

# BSI International Labs

Licensed In-House Laboratory



**Evidence-Based  
Medical Testing  
& Analysis**

## What We Do

Yayasan (not-for-profit) BSI International Clinics is evidence-based in medical analysis, and our one-of-a kind natural holistic Nutraceuticals and therapies are derived from centuries of successful alternative medicinal practice. Our team of dedicated medical professionals draw on ancient therapies and modern scientific research to create a targeted, more accurate, immune boosting, natural healing process – custom prescribed for each patient.

# BSI International Clinics

Integrative Natural Health

BSI International uses science-based testing, analysis and treatment protocols to provide individualized Integrative Natural Medicines & Therapies. We help patients reach optimal levels of health and vitality through our Natural IV Therapies, Oral Nutraceuticals and Traditional Tonic Programs.



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(for scheduling only, not for medical inquiries)

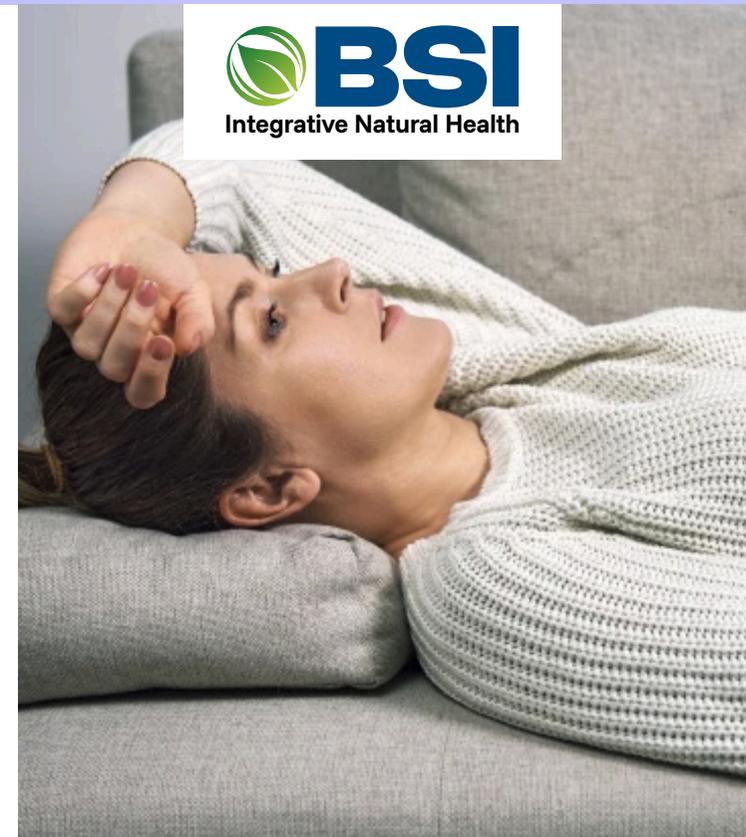
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# The Herxheimer Effect



On rare occasion, some people, when first beginning detox and healing, may experience the so-called Herxheimer effect, a result of therapies rapidly neutralizing pathogens and stimulating immunities, resulting in the body unable to quickly-enough dispose of toxins and wastes through normal elimination channels.

*We're on your side, here to help*

# The Herxheimer Effect & Reactions

Herxheimer Reaction Release of Endotoxins, as well as Inflammatory Cytokines from reaction to microbial waste & cell death. As the body eliminates toxic residue, vomiting, diarrhea, skin eruptions, etc. will most likely cause inconvenience and doubt. These important reactions measure and report the progress of elimination and healing. **They are necessary and beneficial.**

**Expect One or More Healing Crises (the Herxheimer Effect: Herxing).** On rare occasion, some people, when first beginning detox and healing, may experience the so-called Herxheimer effect, a result of therapies rapidly neutralizing pathogens and stimulating immunities, resulting in the body unable to quickly-enough dispose of toxins and wastes through normal elimination channels.

Too-rapid detox can force the body to over-utilize the secondary eliminative organs: lungs, sinuses, skin, and more. Causing experiences that may seem like a cold or the flu, diarrhea, cold shakes, etc. Lowering medicine dosage (or completely abstaining for a day or so), and then gradually increasing while the body clears itself of pathogens, may be needed. This will often slow the healing process, but make detox and healing easier to endure.



**When Detoxing & Healing, You May Experience The Herxheimer Effect**

**We want reactions.** Reactions are how we gauge therapies and their results. If we are not obtaining reactions, either you don't need us or the therapies need to be a little stronger. If reactions are too strong, we need to slow it down a little. If you have what you think is a cold or flu during detox, it's probably the Herxheimer Effect, due to a high degree of die-off of pathogens entering the eliminative systems.

## Herxheimer Reaction Or Healing-Crisis Reaction

The die-off of toxin-producing micro-organisms releases toxins into the body and as one takes treatment to get better, they feel temporarily worse with headache, myalgias, arthralgias, abdomen pain, nausea, vomiting, diarrhea, constipation, brain fog, anxiety, depression, insomnia (described first by German Dr. Karl Herxheimer).

## Symptoms

**Here is a list of some of the symptoms you might experience during a die-off (otherwise known as a Herxheimer reaction):**

- Nausea
- Headache, fatigue, dizziness
- Swollen glands
- Bloating, gas, constipation or diarrhea
- Increased joint or muscle pain
- Elevated heart rate
- Chills, cold feeling in your extremities
- Body itchiness, hives or rashes
- Sweating
- Fever
- Skin breakouts
- Recurring vaginal, prostate and sinus infections

**BSI Detox and die-off related symptoms reported by various patients;**

- Headaches, "heavy head", "heavy-feeling headaches"
- Alternated periods of mental "fuzziness" and greater mental clarity
- Transient malaise, flu-like symptoms
- Transiently increased fatigue, waxing and waning fatigue, feeling more tired and sluggish, weakness
- Dizziness
- Irritability
- Sensation of "brain firing: bing, bong, bing, bong", "brain moving very fast"
- Depression, feeling overwhelmed, strong emotions.
- Greater need for "healing naps"
- Swollen or painful lymph nodes
- Mild fevers
- Runny nose, low grade "sniffles", "sneezing, coughing"



**Release Of Endotoxins & Inflammatory Cytokines From Reaction To Microbial Waste & Cell Death.**

## The Healing Crisis : What to Expect

- While unpleasant, a healing crisis is actually good thing! It lets you know that the detoxification program is really working.
- The healing crisis generally lasts from just a few hours to a few days.
- The healthier your body is to begin with, the fewer symptoms there will be. The more your body has to clean up, the harder and longer the cleansing side effects will be.

**The rule of thumb, when disease is fully healed then no reaction = no disease**