

Detoxification, Healing Crisis, or Detox

As you begin eating a whole foods plant based diet, all those nutrients will start pushing out toxins that have been accumulating in your body for years. As the toxins are released into the bloodstream, you may experience physical symptoms that may cause some sort of discomfort.

Sixty percent of those on the HD and lifestyle do not experience major detoxification symptoms. For those who do notice any uncomfortable symptoms, this is perfectly normal! Rejoice that your body is releasing any bad stuff from your organs so that they can function better and make a transformation to a sensational slim you!

Some of the symptoms you may experience as those toxins are released include:

- Flu-like symptoms
- Nausea
- Rashes
- Pimples
- Coughing up crud
- Diarrhea or constipation
- Lack of energy
- Feeling under the weather.
- Food sensitivities
- Vomiting
- Depression—our brains are very sensitive and toxins get in the tissues of our brain!
- Lethargic
- Mucous build up in our mouth and nose.
- Bad breath
- Pain in area that you previously injured
- Tongue swelling
- Headaches
- Wanting to cry for no reason

Usually the reactions are mild enough where you can go on with your day just fine. If stronger reactions occur, it is generally from those whose bodies have large amounts of medicine or other toxins.

If the symptoms are too uncomfortable, you can cut back on the amount of **concentrated vegetable juices and BarleyMax**. You do not have to cut them out, just can simply cut back. Also, if you are detoxing too quickly, you can add back a little extra **cooked food back to your diet**.

So what's going on when the body is detoxing?

- 1) It is cleaning house by getting rid of the entire toxic accumulation stored in your cells.
- 2) Our body is replacing weak cells with stronger cells. All those damaged and diseased cells and dead cells are removed.
- 3) 300 MILLION CELLS PER MINUTE ARE DYING AND REPLACING.