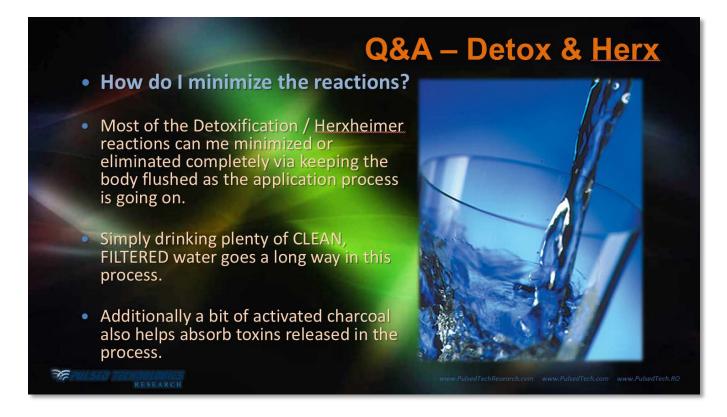
How do I minimize the reactions?



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**

