

Health Update!

Understanding the Healing Crisis

The body is an energy efficient system

The body is an extremely *energy efficient* system, coordinating thousands of processes on a daily basis to support healthy life. When conditions are optimal (when an individual maintains a healthy, pesticide-free diet, gets plenty of restful sleep, drinks good water, exercises regularly, breathes clean air, enjoys healthy emotional relationships... you get the picture) there is plenty of energy in the *energy bank account* to meet the needs of the body. But when stress, poor diet, pollution, toxins, etc. are too great and deposits to the bank account are lacking, the demand for energy exceeds the supply.

When the supply of energy is not sufficient, the body has to prioritize. Ultimately, the *least critical functions get left undone*. In other words, when diet, exercise and rest are inadequate, the trash doesn't get taken out! The body very wisely tucks away its garbage in places *outside the cells* (fat, joints and other extra-cellular spaces) where it will not interfere with cellular functions. Eventually this can cause weight gain, fatigue, pain and disease).

The healing crisis

The only time the body can regularly and efficiently remove waste is when there is sufficient cellular energy - more than the bare minimum. So, when an individual changes his/her lifestyle, improves diet, or discovers energy-enhancing substances, the body often gets the chance to clean house. This remarkable process, often referred to as a *detoxification or healing crisis*, can sometimes be uncomfortable, (but who ever said house cleaning was fun)?

A *detoxification or healing crisis* often results when the body finally has enough energy to rid itself of the debris it has stored for months or even years. With a sustained increase in energy, the body will begin to clean out the waste. How rapidly this happens, depends on the amount of extra energy, but anything that significantly increases energy, will aid the body in the removal of stored toxins. Wastes will leave from whatever channels are available, (bowels, urine,

perspiration, skin, lungs, sinuses). The body will go through the same kind of process it does when you have a cold or flu - in fact, that's exactly what it feels like. A healing crisis is often accompanied by fatigue, headaches, sinus discharges, rashes, fever, diarrhea and/or nausea, and can last from as little as a few hours to several days, depending on the status of your health.

Anovite Colostrum

Our colostrum can represent a tremendous deposit to the energy bank account, resulting in significant amounts of cellular energy. As mentioned, the body will wisely use this extra energy to begin to expel the waste and it is not uncommon for those who begin to take Anovite Colostrum to experience a healing crisis.

Supporting your body through a healing crisis can make a difference in how quickly and how thoroughly you are able to detoxify. Taking over-the-counter remedies for symptoms will either prolong or stop the process. Here are a few suggestions to support your body during detoxification:

1. Reduce the amount of *Anovite* Colostrum you are taking until your body can "catch up" with detoxification process.
2. Drink plenty of water and eat simply (fresh fruits and vegetables).
3. Breathe deeply and exhale thoroughly.
4. Take Epsom Salt baths.
5. Get plenty of rest.

Once through the "crisis," your body will begin to function more efficiently and the resultant level of vitality will be *well worth* the effort.

