

"Poison Vein of Dragon"

Schumann waves are naturally occurring, beneficial electromagnetic waves that oscillate between the earth and ionosphere. The source of the Schumann resonance seems to be cosmic radiation caught up in the ionosphere. They were discovered in the early 1950's by the German scientist Prof. Otto Schumann. He found that these waves have almost the same frequency as brain waves (around 7,8 Hz) and follow a similar daily pattern. Recent research with (EEG) Electroencephalography indicates that observation or measurement by the brain is associated with the 8 to 12 Hz or ELF frequency. Therefore, external ELF waves may actually "scramble" conscious processes. These waves highly influence the body's internal clock, thus affecting sleep patterns, hormonal secretions, the menstrual cycle in women, etc. NASA became interested in this phenomenon when the first astronauts returned to earth after only a short time in space feeling distressed and disoriented. Today Schumann waves are generated artificially in spacecrafts. One of the causes of jet lag experienced after a long airplane trip is because Schumann waves are much weaker in planes.

Geopathic Stress is natural radiation that rises up through the earth and is distorted by weak electro-magnetic fields created by subterranean running water (known in Chinese Traditional Medicine as "poison vein of dragon"), certain mineral concentrations, fault lines and underground cavities. The wavelengths of natural radiation disturbed in this way becomes harmful to many living organisms.

Electropathological energy created by modern technology (**EMF's**) can also contribute to geopathic stress in the form of high and low frequency energy from telecommunication towers, electricity pylons, transformers, radar and radio towers, etc.

Hartmann Grids were identified in the 1950's by a German, Dr. Ernst Hartmann. The lines form a grid around the earth, running N-S and E-W, and extend to a height of 20-200 meters. The N-S lines appear approximately every 2 meters and the E-W lines appear approximately every 2,5 meters. According to Dr. Hartmann, the worst place that a person can sleep or work is over a Hartmann knot, where two Hartmann lines cross, as harmful radiation is intensified at this juncture.

Curry Lines form a global grid network of electrically charged lines of natural origin. These lines run diagonally (NE-SW, SE-NW) and were identified by Dr. Manfred Curry and Dr. Wittmann. The distance between the lines is approximately 3 meters. As the lines are electrically charged, the intersection points are either double positive, double negative or neutral. According to Dr. Curry's studies, the double "+" charged spots lead to *proliferation* of cells (possibility of cancerous cell growth), whereas the double "-" charged spots could lead to *inflammation*.

Geopathic Zones or Black Lines, have a range of influence from 0,6m to 70m, and reach a height of 200m to 9000m. Their direction is random and may be horizontal, vertical or diagonal. When natural radiation rises through the earth, its wavelength becomes distorted. These distorted fields of radiation are harmful to living organisms and produce the geopathic zones. It is not uncommon to find them parallel to, or imposed upon the 'Hartmann Grids'. Geopathic zones can also be man-made. These would include electromagnetic fields that emanate from such structures as high tension, or satellite towers, electrical street poles or fuse boxes.

Energy Cloud or Fog seems only occur inside buildings. Most of it is man made energy which is trapped in the structure (ricochet effect). People have the experience of frequent accidents in these areas.

From Geopathic Stress to Sickness

Geopathic stress has been found to be the common factor in many serious and minor illnesses and psychological conditions, especially those conditions in which the immune system is severely compromised. The major issue is an increased risk of cancer. *While geopathic stress does not directly cause cancer*, it weakens the body and makes it much more likely more susceptible to degeneration and cancer. Studies have shown that over 85% of patients who die from cancer had regular exposure to geopathic stress.

Other potential problems related to geopathic stress include *cardiovascular deficiency, attention deficit disorder, immune deficiency disorders and chronic fatigue. Some lesser effects of its influence are chronic body pains, headaches, irritability, and restless sleep. It is also a common factor in cases of infertility and miscarriages, learning difficulties, behavioral problems and neurological disabilities in children.* When these harmful vibrations in the home or work place of the affected person are neutralized, the geopathic stress related conditions resolve themselves and the body begins to heal.

