

The Healing Aggravation

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Pathways of Cure

When using complementary medicines, the pathway to cure involves helping the body to harmonize any imbalances rather than suppress the symptoms of disease. Some patients may experience what is called 'a healing aggravation' during this harmonization process.

What is the Healing Aggravation?

This reaction occurs when the body tries to eliminate toxins. The more toxic one's body is, the more marked the detoxification process may be. It is characterized by a temporary increase in symptoms during the cleansing or 'detox' process, which may be mild or severe.

You may feel worse and conclude that the treatment is not working. But these reactions are signs that the treatment is working: your body is going through the process of cleaning itself of impurities, toxins and imbalances.

Such reactions are temporary and can occur immediately, or within several days, or even several weeks, of a 'detox'. Symptoms usually pass within 1-3 days, but on rare occasions can last several weeks. If you are suffering from a major illness, the symptoms you experience during the healing crisis may be temporarily identical to the disease itself.

Symptoms

The healing process may bring about past conditions in whatever order the body is capable of handling at that time. People often forget the diseases or injuries they have had in the past, but they may be reminded of these during the aggravation, which gives a fresh opportunity to resolve these issues. Examples of common healing aggravations are:

<i>Increased joint or muscle pain</i>	<i>Fever (usually low grade) and/or chills</i>
<i>Diarrhoea</i>	<i>Frequent urination and/or urinary tract discharges</i>
<i>Extreme fatigue and/or its opposite, restlessness</i>	<i>Drop in blood pressure</i>
<i>Cramps</i>	<i>Skin eruptions, including: boils, hives, and rashes.</i>
<i>Headache</i>	<i>Cold or flu-like symptoms</i>
<i>Aches, Pains</i>	<i>Strong emotions: anger, despair, sadness, fear, etc.</i>
<i>Arthritic flair up</i>	<i>Suppressed memories arise</i>
<i>Insomnia</i>	<i>Anxiety</i>
<i>Nausea</i>	<i>Mood swings</i>
<i>Sinus congestion</i>	<i>New phobias develop</i>

Easing your way through the healing aggravation

- If you are feeling fatigued, or sleepy, your body is talking to you, and telling you to rest. Be kind to yourself, and get the rest that you need.
- Drink plenty of fresh water, and herbal teas to flush the body of toxins. Drink from 2 to 4 litres per day.
- Sometimes a reduction of the dosage or temporary cessation may be required.
- Symptoms frequently disappear immediately after a good bowel movement
- For other symptoms, meditation, acupuncture or a good massage might be helpful to speed up the healing process, and reduce the discomfort.

Ultimately this process is thought to lead to the transformation & alleviation of an illness