

The Bio-Electric Cell Food: Intra-Cellular Cleansing Guide

And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so. (Gen. 1:29-30, KJV)

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IMPORTANT NOTE FOR THOSE BEGINNING OR INTERESTED IN THE USHA/FIG TREE ENTERPRISES INTRA-CELLULAR CLEANSING PROGRAM

Please be advised that purchasing The Fig Tree's Electric Cell Food products as recommendation for reversing severe nutritional deficiency and imbalance in the body is merely a *general recommendation*. It is not our suggestion that our Electric Cell Food products cure severe imbalance conditions, neither do we make claims that The Fig Tree's Electric Cell Food products in anyway are to be used in place of medical advice from a licensed medical professional, nor are they to be used in the place of medications prescribed by a physician.

The Food and Drug Administration has not evaluated statements made about specific supplements nor does the Food and Drug Administration recognize that any nutritional supplement is to be used as a cure for any condition.

Nutritional, herbal, mineral, and Electric Cell Food product supplementation, can be beneficial in certain health circumstances but not in every circumstance. Before using any nutritional supplement it is strongly advised that YOU seek the guidance of a licensed health care professional to help guide YOU in choosing any supplementation program.

The Fig Tree's Electric Cell Food suggestions for conditions such as AIDS, HIV+, Paralysis, Cancers, and certain other imbalances ARE NOT to be considered cures or possible remedies for these conditions, but rather supplements that may possibly enhance the quality of life by helping the immune and/or nervous system.

The information contained herein is based on almost three decades of The Usha Herbal Research Institute/Fig Tree research as well as very well research and documented information available in the public domain.

The USHA HERBAL RESEARCH INSTITUTE (USHA) is a wellness organization that specializes in the research and development, dissemination of information, about African herbal healing modalities and other natural substances. In strategic alliance with The Fig Tree Enterprises (manufacturing arm of USHA that specializes in the production, wholesale, retail and distribution of the Electric Cell Food or vegetation cell food products), our mission is to foster health and wellness and maintain bio-energetic system, bio-mineral balance and “wholistic” harmony according to the Laws and Principles of Nature.

After nearly three decades in the forefront of field research and clinical studies which address the cellular cause of disease in people of African ancestry. USHA’S commitment is to reconnect people of African ancestry with African healing modalities and cultural traditions of using natural foods and vegetation cell food (a.k.a. electric cell food) as a way of understanding basic healing principles of natural reversal and elimination of disease.

Dr. Sebi, founder of USHA came to the United States as a 20 year old self-educated man who was diagnosed with asthma, diabetes, impotency and obesity. After unsuccessful treatments with conventional doctors, Dr. Sebi was lead to an herbologist in Mexico.

Finding great healing success from all of his ailments, he began creating natural compounds from electric herbs and foods geared for intra-cellular cleansing and the revitalization of all the cells that make up the human body. Inspired by his personal healing experience and knowledge he gained, he developed a unique approach to herbalism that is rooted in over 28 years of field research, clinical studies of genetics as well as practical common sense experience.

Dr. Sebi is an Intra-cellular Therapist, Biochemist, Herbalist, and Naturalist. He is a native of Spanish Honduras. Dr. Sebi along with his wife Maa has personally observed studied and catalogued herbs in Latin America, Africa, the Caribbean and the United States. As a result, he has successfully created natural compounds from electric herbs and natural foods designed for intracellular cleansing and the revitalization of all the cells that make up the human body.

Additionally, Dr. Sebi built the USHA Healing Village located in Honduras, Central America. Hundreds of visitors journey thousands of miles spending weeks at a time indulging in the thermal waters and herbal therapy designed especially for cellular regeneration and rejuvenation. The environment at the Village is 100% natural and peaceful and is surrounded by natural hot springs –all the ingredients necessary for a swift recovery from any pathology/illness.

The purpose of our Institute is to promote the understanding, preparing, use and standardization of African practice of health restoration and knowledge to the forefront of the healing practices of the world. To this end the USHA Herbal Research Institute mission is to:

- A. Educate and inform people of African ancestry while embracing the general public on Intra-cellular and Cosmo therapeutic health practices;

- B. Provide a depository of herbal remedies and other natural techniques and procedures;
- C. Assist in the distribution of products and information consistent with natural African healing modalities; and
- D. Establish therapeutic centers and rejuvenating environments to serve as models for maintenance of natural health.