Sleeping in a geopathic stressed area is particularly harmful. During sleep, ideally the brain rests half the time and is busy healing the body the other half. However, if someone is exposed to geopathic stress during sleep the brain never receives the full rest it requires to repair and regenerate due to disturbing vibrations of geopathic stress. To have optimal health it is important to make certain you are not sleeping on one of the geopathic stressed areas

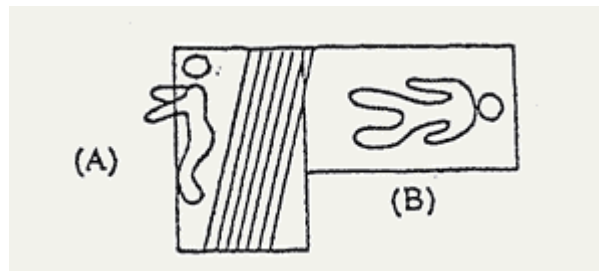
Some **physical indications** of geopathic stress can be noted by observing cats, as they like to sleep in geopathic stressed areas, owls, snakes, high infestations of slugs and snails, insects, parasites, bacteria, viruses, ants and termites nests, wasp nests and bees all like geopathic stress lines. Most mammals avoid geopathic stress. Horses and cows stabled over geopathic stressed areas often become sick or injury prone.

Geopathic stress can attract lightning to strike **trees**, produce dead or stunted gaps in hedges and avenues of trees, non-productive fruit trees, tree cankers

and twisted growth in trees. **Fruit** trees are the most sensitive; oaks like to grow near underground water hence their attractiveness to lightning strike, redwoods and ash trees are most resilient; and elders are attracted to geopathic stress.

Bare patches in lawns, **moss and fungi**, stunted or mutated growth, **mold** in vegetable gardens particularly lie on edge lines of geopathic stress. Ivy, bindweed, nettles, dock thistles, foxgloves, ferns, cactus and nightshades are attracted to and thrive in geopathic stress.

Animals and very young **children** have not lost their instinct to feel if a place is healthy or not. If a child regularly falls out of bed or, in the morning, is cramped into one side, oriented differently from where they were tucked in it is wise to determine if the bed is well positioned.



Animals in pastures will avoid a geopathic zone to the extent that one could identify it by looking at the area that has been not grazed. Throughout history, animals have constituted the economical base of rural properties and the greatest care has been taken to build healthy shelters for them. We see very few old farm buildings built on a geopathic fault.

The conjunction of high power lines, underground water streams and Hartmann grid crossings should be considered as extreme perturbation of the ambient field. It is essential to have correct positioning of beds in places where people have diminished resistance and health problems, such as hospitals. According to the Institute of Geobiology of Lausanne (Switzerland) 30% of the patients studied showed signs of improvement after having their beds shifted from stressed zones.

According to B. Merz (Institute of Geobiology of Chardonne, Lausanne in Switzerland) just as a place can make us prone to disease or depression, another can *lift us to more subtle levels of vibration, strengthening our body and spirit*. Such places were sought-after throughout history and held as sacred. Some are **natural wonders** like Uluru-Ayers Rock (the Aborigines have long known this), the Grand Canyon and countless other places on this planet that inspire millions of visitors. Other strong areas of geopathic stress are man-made poles of attraction built on powerful sites by architects or priests obeying a **sacred tradition**, like the pyramids of Egypt, Buddhist temple of Borobudur in Java (Indonesia), Chichen Itza (Mexico) or many other cathedrals and churches.

Detection Of Geopathic Stress And Perverse Energy

Scientists have employed different instruments, such as geomagnetometers, but none have proved as consistently reliable, accurate or as quick as a human dowser. Most scientists measuring geopathic stress with instruments will take a dowser along to locate the radiation initially. People have been dowsing for water for thousands of years.

Today, with the **QXCI/SCIO biofeedback/bioresonance** system, we are able to detect the patient's exposure and reactivity to a huge spectrum of environmental stressors and effectively treat and reduce their harmful influence.

Sacred messengers-Neurotransmitters

That the body, in essence, is electric is a known fact in Energetic medicine. The main **electric generator** in the body is the Brain! On that premise, the biofeed-back system - QXCI- SCIO, is built. Even MD's are aware of the electrical nature of the body as evidenced by their use of EEG, ECG!

The smallest part of the neurological system is a nerve cell called a **neuron**; everything starts there!

The brain consists of hundreds of billions of neurons that are interrelated and built in a way to receive and send messages.

Every neuron has a nucleus, **dendrites** (short extensions that look like arms) to receive messages and **axons** (longer extensions that look like legs) to send messages. Each neuron has thousands of dendrites that create the body's electrical network.

Neurons don't touch each other even though they are very close to each other. The space between them is called the **synaptic gap (synapses)**. We have one hundred trillion of them.

Each neuron has a specific task. The neurons communicate across the synapses. These communications are created by **neurotransmitters**.

Neurotransmitters are specific neuro-bio chemicals that cross and transfer information from one neuron to another. They are the main part of the electric brain circuit. The flow of electricity is provided by neurotransmitters moving across the synapses to specific receptors. Each neurotransmitter needs a specific receiver (key-lock system).

