

# Navigating Your Healing Journey: Understanding the "Healing Flare"

## What is a Healing Flare?

When you start a new protocol to clear out "bad bugs" (like bacteria or yeast), your body sometimes goes through a temporary "cleaning house" phase. As these organisms are cleared out, they release toxins that can make you feel a bit under the weather for a few days. Think of it like cleaning a very dusty attic—sometimes the dust kicks up and makes you sneeze before the room finally becomes clean and fresh.

## Why This Matters For You

- **It's a Sign of Progress:** While uncomfortable, a mild flare often means your protocol is actually working and targeting the right things.
- **Protection is Key:** Knowing the difference between a "healing flare" and a "bad reaction" keeps you safe and prevents you from quitting too early.
- **Empowerment:** When you understand why you feel a certain way, you can use simple "rescue tools" to feel better quickly instead of worrying.

## What You Can Do Today

1. **Check Your "Exit Doors":** Ensure you are having a bowel movement every day. If your "exit doors" are closed, toxins can't leave your body. If you are constipated, let's pause and focus on fiber and water first.
2. **Try the "Rescue Drink":** If you feel achy or foggy, mix 8oz of filtered water with a squeeze of fresh lemon and a tiny pinch (1/2 tsp) of baking soda. This helps calm the internal "fire" caused by the cleanup.
3. **Use the "Janitors" (Binders):** If we have discussed "binders" (like charcoal or clay), take them as directed. These act like a clean-up crew that soaks up toxins in your gut so they don't get back into your bloodstream.
4. **Rest and Hydrate:** Your body uses a lot of energy to detox. Double your water intake and try to get an extra hour of sleep tonight.

## Crisis vs. Allergy: When to Stop

If you feel...	It is likely...	What to do...
Flu-like, tired, or achy (starts 1-3 days later)	<b>A Healing Flare</b>	Slow down, drink water, and call me.
Itchy, hives, or trouble breathing (starts fast)	<b>An Allergy</b>	<b>STOP immediately</b> and seek medical help.

## Questions to Discuss with Your Coach

- "I noticed [symptom] started [how many hours] after my last dose. Is this a flare?"
  - "Are my 'exit doors' (bathroom habits) moving well enough to start the next step?"
  - "Should we try the 'Pulse Method' (taking breaks every few days) to make this easier on my system?"
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