Africa has quietly nurtured and supported the world's sciences for centuries. Now, she demands that we her children, return home to our place of genesis; the path to good health and full life. Our institute has taken up the responsibility to engage in the kind of research that results from natural scientific findings. Through natural scientific findings, we observe that disease or pathology is not a mechanical occurrence, it is a natural one.

While the manifestation of disease can be caused by mechanical means (i.e. mental and/or emotional stress, poor eating habits and nutrition, repressed emotions and/or sleep deprivation as well as extrinsic poisons) the damage is to a natural biological structure. This indicates that the approach has to focus on the natural biological structure; and, the approach to reversing and eliminating severe nutritional deficiency and mineral imbalance, requires a "wholistic" treatment process that addresses an individual's genetic, biochemical and electrical structure.

Through this natural approach USHA has developed what is known as Intra-Cellular Cleansing or cellular body rinsing.

Summary of Intra-Cellular Cleansing

Intra-Cellular cleansing means what it implies. It is a cleansing or cellular rinsing of every cell. This cellular cleansing process insures proper nourishment and strengthening of the cells, whilst cleansing the entire cellular matrix or every cell that makes up the "whole" body systems. Simply stated, (and it bears repeating for emphasis) it is the cellular cleansing of every organ that comprises the human organism.

The cells that make up the various organs or body systems are cleansed and rinsed with our natural vegetation cell food or "electric" cell food. Our compounds break down calcification, toxins, acids and mucus build up that has accumulated in the body over the years.

After breaking down of cell debris with our compounds, the cells then undergo a series of rinsing that completes the process. Without completion of this process, and, if toxins are not eliminated, they will be recycled throughout the entire body manifesting in DISEASE OR SEVERE PATHOLOGY.

Eventually, an individual will get a breakdown in the weakest organ due to its inability to cope with the influence and the effects of the toxic buildup.

The colon is a very important organ that must be cleansed and detoxified before health can truly be restored. The colon cannot, however, be the only organ to be cleansed (as some individuals have experienced with colon detoxification products), because this leaves the other organs in a toxic and severe nutritional deficient and imbalanced state resulting in ill health and harm persists.

Therefore, it is at the cellular level that the individual cells must be cleansed. The intracellular structure of each cell must be purged before rebuilding, rejuvenation, and regeneration will take place.

The primary organs of elimination are listed and described below:

The Colon is the sewer system of the body where most of the toxic wastes go for elimination. It is a tube approximately 6 feet in length and about 2-3 inches wide. Its walls can stretch up to 5 times its original size with impacted fecal matter, which happens to people with extended midsections. It can also hold more than 30 gallons of fluid.

The colon is where your body absorbs water, synthesizes some vitamins, and provides the body's first line of defense by billions of "beneficial" bacteria commonly known as "healthy flora" or probiotics. These organisms help maintain a healthful intestinal environment and are critical to digestive and elimination processes.

During your intra-cellular cleansing phase some of these beneficial bacteria will be lost and so they must be replenished with the use of our electric cell food, diet and you may wish to consider adding **Acidophilus**:

The human intestinal tract contains both friendly and unfriendly bacteria. Antibiotics, fast food, birth control pills, preservatives and refined sugar can upset your system's natural balance. **Acidophilus** helps your body synthesize essential vitamins in the intestinal tract, produce enzymes important for proper digestion of food, promote regularity and good gastrointestinal health and contribute to pleasant breath. **Acidophilus** may help with lactose intolerance and may reduce blood fat and cholesterol levels.

Within the colon, poisons are created every day by the effects of improper elimination (fermentation & putrefaction). Once efficient bowel elimination (2-3x a day) is impaired, toxins will accumulate and be absorbed into the bloodstream. Once this happens, these physiological toxins can circulate throughout the body and hinder cellular, organ and system function, accumulating in tissue over time, eventually manifesting in disease of some form or another.

