



How do I minimize the reactions?

Q&A – Detox & Herx

- **How do I minimize the reactions?**
- Most of the Detoxification / Herxheimer reactions can be minimized or eliminated completely via keeping the body flushed as the application process is going on.
- Simply drinking plenty of CLEAN, FILTERED water goes a long way in this process.
- Additionally a bit of activated charcoal also helps absorb toxins released in the process.





www.PulsedTechResearch.com www.PulsedTech.com www.PulsedTech.RO

The detoxification and “Herx” reactions are usually simply the distribution of the toxic materials and debris into the bloodstream. These toxic materials are the eliminations of targeted pathogens, the pathogen materials (possibly broken up) or released toxic materials that have been previously bound to other molecules within tissues. These toxic materials themselves can cause problems if not quickly removed from the body.

This reaction is usually the result of successful targeted kill-off of specific pathogens in a strategic attack by the user. Drinking plenty of clean water before, during, and after a session is usually enough to eliminate or minimize the reactions.

Additionally, many find activated charcoal tablets also helpful to trap and absorb many toxins in the digestive tract.



Slightly reducing exposure time can also be effective in reducing the amount of die off and may be necessary; especially for those that have weak or reduced kidney function.

A bit more related information can be found in the article: **Water & Water Quality**

The ELECTRIC HUMAN – Section 3 – Strategies and Considerations

Water & Water Quality

Although we are taught as a general rule to drink eight (8oz) glasses of water a day, it becomes very important to do AT LEAST this much ... drinking BEFORE, DURING, and AFTER almost any session with a frequency instrument. This cannot be emphasized enough. Consumption of clean water is essential for effective detoxification of the body.

The purpose of this is to flush the body and organ of toxic poisons and debris from the die-off of targeted pathogens as much as possible. It is believed to occur when injured or dead bacteria release their endotoxins into the blood and tissue faster than the body can handle or process it thus provoking a sudden and exaggerated inflammatory response.

The often resorted Herxheimer Reaction (more accurately Jarisch-Herxheimer Reaction) is an exacerbation of symptoms due to the overload of the toxins and pathogenic materials that have been released into the body system. This often exhibits itself as slight swelling, headache, slight fever, etc. but can be a good sign of an effective session.

Drinking plenty of good quality water will minimize and can even eliminate the “die-off” side-effect if enough of the toxic debris is flushed out and completely enough.

The best water, vital for life, is typically filtered through charcoal, is high in minerals, and is slightly alkaline, 7.5 on the pH scale.

Distilled water and Reverse Osmosis (RO) water are not considered ideal as both lack needed minerals which are removed in the filtering process. Prolonged use of either is not advised without also supplementing these minerals which would have been removed in the filtering processes. Failure to do this will result in a leaching of those needed minerals from bone and tissues causing serious further deficiencies and malfunction of processed which rely on those minerals.

Drinking distilled water with trace element supplementation is actually preferred as distilled water is alleged to have a greater ability to draw and carry toxins, poisons, etc. as is desired in a detox program.

DRINK MORE WATER!

Electro-Therapeutic Approaches to Personal Disease Management and Health Maintenance.
Copyright © 2015, Pulsed Technology Research, all rights reserved. This article and art may be freely distributed without notice for non-commercial use only if used in complete and unedited form. All graphics and photos have been provided by license or permission of Pulsed Technologies Research, LLC 123rf and CanStockPhoto. www.PulsedTechResearch.com

Electro-Therapeutic Approaches to Personal Disease Management and Health Maintenance.