

The Healing Crisis as a Welcome Sign

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The phenomenon of the "healing crisis" is not discussed much in health circles these days. However, the concept is as relevant today as it was 100 years ago when it first began to appear in Western literature. An understanding of healing crises could, in fact, be beneficial to many who are now embarking on the path of healing.

There is a belief among homeopaths and chiropractors that an individual in the process of getting well will undergo some sort of healing reaction. This reaction can be strong or mild, but it must and will manifest. Knowing that a healing crisis is inevitable, and having some idea of the ways in which it might manifest, will, at the very least, prepare a patient for its arrival and may also offer some comfort through the duration of the "crisis."

Generally, a healing crisis initiates when a person or animal who is undergoing some form of natural therapy experiences some improvement. The patient feels better and stronger, both physically and mentally. Then, without warning, the old illness or even symptoms of by-gone illnesses reappear. When this happens, most patients become confused, fearful or discouraged, believing that all the progress they had made is now lost and that they must start over or give up. However, that is far from what is really occurring.

Anyone who has ever experienced any form of chronic or stubborn illness or condition, whether internal, such as an ulcer, or structural, such as a long-term back disability, can attest to the fact that there is a loss of energy associated with the illness. **Lack of vitality always accompanies chronic health conditions, and this energy loss limits or even prevents healing.** The body is stuck in a rut, so to speak; it is unable to garner its forces sufficiently to restore well-being.

When improvement occurs, vitality is restored to the body, and its self-healing mechanisms are awakened. As healing begins, symptoms reappear as part of the body's process of eliminating diseased cells and toxins from its tissues. Hence the assessment that the healing "crisis" is actually good news because it is a sign and signal of deep healing and restoration. It should be added that, not surprisingly, the patient always feels better after the healing crisis has run its course.

The healing crisis is recognized today by many natural health practitioners. Homeopaths call these incidents "aggravations" and chiropractors refer to the phenomenon as "retracing." **What is important for us to understand is that a healing crisis, or any healing that will sustain us over the long haul, must occur at some point in the therapeutic program.**

It can help to know what, in general, what to anticipate. Such as:

- **reactivation of old symptoms**
- **exhausted flu-like symptoms, or feel achiness all over the body**
- **soreness**
- **acute intensified pain**
- **old mental or emotional symptoms may re-activate**

*These symptoms usually pass in 24 to 48 hours and the patient will feel stronger in some way after the event.

Understanding that these "aggravations" or "retracings" are part of the recovery process demystifies natural health. When such an event appears, we can then welcome it rather than suppress it.

Contact Adriana Halpern (321-576-2716) ASAP if you or your pet experiences a healing crisis *