

WHAT SYMPTOMS TO EXPECT WHEN YOU IMPROVE YOUR DIET

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If I were asked which is the area of greatest misunderstanding and confusion in the field of nutrition. I would definitely be forced to reply, it is the failure to properly understand and interpret the symptoms and changes which follow the beginning of a better program.

A better nutritional program is the introduction of foods of higher quality in place of lower quality ones. The quality of a nutritional program is also improved by omitting toxic substances such as coffee, tea, chocolate, tobacco, salt, pepper, etc.

Remarkable things begin to happen to the body as well as the mind. When the quality of the food coming into the body is of higher quality than the tissues which the body is made of, the body begins to discard the lower grade materials and tissues to make room for the superior which it uses to make the newer and healthier tissues.

What are the symptoms or signs which become evident when we first begin to omit the lower grade foods and instead introduce superior foods? When the use of a toxic is suddenly stopped, headaches are common and a letdown occurs. This is due to the discard by the body of toxins which are transported by the bloodstream during its many bodily rounds. Before the noxious agents reach their final destination for elimination, these irritants register in our consciousness as pain or headache. Usually, within three days the symptoms disappear and we feel stronger due to the recuperation which follows.

As one continues on the improved diet and gradually raises the quality, interesting symptoms begin to appear. The body begins a process called "retracing." The cellular intelligence has a chance to get rid of old garbage and build a beautiful new house. The accent is on elimination and the body begins to move garbage deposited in the tissues.

People may experience skin rashes or eruptions due to elimination of poisons and harmful drugs through the skin. If they go to a doctor not familiar with this aspect of nutrition, he might diagnose it as an allergy and suggest the diet be discontinued. They don't understand that the body is "retracing." The skin is getting more alive and active. These toxins being discarded are saving you from more serious disease which will result if you keep them in your body too much longer. Possibility: hepatitis, kidney disorders, blood disease, heart disease, arthritis, nerve degeneration, or even cancer. Be happy you're paying your bills now in an easy payment plan. With some, colds may occur, or even fever. **THIS IS NATURE'S WAY OF HOUSECLEANING.** Understand that those actions are constructive, even though unpleasant at the moment. **DON'T** try to stop these symptoms by the use of certain drugs. These symptoms are part of a curing process. These are not deficiency conditions or allergic reactions.

Symptoms, then may include: headaches at the beginning, fever and/or colds, skin breakouts, bowel sluggishness, occasional diarrhea, tiredness, nervousness, irritability, negativity, etc.

Water is probably the single most important catalyst in losing weight and keeping it off. One of the things we take most for granted, water plays a very important role in permanent weight loss. It aids in suppressing the appetite naturally and in metabolizing stored fat.

Studies show that a decrease in water intake may cause fat deposits to increase, while an increase in water can actually reduce the fat deposits in the body. The kidneys do not function properly without enough water and when this occurs, some of their function is passed on to the liver. The liver works to metabolize stored fat into usable energy for the body, so if the liver has to help the kidneys, it cannot function effectively and consequently metabolize less fat. Thus, fat remains stored in the body and weight loss will stop. People who are prone to water retention often think that reducing their water intake will help to remedy this problem. Actually the opposite occurs. The body perceives a lack of water as a threat to its survival so it attempts to hold on to every drop. Water is then stored in spaces outside the body's cells, causing swollen feet, hands, and legs. The best way to overcome excess water retention is to give the body what it needs—plenty of water.

Water also helps to maintain proper muscle tone by giving back the muscles' natural ability to contract and by preventing dehydration. Water helps prevent sagging skin that often accompanies weight loss. Shrinking cells are plumped up by water and the complexion appears clear, healthy and radiant.

Water flushes waste from the body—a particularly important function when losing weight as there are toxins being released from the fat cells—and eliminates problems with constipation.

How Much Water Is Enough?

At least 64 ounces a day, preferably 72 ounces, and if you are overweight you need to add one glass (8 ounces), for every 25 pounds you need to lose. An easy rule of thumb is to divide your weight in half to determine how many ounces of water you need to drink daily.

So to sum up, getting enough water is critical because...

- The body will not metabolize stored fat without it.
- Retained water shows up as excess weight.
- When you drink enough water, more fat is used as fuel because it frees up the liver to metabolize stored fat.
- There is a loss of hunger almost overnight.

Positive Cleansing Effect

Some people may develop diarrhea, headache, fatigue, etc. during the first week or two when taking Herbalife products. These are good signs and should not cause any concerns.

Commonly referred to as “positive cleansing effect”, “die-off-effect”, or “Herxheimer Reaction”, these symptoms occurs as our bodies’ abilities to cleanse out toxic wastes increase. These wastes have been accumulated in our bodies for years from the water, food, air we drink, eat, and breathe, plus thousands of man made chemicals which are overly present in our environment and in the products we use/in contact with, such as shampoo, laundry detergent, cleaning agents, etc.

