

# What Symptoms to Expect When You Improve Your Diet

## Healing Crisis

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If I were asked which is the area of greatest misunderstanding and confusion in the field of nutrition, I would immediately be forced to reply, "It is the failure to properly understand and interpret the symptoms and changes which follow the beginning of a better nutritional program."

Now, what happens when a person follows the rules and makes a decided improvement in the quality of the food consumed? Remarkable things begin to happen to the body as well as the mind. The amazing intelligence present in every cell of the body and the wisdom of the body in its operation immediately becomes manifest. The rule may be stated thusly, when the quality of the food coming into the body is of higher quality than the tissues which the body is made of, the body begins to discard the lower grade materials and tissues to make room for the superior materials which it uses to make new and healthier tissue.

What are the symptoms or signs which become evident when we first begin to omit the lower grade foods and instead introduce superior foods - those which are more alive, more natural than we are accustomed to? When the use of a toxic stimulant such as coffee, tea, chocolate or cocoa is suddenly stopped, headaches are common and a letdown occurs. This is due to the discard by the body of the toxins called caffeine and heobromine which are removed from the tissues and transported through the bloodstream during its many bodily rounds. Before the noxious agents reach their final destination for elimination, these irritants register in our consciousness as pain - in other words, headache. The letdown is due to the lower action of the heart - the resting phase which allows the stimulation of more rapid heart action forced upon the body by certain poisons called stimulants. The more rapid heartbeat (or pulse) produces a feeling of exhilaration, and the slower action produces a depressed state of mind. Usually, within three days, the symptoms vanish and we feel stronger due to the recuperation which follows.

To a lesser extent, the same process occurs when we abandon lower quality foods and replace them with better foods. Lower quality foods have undergone more preparation. Spices, salt, and other ingredients have been added, and they tend to be more stimulating than less prepared and more natural foods. Animal foods such as meat, fowl, fish, etc., are more stimulating than cheese nuts and vegetable proteins. Consequently, the

withdrawal of stimulation, which follows the abandonment of animal food produces a slow heart action - a resting phase - which registers in the mind as relaxation or a decrease in energy. The initial letdown lasts about ten days or slightly longer and is followed by an increase of strength and feeling of diminishing stress and greater well-being.

Now, let us return to the symptoms, which occur in the process of regeneration.

The person who starts a better diet, stays on for three days to a week and then quits will say "Oh! I feel better on the old diet - the new one made me feel weak." They failed because they didn't give their body a chance to adjust and complete the first phase of action-recuperation. If they had waited for a while longer, they would have begun to feel better than before they started.

During this initial phase (lasting about ten days on the average to several weeks for others) the vital energies, which are usually in the periphery or external part of the body such as the muscles and skin, begin to move to the vital organs internal organs and start reconstruction. This shunting of much of the power to the internal region produces a feeling of less energy in the muscles, which the mind interprets as some weakness. Actually, the power is increased, but most of it is being used for rebuilding the more important organs and less of it is available for muscular work. Any weakness which is felt here is not true weakness, but merely a re-deploying of forces to the more important internal parts. Here it is important for the person to stop wasting energy and to rest and sleep more. **THIS IS A CRUCIAL PHASE**, and if the person resorts to stimulants of any kind, they will abort and defeat the regenerative intent of the body. It is important that they have patience and faith and just wait it out, and after a while they will get increasing strength, which will exceed by far what was felt before beginning the new program. Success in recovery or improvement of health hinges upon the correct understanding of this point - **REALIZING** that the body is using its main energies in more important internal work and **NOT** wasting it in external work involving muscle movements. Be wise - take it easy and relax - just coast in your work and social obligations until you're out of the woods.

As one continues on an improved diet and gradually raises the food quality, interesting symptoms begin to appear. The body begins a

process called "retracing". The cellular intelligence reasons something like this: "Oh! Look at all those toxins coming at us. Now we have a chance to get rid of this old garbage and build a beautiful new house. Let's get started immediately. Let's get this excess bile out of the liver and gall bladder and send it to the intestines for elimination. Let's get this sludge moving out of the arteries, veins, and capillaries, these smelly, gassy, brain stupefying masses have been here too long - out with them! These arthritic deposits in the joints need cleaning up. Let's get these irritating food preservatives, aspirins, sleeping pills, and drugs out of the way along with these other masses of fat which have made life so burdensome for us for so long.

