

The Healing Reaction: What it means

Healing is the elimination of the causes of symptoms at the mental/emotional/physical level.

It is NOT the suppression of symptoms

What is a Healing Reaction?

Healing is part of a deeply curative process. It is not simply the removal of symptoms. Healing proceeds in a specific way, following certain natural principles and aided by natural medicines.

These principles have been observed for centuries, by natural physicians. They were set down originally by Dr. Constantine Hering and Dr. James Tyler Kent; two homeopathic physicians.

You get sick in a certain order in space and time. Your symptoms appear in a set order. Nature heals in the reverse order of the disease process. This means that the healing proceeds from the mental and emotional level to the physical level, from the deeper organs to the more superficial, from above downwards (eg. rashes) and in the reverse order of the original occurrence of the various diseases.

The direction of the change in symptoms is very important. It is the direction that tells the physician whether a true healing process is underway or simply palliation (temporary suppression of symptoms). When you take a deep-acting homeopathic/energetic remedy for chronic disease conditions, you will experience a healing reaction. This means that you will see a change in your symptoms according to the natural direction of healing.

First you will likely experience an improvement at the mental and emotional level. For example, concentration should improve, irritability declines and you have a more positive outlook and feel more confident and calm. Old symptoms may return. You may experience symptoms at the more superficial level, while deeper organs will improve and strengthen.

Healing is like house cleaning. A lot of old stuff that has accumulated must be cleared out. Much of this elimination takes place at the physical level. Congestion, various discharges, skin reactions, aches and pains are among the types of symptoms you can expect.

In most cases, after taking a remedy, you should experience an initial improvement and sense of well-being. About 10-14 days after taking a remedy, you may experience a temporary worsening of your situation you are clearing, usually

physical (although it will still be better than at the start of treatment). You may also have a return of old symptoms. This state normally lasts for 1- 3 days with a return to the improved state prior to the healing reactions.

Hering's and Kent's Principles; The direction of a true healing Process.

Dr. Hering stated that a true, natural healing process for a particular disease proceeds according to the following pattern.

From above downward - since our mental and emotional state is more important than our physical state, healing should always result in an improvement at the mental and emotional level first. Any physical reaction should tend to move down the body, for example, a rash that moves from the face to the chest, the legs and then the feet.

From inside outward - the deeper a dis-ease state, the more serious the Internal organs affected. The skin is the most superficial organ and once a skin rash or other symptom appears to worsen temporarily, this is a sign that the deeper disturbance is being forced out.

Dr. Kent added the following.

In the reverse order of time - old symptoms associated with the time of the blockage or inherited weakness you are being treated for will return. Old dis-ease states, or rather their symptoms will return. The symptoms, however, are now the sign of the internal healing repair process and are temporary.

Healing is a voyage of self-discovery

Health is more than an absence of physical symptoms. Health is freedom to pursue our dreams, desires and interests, to become more fully who we are. Health is a balance within a harmony at all levels of our being.

If we have fewer physical symptoms, but feel worse mentally and emotionally, this is a sign of the dis-ease going deeper. Many drugs simply suppress the symptoms so that we can ignore their message. Symptoms are a sign that something is wrong, that we need to change our way of living, whether in terms of diet, hours and style of work, interests or relationships. We can ignore those symptoms, at the cost of more severe illness later on, or we can learn from them. Treatment, based on Dr. Hahnemann's medical system, in particular a sequential approach (see separate brochure) allows for true healing. True healing leads to making changes necessary internally and externally to allow us to function unencumbered at all levels.

Healing is a process. It takes time because it takes us back on a journey through time. It does not mean that we must re-live the past, but only that we need to go back and remove old wounds which create blockages to the healing power of our life energy.

Through this process we gain freedom from our disease and a greater appreciation of ourselves.

Wholistic Health Care

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