

The Healing Crisis

In many healing modalities there is a possibility of a healing crisis during your course of treatment. Chinese Medicine is no different.

A healing crisis can be thought of as a way that the body attempts to actually rid itself of a problem rather than suppressing symptoms, like many medications do.

In order to resolve a problem, be it pain or internal dysfunction, the body must often find a way to push out the problem and this can cause increased or new symptoms, temporarily.

There are many ways that this can manifest:

- Your symptoms might get worse for a while, then get better
- You might have pains in the location of old traumas. This usually means that the old traumas are coming to the surface and being resolved.
- You might develop a temporary skin condition (rash, itchiness, redness, etc) after treatment of an internal condition. This means that the problem is being expelled from the interior to the exterior, where it can be finally released.
- You might have increased tingling or restlessness in an area of the body. This usually means there is increased circulation in that area, a good thing.
- You might experience body aches or flu-like symptoms.
- You might feel fuzzy headed for a while.

Talk with your practitioner about any increased or new symptoms. Most often they will pass with time. They can indicate that the body is healing from the inside out and can finally resolve imbalances and return to normal functioning.

True healing is a journey, not necessarily an instantaneous change.

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