Toxins being leached into the blood stream create a stress load for the liver, kidneys, lungs, lymphatic system and skin. Building or restoring health in any form must begin with cleansing and restoring efficient bowel function.

The Liver is the largest internal gland of the body and one of its most complex organs, said to be the only one capable of regenerating itself if even 80% of it were removed. More than 500 of its functions have been identified.

Among its major functions are the production of bile to support digestion; the secretion of glucose, proteins, vitamins, fats, and most of the compounds of the body; the processing of hemoglobin for vital use of its iron content; the conversion of poisonous ammonia to urea; processing excess estrogen in the body, and is the main chemical plant that detoxifies the body's fluids by altering the composition of toxic substances.

The liver's hepatic cells also detoxify numerous ingested substances like alcohol, other toxins and various poisons produced within the intestines. The liver is constantly working to detoxify the body of harmful toxins.

The liver is the first detoxifying organ of the body to take up the overload effects of poor digestion and bowel elimination. Over time, coupled with poor dietary choices and eating habits, the liver can become congested, impairing the efficiency of many of its life-preserving functions.

The intra-cellular cleansing will also cleanse and support liver function, as its tissues can become laden with pollution from continuous detoxification. It is critically important to the restoration and maintenance of good health and life that the liver continues to function well.

The Kidneys are two powerful fist-size organs that work nonstop, 24 hours a day, never resting, until the day we die. Their critical function is filtering the blood, removing urea, toxic chemicals, salts and excess minerals, and other soluble waste from the blood plasma through a complex filtration network, out through the urine.

All the blood passes through the kidneys about 20 times every hour. That's about 1183 liters a day. The kidneys also maintain the critical water-electrolyte balance essential for efficient metabolic functioning.

When bowel elimination is impaired, and/or when digestive enzyme activity is low as it is with many people, undigested proteins enter the bloodstream, creating additional elimination responsibilities for the kidneys.

Over time the tissues of the kidneys can become congested with bio accumulation and impair their function, contributing to a plethora of ill conditions. Maintaining efficient kidney function is critical to restoring and maintaining good health. The intra-cellular program cleanses and supports kidney function.

The Lungs are a remarkable pair of highly elastic life-sustaining organs that facilitate the processing of the air we breath to oxygenate the tissues throughout the body, without which, we could not live.

The lungs also remove loads of toxic (acidic) wastes from metabolic functions, and other toxic waste from the blood, chemically bound to the carbon dioxide in its remarkable exchange process. Like the liver and kidneys, when excessive internal pollution exist creating toxic loads on the body's channels of elimination, the tissues of the lungs can

become congested with acidic bio accumulation and over time, impair their efficient function. During your intra-cellular program, your lungs are also supported.

The Lymphatic System is a vast, complex network of capillaries, thin vessels, valves, ducts, node and organs (tonsils, appendix, thymus, spleen) that help to cleanse, protect and maintain the internal fluid environment of the entire body, by filtering, producing and conveying lymph. The lymphatic network also transports fats, proteins, and other substances to the blood system, and restores 60% of the fluid that filters out of the blood capillaries during normal metabolism.

While the network of blood vessels have the heart to continuously pump the blood, the lymphatic network of vessels is propelled by various body dynamics such as respiratopressure changes, muscular contractions, and movements of organs surrounding the lymphatic vessels that combine to pump the lymph through the lymphatic system.

Toxic substances filtered from the blood by the lymphatic system are removed through the capillaries that abound the dermis of the skin, forming a continuous network over the entire body. They are expelled through the sweat and some are also dumped back into the intestines for removal.

Throughout your intra-cellular cleansing program it is essential that consistent EXERCISE be maintained to create the body dynamics and sweating necessary for the lymphatic system to function optimally for sustained health.

The Skin is a tough, supple, cutaneous membrane that covers the entire surface of the body. It is composed of a thick layer of connective tissue called the dermis and an epidermis of five layers of cells. The skin replaces itself every 28 days as the cells of each layer migrate upward as they mature.

The skin expels waste through the dermis brought by the lymphatic capillaries when the skin is cooling the body due to a rise in temperature, such as in exercise. The skin is the largest organ to expel toxins from the body, and is also the largest one to ingest toxins from the environment, through hair treatments, deodorants, and other cosmetic preparations. Be mindful of things you put on your skin.