Normal brain activity starts with different stimuli received by the five senses; smell, touch, taste, sight and hearing. It is important to notice that brain functions can be influenced (stimulated, pacified or disturbed) by **toxins** (medicine, drugs, pesticides, heavy metals, artificial food coloring, etc.) or **EMF's** (Electro-Magnetic Fields) or other harmful vibration from our environment.

The Pioneers of the Neurotransmitter Research

At the beginning of the last century **Henry Dale** and **R.T.Elliott** identified acetylcholine and adrenaline. In the 1920's, **Otto Loewi**, a professor of physiology in Vienna and the University of Gratz, was the first researcher to experimentally prove the existence of the substance involved in chemical transmissions in the synapses. He cut out the hearts of two frogs and put them each in a glass of warm, salty physiological solution (Ringer). The hearts continued to beat for a while. He electrically stimulated the vagus nerve of one heart, inhibiting the heartbeat. After that, he infused the other heart with the outflow from the first one and he achieved the same effect. He concluded that a substance was produced at the parasympathicus synapses level in the heart. He called it the *Vagal substance*. He repeated the study but this time he only stimulated the sympathetic and obtained the opposite effect, heart rate increased. He called it *Accelerating substance*. That was the beginning of "neurohumoral transmission".

Subsequently **Henry Dale** proved that acetylcholine is a neurotransmitter in the neuromotor synapses and that preganglionic synapses of ANS are all cholinergic in contrast with postganglions ones, which can be either cholinergic or adrenergic. He proposed terms "*cholinergic*" and "*adrenergic*".

In Oxford, in the 1930's, the Australian researcher **John Carew Eccles** proposed the idea of electrical transmission in the synapses, refuting Sir Dale's previous ideas of only chemical transmission.

With the development of a new technology, the electronic microscope, **Bernard Katz** was able to explain and demonstrate the role of acetylcholine in neuromuscular junction. He also discovered a small fluctuation of potential in the base membrane of the neuromuscular junction, which randomly releases acetylcholine - a "quantic release".

In the 1950's, **Eccles** succeeded in inserting microelectrodes into nerve cells of CNS and record electrical responses. He discovered that two kinds of potential difference are released, *excitatory (EPSP)* and *inhibitory (IPSP) post-synaptic potentials*. Later on Eccles studied the ionic membrane potential of Sodium, Potassium and Calcium in the synapses.

In the late 1960's, the Swedish researcher **Ulf Von Euler** and **Julius Axelrod** discovered and explained the function of noradrenalin.

During the last few decades neurotransmitter research has been the most dynamic, exiting and rapidly developing part of modern electro-medicine.

Simplified Brain Anatomy and Functions

The Brain is our most developed and sophisticated organ, conducting the majority of our bio-physiological functions: intelligence, storage of memory, attention control, personality regulation and temperament.

The Brain is divided into 3 parts: **Cerebrum**, **Cerebellum** and **Brain Stem**.

The Cerebrum is the largest part of the brain, divided into **2 hemispheres**. Each hemisphere controls the *behavioral* characteristics of an individual.

Left brained people are more thinkers who analyze and tend focus on accuracy. They can be introverted and very practical. They are well-organized and see the world in terms of parts and sequences (mathematics). They are more LOGICAL and PRACTICAL.

Most left brained people are GABA dominated.

Dysfunctions associated with Left brain:

dyslexia, dysgraphia, right side motor impairment, verbal memory deficit, language and mathematical impairment, impaired singing and rhythm,.

Right brained people are focused more on feelings, intuition, and aesthetics. They can be spontaneous, impulsive, subjective and enthusiastic. They are very sensitive to people and the world around them. They are INTUITIVE and "SEE THE BIGGER PICTURE". *Most right brained people are Acetylcholine dominated.*

Dysfunctions associated with Right brain:

delusion, left side motor impairment, neglect of hygiene, spatial disorder, visual memory deficit, denial of motor deficits, dressing difficulties.

The hemispheres are connected with a thick nerve bridge called the **Corpus Callosum**. The Corpus Callosum **coordinates** left and right brain activity and also controls *movements* of the opposite side of body (the left hemisphere controls the right side, the right hemisphere controls left side).

The Cerebellum is positioned at the back of the brain. The Cerebellum controls our *balance* and automatic movements (arm-leg coordination).

The Brain Stem is based in the brain's foundation and is responsible for **autonomic** functions. All involuntary function (**ANS** Autonomic Nervous System) of the body start here (homeostasis, endocrine regulation, breathing, immunity etc.).

