

Symptoms first aid

What your body may say along the way, and how to answer it.

Cravings

Cause: dopamine reset from removing sugar, processed foods, caffeine, and alcohol.

- Remove trigger foods from home and workspace
- Avoid coffee shops on your usual route
- Emergency swaps: veg sticks, chai latte, liquorice tea, soaked almonds
- Breath: 4-7-8, diaphragmatic
- EFT tapping for cravings
- Journal the emotional triggers
- A walk or stretch to reset
- Mineralised water
- 7 – 9 hours of sleep to regulate hunger hormones

Headache

Causes: adenosine receptors resetting (caffeine withdrawal); mild dehydration; toxin mobilisation.

- Taper caffeine gradually
- Mineralised water
- Ginger or peppermint tea
- Epsom salt baths
- Rest in dim light
- Coffee enema (optional)

Herxheimer reaction (healing crisis)

Cause: toxins mobilised faster than the body can eliminate them.

- Rest, gentle walks
- Dry skin brushing
- Epsom salt baths
- Lymphatic drainage massage
- Mineralised water
- Binders: charcoal, clay, zeolite, chlorella
- DMSO + magnesium

Fatigue & muscle ache

Causes: energy redirected inward; detox pathways active.

- Sleep early
- Restorative stretching
- Magnesium baths

- Mineralised water
- Castor oil pack over the liver

Digestive upset

Causes: gut flora shifting; fibre increase; altered bile release.

- Chew thoroughly
- Digestive teas: ginger, fennel, peppermint
- Abdominal massage
- Gentle walks
- Binders for loose stools
- Castor oil packs, or magnesium citrate (200 – 400 mg at night) for sluggish bowels

Emotional release

Cause: without numbing foods, suppressed emotions surface.

- Journaling
- Meditation
- Breathwork
- EFT / tapping
- Humming (3 – 4 minutes)

Irritability & anxiety

Causes: blood sugar fluctuations; neurotransmitter recalibration.

- Balanced, regular meals
- 10 – 12 hour eating window
- Breathwork
- EFT / tapping
- Humming (3 – 4 minutes)
- Reduce overstimulation
- Magnesium — oral and/or topical with DMSO

Skin breakouts

Cause: toxins moving through the skin as liver and kidneys detoxify.

- Hydration
- Dry brushing
- Gentle sweating: a walk, sauna, or hot Epsom salt bath
- Increase binders to reduce toxin recirculation
- Increase topical DMSO + magnesium
- Natural skincare

Disturbed sleep

Causes: liver activity at night (1 – 3 am); mineral imbalance; stimulation from detox tools; elevated cortisol as toxins are mobilised.

DETOX OF BECOMING · SYMPTOMS FIRST AID

- Magnesium bisglycinate at bedtime (away from binders), and again if waking in the night
- Herbal teas before bed: tulsi, lemon balm, chamomile
- Breathwork, meditation, or journaling to relax the nervous system
- Castor oil pack and an Epsom salt bath in the evening
- Shift bitters, binders, and coffee enemas to earlier in the day
- Increase electrolytes in your afternoon water

Symptoms are signals, not failure. If anything feels beyond first aid, ask in the WhatsApp group — that is what the circle is for.