

Bodywork For Wellness

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Summer '08 Newsletter

I hope this newsletter finds you enjoying the wonderful warm summer weather that we wait so long for each year. In this newsletter you will find some helpful information about sensations that you may feel after you sessions, as your body advances toward a healthier balance.

Healing Crisis From time to time some of you on a return visit, mention that you noticed achyness, a new symptom or maybe a flare of your symptoms after a session. So I wanted to give you more information about what's happening. A **healing crisis** also called a **Herxheimer's reaction** is a process in which the body undergoes an intense period of cleansing, rebuilding and correcting imbalances. It is called a "healing" crisis because the body is healing itself and becoming stronger, and "crisis" is used because the symptoms can be dramatic and rather unpleasant during this time. Because the healing crisis can be accompanied by unpleasant symptoms it is often mistaken as a sickness or worsening of symptoms. You may feel worse and therefore conclude that the treatment is not working. In reality, it is just the opposite; the body is overcoming disease and becoming healthier and stronger.

A healing crisis could occur after every treatment you have, although they are most common in the initial sessions. As your body realigns itself and begins to eliminate the toxins that have built up inside you, you may experience some period of discomfort, temporary increase in your current symptoms which may be mild or severe, or a period of feeling 'different' somehow. Symptoms may also include: sleepiness or fatigue, thirst, nausea, cramps, diarrhea, headache, shooting pains, pain in different areas of the body, fuzziness around the head, build up of mucous, coughing, etc. You may be tempted to take your trusty Aspirin or Pepto-Bismol, or something stronger to deal with the symptoms. If possible, you are better off to resist the temptation to suppress symptoms during a Healing Crisis as this is your body's natural way of healing. Be assured, that once the healing crisis is passed, you will feel much better.

It is usually recommended, following a treatment of any kind, that you be kind to yourself and your body, rest and drink plenty of water to help flush out the body's toxins. Use heat or ice to reduce pain. If you feel sleepy or thirsty, this is your body telling you what it needs. It is usually a good idea to go with it. It is best at this time to work with your body, not against it. Symptoms usually pass within 1-3 days, but on rare occasions can last up to a week. The healing crisis is the result of every body-system, in concert, working to eliminate waste products through all elimination channels and set the stage for regeneration. The end result: old tissues are replaced with new, and a path to better health. Below are links to some good websites used as references for this newsletter, and they have more info should you need it.
<http://www.falconblanco.com/health/crisis.htm>, <http://www.shirleys-wellness-cafe.com/philol1.htm>
<http://www.compassionatedragon.com/crisis.html>, <http://www.ictonic.com/include/healingcrisis/03healingcrisis.htm>

Summer Wellness Tip: Get outside and enjoy the nice weather, and on hot days that you might spend inside, expand you mind and read. For those of you who are on not only a physical journey to health but also a personal one I would like to recommend a wonderful summer read. This book was a great find for me and I would like to share it with you. The book is called *Eat Pray Love* by Elizabeth Gilbert (2006). Enjoy!

If you have a comment or question, or to learn more about Bodywork for Wellness please call or email:

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