stored in

your body and how healthy your immune system is. Some of your symptoms may be identical to the disease, but there is an important difference: elimination. A cleansing, purifying process is underway, and the stored wastes are in a free-flowing state. Sometimes discomfort during the **Healing Crisis** is of greater intensity than when your body was building the chronic disease. This explains why there may be a brief flare-up in your condition. The **Healing Crisis** will usually bring about past conditions in whatever order the body is capable of handling at that time. Reactions could include skin eruptions, nausea, headache, sleepiness, unusual fatigue, diarrhea, head or chest cold, ear infections, boils, or any other way the body uses to loosen and eliminate the toxins.

This **Healing Crisis** usually lasts three days. But, if your energy is low, or your immune system is severely compromised, it could last for a week or more. It all depends on how many toxins are in your body, and the damage that they have done. You might want to take extra Colloidal Silver or Echinacea during this detoxing process; it sure wouldn't hurt. Then as the toxins are being discarded, you're body will have an added defense. There are several important points to remember:

1. **The Healing Crisis** is a normal reaction to taking the herbs.
2. **Herbs heal**, and the healing process takes time. We live in an age of instant gratification. We have been brain-washed into thinking that if we take a pill, we get immediate relief. While prescription drugs, or over the counter medications might make us feel better in the moment, they all have side effects; some mild and instant, others are more severe and could take years to manifest their damage to our bodies.
3. **Do not suppress** these temporary healing symptoms with drugs, because the healing process may become interrupted.
4. **Talk to your body**; tell it how you appreciate its wonderful healing powers, give thanks for the healing and learn to be patient.

The rash that you have on your face (since taking the Liver Formula), is just your body's way of pushing out its toxic waste products. It would appear that the liver is working overtime to detox your body. Since it is only capable of filtering out so much at a given time, it now uses your skin as an elimination organ. The toxins must come out! They will either come out via the kidneys, the bowels, the lungs (respiratory system), or the skin. It is important here to understand this process, and not run to your medical doctor or pharmacy for some drug to suppress this wonderful detoxing process.

As for the nausea that you are experiencing from time to time, this is most likely a sign that your stomach and intestines are also ridding themselves of accumulated toxins. Again, I urge you to be patient. Drink some mint tea. Lie down and do deep abdominal breathing.

Thank your body for its miraculous, innate wisdom. Learn to ask your body what it needs. And remember, our bodies are always trying to communicate with us through what we call "symptoms". These symptoms can be expressions of our body's attempt to defend itself, to adapt, recover, to heal itself or to tell us what we need to change in our life- be it lifestyle, food, habits, or relationships. As always, do your research about herbs and their healing power. HAPPY HEALING!