Each hemisphere is further divided into **4 lobes (frontal, parietal, temporal and occipital)** and each lobe sends specific information to the body.

Frontal Lobes:

Every part of the body is connected through nerves cells with the Frontal lobe. The FL controls movement and response to external stimuli, such as hot, cold, touch. The FL also shapes our personality.

BETA waves (12-16 Hz) are created in the FL.

DOPAMINE is the neurotransmitter that is produced here.

Dopamine controls the Brain's power - VOLTAGE (V is the intensity of the brain's response to stimuli and its ability to process them). Voltage influences all the body's functions related to power such as blood pressure, metabolism and digestion.

Parietal Lobes;

The PL are situated behind the FL and top of the TL. The PL is center of thoughts. In the PL we understand and react to stimuli.

ALFA waves (8-12 Hz) are created in the PL.

ACETYLCHOLINE is the neurotransmitter that is produced here. Acetylcholine is a component of myelin (a substance that surrounds each nerve like the plastic insulation around a wire and is responsible for the transmission of nerve impulses). Acetylcholine also works like a lubricant and keeps the internal structure moistened allowing energy and information to pass easily through the body.

Acetylcholine is a major neurotransmitter for the ANS (Autonomic Nervous System) The PL is related to the Brain's SPEED and Aging.

Acetylcholine controls MEMORY and is responsible for the COGNITIVE brain function.

Temporal Lobes;

The TL are located just above the ears. The TL is the home of memory and language function. These lobes assist in BALACING the FL and the PL. The FL governs the personality and the PL controls thinking and action.

THETA waves (4-8 Hz) are created in the TL.

GABA (Gama-Amino-Butyric-Acid) is the neurotransmitter produced in the TL. GABA provides the brain's RHYTM, steady pace and calmness.

Occipital Lobes;

The OL are positioned in the back part of the brain. The OL controls the VISUAL process. The OL regulates the brain's ability to rest and resynchronize. SLEEP process and rational thinking are closely related with proper functioning of the OL.

DELTA waves (1-4 Hz) are part of OL function.

SEROTONIN is the neurotransmitter produced in the OL.

Dopamine Nature (Beta 12-16 Hz), POWER

Brain power and sharpness are the main characteristic of Dopamine Nature people. Dopamine acts like an “ON” SWITCH for the brain.

When *balanced*, a Dopamine Nature person is very active, rational, confident, sharp and tireless. They know exactly what they want and how to get it.

With *Too much* dopamine they could be overly intense and impulsive and, in the extreme, they could be violent, prone to criminal activities or become a repetitive sexual offender.

A *Deficit* of dopamine is related to the loss of energy, physical fatigue and mental sluggishness. *A deficit of dopamine is more common than having too much.*

Physical issues

Anemia, balance problems, blood sugar instability, bone density loss, carbohydrate binges, constipation, decreased desire for food, decreased physical strength and activity, diabetes, diarrhea, difficulty achieving orgasm, digestion problems, excessive sleep, food craving, head and facial tremors, high blood pressure, hyperglycemia, inability to maintain weight, joint pain, kidney problems, low sex drive, movement disorders, nicotine craving, obesity, Parkinson's disease, slow metabolism, slow and rigid movements, sugar craving, tension, tremors, thyroid disorders.

Personality issues

Aggression, anger, carelessness, depression, fear of being observed, guilt, hopelessness, hedonistic behavior, inability to handle stress, mood swings, procrastination, self-destructive thoughts.

Memory issues

Distractibility, failure to listen and follow instructions, forgetfulness, lack of working memory, poor abstract thinking, slow processing speed.

Attention issues

Attention deficit disorder, decreased alertness, failure to finish tasks, hyperactivity, impulsive disorder, poor concentration.

Acetylcholine Nature, (Alfa 8-12Hz), SPEED

Memory and **cognition** are the main characteristic of this nature!
Acetylcholine regulates the ability to process sensory input and access stored information! The response to sensory stimuli is measured by brain SPEED.

Acetylcholine acts like an "ON" SWITCH for the brain.

When *balanced* Acetylcholine Nature people are highly creative, open for new ideas, intuitive, communicative and enthusiastic.

Too much acetylcholine could lead them toward a masochistic nature, they often give themselves too much to others. They may also become paranoid and isolate themselves from the world.

Acetylcholine deficit - In the early stages, physical signs such as sensory loss and mental signs such as forgetfulness and lost of enthusiasm for life could be present.

