HEALING PHASES – Video Script

The ideal functioning of the human body variates trough different phases.

So if we consider how human body would function during a day we would see that during the morning, when somebody gets up from his bed, has more energy and during the day it functions and works and gradually the energy level goes down and at evening one needs to get rested, needs to eat something in order to replace his force and his power and would also correct the damages that were accumulated during the day. So our body changes during normal phases during the day from a high energy to tiredness and need of rest.

This is controlled from the autonomous nervous system that is the part of our nervous system that functions autonomically, it doesn't ask us if we have to sweat or if it's cold and we have to shiver, it just regulates the body temperature in a perfect way and keeps it always at about 37 degrees, whatever would be the external temperature.

So in ideal conditions our body has more energy during the day and more adrenaline and cortisol are produced and during the night we go down and other hormones, like serotonin, permits us to rest and correct the damages that happen during the day in our normal activity.

This is a mechanism that has been developed during evolution, our nature has programmed it in our body, so we could easily

work and find food during the day, and assimilate foods and rest and correct problems during night.

What happens in difficult situations, in situations that are stressful for the human body?

We are very used to the word “stress”, almost every language has this word and uses it and it's a term that was introduced by Hans Silly, he was a medical doctor who did researches on stress. His book “The stress of life” in the early sixties made a major change in medicine. He described that during situations that stress our body and put our body in difficulty, and this would mean the difficulty to survive, our body reacts producing different hormones, the hormones of stress.

So stress is not what is happening to our body, but it's the response of our body in a difficult situation, a situation that would create problems for the survival of our body.

In difficult situations our body produces adrenalin, cortisol, dopamine and hormones that would increase the possibility of survival in difficult conditions.

What could be a stressful situation? It could be some kind of a biological stress, somebody could not find food to eat, would be thermic or physical stress, would be extreme cold or extreme heat, it could be metabolic stress, the man eats a lot of food but with no nutrients so our body doesn't have the chemical substances and the nutrients to give a perfect functioning. This is a metabolic stress.

Our body gets in distress and difficulty because it doesn't have the substances to function ideally.

And then we have the emotional stress, that would be a situation in which our body gets in distress in a particular situation because of emotional factors, we are afraid to loose our job, our wife, we have problems with the family, we fear to loose money or our car has been stolen, and this creates an hormonal response from our body. We usually think of thoughts and those thoughts produce emotions and the emotions start the secretion of hormones in our body. So a person that is in fear has different hormones being produced in his body, a person who is in hanger has other hormones and the same is happening when we are happy, when we are tired or indifferent and exhilarated, different emotions produce different combinations of hormones in our body.

So to put all together we have different kinds of stress, which could be real stress of life, biological stress or emotional stress, and this changes the response of our body in different situations.

After a period of stress or difficulty for our body, and this could be a biological or emotional stress, our body, at the end of this period, has to correct the damages that have taken place during this period, so after a stress we have a period of correction, the body has to get in a repair phase and correct the damages that has suffered during the difficult period.

Well in difficult situations, in situations of stress, the body reacts with the production of a lot of adrenaline, cortisol and dopamine. It prepares itself to react and to increase the possibility of survival.

In a condition like that we are more tense, we have higher blood pressure, our respiration is faster, we want to sleep less, we want to eat less, we have less resistance to cold and heat, we sweat more, our heart goes faster, so these are the symptoms of a stressful period.

All these functions help us have better possibilities of survival in difficult situations.

After the stressful phase our body gets into a repair phase, the body has to repair the damages that has suffered during the difficult situation so we are more tired, the adrenaline that goes down gets our blood vases get delated so more blood goes to our tissues and more substances can go and help the repair of those tissues that have been damaged. Our temperature may go up because more blood goes to the tissue, we have inflammation, we are more hungry in situations like that because the body needs more substances to correct its tissues.

So we have initially a stressful phase and after that we have a situation in which the body repairs the damages that has suffered during the stressful phase.

The degree of stress describes and determines the degree of the repair phase so a more stressful situation would bring a more violent repair and the more the stress has lasted the more will last also the repair phase, this is how our body functions.

