

Detoxification Symptoms; “Healing Crisis”

As you begin the process of alkalizing and granting the body more energy for cleansing itself (and also for regeneration), many symptoms and seemingly adverse reactions can occur throughout this process of detoxifying the body.

The following are excerpts from Robert Morse, N.D.’s book, ‘The Detox Miracle Sourcebook’:

“It is important to be smart in helping your body to detoxify itself. Again, there can be a fine line between helping or hindering it [your body]. Have some common sense about this whole process of detoxification. Each person is unique. What an asthmatic goes through may be totally different than a case of uterine cancer...”

“If, as you cleanse, you experience side effects such that you feel you need to go to an Emergency Room--GO! I spent many years working in them. They are there to help in a crisis...”

On the next couple of pages, you will find lists of some of the symptoms that can be experienced during detoxification. This will span from mild to stronger reactions. However, keep in mind that not EVERY instance of severe discomfort is a healing crisis. Sometimes you will need to SLOW down or, in other cases, going to the emergency room may be well advised.

Mild Cleansing Effects

- Cold and flu-like symptoms.
- Low-grade fevers (99°-100° Fahrenheit).
- Minor aches and pains.
- Mucus in stools.
- Mucus in urine.
- Loss of energy (may go up and down).
- Rashes and itching.
- Disease symptoms increasing temporarily.
- Mucus from eyes.
- Mild headaches.
- Minor blurred vision.
- Minor vertigo.
- Weight loss (average 8-15lbs. in two weeks. Depends upon level of thyroid weakness. Can be as little as 2 lbs.).
- Chills.
- Emotional feelings rising up, such as mild crying, anger or even laughter.
- Short term nose bleeds.
- Some rectal bleeding (hemorrhoids or lesions).
- Minor blood in urine.
- Etc.

Moderate Cleansing Effects

- Symptoms of bronchitis or pneumonia.
- Heavy discharges of green to brown mucus from nose and throat (lungs, bronchi, etc.).
- Pain in joints.
- Heavy discharge from kidneys (urine color changes to brown, orange or dark yellow, etc.).
- Pain in old injuries or in degenerative areas of the body.
- Minor paralysis of limbs.
- Chronic fatigue symptoms.
- Nose bleeds.
- Spasms of the lungs in asthma/emphysema/C.O.P.D.
- Moderate shortness of breath (asthma, emphysema, C.O.P.D.)
- Temporary increase in tumor size.
- Disease symptoms magnifying (short-lived).
- Sores appearing on the skin.
- Oozing of innumerable substances from the skin, especially from the hands and feet
- Bruising.
- Weak muscle breakdown (muscle from meat protein).
- Heavy mucus discharge from eyes and ears.
- Vomiting.
- Diarrhea.
- Cellulitis "clumping".
- Dizziness and/or vertigo.
- Minor heart palpitations.
- Loose teeth (minor).
- Minor abscesses in mouth.
- Migraines.
- High-grade fever (103°-105°Fahrenheit).
- Deep coughing (sometimes dry). Use herbs to loosen and eliminate (expectorate) the impacted mucus.
- Depression or anxieties.
- Emotional releasing (crying, anger, laughter, etc.).
- Heavy thoughts (lack of clarity).
- Skin splitting where heavy toxins exist.
- Excessive itching.
- Mercury tooth fillings can be pushed out by the body.

- Rectal bleeding from past or present hemorrhoids or lesions.
- Etc.

“You may experience one or several of the above cleansing effects (healing crisis). Don't panic! You want these. I love to see dark green mucus coming out of my patients. That's an excellent sign that they are doing the program correctly and are benefiting from it.

It is always smart to work with a qualified health care practitioner that has had advanced experience with detoxification and its side effects.” - Robert Morse, N.D.

Strong Cleansing Effects

- Paralysis of any part of the body.
- Black mucus discharges from the lungs.
- Heavy brown discharge or blood in the urine with associated kidney pain.
- Heavy black discharge from the bowels with diarrhea.
- Tumors popping out all over the body.
- Loss of sight.
- Loss of hearing.
- Severe dizziness (or vertigo).
- Severe fatigue.
- Abscesses developing all through the mouth.
- Loss of fingernails or toenails.
- Excessive weight loss (this can appear when a pancreatic weakness exists).
- Severe shortness of breath (use an antispasmodic or inhaler).
- Temporary deep depression, released through crying, anger, laughter, etc.
- Mental confusion.
- Skin cracking open.
- Teeth becoming loose (major).
- Old suppressed symptoms (such as "poison ivy") reappear.
- Etc.

“Most people do not experience this level of detoxification. This depends upon the individual and how toxic they are. And how many medications they’re taking is also a factor. A few people that have chosen to suppress their body’s need to cleanse itself, (through steroids like prednisone) have some deeper issues. However, those who are more likely to experience the above are the chronically toxic (from birth) who manifest cancer, H.I.V. and/or very serious illnesses.” - Robert Morse, N.D.

When Is It NOT A Healing Crisis?

Not every reaction can be pinned down to a healing crisis. This is especially true of parasitical (worm) involvement; effects from chemical medications; continual exposure to the same environmental toxins (of which the only true solution is to remove oneself from this environment and proceed with detoxification); reactions to pesticides, herbicides, fungicides, etc.; and lethal deterioration of important internal tissues as a result of prolonged, unaddressed acidosis or parasitic activity. Many of such instances may call for emergency intervention or medical examination. To be on the safe side, do not postpone or hesitate to contact Dr. Morse's clinic, or the practitioner you're working with, if you suspect something serious.

Call Robert Morse, N.D.'s Herbal Health Center: **(941) 255-1979**.