

Herx Reactions

(Also Known As Healing Reactions)

Herxheimer/Herx Reactions, also known as Healing Reactions, are a short-term (from days to a few weeks) detoxification reaction in the body. As the body detoxifies, it is not uncommon to experience flu-like symptoms including headache, joint and muscle pain, body aches, sore throat, general malaise, sweating, chills, nausea, or other symptoms.

In a die-off reaction, there is a release of toxins, proteins, and oxidizing agents that results in an increase in inflammatory cytokines such as tumor necrosis factor-alpha, interleukin-6, and interleukin-8.

It is a common detoxification response of the body to the increased toxins released during a treatment for pathogens such as bacteria, parasites or candida.

Herxheimer reaction is also common when dealing with toxins removal protocols. A common misconception about herxing is that it is a sign that the treatment is working. When you have a herxheimer reaction, it means that the amount of toxins released into the circulation is more than what your body can safely handle. The high level of toxins put a lot of stress on internal organs, especially the colon, liver and kidneys that are involved in filtering toxins in and out of the body.