



Repair Phase and Therapeutic Crisis

Symptoms of the repair phase

During the repair phase, the client / patient can experience moments of fatigue, pain, intestinal disorders and similar issues.

While these issues indicate repair progress, their intensity might become annoying for the person. In this case, we can apply appropriate measures to mitigate their effects. We can proceed in two different ways:

- Decrease the dosage of nutritional supplements;
- Use additional supplements to reduce intensity.

Let us now consider the major symptoms per phase as to appropriately distinguish them:

- **Repair phase** (approximate duration 2-3 months):

Fatigue, inflammation, fluid retention, pain, hunger (requires more protein and good fats¹, as otherwise he/she will experience sweet cravings), fever, febricula, slight tremors, drowsiness, need for rest, gastritis, constipation, headaches, haemorrhoids, warm hands, itching, eczema, dermatitis, colds, dizziness, low blood pressure.

- **Contraction phase** (approximate duration 1-3 weeks)

¹ In this phase, the body mainly demands acidic foods.



Increased diuresis, interrupted sleep, arrhythmias, cramps, difficulty breathing, asthma attacks, dry cough, panic, fear, vomiting, diarrhoea, sweating.

- **Tissue remodelling phase:** as for repair but lighter. In this phase, tissues regenerate in a dry, non-moist environment.

The intensity and duration of symptoms depends on the general condition of the patient and the duration and intensity of the previous damage (stress). Each patient will present different symptom combinations.

Substances favouring repair speed:

- amino acids;
- most of the B-complex vitamins;
- magnesium;
- glutamine;
- fatty acids;
- antioxidants.

Their dosage should be reduced upon intense symptoms. In these cases, we are facing the so-called therapeutic crisis, i.e. the body repairs itself too intensely.

Substances reducing symptom intensity:

- calcium;
- vitamin C;
- vitamin D;

- vitamin B5.

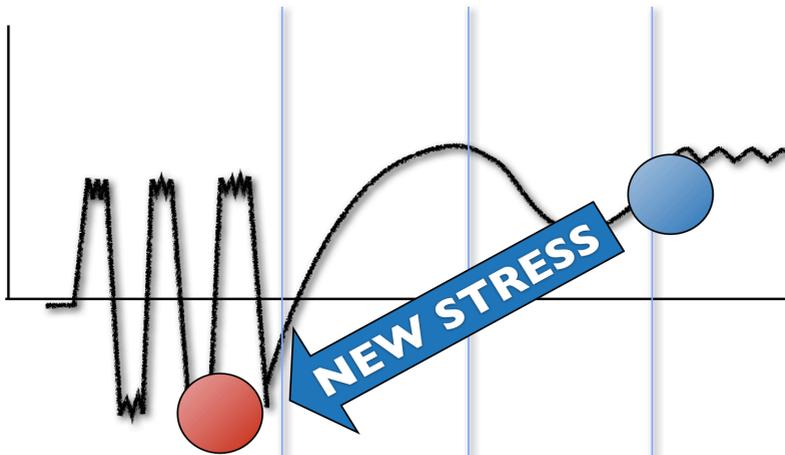
To reduce clients' inconvenience, supplements containing these substances may be used in addition to those required during the phases.

Newly induced stress

If the client experiences further stress while going through the phases, he/she can regress to the alternating stress/exhaustion state.

A new difficulty situation may result in a different situation altogether.

In particular, it can be emotional stress for the loss of a loved one, threat of illness (real or imagined) or threat of job or property loss. However, it can also be further stress connected to extremely high workloads, a challenging journey, etc.





Applied Nutritional Medicine

The practitioner should be able to recognize whether these events have occurred and provide adequate remedy while urging the client to continue the treatment, possibly with additional supplements as explained above.