

Retracing

When taking Laminine most people notice positive improvements in their health within 4 to 8 weeks. However, some people can start to experience symptoms reminiscent of previous health problems.

'Retracing' - the imbalance coming up and out.

For example; if you had injury and damaged ligaments in your knee that caused pain, when Laminine starts to activate the repair of that area, those damaged tissues are going to be removed and you may experience similar symptoms of the injury, while your body is starting to heal and regenerate that area.

You could also experience dizziness which can be a sign of toxin release.

Other symptoms may include intestinal pain or even fatigue. Some people, as they start to dump toxins out of their cells into their blood stream, they may feel tired or achy or exhausted or experience flu like symptoms. This is perfectly normal and should not deter you from continuing with Laminine.

There are several things you can do to reduce these symptoms

1. MAKE SURE YOU ARE DRINKING PLENTY OF WATER. You should

drink about half your body weight in ounces of water per day. So, if you weigh 140lbs which is about 10st that would mean 70 ounces of water per day, the equivalent of 7 large glasses per day.

2. Reduce the amount of Laminine you are taking. If you are taking four capsules a day, you could reduce it to two, if you are taking two capsules per day, you might reduce it to one. At least for a period of time until your body goes through the retracing process.

Some people may not experience any retracing symptoms, this could mean the area being regenerated did not give any symptoms of pain in the first place. For example: you may have areas where your arteries are becoming increasingly clogged but you don't feel any symptoms. When Laminine activates a healing process in those blood vessels, you may not notice any change in the way you feel.

You may want to document your progress, keep a journal, making notes of all changes over the four to five months and then do an assessment of your overall health.

Why does retracing happen?

Chronic disease can cause a build-up of toxins. The body cells have a memory of past illnesses and retracing is the process of re-activating and working through these illnesses. When a disease isn't worked through properly at the time, an element of latency or repression occurs eventually leading to loss of energy, a sub-standard state of health and eventually diseases of a more threatening nature.

Healing reactions are temporary symptoms that occur only on deep healing regimes in which the body retraces or goes back and heals old infections, wounds, injuries or other imbalances from the past. Many are related to eliminating toxic

substances, healing chronic infections or metabolic shifts that take place as a body heals and its energy increases.

Sometimes the healing reactions may be referred to as flare-ups, retracing reactions, Herxheimer reactions, die-off reactions, purification reactions, the reversal process.

Healing reactions are an essential feature of all true and deep healing methods. They can be unpleasant but rarely frightening. However, they are welcome signs of healing.

Retracing is poorly understood

Healing reactions are little understood in modern medical practice because they rarely occur with drugs used by doctors. As a result, most people, including doctors, are unfamiliar with them and often dismiss them.

Most healing reactions are mild and pass quickly. Symptoms may include almost anything. One could experience diarrhoea, constipation, aches or pains, muscle cramps, discharges, odours, rashes, headaches, irritability or fatigue. Rarely, symptoms are more vigorous, such as a cold or flu.

Emotional and psychological healing reactions are among the most interesting, and often the most important. Typical symptoms include feelings of anxiety, depression, fear or anger. As with the physical symptoms, almost any symptom is possible, depending upon a person's past traumas and experiences.

However, in almost all cases, the body will not undertake a healing reaction unless it can see it through to completion. For this reason, reassurance and general supportive measures are usually all that is required during even an intense reaction.