

WHAT IS A HERXHEIMER REACTION (HERX)?

A Herxheimer reaction (often called a "Herx") is a temporary worsening of symptoms that can occur when pathogens are killed faster than the body can efficiently process and eliminate the resulting toxins and inflammatory byproducts.

This can occur when detox pathways are sluggish or when we're killing too much too fast.

Common Herx symptoms can include:

- Increased fatigue
- Headaches
- Body aches
- Brain fog
- Increased pain
- Flu-like symptoms
- Anxiety or irritability
- Worsening of existing symptoms



First Things First:

Make Sure Your Detox Pathways Are Open

If these pathways become sluggish (not open), toxins can build up and make us Herx.

DETOX PATHWAYS

6 Key Systems to Support

If these are clogged, not working, or sluggish, toxins build up in your body. That build up can actually cause you to **HERX** and feel much worse!

1 COLON	Eliminates waste, excess hormones, and toxins through your stool.		SUPPORT IT WITH: <ul style="list-style-type: none">✓ Fiber-rich foods✓ Hydration✓ Magnesium✓ Regular bowel movements
2 LIVER	Your body's main filter. It processes and neutralizes toxins.		SUPPORT IT WITH: <ul style="list-style-type: none">✓ Lemon water✓ Milk thistle / dandelion root✓ Castor oil pack✓ Glutathione
3 KIDNEYS	Filters waste and excess fluids from your blood and balances minerals.		SUPPORT IT WITH: <ul style="list-style-type: none">✓ Hydration✓ Mineral-rich foods✓ Parsley✓ Dandelion leaf
4 SKIN	Releases toxins through sweat and helps regulate temperature.		SUPPORT IT WITH: <ul style="list-style-type: none">✓ Dry brushing✓ Sweating (sauna, exercise)✓ Epsom salt bath✓ Hydration
5 LUNGS	Expel carbon dioxide and airborne toxins so we can breathe clean and deep.		SUPPORT IT WITH: <ul style="list-style-type: none">✓ Deep breathing✓ Fresh air✓ Movement✓ Avoiding toxins
6 LYMPHATIC SYSTEM	Carries waste and toxins out of your cells and supports immune function.		SUPPORT IT WITH: <ul style="list-style-type: none">✓ Movement & rebounding✓ Dry brushing✓ Deep breathing✓ Glutathione

KEEP YOUR PATHWAYS OPEN.
Support detox. Support healing.

Lyme and Beyond with Tanya

Tips to Help Support a Herx

Hydration & Flushing

- Drink plenty of water • Herbal teas such as ginger, lemon balm, or chamomile • Lemon water
- Splash of apple cider vinegar can support gentle liver flushing

Binding Toxins

One of the biggest mistakes I see is people taking binders while they are constipated.

- Activated charcoal • GI Detox • Bentonite clay • Zeolite • Chlorella (mold/heavy metals)

Important: Always separate binders by at least 1 hour from food, medications and supplements.

Tanya's Binder Tip: I keep my binders on my nightstand. Taking them in the middle of the night or first thing in the morning makes it much easier to maintain that one-hour window.

Supporting Detox Organs

- Castor oil packs to help with bile flow
- Epsom salt or Magnesium flake baths (limit baths to 20 minutes to avoid reabsorption)

Colon Support

- Gentle water enema (distilled or boiled/filtered lukewarm water)

Nutrient & Antioxidant Support

- Glutathione patch • NAC • Vitamin C • milk thistle

Nervous System & Symptom Calming

- Magnesium (citrate, glycinate, or malate) for muscle tension • Deep breathing
- Meditation • Nervous system work

REST... Don't push through a Herx, as your body is in cleanup mode.

Gentle Movement

•Short walks • Stretching • Rebounding • Vibe plate • Dry brushing

Alka Seltzer Gold Replacement

This has been a popular Herx support tool for many years. Unfortunately, it has been discontinued. Here is a simple recipe that can be used as an alternative.

¼ cup lemon juice (fresh or bottled)

⅛ tsp Sodium bicarbonate

⅛ tsp Potassium bicarbonate

Mix in 6 oz of water

Looking for specific products or brands I recommend?

Some of the tools mentioned in this guide can be found in My Toolbox [My Toolbox](#)

Lyme and Beyond with Tanya

lymeandbeyondwithtanya.com