

## Symptoms of the Detoxing - Healing Process

Are you having a reaction to drinking Kangen Water? This is perfectly normal and the more toxic or dehydrated you are, the more likely it is that your body will react. The truth is that any time you begin a new therapy or a new healing process, your body will incorporate the change and then react. The primary functions of the body organs are to cleanse and nourish the body – it will begin and be able to do these more effectively now. What ever you body needs to remove and fight-off will start to exit your body.

The most common symptom of real change is fatigue. Your body needs to use energy reserves for the healing process and to allow for change to take place. So it will temporarily draw energy from your daily activities to put towards the changes your body is making. Sometimes people will begin to sleep 12-14 hours a night. **Your sleep will improve and you will soon feel more energy.**

The changes that your body is making will involve detoxification of long-standing toxic debris, releasing pathogens, reducing the load of undigested foods and restoring normal function and body balance. These processes can temporarily produce uncomfortable symptoms such as headaches, loss of appetite, chills, slight fever, body aches, digestive changes and nasal congestion. As those toxic elements are being removed by the body, the body's systems will react to the presence of these toxins as though they are being handled more efficiently for the first time. **This is a great sign of removing years of garbage from the system!**

### Convalescence

Often in the course of the healing process you will experience symptoms of illnesses and conditions that you had many years ago. This is the perfect example of Herring's Law of Cure, a basic tenet of most naturopathic physicians. It states that "All cure starts from within — out, from the head — down, and in reverse order as the symptoms have appeared." So you often have to retrace your steps from the first time your body was challenged by something that it was unable to fully resolve. It causes the body to accommodate and adapt to the unresolved issue. This changes the body and begins the path towards dysfunction, symptoms and illness. So to restore balance and health, you have to take a few steps back to take care of old business before you can move forward.

### Headache

This amazing water is powerful and effective in moving toxins out of the body. Although the accompanying symptoms may be uncomfortable, **you have to remember that this is a good sign**, it's part of the process and that better health is on its way. Don't be tempted to try and reduce these symptoms with pain relievers, antihistamines and other over the counter preparations. Instead the best thing is to not interfere with your body's natural cleansing process and simply use natural options to manage your symptoms.

First of all, increase the amount of water you are drinking. Often that will speed the process along. Herbal remedies can be very helpful with sleep, energy, pain and digestive issues. Hydrotherapy, colonics, massage and even acupuncture can do wonders for opening your elimination pathways and speeding the release of offending toxins that your body is trying to remove. We can also use the lower 8.5pH water with your Kangen Water to reduce the symptoms as well.

So don't give up!

You have made the healthiest choice possible and the results will be well worth it!