
Egads.

Posted by belatedly - 2008/01/16 01:37

Okay, so, I'm basically having trouble with detoxing. I went raw yesterday, pretty much cold tofu, and yesterday was fine, but today is.. ugh. I'm definitely going through withdrawal; I feel a mix of hunger and nausea and pain in my stomach area. No headaches (I'm not prone to them) and no breakouts, because my diet has always been pretty clean before as far as it goes (no added oils, only raw nuts, etc.)

I'm just wondering.. how do I make this feeling go AWAY? D: I get it, I get it, cooked food = bad/addictive! Let UP, body!

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Re:Egads.

Posted by karennd - 2008/01/16 04:46

I sympathize with you, Karma. It can be tough at first.

I have some thoughts. One possibility is to go high raw at first instead of 100% raw, Angela did that for a few years. Her extended story is here <http://www.rawreform.com/content/view/17/41/>.

Another possibility is to eat some of the heavier raw foods for now, to slow down the detox and help with the hunger pangs - sprouted grains, raw nuts and seeds, avocados.

Lastly, maybe some good digestive enzymes would help.

Maybe others will have some ideas.

Good luck and let us know what works.

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Re:Egads.

Posted by belatedly - 2008/01/19 11:12

Thanks, Karen! I found that a couple things worked best - first, increasing my intake of DLGs like kale and chard. Second, I drank more water - it might have been, partially, that I was dehydrated from my body cleaning itself out! And third, going for walks regularly and practicing breathing exercises. :) I assume that just means that I needed to calm down and not stress out so much.

Thanks again!

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Re:Egads.

Posted by karennd - 2008/01/21 02:45

That is so great that you didn't give up and found what works for you! More dark leafy greens, water, and exercise. Makes sense. Good for you!

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