



Whole Body Health

WITH DR. SALEEBY

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What is Herxing?

Not intended as
Medical Advice

- This lecture is informational only and not intended to diagnose or suggest treatments to any individual listening to this lecture.
- We advise you to seek medical direction with your licensed primary care provider.

The **Jarisch-Herxheimer Reaction** (Herxing for short)

1. Definition
2. Examples
3. How to mitigate

The **Jarisch-Herxheimer Reaction** (Herxing for short)

1. First described in 1895 by Dr. Adolf Jarisch and later again in 1902 by Dr. Karl Herxheimer both European dermatologists using mercury to treat syphilis.
2. Cytokines like TNF-alpha, IL-6 and IL-8 among others are responsible for the pro-inflammatory symptoms, fever, muscle and joint pain, HA, cognitive issues and more.
3. Poor clearing of these cytokines and inflammatory mediators is what makes this happen in some people under treatment.

Defining the Herx:

So, to put it simply a J-H (herx) reaction is a cytokine storm and increases the inflammatory cascade to yield an uncomfortable reaction including headaches, low-grade fevers, malaise, nausea, brain fog, extreme fatigue, irritability that can last hours or days after a “die off” of microbes (usually with antibiotic use) and any alteration in lifestyle (fasting, dehydration, stress, etc).

Lyme disease sufferers *put this on the map* as they tend to feel poorly when too many toxins are released in the body when killing off Bb spirochetes with treatments.

In severe cases it can lead to seizures and more extreme symptoms and even require hospitalization. Only in the most rare cases is it fatal.

More on Herx:

With time and treatment and the bio-load of microorganisms being lessened the Herx reaction becomes less frequent and intense. We call overcoming this “hump” as getting over a healing crisis with persistence in treatment protocols. The healing crisis is the major hurdle to overcoming during a treatment protocol/course of therapy. Once past this, it is less of a struggle.

Herxing is not very comfortable and there are ways to mitigate it.

The following slides will identify things you can use to help. Please seek expert practitioners aware of detoxing and this process for safety reasons.

Mitigation:

- Alkalize the system (Alka-Seltzer Gold, buffered Vitamin C, lemon/lime water)
- Detox with activated charcoal, PurG or other binders, GSH, NAC, Burbur-Pinella
- Good GI Microbes, lower HCY and making sure “detox pathways are open”
 - Pulmonary, Urinary, Colon, Skin
- NSAIDS, LDN, Res, Japanese Knotweed/Polygonum, ALA
- Minerals such as Mag, Zn and Cu
- Opening up the “drain” and using Fluids/IV, Epson salts, mild exercise, infrared saunas, Myers IV Cocktails, NS hydration, prayer, meditation, yoga, etc.

Visit and follow my Substack

- For more information on Herxing, Mitigation and the most cutting-edge interventions follow my **Substack** for the latest...
- <https://jpsaleebymd.substack.com>



Dr. Saleeby's Substack

By Yusuf JP Saleeby MD

Substack on the State of Healthcare in the USA. Functional Medicine articles posted.

Many new and original and a few from the archives of my old blog:

DocSaleeby.blogspot.com

The logo for the FLCCC Alliance. The letters 'FLCCC' are in a large, bold, sans-serif font. 'F', 'L', and the second 'C' are dark blue, while the first 'C' and the final 'C' are red. Below 'FLCCC', the word 'ALLIANCE' is written in a smaller, red, all-caps, sans-serif font, with wide letter spacing.

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