

DETOXIFICATION

Starting on the raw food diet will initiate a detoxification cycle. As toxins are released from the liver and other storage organs, detoxification issues and signs can arise. Normal changes are expected as we purge the system but we do not wish to incite anything like a “healing crisis”. So if there is marked lethargy, lack of appetite (for more than a day), runny diarrhea or any increased urgency, please call us! Some animals need extra liver and immune support prior to starting on the raw food diet. Typical expected detoxification signs include:

- **Varied stool** – soft or diarrhea, and even sometimes constipation
- **Mucus discharge** – mucus in feces, eye or nose discharge, or even bronchial irritation from post-nasal drainage.
- **Increased itching** – toxins in the bloodstream as they are discharging from the body often cause a histamine release

Sometimes these changes will come quickly and abate quickly, and other times they will wax and wane when the body is ready to discharge more, even over months of time when on a healthy nutrition program such as the raw food diet. The body heals itself on its own time frame – as the layers of the onion are peeled away, the blockages to true health are released. We want the transition to be as easy as possible so if there are severe signs or prolonged signs, it is usually an indication that we need to do some supplemental support. Any concerns or questions, don't hesitate to call the office at (877) 738-4673 .