

Your Health and Herxing

The phenomenon of 'herxing' was first recognized by Adolf Jarisch (1860-1902) working in Vienna, Austria, and a few years later by Karl Herxheimer (1861-1942), working in Frankfurt, Germany. These physicians were both dermatologists working mainly with syphilitic conditions.

These doctors noticed an immediate treatment response that appeared as a more negative reactions than positive. The body responses included fever, nausea, vomiting, flu-like symptoms and more of an 'ill-feeling' than a better feeling. Another interesting observation was that the sicker a person got initially, the better and faster the healing was as a whole. This reaction was termed "The Herxheimer Reaction" and has become known for the short-term detoxification reaction in the body to treatment of a chronic condition.

This reaction typically lasts between a couple days and a few weeks depending on the toxicity of the body. As the body detoxifies, it is not uncommon to experience flu-like symptoms including headache, joint and muscle pain, body aches, sore throat, general malaise, sweating, chills, nausea or other symptoms. This reaction can take place in response to antibiotic or natural treatment, and has been most noted with conditions such as syphilitic lesions, Lyme Disease, rheumatoid arthritis, and candida.

Herxing occurs due to dead or dying bacteria releasing large amounts of endotoxins into the bloodstream or tissues in a short period of time. The body then attempts to eliminate the excess toxins at a rate that is much faster than the human body is used to handling or can handle. The dying bacteria provokes a very sudden and exaggerated inflammatory response that could cause swelling and/or pain.

The severity of the Herx reaction is often an indicator of just how much toxicity there was in the body to begin with and is an indicator of the effectiveness of the treatment. It is actually a sign that the body is restoring itself to good health. This can also cause some hormone adjustments with some people reporting feeling down, or 'blue', extremely tired, or 'out-of-sorts'.

It is best to allow the body to adjust to the die-off, both physically and emotionally. Other practices to incorporate into the healing process to help the body along would include:

- Drinking a half gallon of high-quality mineral water daily.
- Incorporating sunshine into each day.
- Not over-extending the body physically with exercise or excessive physical work.
- Keeping your organs of elimination - the bowels, lungs, skin, kidneys, lymphatic system- functioning properly.
- Being aware of your diet to not load the body with toxins and chemical as its working to extract them.
- Let the healing flow; don't be hard on yourself; get whatever rest the body feels it needs.
- Be well and be kind to yourself.