

Hering's Law of Cure

Understanding How True Healing Happens

Adapted for clients of Horse -n- Bear Naturopathy

■ What Is Hering's Law of Cure?

Hering's Law of Cure describes the natural direction of true healing. Developed by Dr. Constantine Hering, it explains that the body heals in predictable patterns as it restores balance and vitality. During this process, clients may notice changes that seem unusual — old symptoms may reappear or shift — but these are signs of progress.

■ The Four Principles of Healing

- 1. From the inside out** — Healing begins deep within — in the organs and emotions — before it reaches the skin or surface.
- 2. From the top down** — Healing starts at the head and moves downward through the body.
- 3. From most vital to least vital organs** — The body prioritizes vital systems (heart, lungs, kidneys) before less essential areas.
- 4. In reverse order of symptom appearance** — Recent symptoms clear first, and older suppressed symptoms may reappear briefly.

■ What You Might Notice During Healing

- Temporary return of old symptoms (physical or emotional)
- Changes in energy, sleep, appetite, or mood
- Increased elimination (sweating, urination, bowel activity)
- Gentle emotional release as stored stress is processed

These are often signs that your system is rebalancing — not that it's getting worse. Keep notes of what you experience and share updates during consultations.

■ Supporting the Healing Process

To assist your body as it follows its natural healing path:

- Stay hydrated
- Get rest and fresh air
- Eat whole, nourishing foods
- Practice mindfulness or gentle movement
- Avoid suppressing symptoms with harsh chemicals or medications (unless medically necessary)
- Communicate any major changes with your naturopath

■ Remember

Healing is a process, not an event. Your body's innate wisdom knows the sequence needed to restore harmony. By understanding Hering's Law of Cure, you can embrace your journey with trust and patience.

“The body heals itself in the order it remembers being hurt.” — Dr. Constantine Hering

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