Physical issues

Agitation, Alzheimer's disease, anxiety, arthritis, autism, cholesterol elevation, decline in sexual ability, diabetes, difficulty urination, dry cough, dry mouth, dyslexia, excessive or frequent urination, eye disorder, fat craving, frequent bowel movements, glaucoma, hypoarousal, inability to carry out motor commands, inability to recognize objects, inflammatory disorders, involuntary movements, Multiple Sclerosis, Osteoporosis, reading/writing disorders, rigidity or flaccidity, slowness of movement, speech problem.

Personality issues

Bipolar disorder, calculation errors, change in personality and language, hysterical behavior, mood swings, rule breaking.

Memory issues

Learning disorders, loss of immediate visual and verbal memory, memory disturbance, memory lapses

Attention issues

Attention problems, difficulty to concentrate, diminished comprehension, impaired abstract thinking and judgment, impaired creativity

GABA Nature (Tetha 4-8 Hz), RHYTM

GABA Nature people are characterized by **stability** and **calmness**. GABA acts like an "OFF" SWITCH for brain activities. It is major inhibitory neurotransmitter that keeps all the others under control.

When in *balance* GABA people are able to set goals, are organized, always on schedule, punctual and practical. GABA people like to makes others happy.

To much GABA could create masochistic tendencies, looking after everyone else and forgetting to take care of themselves.

Deficient GABA - In the early stages anxious feelings, nervousness, irritability, loss of stability and/or over-worry about forgetting things.

Physical issues

Abnormal sense of smell-sensing abnormal odors, action tremors, allergies, backache, blurred vision, butterflies in stomach, carbohydrate craving, chest pain or discomfort, chronic pain, cold or clammy hands, coughing or choking, decreased libido, diarrhea, dizziness, dribbling, dry mouth, excessive sleeping, flushing, headache, hypertension, hyperventilation, hypotension, insomnia, instability, irritable bowel syndrome, lump in throat, muscle loss and tension, nausea, night sweats, paresthesia, PMS, protein craving, seizures, stroke, sweating, tachycardia, tinnitus, urinary frequency, vomiting

Personality issues

Adjustment disorder, anxiety, depression, feeling of dread, guilt, hopelessness, worthlessness, lack of emotional maturity, manic depression, mood disorders, obsessive-compulsive disorders, phobias or fears, poor emotional stability, psychosis, rage, restlessness, short temper, thoughts of death or suicide.

Memory issues

General memory problems, poor verbal memory

Attention issues

Difficulty concentrating, disorganized attention pattern associated with anxiety, high anxiety, impulsive attention errors, inability to think clearly

Serotonin Nature (Delta 1-4 Hz), SYNCHRONIZE, Happiness Neurotransmitter

Serotonin helps the brain to rest, **regenerate** and find **serenity** and **synchronize** all the other brain waves. Serotonin acts like an "OFF" SWITCH for the brain.

Balanced serotonin helps a person to be receptive to outside stimuli. People with balanced serotonin are physically coordinated, practical, flexible and like fun and excitement. Often they are optimistic, cheerful and easygoing.

Too much serotonin can create an extremely nervous person, vulnerable to any criticism, afraid of being disliked.

A *deficit* of serotonin influences the brain's ability to recharge and rest during the night, insomnia and not getting enough sleep can appear.

Physical issues

Abnormal sense of smell, abnormal sleep position, aches and soreness, allergy, arthritis, backache, blurred vision, butterflies in the stomach, carbohydrate cravings, choking sensation, cold and clammy hands, constipation, diarrhea, difficulty swallowing, dizziness, drug-alcohol addiction, dry mouth, hallucinations, headache, high pleasure/pain threshold, hypersensitivity, hyperinsomnia, hypertension, lump in throat, muscle tension, nausea, palpitations, paresthesia, PMS, premature ejaculation, premature orgasm for women, salt craving, shortness of breath, tachycardia, tinnitus, tremor, urinary frequency, vomiting, weight gain, yawning.

Personality issues

Codependency, depersonalization, depression, impulsiveness, lack of artistic appreciation, lack of common sense, lack of pleasure, loner behaviour, masochistic tendencies, obsessive-compulsive disorder, paranoia, perfectionism, phobias, rage, shyness.

Memory issues

Confusion, memory loss, too many ideas to manage

Attention issues

Difficulty concentrating, restlessness, slow reaction time

Neurotransmitters and Personalities

Neurotransmitters control our *behavior* to be within a healthy range. If they are in excess psychiatric conditions can occur; in deficit, disturbances in our personality and emotion.