ELECTRIC CELL FOOD & REVITALIZING THE BODY

Our compounds are carefully designed to concentrate on a specific area, but also have the ability to work together to provide a complete cleansing to remove the toxins, acids, and mucus poisons that we have accumulated over years. We are targeting the cellular cause of disease not the symptoms. Depending upon where the toxins, acids and mucus have accumulated that area or organ often manifests in disease and/or disease consciousness as well.

As a result of working with this approach to healing, we have been successful in reversing many basic and life threatening manifestations for almost three decades.

When disease is present we find that cells become covered with mucus or are in an acid state and each cell becomes deprived of oxygen, which is the life food of the cells. Due to deprivation of oxygen deterioration or cell erosion begins.

Deterioration of cells means that the cells are simply rotting; caused by lack of oxygen. This is called *uncontrolled mitosis*. Mitosis is necessary for regeneration of cells but *uncontrolled mitosis is disease manifested*.

For example, if the concentration of toxins, acids, and mucus is in the bones, you know that the calcium cells are being damaged, so the proper structure of calcium fluoride and calcium phosphate needs to be administered. However, when the toxins, acids, and mucus attacks or concentrates in the blood, then, that is an indication that the red blood (iron) cells are being damaged, and so it affects the body's total biochemical function.

Wherever the toxins, acids, mucus rests, that group of cells will be suffering from lack of oxygen, robbing you of your strength and minimizing your immune systems' ability to fight back.

The mineral and biochemical support of your body's electrical pulsation are replaced naturally through our compounds. An herbal treatment such as our Intra-cellular cleanse is gentle and more gradual in its action. It allows the body to heal and rebuild itself because it provides a rich source of highly concentrated bio-mineral nutrients (such as iron phosphate, carbon, sulfur, magnesium, etc.) that are rapidly absorbed into the body.

This kind of healing modality (while not the only one) promotes and brings about a reversal and elimination of the condition in a balanced fashion. The body gradually becomes more vital and the individual has an opportunity to see and understand the factors that initially led to the manifestation of disease and pathology.

Our herbal compounds have been created to extract, remove, and eliminate, acids, toxins and mucus in any given area of the body. It is necessary for the body to be cleansed "wholistically". The compounds are unique—they work to cleanse the body as a whole.

USHA/The Fig Tree's herbal compounds as previously stated in this guide are electric cell food. They carry electrical energy directly to the cell and nourish them. Our compounds are designed to have an affinity to the cells and organs which effectively addresses the entire cellular matrix or structure. Our vegetation compounds or electric cell food help the cells to "remember" its healthy state and activates DNA to replicate healthy bio-mineral balanced cells.

This activation of cellular memory is triggered by the electrical energy synergistically created by our herbal compounds. Since our bodies are completely electrical in nature, our compounds, supports and amplifies our cellular matrix's capacity to transmit optimum cellular energy.

The suite of vegetation cell food we've created are not only the highest grade of organic minerals, they work synergistically with your genetic structure.

For example, Iron is one of our most important organic minerals and compound nutrient. Iron nourishes the blood and the cells and is a major component of the immune system. *Inorganic Iron such as Ferrous Oxide cannot be assimilated (a commonly used form of Iron that comes directly from a mineral, again an inorganic substance).*

The Iron we introduce to you via our Intra-Cellular Cleansing program is consistent with Life. It is **Iron Phosphate NOT Ferrous Oxide**. While both contain Iron, the Iron Phosphate is found in the plant and herb kingdom and in YOU. It is contained only in living structures, and is therefore ORGANIC. *Organic means that Iron is in combination with Carbon, Hydrogen, and Oxygen.* This is the chemistry of Life.

Having this type of chemistry C, H, O (Carbon, Hydrogen and Oxygen) enables Iron Phosphate to assimilate well in the body.

Why? Because unlike Ferrous Oxide which comes directly from the earth; DOES NOT ASSIMILATE. Whereas, Iron Phosphate is derived and extracted from the plant and herb kingdom and **DOES ASSIMILATE, because it contains Carbon, Hydrogen, and Oxygen.**

This organic Iron Phosphate is both magnetic and electrical. Both are essential and important to life.

