

## **1) How Do You Know When a Healing Reaction is Coming?**

There are a few general guidelines which help you predict when a healing crisis will occur in a given patient. Generally, the stronger the patient, the sooner a healing crisis may be expected; the weaker the patient, the later a crisis would occur.

This is because the healing crisis is a vital reaction, and the patient must be built up to a critical point before his body is strong enough to respond in such a manner. Correlated to this, the less serious the disease, the sooner the crisis; and the deeper the disease, the later the crisis.

In seasonal terms crises come on more quickly in the late spring and summer and more slowly in the winter. In terms of different treatments, crises tend to come more quickly when multiple modalities are employed than when just a single modality is used.

Before World War II natural healers found that it took an average of 14-20 treatments to bring on a healing crisis. After World War II, however, it has been found to take much longer. Today it takes an average of 45 and can go as high as 100 treatments to precipitate a healing crisis.

This drastic change is attributed to the introduction during the last 40 years of such devitalizing factors as antibiotics and other pharmaceuticals, pesticides, herbicides, radiation, x-rays, vaccines, food additives, and artificial sweeteners.

Today, a useful rule-of-thumb to follow is that a patient following a good diet requires approximately one treatment per year of age to precipitate a healing crisis. For example, a 50 year old patient, other things being equal, would be expected to take approximately 50 treatments to reach a crisis.

Harmonic translation technology can help guide the skilled practitioner through the modern day natural healing process which has become exceedingly complex.

Finally, right before a healing crisis commences, the patient feels great. As one natural healer said, "When the patient is on the brink of a healing crisis they can be as frisky as a colt in spring."

"Naturopathic care is not for everyone admittedly, but it sure has helped my family and me and I would definitely recommend Joyce Marshall, ND,PhD to anyone looking for alternative health care solutions."

Sincerely,

**Susie Lucas**  
**Cazenovia, NY**

## 2) How Do You Know When a Healing Crisis is in Progress?

Although patients often feel great right before a healing crisis, they feel terrible during the crisis. You just don't feel good when you are eliminating toxins. Although fever is not present in 100% of crises, it is the most common symptom of a healing crisis.

Fever is an immune system stimulant and interpreted as a signal that the body is ready to get down to the business of detoxification and healing. With fever comes an absence of appetite, which is quite appropriate, as the gastrointestinal tract shuts down its nutritive function when the body temperature is elevated.

Weakness is a very common general symptom as well. Gastrointestinal tract symptoms are prominent during healing crises, as the alimentary canal is one of the primary avenues of elimination.