Dopamine deficit personality:

The **loner**. When balanced this person is organized, neat and no trouble for others. In the case of imbalance, loners lack the energy to socialize. They appear to lose feelings of love, joy, sadness, desire.

The **procrastinator**. When balanced this person is flexible, giving, willing to help a friend. Out of balance, he/she lacks the energy to finish any task, avoids deadlines. If angry, a procrastinator will avoid confrontation.

Acetylcholin deficit personality:

The **eccentric**. Generally is happy to keep his/her own company. In extreme cases the absence of mental connections to people or the world makes them seem bizarre and odd to others. They live in a dream world full of magical and wild visions. They could easily react dangerously to themselves and others even in minimal stress situations.

The **perfectionist**. When balanced this person is self disciplined, hard working, detail oriented and devoted. In extreme they could have difficulty in decision making because they look for perfection. Over-structured and a workaholic nature can make them rigid and unapproachable.

GABA deficit personality:

The **unstable** personality. This person is generally lacking control in every aspect of life: mood, relationship, identity, impulses. They move very quickly from love to hate, from happiness to rage. Relationships are very difficult to create for this personality type.

The **drama queen**. This person is constantly changing and is a catalyst for themselves and others. Social interaction is vital for them and he/she often insists on being the center of attention. These people are always searching for reassurance of own worth.

Serotonin deficit personalities:

The **self absorbed** personality. Normally this person is high achiever. When unbalanced they lose sensitivity for others. Their feelings become deficient for anyone except for themselves.

The **rule breaker**. This person doesn't follow the group. They look for worthwhile goals. In extreme they can become overly impulsive and shortsighted.

Neurotransmitters and Personality, Temperaments

Right brain dominant

Extroverts (D+)
 Intuiting (Ac+)
 Feeling (S+)
 Perceiving (G-)

Left brain dominant

Introverts (D-)
 Sensing (Ac-)
 Thinking (S-)
 Judging (G+)

Extroverts focus their energy outward, are very active, social and tend to talk before listening. Dopamine and Voltage are increased.

Introverts are more quiet personalities. They focus their energy inward. They don't talk very much and prefer to control own thoughts and feelings. Dopamine and Voltage are decreased.

Intuitive people always looking for new opportunities and new ways of doing things. They often fantasize about new possibilities. Acetylcholine and brain speed are increased.

Sensing types like accuracy in communication. They value tradition, experience and they live in the present. Acetylcholine and brain speed are decreased.

Feeling are warm people who always trying to do nice things. Serotonin and brain harmony are increased.

Thinking are logical, critical of others and could be perceived as cold people. Serotonin and brain harmony are decreased.

Perceiving are curious people, spontaneous and flexible. They like to experience new things. GABA, brain calmness and rhythm are decreased.

Judging people are very organized. They like plans, structure and projects. GABA, brain calmness and rhythm are increased.

Although many things contribute to a person's temperament and personality, they are mostly created by a combination of the factors above.

The 4 main groups are;

Intuitive Thinking people are driven by the frontal lobe /dopamine/ beta waves.

They are rationalist, theoretical, scientific, with a good planning skills.

In extremes they could look for caffeine/nicotine to stimulate their personalities.

Intuitive Feeling people are driven by the parietal lobe /acetylcholine/ alpha waves.

They are idealistic, empathetic, like to be authentic, dreamers.

In extreme their experimental nature and dreamlike word can lead them to drug abuse.

Sensitive Judging people are associated with temporal lobe/GABA/ theta waves.

They like everything to be in the right place, organized, traditional. Relationships are very important for them.

They try to remain calm and in extremes they try to control their own compulsiveness by alcohol.

Sensitive Perceiving people are associated with occipital lobe /serotonin/ delta waves.

They are artistic, impulsive, seeking adventure and new experience.

Everything in life is fun.

In extreme situations the sensitive perceivers are driven by their moods and temporarily balance them eating to many sweets.

Attention

The main function of the brain is to learn and remember / memorize.

The following symptoms can be the first signs of attention problems: forgetfulness, keep shifting from one activity to other, lack of ability to think clearly, frequent accidents and difficulties to go along with family or friends.

<u>Action</u>	<u>Connected with</u>	<u>Neurotransmitter</u>
Inconsistent attention		Insufficient dopamine
Misplacing items, careless		Insufficient acetylcholine
Lack of attention, impulsive action		Insufficient GABA
Inability to grasp concept quickly		Insufficient serotonin

Memory

The main neurotransmitter that rules memory is **Acetylcholine**, but the other neurotransmitters also contribute to memory function.