The electrical nature of Iron makes it an important nerve and brain food. This magnetic quality and nature of iron makes it attractive to every other organic element. So when you ingest Organic Iron, you are automatically ingesting many nutrients necessary and critical for reversal and elimination of disease.

The Iron based herbal compound we produce such as our **MAYA** product provides your body with over 14 key organic (carbon-hydrogen-oxygen) plant and herb based minerals.

Our suite of vegetation cell food products not only contain Iron Phosphate, they are derived from electrically charged tropical plants and herbs; some of which come from tropical Africa, Honduras, the Caribbean, other Latin American countries and the United States.

The plants and herbs contained in our vegetation cell food compounds are highly electrical. Their molecular structure is complete and carbon-based. They will immediately assimilate and energize the body with the food provided for us by nature. Our compounds, provides you with necessary phosphates, carbonates, iodides and bromides... ***The Food of Life!***

Effects of Intra-cellular Cleanse on the Body

If you are cleansing your body for the first time or even if you have experienced other detoxification treatments. We present the following information that you need to be aware of:

- The adult human body is composed of 100 trillion (100,000,000,000,000) + cells that carries a genetic blueprint. The natural and basic programming of each cell within the human body is to regenerate itself (average of 300 million cells per minute) to maintain a healthy balanced state. The innate intelligence of the body is what keeps it and all the systems in operation.
- Every cell has only one common genetic instruction: to follow the genetic programming and keep recreating (mitosis) themselves according to the genetic blueprint within DNA. Our Creator has wonderfully designed the human body with the capacity for self-healing or self-regeneration of damaged or weathered tissues once its natural energetic bio-mineral balance is achieved and maintained.

Throughout the years, the stress, pressure of urban living coupled with our own ignorance, as we sometimes blindly follow cultural food choices, attitudes, and tradition that over the long haul (as urban dwellers) work contrary to our natural physiological balance and serve us not. This aspect of urban living, over time, suppresses our body's innate intelligence and forces it to adapt our natural body system functions "unnaturally".

Due to the body's self-regulating capabilities the body adapts its normal functions to compensate for the affects of bio-mineral deficiency and imbalance that create inevitable symptoms and eventually manifest as disease.

Common Signs & Symptoms of Bio-Accumulation that Creates Imbalance in the Body:

- Lack of energy and fatigue
- Dull skin tone
- Skin irritations and sensitivity
- Headaches
- Foggy memory/concentration
- Flat (dull) iris color
- High body, breath, urine or stool odor
- Severe nutritional deficiency and mineral imbalance that perpetuates malaise and eventually manifest in a disease or pathology.
- Overeating and/or weight gain
- High Cholesterol
- Sluggish/Stressed Nervous system

- Free radical (cellular) damage
- Poor circulation and numbness
- Joint & Muscle Pain
- Hormonal imbalance(s)
- Poor Lymphatic function
- Cysts, lumps or fibrous tissue manifestations
- Insomnia
- Enzyme deficiency
- Toxemia

TOP NINE (9) LEADING CAUSES OF DISEASE
(In order of what causes the most disease)

- (1) Negative/suppressed emotions
- (2) Vaccines
- (3) Antibiotics
- (4) Acid forming diet (all meats, poultry, dairy and most oils)
- (5) Heavy metals such as lead and mercury and other toxic metals used in dental amalgams fillings
- (6) Lack of enough water
- (7) Processed foods
- (8) Chlorine or Fluoride in water
- (9) Chemicals in food such as pesticides, insecticides, herbicide, etc.

TOP TEN KILLERS IN OUR COMMUNITY

- (1) Heart Disease
- (2) Cancer
- (3) AID/HIV Virus
- (4) Strokes
- (5) Homicide
- (6) Accident
- (7) Diabetes
- (8) Pneumonia
- (9) Pulmonary disease
- (10) Infant deaths

It is important that you know that as your body progressively cleanses and detoxify years of accumulated toxins, acids, and mucus you may experience symptoms that you may have had as you descended the steps to wherever you may be today; especially if those symptoms have been suppressed with antibiotic or steroidal drugs.

