

## The Healing Process "Peeling the Onion"

The healing process is often described as peeling an onion. Layer after layer of imbalances and weakness are corrected giving the impression of peeling an onion. Typically this process continues until there are no layers of weakness left to find. This is what constitutes complete whole body healing. Indeed as each layer is peeled away it may be surprising to discover the development of symptoms that had not formerly been evident. This is very normal and explainable and a good sign that progress is being made.

Ultimately, the human body is constantly in an effort to heal and repair itself, saving energy and reserves in an effort to heal the chronic injuries and imbalances. If given a chance the body will completely repair and renew itself to as perfect a state as possible. The way to support this process is by reducing toxic and immune burdens to the body, by providing vital and energized nutrition and by practicing a lifestyle that respects the subtle needs and rhythms of the body. This is why we approach your health in a holistic way with the concept of evolution towards entire whole body healing processes, strengthening system after system, tissue after tissue.

One of the most confusing things about the healing process is what has been called the "retracing phenomenon." ***It's been said that any step of degeneration or decline that the body went through in the process of becoming ill -- it has to return through in the process of becoming well. Step by step.*** Sometimes this means that symptoms will get worse before they get better, and this often conflicts with our desires to simply feel better.

Typically, with the retracing phenomenon... the going back through a repair and recuperative process is relatively short lived. Retracing symptoms lasts anywhere between hour-long individual episodes to, at the most, usually only a few days. One way that we attempt to distinguish between disease symptoms and healing symptoms is how quickly the healing symptoms change and develop into something new. As well, often while these healing symptoms are occurring there is simultaneously a general sense of well-being and improved energy.

Healing symptoms can involve a variety of cleansing type activities such as; phlegm production, diarrhea, and excessive urination, aching in muscles and joints, headaches, or any symptoms that might have been experienced in the process of becoming ill. This is especially true in chronic illnesses or imbalances that have existed for a prolonged period of time; such as, for example, symptoms associated with neurological sensations like numbness and tingling or a GI problem such as a long duration of constipation. The process of healing follows an orderly sequence of change.

There is no greater encounter with the vital force that made the body than the healing process. In general, we do not yet fully comprehend what the healing power of the body can ultimately achieve. Yet, given just a little help – it is amazing what it can accomplish!