

What is die-off?

Die-off is when bacteria and pathogens are killed in concentration and then release toxins. These toxins overwhelm the natural ability of your body to clear them. Large amounts of toxins can be caused by:

New foods and new supplements are likely not causing die-off.

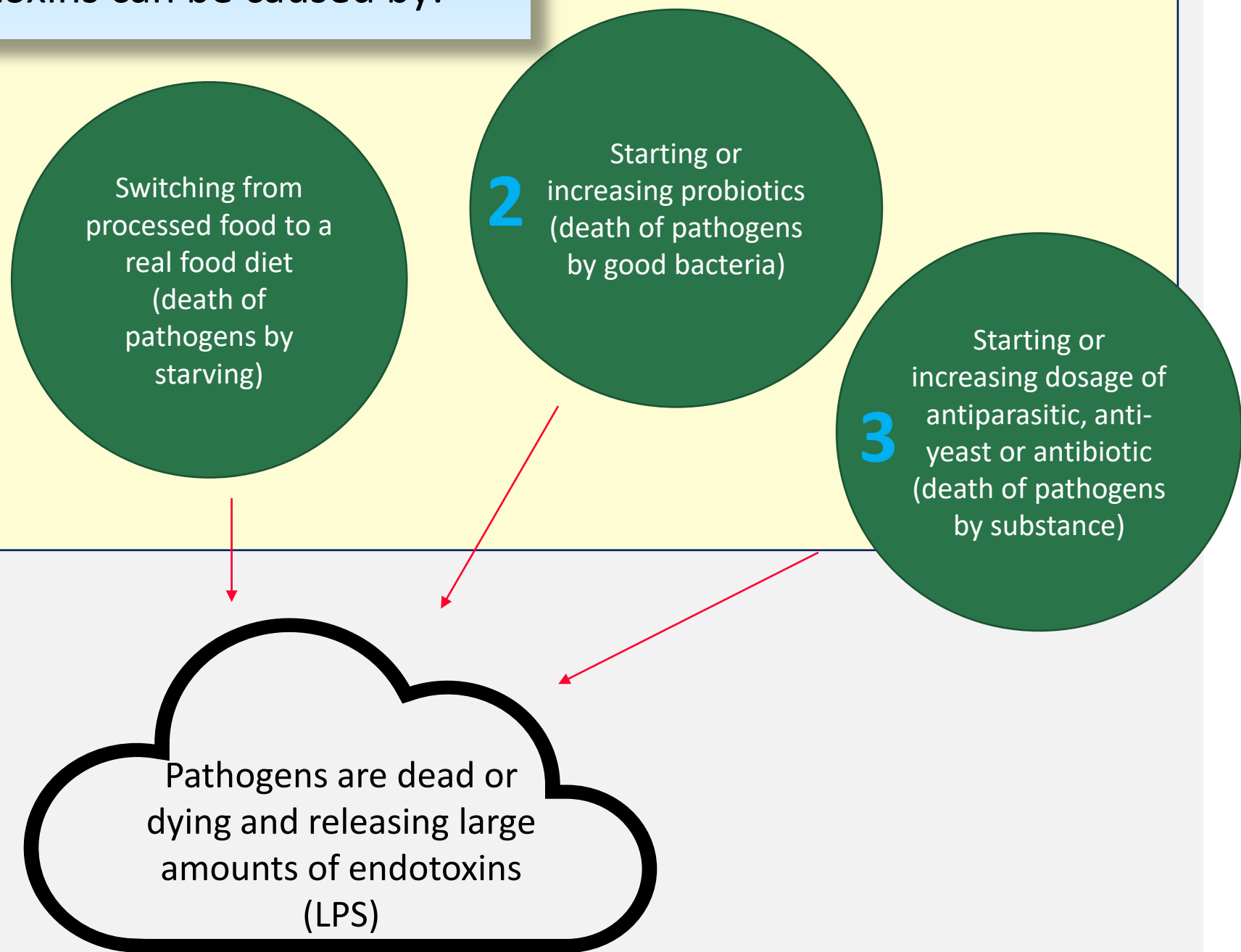
What is **not** die-off?

“I started a new supplement (or food) and feel worse, I can’t believe I’m getting more die-off”

Unless you added an anti-parasitic, anti-yeast, or antibacterial agent, it is unlikely that what you are experiencing is a reaction to the supplement. This reaction can be caused by any number of reasons, like the fillers in the supplement, the substance itself, or even the dosage.

Your best bet is to stop the supplement for 3-5 days, cut the dosage by ½ and start introducing it again. And if it happens the 2nd time then reach out for support from the company.

From <https://healthygut.com/5-die-off-myths-everyone-needs-to-know-about/>



Symptoms of Die-off

- Flu-like feelings
- Fatigue
- Achy joints and/or muscles
- Diarrhea or constipation
- Nausea
- Headaches
- Excess mucus

Steps to Reduce Die-off Symptoms

- Slow down on the changes
- Slow down on the supplements
- Take Coconut Charcoal
- Drink plenty of water
- Sweat
- Prioritize sleep

Die-off is also known as the Herxheimer Reaction. The Herxheimer reaction is a response to the destruction of microorganisms like fungi and yeast, which suggests that your treatment, diet, or detox is effective. However, it can also lead to an increase in toxins in the body. These toxins, released by the dying microorganisms, can put a lot of stress on the organs responsible for detoxifying your body as they try to remove them. Additionally, if the toxins stay in the body for a long time, the risk of reabsorbing them increases significantly.