A new kind of stress has taken place in the last 40 years, it's the metabolic stress, metabolic stress is the stress that our body suffers because it doesn't have the essential nutrients to function properly, so the body has less energy and having less

energy has to produce more adrenaline, cortisol and dopamine to make things go on, to produce energy and make the body move. So our body gets functioning in metabolic reasoning in stress that is due to metabolic factors.

What's happening when we replenish the stress, when we give back to the body the substances that he is missing? It will gradually start getting into a repair phase, but this will happen gradually so we have an initial betterment, so we have a second phase, after the stress phase we have a second phase in which the body starts getting better because he gets the nutrients, goes out from the stress phase and gets into a phase where we notice a better functioning of the body, but after a while after the body sees it has it's own energy and has the nutrients to repair its tissues, what happens?

Adrenaline goes down, and going the adrenaline down we have a vasodilation and we have the solution of the metabolic stress, so it's very easy to notice that when people start a very good diet or get supplements they feel more tired, but there is a difference, it's different from tiredness and exhaustion. In the long duration of stress after the stress we have exhaustion, the person tries to rest and does not get rested enough, he does not wake up from sleep full of energy, he still feels tired.

Instead in a normal healthy condition of tiredness a person gets some rest and he feels better, initially he would need more rest, to get little energy, but gradually this would decrease so with less rest he will get more energy.

This is a phase called the repair phase and it's a phase

characterized by the regeneration of tissues, the body needs a lot of proteins and substances to make new tissues. We have vasodilation, we have a lot of blood going to the tissue, we have inflammation, another thing that we should clear is that the inflammation is not the problem, the inflammation is the solution to the problems created during the stress phase. Just like when I hit my hand and I destroy cells the body has to make new tissues, we have vasodilation to bring more substances to make new cells and the body uses the pain to mobilize the hand, so I will not use it until it's ready to be used.

So inflammation is not the problem, we usually are lent to think that inflammation is the problem, inflammation is the solution. But does the body have the substances to go and conclude this process and go in a better functioning to make this process go on? Or it doesn't have it and has to return into a new metabolic stress? Usually it doesn't have it or if it initially had it, after a while the substances finish, so the body has to return into a metabolic state stress, but if we continue to replenish the substances to the body it will conclude this phase.

This phase, as we said the regeneration phase, is characterized by a lot of fluid retention because we have a vasodilation, after that the body will have to get into the contraction phase, and the contraction phase will create more diuresis, the body will start taking out fluids, the fluids that were retained in the humid phase, the repair phase, will have to get waisted. So this phase will be characterized by a lot of diuresis, some combination of adrenaline again which would cause interrupted sleep, we could

have some aritmia in the heart, we can feel our heart beat, can experience some anxiety and also be afraid of our health or other feelings that would come up.

The repair phase will last about 2 to 3 months, the contraction phase is a short phase, it could usually last from one to three weeks, in this case, and after that we get into a more dry phase, the remodelling phase, it would be the phase in which the body creates new tissues, repairs and has to remodel these tissues, and this is happening in a dry environment. This would last from two to four months it would be a longer but a more silent phase, it won't be as dramatic as the other phase.

And after that period the body would continue to better, the sixth and last phase would last even two years.

To make a summery our body to get healthy has to pass through different phases, it doesn't get better in a straight line, it has to pass certain steps or phases gradually and we have to respect that, our bodies are programmed to be healthy, but it doesn't do it in a straight line, it passes through different phases, as we said, we have the stress phase, we have the betterment phase and then we have the repair or humid phase, the contraction phase, and then we have the remodelling or dry phase.

And after that our body gets continuous betterment until it reaches its peak of functioning.

Usually in what I have experienced in patients that have done the metabolomic analysis, people who have replenished their nutritional deficiencies, to pass from the stress phase to the end

of the dry phase needed six to nine months, this would be true for about 80% of cases and then after that they need up to two years to get up in that peak of the performance phase.

There would be also cases like children that would need only two months to complete all the cycle or would be older people or people with greater problems actually some neurological diseases that need more time to reach the last phase, to go out from this situation.