These old pains or discomforts are healing symptoms and are in essence a very good sign that the body is indeed regaining its balance, and unearthing old underlying imbalances that had been suppressed in tissues and organs.

If this is your *first* Intra-Cellular systemic (whole body) cleanse, as your body cellular matrix is being cleansed and rinsed, feeling *unwell* for the first few days is not uncommon. This is the precursor of a “healing crisis”.

**THE ROAD TO REVERSING AND ELIMINATING SEVERE
NUTRITIONAL DEFICIENCY AND MINERAL IMBALANCE IN THE
BODY OFTEN BEGINS WITH A HEALING CRISIS...**

As you move toward better health with our Intra-cellular Cleansing program along with better nutrition, healing begins to manifest. However, as part of the cellular healing process the body will begin to rid itself of toxins, acids and mucus residues which have built up and accumulated in your body over the years. At this beginning juncture, you must “innerstand” that the healing process usually does not occur without repercussion.

During the initial phase of healing, as your body begins to repair and rebuild internal organs and tissue. You may experience headache, uneasiness, flu-like symptoms and fatigue. It is important that you adequately rest during this time. These symptoms will pass as your body begins to normalize. This process is call *retracing*. *You may feel worse before you feel better.*

For example, if you used to get skin rashes, the rashes may reappear or get worse for a period of time as your body eliminates toxins through the skin. Additionally, you may experience an initial increase in urination, or you may feel more nervous. In actuality, you are not getting worse, you are actually getting better. As your treatment progresses, you will reach a plateau of better health and wellbeing in a more energetic way.

The body has an inherent desire for perfect health. We have the ability to earn our way back to that state, no matter how “normal” or bad our health is now.

In the meantime, the body must go through an elimination process to achieve balanced health. As already stated, (but repeated for emphasis) this process is often referred to as a “healing crisis”. Expect ups and downs throughout your Intra-cellular cleansing process as it takes a while to reverse and eliminate disease energy in the body.

In a healing crisis, every body system works together to eliminate waste products and set the stage for regeneration, revitalization and refortification of the bodies cellular matrix. Old tissues are replaced with new ones while body organs are regenerated.

A disease occurs when the body cannot make it through its natural healing crisis for one reason or another. Most often is due to a lack of commitment necessary from the individual that causes an abortion of the natural healing process. The body is therefore

“locked” energetically speaking into a destructive state and shuts down physically, emotionally, mentally, and spiritually.

During the healing crisis, it is important that you *not* suppress these temporary symptoms with drugs or the healing process may become interrupted.

Symptoms of the healing crisis may at first be identical to the disease it is meant to heal. However, there *is* an important difference: *elimination*. An Intra-cellular cleanse purifying process is underway and stored wastes are in a free-flowing state. The body, mind and pain spirit are no longer “locked”. Though sometimes pain and symptoms during the healing crisis are more intense than that of the actual manifestation of disease state; know that it is temporary and necessary.

The healing crisis ill usually brings about past conditions and personal issues. People often forget the disease, issues or injuries they have had in the past (emerge as cellular memory being activated and released) but are usually reminded during the crisis so that they can purge and heal their *“unfinished” business*. This arises in whatever order the body is capable of handling at that time.

During a healing crisis, physical reactions could include skin eruptions, nausea, headache, sleepiness, unusual fatigue, constipation, diarrhea, head or chest cold, ear infections, boils, or any other way the body uses to loosen and eliminate toxins. An initial healing crisis usually lasts around three days but if the energy of the individual is low, it may last a week or more.

Note, that, for an effective Intra-cellular cleanse your body needs (green vegetable) juices, and especially water to help carry off the toxins. As your body seeks to establish bio-mineral balance, it needs rest. This is certainly a time to be especially kind to self mentally, emotionally, physically, and of course spiritually (perhaps through meditation, stillness and/or silence).

