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## Unpleasant Side Effects....

Posted by amdevine - 2007/12/02 00:11

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I've been 75% raw for about a week & at first, I felt pretty good, but today I feel awful.

I have painful gas & a migraine headache.

Food-wise, I am feeling satisfied & am not missing cooked food or the usual pretzels that I thought I just had to have.

Is it normal to have these side effects? My head is just pounding.

Please help!:S

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## Re:Unpleasant Side Effects....

Posted by karennd - 2007/12/02 09:39

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Yes, this is not unusual. You are probably detoxing. Matt Monarch's book "Raw Success" has a whole section on gas on the raw food diet and why it occurs.

My thoughts are (and this is what Matt recommends in his book) to consider going to a colon hydrotherapist or doing a colonic or enema at home. This is a good way to get rid of that gas. Also, years ago people used to do enemas for migraines, so it is not so farfetched.

You also might want to consider supplementing with a good probiotic and digestive enzymes like these [http://www.rawveganbooks.com/index.php?cPath=100151\\_100152](http://www.rawveganbooks.com/index.php?cPath=100151_100152).

Good luck!

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## Re:Unpleasant Side Effects....

Posted by amdevine - 2007/12/03 08:14

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Thanks! I'll look into that. I've never had to deal with colon cleansing/enemas before, so this is all new to me. It doesn't sound really pleasant. I live in a small Indiana town, so it may be hard to find info on this.

Is it possible to detox & not have to do this? It's really hard to adjust to raw food & to have to worry about this other stuff, too. I'm all about baby steps.

My symptoms seem to be a little better today. Thank you for your quick response!

Have a great week & be well!

~Manda

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## Re:Unpleasant Side Effects....

Posted by karennd - 2007/12/04 00:04

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There is a great video on how to do an enema at [http://www.youtube.com/watch?v=SD1QzIKkz\\_s](http://www.youtube.com/watch?v=SD1QzIKkz_s) in case you are interested. I like to use my bibkit that I got at [www.bibkit.com](http://www.bibkit.com). I know, before I did them I hated the idea and avoided doing them for the longest time. I feel so great afterwards and even during - because I can feel I am dumping so much that was weighing me down. Also, check out this webpage <http://www.30daysraw.com/> and look at Episode 9 - there is a great video there that explains what a colonic is.

If you want to detox without doing colonics then I would suggest a high raw diet. Angela Stokes ate high raw for 3 years before switching to 100% raw and gained health & lost weight during those 3 years. See <http://www.rawreform.com/content/view/17/41/>. Eating high raw slows down the detox so you may be able to avoid colonics. But I agree with Matt as he says in "Raw Success" that to be successful on a 100% raw diet you have to drink

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green juices and do colonics.

Many people do fine on a high raw diet for life also. Just avoid the 2 worst foods completely - refined sugar and starches.

I'm glad you are feeling better!

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## Re:Unpleasant Side Effects....

Posted by amdevine - 2007/12/08 02:28

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Thanks, Karen!

I did find a few products in our local healthfood store, called Colon Cleanse. They have the powder, capsules & the tea.

I am going to attempt a detox & fast next week, just a few days before I take my final exams.

Thank you again & be well!

~Manda

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## Re:Unpleasant Side Effects....

Posted by karennd - 2007/12/10 08:00

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Let us know how it works for you!

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## Re:Unpleasant Side Effects....

Posted by darrinnicoli - 2008/03/22 22:27

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I am new to this site, as I am interested in all types of health. But I believe that the simple approach is best. I have become an avid fan of Nutritional Cleansing, which is all natural, safe and very effective. It is not colon cleansing, it is a way to cleanse the harmful toxins that have built up in your body causing your body to be unable to perform as it is meant to and it causes the retention of excess fat and water.

When I first cleansed I felt dramatically increased energy, focus and immediately started releasing excess weight in a safe and natural way. I didn't have to go through the "pleasantness" of an enema or anything else in addition to the cleanse. I continue to use the health and wellness products, which are all natural and formulated to work at the cellular level, to maintain my energy and overall health. I would highly recommend you check out the videos and testimonials about cleansing at [www.thehealthandwealthteam.com/isagenix](http://www.thehealthandwealthteam.com/isagenix)

I am so impressed with cleansing that I left my corporate job and now work full time with the company. If you are interested in cleansing, after watching the videos, let me know.

Darrin Nicoli

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## Re:Unpleasant Side Effects....

Posted by Gypsy\_Queen - 2008/07/29 17:43

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It's only been a couple of weeks since I went 100% raw, and my unpleasant side effects include bouts of liquid diarrhoea (sorry if that's TMI). When I first started going raw, I still had lightly steamed veggies and changed to decaf coffee instead of full-strength. This slowed down the detox and helped my body to slowly adapt to the changes. I also have 4-6 cups green juice (usually cucumber, celery, silverbeet, green apples, ginger) every day to help the cleansing. I'm thinking that a colonic is the next step to help get rid of the gas.

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## Re:Unpleasant Side Effects....

Posted by ctguitarguy - 2009/07/14 09:37

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one type of veggie you particularly want to have plenty of, especially juiced is beet root. this particular veggie is great for expelling waste and regulating the bowel movements and general digestion. i have some of that information listed on my site: <http://www.totalcleanseguide.com/>

if you want some other veggie recomendations to help with that particular issue just let me know,I'd be glad to help :).

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## Re:Unpleasant Side Effects....

Posted by wenc123 - 2009/09/28 09:47

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To communicate well with other people, you must learn to speak well, right?

Yes, but speaking isn't everything. Some experts say only 30 percent of communication comes from talking.

ffxi gil

When you have to meet someone from a different culture, be prepared. Do you know what kind of gestures and customs are proper? If you understand cultural differences, you'll be a better communicator even before you open your mouth!

maple story mesos

In many Western cultures, men stand up before they are introduced to someone important. Standing up shows politeness and respect.

But in the East, typical introductions often begin and end with bowing rather than shaking hands. Sometimes even a small nod of the head is enough.

wow gold Some Westerners visiting Asia misunderstand not shaking hands as a sign of unfriendliness. Such a mistake could be harmful to the start of a new friendship. Americans like a firm handshake. But the French prefer a light, short handshake. If you shake a Frenchman's wow gold hand the American way, he may think you're uncultured.

People in Eastern European countries and some Latino cultures prefer shorter handshakes, too. Hugging after shaking hands is also a common introduction. Don't be scared if you meet someone in Brazil and he gives you a hug. If you misunderstand this gesture, your friendship may get off on the wrong foot ! ffxi gil

The proper customs for eye contact vary between cultures, too. Westerners appreciate regular eye contact during conversations. Although it might seem as they're tired or bored, such behavior is normal and should not be taken personally. aion gold

Is everything OK?

Everyone around the world knows the "OK" hand gesture, don't they? Be careful not to pretend to know too much!

In Spain, parts of South America and Eastern Europe, the OK sign is considered rude. If you go shopping in Japan, it means you'd like your change in coins instead of bills. In France, making the OK sign means you think something is worthless.

Even a gesture as common as the OK sign may not be universally understood. Check before you use it or you may embarrass yourself.

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## Re:Unpleasant Side Effects....

Posted by wenc123 - 2009/09/28 09:49

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