



Common Reactions To Bodywork

On the whole, reactions to bodywork are largely pleasant, leaving the client feeling relaxed, revitalized and rejuvenated. This is because bodywork activates the body's own healing power. Unfortunately, there can be some less pleasant side effects from bodywork, especially in the first few sessions. As the body's own healing power is activated, the body begins to rid itself of toxins. This is referred to as the "healing crisis" and is a cleansing process. The severity of reactions depends on the degree of imbalance, but should never be too radical. The most common phrase following the first treatment is, "I have never slept so well."

The most common reactions are related to the body cleansing itself of toxins, so they manifest in the eliminating systems of the body – the kidneys, bowels, skin and lungs. The following reactions are not unusual:

- Increased urination as the kidneys are stimulated to produce more urine, which may be darker and stronger—smelling due to the toxic content.
- Flatulence and more frequent bowel movements.
- Aggravated skin condition, particularly in conditions which have been suppressed; increase perspiration and pimples.
- Improved skin tone and tissue texture due to improved circulation.
- Increased secretions of the mucous membranes in the nose, mouth and bronchials.
- Disrupted sleep patterns—either deeper or more disturbed sleep.
- Dizziness or nausea
- A temporary outbreak of a disease which has been suppressed.
- Increased discharge from the vagina in women.
- Feverishness
- Tiredness
- Headaches
- Depression, overwhelming desire to weep.
- Muscle Soreness

Whatever the reactions, they are a necessary part of the healing process and will pass. Drinking water –preferably warm, boiled water—in place of other liquids will assist in rapidly flushing the toxins from the system.

If any of these reactions should occur, or any others you think may be related to your session, and you are concerned, please don't hesitate to call me at 215-816-6401.