To completely reverse and eliminate every bio-mineral imbalance in the body, one healing crisis is not always enough. An individual in a chronic “locked” disease or imbalanced state may have to go through cycles of healing crisis, with each one improving the condition. It is important to innerstand that since it has taken time to develop a chronically diseased state, time *is* required to release and let go of the “locked” energy piece by piece. It’s like peeling the layers of an onion.

It is not unusual for an individual to experience a healing crisis after feeling their very best and energized. Often this good feeling sets the stage for the elimination process to begin and/or continue. The whole body gets into action. Most people experience an energy boost at the beginning of their Intra-cellular cleanse until the toxins, acids, and mucus accumulated in the body starts dumping into the bloodstream and colon for elimination.

With more serious pathologies, it is possible to experience many small healing crisis’ before the system can become healthily balanced. Everything must be considered and given its proper place in the build-up to a healing crisis. One should expect it and work with the body, not resentfully against it.

ADDITIONAL INFORMATION ON THE PROCESS OF HEALING— MECHANISM OF REVERSING & ELIMINATING PATHOLOGY

CONSTANTINE HERING, M.D. (1800-1880)

Hering's Law of Cure

Constantine Hering, M.D. (1800-1880) observed that healing occurs in a consistent pattern. He described this pattern in the form of three basic laws which homeopaths can use to recognize that healing is occurring. This pattern has been recognized by acupuncturists for hundreds of years and is also used by practitioners of herbalism and other healing disciplines.

According to the first of Hering's laws, healing progresses from the deepest part of the organism - the mental and emotional levels and the vital organs - to the external parts, such as skin and extremities.

Hering's second law states that, as healing progresses, symptoms appear and disappear in the reverse of their original chronological order of appearance. Homeopaths have consistently observed that their patients re-experience symptoms from past conditions.

According to Hering's third law, healing progresses from the upper to the lower parts of the body. For instance, a person is considered to be on the mend if the arthritic pain in his neck has decreased although he now has pain in his finger joints.

As the symptoms change in accordance with Hering's Law, it is common for individual symptoms to become worse than they had been before treatment. If healing is truly in progress, the patient feels stronger and generally better in spite of the aggravation. Before long, the symptoms of the aggravation pass, and leave the person healthier on all levels.

Sadly, most conventional medical doctors treat each symptom as a unique and unconnected phenomenon. A person's skin rash generally would be treated with cortisone, thus suppressing it and, possibly, reactivating the person's asthma. The mentally ill person's new physical symptom is also suppressed, leading to a relapse of the mental illness.

WHAT IS THE DIFFERENCE BETWEEN A HEALING CRISIS AND ILLNESS?

There are symptoms during a healing crisis that may be confused with illness but the difference is that these symptoms are short in duration and move from one part of the body to another, from inside out and from top to bottom. There is usually a lack of appetite and may be a fever. Illness is a very different scenario where one or more of the organs are not working well, causing toxic build up of waste material that **can't** get out.

There is fear during illness, a feeling of being out of control as opposed to the prevailing feeling during a healing crisis that underneath all the symptomology everything is working just the way it should and everything is really OK. The reversal process is another part of the healing crisis. It is necessary to revisit each step the body has been through that brought it to its current state of disease. People learn from an early age that symptoms are bad and should be stopped or suppressed; not necessarily so in reversing and eliminating disease.

WILL YOU MAKE A COMMITMENT TO YOUR OWN HEALING?

Will you? This is a very important question for you to answer within.

If indeed you are to manifest true healing, then you must innerstand that wholistic health is your greatest wealth.

Look after your thoughts (mind), body, and spirit. Take responsibility and be accountable to yourself for creating the present state of ill health or health that you have or are creating.

Accept yourself unconditionally love yourself and your body right now where you are at. Use your sense of humor (or develop one), take it light, give yourself a break, you know better now. Allow for your consciousness to grow and expand as you cleanse and release your diseased consciousness.

In practical terms, the more you are willing to freely love yourself, *just the way you are*, the sooner you will create circumstance that reflect self-love. As you cleanse remember that is through love of self that your body can serve you best.

OKAY, SO NOW WHAT DO I EAT?

See our Nutritional Guide and order The Fig Tree Cookbook now available.

Good Health to You!

The Usha Herbal Research Institute and The Fig Tree Enterprises