Working Memory is the ability to absorb and retain information. It involves old and current data. If it is overloaded it will “delete” old memories.

WM is governed by the frontal lobe and dopamine.

Immediate Memory includes visual and auditory memory, which last up to 30sec. *IM* is an indication for learning capabilities and basic alertness.

IM is governed by parietal lobe and acetylcholine.

Verbal Memory is necessary to produce and understand sound, words, sentences, stories. *VeM* is controlled by the temporal lobes and GABA.

Visual Memory involves the ability to absorb and retained visual information like faces, colors, shapes, symbols, pictures.

ViM is assisted by occipital lobes and serotonin.

Nutritional support for Dopamine deficient people

An excellent support for Dopamine deficient people is a diet that is **rich in proteins - amino acid** (phenylalanine, tyrosine).

Chicken, duck, turkey, pork, eggs, cottage cheese, low fat and low salt cheese, soybeans, wheat germ, walnuts, fresh fruit and vegetables.

Supplement boosters are Tyrosine, Methionine, Vitamin B complex, Ginko biloba

Avoid fake energy boosters; **caffeine** (coffee, coke, soft drinks) and **sugar** (sweets, cakes etc).

Heavy metal exposure like **lead** (traffic car pollution), **cadmium** (smoking!), could block brain dopamine function!

Exercise-yoga, breathing and meditation are recommended.

Nutrition supports for Acetylcholine deficient people

Choline rich foods are the key nutrient for this kind of deficit. Choline is the most important part of **myelin** (insulation surrounding the membrane of many neurons!).

Choline is often present in food **rich in fat**. (Pork, bacon, egg yolk, meat, liver) This is the reason why acetylcholine deficient people crave fatty food!!!

Better solutions are: avocado, cereals, lean meat (beef or chicken or turkey), fish, nuts, low fat milk and yogurt.

Supplement boosters are Choline, Acetyl L carnitine, DHA, B1, B6, B12, Taurine, Ginseng, Ginko

Avoid food with too much fat (cholesterol risk)!!!

Aluminium, contained in baking soda, antacids, deodorants, water softeners and foils, can block Acetylcholine production (replacing Zinc functions in neurons!)

Exercise: Aerobic exercise, brisk walking, jogging are excellent for Acetylcholine deficit people.

Nutrition supports for GABA deficient people

Food rich with **COMPLEX carbohydrates** are basic to create **glutamine**, amino acid, which is precursor of GABA.

Rice, potato, whole grain, almonds and spinach are good sources of glutamine. Eat fresh fruits and vegetables as much as you like!

Supplement boosters are Vitamin B-complex, glutamic acid, melatonin

Avoid SIMPLE sugars (soft drinks, alcohol, any wheat products, bread, pizza, etc)

Toxic chemicals from paints, varnishes are negative for GABA and mental stability.

Lead toxicity can often be found in GABA deficient people.

Exercise- yoga, breathing and meditation are recommended.

Nutrition supports for Serotonin deficit people

Protein rich food containing tryptohan (precursor of serotonin), which help serotonin production in the body. Wheat germ, turkey, duck, chicken, pork, low fat cottage cheese are good sources. Serotonin supplement boosters are Calcium, magnesium, fish oil, melatonin, 5-HTP, St. John's Wort, tryptophan, Zinc.

Avoid **simple carbohydrates** (white sugar, sweets, pasta etc.), avoid **salty food** (salty snacks particularly!), **limit /avoid alcohol** .

Brain electric: EEG document from SCIO Brain waves panel!

The EEG is generated from the inhibitory and excitatory postsynaptic potentials of the cortical nerves. These postsynaptic potentials come together in the cortex and extend through the skull and scalp.

Neuronal action potentials have much smaller and shorter potentials (1 millisecond).

Postsynaptic potentials act at 15 to 200 milliseconds.

The rhythmical activity of the EEG is a function of the postsynaptic cortical neuronal potentials, which are synchronized by the complex interaction of vast quantities of cortical cells.

The cortical neurons interact with the subcortical pacemakers. Together there is synchronicity that results from this interaction.

Subcortical structures can send synchronizing impulses to cortical neurons and induce wide spread synchronous rhythm changes.

The system must filter ECG, external pulses, eyes movement and other artifacts.

Credits and recommended reading

“Geopathic Stress” by Jane Thurnell-Read

“Are You Sleeping In Safe Place” by Rolf Gordon

“Cross Currents” by Robert O. Backer, M.D.

“Vibrational Medicine” by Richard Gerber, M.D.

