



The Correcting Response

Physiological Reactions to Glyconutritional Supplements

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As you begin to eat the right combinations of foods for your metabolic profile and supplement your diet with glyconutritionals (Glyconutrients), positive changes begin to happen within your body.

THE IDEAL REACTION

The Ideal reaction is the gradual development of an increased sense of well-being. At first you will notice that you do not tire so easily. You will have more sustained energy during the day, and you will not become tired so early in the evening. Next, you may find you are more alert in the mornings. As your sense of well-being increases, you may begin to feel more emotionally and psychologically secure. Little things do not bother you as they once did. Your old patterns will begin to change from "grumpy" ones to "happy" ones.

CORRECTING REACTIONS

However, in a significant minority, a number of uncomfortable reactions may occur as you begin to physiologically balance your body chemistry and revitalize your immune system through the support of cellular communication. It is not easy for your body to adjust overnight to a long history of inappropriate diet. The longer the deficiencies have existed, the more prevalent the response is likely to be. Corrective reactions that may occur are associated with fever, rash or hives, excessive gas, runny nose, headaches, insomnia, increased thirst, weakness, lethargy, loss of appetite, nausea, diarrhea, fever blisters, dry mouth, canker sores, constipation, dizziness, nervousness, and various body aches and pains in joints and muscles.

When these reactions occur, you can be assured your body is making positive changes toward an improved state of health.

If you recognize these as correcting response, it will be easier to accept them as steps on the road to better health. These conditions are a small price to pay for long-lasting benefits.

REASONS FOR REACTIONS

1) Immune Response: When your body is exposed to long periods of emotional, physical and environmental stress (petrochemical, heavy metal, or other chemical exposures) combined with an inappropriate diet, your natural defense system can become compromised and less than efficient. When the immune system is restored, the reactions may come in the form of flu-like symptoms.

2) Toxic Dump: The human body has an amazing cleansing system for eliminating toxins that accumulate in the body. This system can also become inefficient and allow toxins to build up and be stored, especially in body fat, rather than be eliminated. Once this natural cleansing system begins to work more efficiently, reaction can occur. These reactions result from the stored toxins being released faster than the liver, kidneys, skin and lungs can remove them from the body. These reactions can include loss of appetite, nausea, headaches, and swelling in the various lymph glands throughout the body.

3) Allergic-Type Reactions: Allergic-type reactions can be caused by a deficiency of hydrochloric acid in the stomach and/or by dysfunctional or exhausted liver and adrenal glands. An allergic-type reaction can include skin rashes and shortness of breath.

WHAT TO DO

1. Attempt to drink half your body weight in ounces of water daily (250 lb person 1 gallon). Also consider a combination of natural fresh fruit and vegetable juices. This will help flush out the toxins and contribute to the natural cleansing of the kidneys.
2. Increase your intake of fruits, vegetables, and bran from the cereals. This can help accelerate the removal of toxins from the body.
3. Include an activity component in your daily routine. Walking for 15 minutes is a good place to start. Exercise, in general, is a great way to support detoxification.
4. If the reaction is too strong for you to tolerate, you can reduce or even discontinue the supplements for a couple of days, and then gradually build back up to the recommended amounts. This routine may need to be repeated, depending on the amount of repair needed at the cellular level.

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