

Possible reactions to supplements and diet changes

You may experience some side effects by changing your diet and taking supplements. These are often to do with the cleansing of toxins, or detoxification. Old school naturopaths call them a “healing crisis” and they would aim to achieve this crisis as it is a good sign that the body is vital enough to start healing itself.

However, we are NOT attempting to have such as “healing crisis” with you. I would like the diet changes and supplements to be introduced gently so improvement happen with the smallest of possible side effects. Doing it this way means less problems for you but the trade off is that it may take a little longer. It depends on how long you have had your problem / illness / disease as to how long improvements can take. Remember we are not dealing with pharmaceutical drugs which work very quickly, we are working WITH your body and allowing it the room to re-create its own health again, this can take months to achieve. The upside is that you are actually getting to the cause of your problem and fixing that, not just suppressing symptoms on a superficial level.

The most common detox reactions I see are:

Loose bowel movements, headache, skin rashes, jitters / feeling hyper up when dealing with adrenal fatigue and thyroid problems. Having said this we are all different so there could be any number of other reactions. Let me stress that they will be MILD in comparison to the side effects

pharmaceutical drugs commonly cause. Remember we are only changing the foods you eat and giving extra natural supplements.

This is the most important line:

PLEASE KEEP IN TOUCH WITH ME AND CALL OR EMAIL ME WITH ANY QUESTIONS OR REACTIONS YOU THINK YOU MIGHT BE HAVING.

I have probably seen most reactions and can talk you through them and reassure you. In general I will advise you to reduce the amount of the supplements you are on to a very low dosage. It is better to stay on the supplements at even an extremely low dosage rather than stop them, if only to keep you in the habit of taking them. If you are worried about them then you can stop them entirely. Do this for 3 days or until symptoms cease and then start them again at a very low dosage, one supplement at a time. Gradually increase the dosage every 3 days. After 1 week introduce another supplement and repeat until you are back on them all and at the dosage you feel doesn't give you any problems.

Please phone and I will talk this through with you as it will be different for everyone.