“Optimum Nutrition Bible” by Patric Holford

“Healing Through Balance” by Dr. Yeshi Donden

“Focusing the Whole Brain” by Ronald Russel

“The Field” by Lynne McTaggart

“The Handbook of Rife Frequency Healing” by Nina Silver, PhD

“The Edge Effect” by Eric Brawerman, M.D.

“The Hathor Material” by Tom Kenyon & Virginia Essene

“Molecules of Emotion” by Candace B. Perth, Ph.D.

“The Biology of Belief” by Bruce Lipton, Ph.D.

“Matrix Energetics” by Richard Barlett, D.C., N.D.

SCIO Neurotransmitters (Shaping Function)

- 1) **BRADYKININ** bioactive peptide, plasma kinin that ids inflammation, can also indicate digestive dysfunction.
- 2) **ENDORPHIN** opoid peptide for pain control
- 3) **CHOLECYSTOKININ** stomach hormone that stimulate the gall bladder, also regulate depression
- 4) **OXYTOCIN** opoide peptid, stmulates lacto-emotional bonding hormone, corrects bonding problems.
- 5) **LEUCINE ENKEPHALIN** brain hormone for pain & emotional control
- 6) **MORPHINE** opoid peptid
- 7) **NOREPINEPHRINE** adrenalin hormone for action & activity, stimulates sympathetic nerval system
- 8) **SEROTONIN** happiness hormone that also regulates injury, deregulation produces insecurity
- 9) **GLUTAMINE (GLUTAMIC ACID)** amino acid balances left + right, crosses blood barrier, supplies energy for brain
- 10) **DOPAMINE** hormone for starting action & regulating many functions of blood pressure and other hormones.
- 11) **ACETYLCHOLINE** chief parasympathic nerval transmitter for stimulation digestive and immunity
- 12) **SUBSTANCE P** responsible for communicating pain sensation.
- 13) **ASPARTATE** food additive used in nutrasweet, can aggravate nerves.
- 14) **GABA (Gamma Amino Butyric Acid)** Brain factor that controls electrical storms in the brain
- 15) **HISTAMINE** amino acid used in inflammation and allergy control.
- 16) **VASOPRESSIN** opoid peptide, antidiuretic, blood pressure regulator, stimulate CNS
- 17) **GLYCINE** amino acid used for energy management.
- 18) **CARNOSINE** amino acid used for energy control and heart stability.
- 19) **TAURINE** Amino acid used for energy control.
- 20) **ALL TRANSMITTERS OPOIDE TYPE**
- 21) **INSULIN** allows glucose to penetrate cell membranes for energy manufacture, ids blood sugar dysfunction.
- 22) **SOMATOSTATIN** opoide peptide, part of growth hormone, ids growth concern.
- 23) **THYMOSIN** stimulate white blood cell for immunity system defense of bacteria and fungus
- 24) **DL-THYROXINE** major thyroid hormone for energy and metabolism stimulation, ids thyroid dysfunction.
- 25) **PROKEPHALIN** hormone for pain and emotional control
- 26) **ENTEROKINASE** digestive enzyme hormone for digestive regulation.
- 27) **PROSTGLANDIN** ids inflammation disease.
- 28) **THYREOTROPIN RELEASING HORMONE (TSH)** ids thyroid disorder, treats depression, fatigue, suicidal
- 29) **CORTISOL** Catabolic hormone made in mid adrenal, destroys dead and weak cells to control inflammation.
- 30) **BEAUVERCIN** bioactive peptide, shows emotional problems of sensory perception
- 31) **NEUROTENSIN** GI peptide, affect hypertension, gut motality, circulation, growth, hypothyroid.
- 32) **SECRETIN** GI peptide, ids GI's disease
- 33) **ANTI PAIN ENZYME INHIBITOR** for pain regulation
- 34) **REIN BIOACTIVE PEPTID** kidney hormone precursor of angiotension, elevated in hypertension.all presentation
- 35) **ADRENOCORTICOTROPIC HORMONE (ACTH** Corticotropic A)Bioactive peptide
- 36) **ANGIOTENSIN** Bioactive peptide, hormone related to stress and blood pressure.
- 37) **ALL HYPOTHALAMIC HORMONES** for all homeostasis regulation.
- 38) **ERYTHROPOETIN** bioactive peptide that helps control anemia and blood formation.
- 39) **TESTOSTERONE** male hormone, ids aggression & irritability, male sex characteristics.
- 40) **PROGESTERONE** made in the corpus luteun during 2nd half of the cycle, stim. Period,
- 41) **GAMMA GLOBULIN** used to increase the immune system.
- 42) **LOVE**