As our bodies attempt to get rid of this sudden increase of toxic wastes, the body’s eliminative organs (the liver, kidneys, intestines, and skin) may become over-burdened. The degree of “toxic shock” differs from person to person. But it is critical for one to understand that this toxic waste, if left in one’s body for longer period of time, will cause severe health consequences, including chronic diseases (heart, diabetic condition, and cancers).

The Procedure to handle “Positive Cleansing Effect”

1. Drink plenty of water. Minimum 8 cups (240 c.c. or 8 ounces) a day. Increase water intake to 12 – 16 cups if “Reaction” is strong. Human body is made up of 70% water. Not enough water will create many health problems. It is critical that we drink enough water to maintain good health. During the “Cleansing” period, obviously we need to drink a lot more.
2. Reduce intake of products and amount (dosage). This reduces the amount of toxic wastes one’s body is generating, so his eliminative organs can handle the load.
3. If discomfort persist or more than one can handle, then stop taking the products for few days. This will give the eliminative organs time to get rid of these cumulated wastes. Resume afterward.

If you have certain existing health problems, Table 1 tells what you might experience during taking Herbalife products

If you have	You may experience
Acidic bodily condition	Fatigue, dry mouth, frequent urine, gas
Acne or pimple	detox
Anemia	Nose bleeding
Chronic Bronchitis	Dry mouth, vomiting, dizziness, coughing
Cirrhosis	Blood in stool
Diabetics	Hypoglycema/hyperglycemia, edema
Gout	Fatigue and sourness for few days
Hemorrhoid	Blood in stool
Hypertension	Dizziness
Intestinal problem	Diarrhea
Kidney problem	Puffy face, edema in hand and feet

If you have	You may experience
Liver problem	Vomiting/feel like to vomit, skin itch or rash
Low Blood Sugar	Hungry, fatigue, dizziness
Lung problem	Cough, increase in phlegm
Rheumatoid Arthritis	Increasing pain for few days
Sensitive Skin	Skin itch
Sinuses	Increase in the amount of discharge
Stomach problem	Tightness, burning sensation in chest, poor appetite
Stomach prolapse	Stomach discomfort or vomiting
Stomach ulcer	Pain

Table 1

Table 2 summarizes possible causes and remedies for some frequently encountered problems when taking Herbalife products

If you fell/have	It is possible due to	It is recommended that you
Constipation	not enough water and/or fiber intake	64 oz. (2000 c.c.) pure water and at least 25 grams of course fiber per day
Diarrhea	the fiber, trace nutrients, and herbs are cleansing your intestinal tract	take plenty water and rest
Dizzy, weak, hungry	Low blood sugar level	Take more Protein Drink Mix, and eat more small meal replacement (F1, protein bar, etc.) in the day
Irregular, excessive, and infrequent menstruation, dysmenorrhea	the nutrients in the products are cleansing out unhealthy cells, and building and vitalize new cells	Give enough time for the body to repair and build new cells, and tissues. Take plenty rest.
Itch, ache and pain in any part of the body	Toxic substances in your body are being broken down by Herbalife products and are being eliminated. Skin, together lung, urinary and digestive tracks are means for body to rid of waste and toxins.	Plenty of water, and rest. Normally it will go away in few days. Can reduce the products and amount to lessen, or stop for few days before resume
Nausea, vomiting, Stomach ache	<ol style="list-style-type: none"> 1. mixing the Protein Drink Mix too thick, too cold, too hot; 2. not use to the flavor; 3. not use to the products; 4. toxins being eliminated 	<ol style="list-style-type: none"> 1. mixing more milk, soy milk, water with Protein Drink Mix, or make it cold or warm enough to suit your taste; 2. change to a different flavor; 3. start slow and in small amount and gradually build up; 4. plenty water (2000 c.c. and up), and rest; reduce products and amount temporarily and even stop for few days

Not losing weight, or fast enough	<ol style="list-style-type: none"> 1. not enough protein; 2. not enough water; 3. calorie intake from carbohydrate too high; 4. not eating enough meals so the metabolism slows down; 5. hypo-thyroids 	<ol style="list-style-type: none"> 1. 1 gram of protein for each kilogram of body weight; 2. 2000 c.c. pure water; 3. calorie from carbohydrate keeps to the minimum; 4. 2 meal replacement with Protein Drink Mix, and a regular meal; 5. enough cellular nutrition and time to correct the low metabolic function
Palpitation	The stimulating effects of some herbs, such as those in Herbal concentrate (Tea), Cell Activator, Green tablet, N-R-G, etc. are causing temporary adjustments	Reduce the amount but gradually increase to the desired level