During the first phase (called catabolism), the accent is on elimination, or breaking down of tissue. The body begins to clean house - in short, to move the garbage deposited in all the tissues. Wastes are discarded more rapidly than new tissue is made from the new food. This becomes evident as weight loss. This persists for a while and is then followed by the second phase - stabilization.

Here the weight remains more or less stable. During this phase, the amount of waste material being discarded daily is equal to the amount of tissue which is being formed and replaced by the newer, more vital food. This occurs after the excess obstructing material in the tissues has been removed. This stage persists for a while and is then followed by a third phase - a build-up period (called anabolism), wherein weight starts to go up although the diet is lower in calories than it was before. At this point, much or more of the interfering wastes have already been discarded.

Returning to the symptoms, which occur on an inferior nutritional program - people who have had tendencies in the past to recurring skin rashes or eruptions will frequently tend to eliminate poisons and harmful drugs through the skin with new rashes or eruptions. If they go to a doctor now - who is not familiar with this aspect of nutrition, he will diagnose it as an allergy. The ask, "How come, when I'm eating better now than I ever did before, instead I'm getting worse?" They don't understand that the body is "retracing". The skin is getting more alive and active. It's throwing out more poisons more rapidly.

Headaches may occur at the beginning, fever and/or colds also may appear, the skin may break out, there may be a short interval of bowel sluggishness, occasional diarrhea, feelings of dreadfulness and weakness, disinclination to exercise, nervousness, irritability, negativity or mental depression, frequent urination, etc., etc. However, the great majority of people find their reactions tolerable and are encouraged to bear with them.

With some, colds which haven't appeared for a long time may occur, or even fevers. THIS IS NATURE'S WAY OF HOUSECLEANING. Understand that these actions are constructive even though unpleasant at the moment. DON'T but DON'T try to stop these symptoms by the use of certain drugs. These symptoms are part of a curing process and don't try to cure a cure. These are NOT deficiency conditions or allergic manifestations.

The symptoms will vary according to the materials being discarded, the condition of the organs involved in the elimination, and the amount of energy you have available. The more you rest and sleep when symptoms are present, the milder they are and the more quickly they are terminated. Be happy you are having symptoms. REALIZE DEEPLY that your body is becoming younger and healthier every day because you are throwing off more and more wastes, which would eventually have brought pain, disease, and much suffering. Those who have the worst symptom-reactions and follow through to their successful termination are thus avoiding some of the worst diseases which would eventually have developed had they continued their careless eating habits.

Don't expect to go on an ascending scale of quality that improving your diet will make you feel better and better each day until you reach perfection. The body is cyclical in nature, and health returns in a series of gradually diminishing cycles. For example - you start a better diet for and for awhile you feel much better. After some time, a symptom occurs - you may feel nauseous for a day and have diarrhea with a foul-smelling stool. After a day, you feel even better than before and all goes fine for awhile. Then you suddenly develop a cold, feel chills, and lose your appetite. After about two or three days (assuming you don't take drugs or do anything else about it), you suddenly recover and feel better than you did for years! Let us say this well-being continues for two months, when you suddenly develop an itch or rash. You still don't take anything special for it. This rash flares up, gets worse, and continues for ten days, and suddenly subsides. Immediately after this, you find your hepatitis is gone and your energy has increased more than ever before. The rash became an outlet for the poisons in the liver, which produced the hepatitis. This is how recovery occurs. You recover and go even higher. And so it goes - each reaction milder than the last as the body becomes purer, each becoming shorter in duration and being followed by a longer and longer period of feeling better than even before, until you reach a level plateau of vibrant health.

Let us give ourselves a chance to experience what it means to really be healthy and fully alive!