

CLEANSING RESPONSES

What to expect when you're cleansing.

Emotions

Emotions get trapped in the organs. The Lord wants to reveal and heal these emotional issues. If you experience fear, worry, anxiety, grief, sorrow, anger, irritability, impatience, or feel extremely emotional, please understand this is part of the healing process. It is good to cry, pray, talk to the Lord, take long walks outside, breathe deeply into your diaphragm, write your thoughts in a journal, ask the Lord to bring up a memory from your past, etc. Making time for these things is truly a critical part of this healing process!

Healing Crisis

You may experience symptoms of cold, flu, headaches, skin rashes, itchy skin, extra mucus, fatigue, weakness, or sore throats. Doing an enema can help to minimize the healing response. Sweating and exercising can also assist the healing process. These symptoms are a normal part of the detoxification process, but if you feel extreme fatigue, dizziness, or blackout, consult a health professional.

Pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body.

- Proverbs 4:20-22 -