



NourishingLife

HEALTH CENTER

What to do if you are “Herxing”

First, please know that “herx” (die-off) responses to antimicrobial remedies is not uncommon, and is part of the healing process for some people. That said, our approach is relatively gentle, and we do not regard severe Herxheimer reactions as beneficial or desirable. Therefore we take special care to start patients off on low dosages and ramp up gradually as your body tolerates.

If you have a herx reaction to a new protocol, increase your detox and cleansing practices – increase hydration with saturated salt solution, colon cleansing, sweating, and sleeping. Do more juicing and consumption of alkaline foods, including lemon water and herbal teas.

Remedies such as binders (charcoal, Carboxyl, zeolite, etc), our Gentian Bitters herbal tincture, and Sparkle Liposomal Essential Oil Remedy are all supportive of recovering faster from a Herxheimer response.

If you have concerns or require further guidance, please call or email our clinic. Herxing may be scary but it will pass, and what’s most important is the clearing of toxins through the use of cleansing and natural remedies, rather than to suppress the uncomfortable symptoms.

Hillary Thing, MS, L.Ac
Uprooting Lyme / Nourishing Life Health Center
2821 Route 209, Kingston, NY 12401 (845) 687-6211
www.noulifehealth.com