

Cleansing reactions are tough if doing max pauses. This example is from a 32 year old female. The max pauses that she was doing are literally max pauses.

Oh... it got my CP up!!!! It really did. I went from lower than 5 to the 20s in a matter of 4 months... I took a few breaks here and there. The issue that I had with MPs is that it was too stressful for me. I got up to an MP of 82 at my highest and then I crashed. I just could not do them any more. During the course of my MP practice I endured various reactions. I had diarrhea for 2 months solid, nausea, tremors, reflux, hot flashes, cold flashes, panic, severe muscle spasm in neck several times, recurrent sore throats, achy joints, depression, extreme fatigue, feelings of suffocation, headaches which I am prone to anyway but they got WORSE for a while. Oh... the list goes on and on. I went through phases where I would have to pee every 5 minutes for hours on end even though I hadn't had much to drink. I had food aversion and weight loss. It was absolutely terrible. It was one of the toughest things I have ever been through in my whole life. NOW--this has all passed. My CP is solid 20s and my asthma is gone. I did not get my October or December rounds of bronchitis. I am due for bronchitis in February/March and I am willing to bet I won't get it. Oh... it also repaired some tendonitis I had in my left hamstring... side bonus. I did not enjoy going through it but I am well now and have no regrets. I hope that you can eventually get your CP up. Have you had a reduction of symptoms at least??? My asthma was very mild and only exercise induced. I feel great. I have lots of energy and am living the life that I missed out on for the past few years due to my illness. I am trying to continue growing my CP. I want to take a proactive approach to things. I want to offset all those terrible chronic diseases that people end up with later in life. I am only 32 and have friends in their 40s that come down with weird illnesses that noone can explain. I don't want that to be me. But I don't do the MPs any more. I do sets of 30-35-40. Or I might do a set of 28-32-37. It depends on where my CP is and how I feel. I don't want to push myself back into the horrible reactions that I was having with MPs. Let me know if you have any more questions. That is my horror story with happy ending.