

ARTICLE: Recuperation Process

The Recuperation Process - It can take time

Stresses, traumas, injuries, unresolved grief, and emotional problems - all the things that limit our health use up our energy while we try to cope with them. NT Kinesiology can facilitate the resolution of these limitations. As a person clears their limitations and stresses they regain their energy for further recuperation.

When a person starts on the path of re-recuperation himself/herself, a recuperation crisis may occur. A recuperation crisis is generally misunderstood, but when it is understood, the person looks forward to, and enjoys thoroughly the thought of having a recuperation crisis.

A recuperation crisis is simply the body cleansing itself, of emotional stresses, of misperceptions, and cleansing its tissues, replacing the old tissues with new. A cleansing crisis is something which is quite often needed by the body to eliminate toxins (emotional and physical) from the deeper recesses otherwise not touched.

In this process the person may experience some old symptoms, as the recuperation process "takes a look" at the unresolved "stuff" and starts to heal it. Don't worry this is a normal reaction.

It's a wonderful thing to see and how people can truly reverse the process of degeneration and bring themselves back to a better health state.

With the use of NT Kinesiology we can reduce, if not completely eliminate the discomfort produced while a person is going through a recuperation crisis. However, it is a fact that sometimes when a person is going through a recuperation crisis, it can be more appropriate not to do any balancing as the person is already balancing him/herself. To intervene may deflect energy away from the recuperation process.

It is often difficult to identify the difference between the recuperation crisis and a degenerative process. With NT Kinesiology we can identify the crisis straight away and allow the active recuperation power of the person to carry them through the recuperation they need to go through.

It is sometimes difficult for a person to accept the fact that the recuperation crisis comes at the time when they are feeling their best. Invariably a person will say "but I was feeling really well, it was the best I had felt in my life".

As there is energy now available for recuperation, it is at this time you can often expect the crisis to occur, and it is at this time when the crisis can do its best work. When a person increases their available energy and when that energy gets to an excess, the excess is used by them to facilitate their own recovery. At this time the body can do its greatest work. It's literally ridding the old so the new can take its place.