

Why Do I Feel Awful When I Stop Eating Meat?



“George, I have a serious problem and need your help. I have several health issues and I KNOW your plan can help me. I believe in juicing and a vegan diet, but I just have one problem. **It feels like my body NEEDS meat.**

After a few days without it, **I begin to feel very weak and dizzy** – lacking something I don’t know what. It feels like something is missing in my body, something my body needs that isn’t contained in The Hallelujah Diet.

What is it that makes this happen? Will it go away and fix itself if I just continue on the diet? I really believe in what you teach and truly want to do it, but am having a horrible time with this issue. Please help me.”

Cheryl S.

Editor Responds:

Cheryl, people do not realize that **meat is loaded toxic substances**: antibiotics, growth hormones, accumulated poisons imbedded in artery clogging fat, and more. When a person stops consuming meat, **the body goes into a cleansing (or detox) mode**, as it begins to rid itself of these accumulated toxins. It sounds like that is what you are experiencing.

This cleansing can manifest with **a number of symptoms**: mild headaches, fatigue, weakness, slight dizziness, mucous drainage, diarrhea, pimple outbreaks, etc, but is rarely debilitating. **These detox symptoms mean that the body is getting rid of accumulated toxins.** This is an exciting positive not a negative, because a person cannot regain their health until the body has had opportunity to rid itself of these accumulated toxins.

Some people, **not understanding what is happening** inside their body during detox, will often revert to their former, toxic diet, **thinking the new diet is lacking** something their body needs.

When they return to the old diet which contains meat, it **almost immediately stops the cleansing** and starts accumulating more toxins. Sadly, because of this experience, many won’t ever try the diet again. They continue to eat the toxic diet that will exacerbate current problems and eventually create new physical and even psychological problems, which **ultimately leads to an early and untimely death.**

If a person wants to get well **they must first allow this detox to take place.** Cleansing or detox symptoms, if experienced at all, **usually last for a week or less**, but sometimes a little longer. In fact, approximately **60% of the people** who make the diet and lifestyle change Hallelujah Acres promotes, **don’t experience any noticeable detox symptoms.**

After the bulk of the toxins have been released, that person starts to feel better. Energy begins to increase, physical problems start to disappear, and mental fog goes away, weight

begins to normalize, and **the body begins to slowly but surely rebuild itself cell by cell**. On a primarily raw, plant-based diet, including lots of freshly extracted vegetable juices, **every cell in the body has been replaced** with a new and healthier cell within a year.

It is an exciting phenomenon to behold. I often encourage folks, before they begin The Hallelujah Diet, to **record in a journal all known physical and psychological problems** they are experiencing, no matter how insignificant that problem. Then, following the diet and lifestyle change, record any changes each day.

Some during those first days may be recording some detox symptoms. Usually, this is quickly followed by an **energy increase, weight control, and disappearing physical problems**, one by one until the entire body and mind function at an optimal level.

That's when the person shouts "Hallelujah" as they experience their health restored and have the journal entries to prove it!

Many have reported that **when their doctor sees their physical problems disappearing**, rather than being interested in what caused their health to improve, will simply say, "Whatever you are doing, just keep on doing it!"

Website : <http://healthtip.hacres.com/>

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