

QXCI World Conference, Budapest, October 2008

“Quantum Nutrition”

Combining Energetic Medicine and Nutrients for  
Anti-Aging and Optimal Health

Presented by

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## **Introduction**

Some of you will already know that my background is specifically nutrition. But deep inside me I had a gut feeling that “nutrition” was not enough. When I came across the QXCI, after my qualification in nutrition, it was intuition that made me buy it. Combining nutrition and energy therapy has been a slow but rewarding journey. I did not have a mentor to guide me and over the last 8 years I have been searching for knowledge and information to make sense of the relationship between “nutrition” and “energy medicine”.

As a clinical nutritionist I was taught that I needed up to 20 different supplements a day to keep myself healthy. And of course one was taught to recommend just as many supplements to one’s clients depending on their circumstances. Clients too expect a particular food/s or supplement/s to combat their symptoms. Whether clients go to conventional or complementary healing, their expectation is still rooted in the idea of a “magic bullet”. I have now come to realise that “Nutritional” courses can present problems and even danger to therapists.

In the UK, a nutritionist was taken to court for recommending less sodium (salt) and more water, which sounds reasonable but was claimed by the client to have led her to brain damage. The award of over £800000 as compensation – made in 2008 - was the biggest ever in the history of complementary therapy.

And as you are well aware, the therapy of QXCI/SCIO is not without its pitfalls, depending on what claims are made about what it can do. Thus it becomes vitally important for us to educate ourselves so that we can practise and make recommendations without fear of litigation and repercussions. We have to practise our therapy/ies with complete safety and guarantee.

With this in mind I have searched long and hard for the perfect therapy, the perfect supplement/s and the perfect way of educating clients. And I think I am on the way there, after reading many books and articles and after many hours of attending training seminars.

Last year I lectured on “Liver and Detoxification” – giving you the message that to a greater extent, the different types of liver enzymes that you have inherited will determine how well you can detoxify various substances. However, what you put into your body will also be significant to your ability to detoxify. In other words the ability to detoxify depends both on your genetic predisposition and your environment (diet, lifestyle etc.), particularly their interaction. I am glad to say that this still remains true but there is more to it. There is now an energetic component, which I have not realised before and I hope to make this clear during my lecture.

So this year we are going to go further. I am going to explain to you how nutrients and energetic medicine are vital to prevent aging and to achieve optimal health. I

am going to show you why nutrients alone or energetic medicine on its own is a necessary but NOT a sufficient condition for optimal health. Both are intricately linked and interdependent. I hasten to add that I only want to talk about health and longevity and not too much about dealing with specific diseases.

I have been studying “Quantum Medicine” in the 12 months and am still deep in it. It is based on Dr. Paul Yanick’s work, books and supplements, although I have yet to attend his seminars. Most of what I am presenting today is based on my study of his articles, his manuals “Quantum Medicine” and “Quantum Nutrition”, and his other books. In fact much of the material in these notes are from Dr Yanick’s writings. I am, as you will discover, a huge fan of his theories.

In his manual *Quantum Medicine*, Dr, Yanick has presented "multidisciplinary research with the insights of quantum physics to show that the human body is controlled and regulated by the human energy system." – what he would call “innate intelligence”.

As Stephen Linsteadt, N.D stated in an article:

“The quantum level possesses the highest level of coherence within the human organism. Sick individuals with weak immune systems or cancer have poor and chaotic coherence with disturbed biophoton cellular communication. Therefore, disease can be seen as the result of disturbances on the cellular level that act to distort the cell's quantum perspective. This causes electrons to become misplaced in protein molecules and metabolic processes become derailed as a result. Once cellular metabolism is compromised the cell becomes isolated from the regulated process of natural growth control.

The quantum naturopath recognizes that quantum coherence provides the fundamental resonance communication system of the body. All quantum naturopathic therapies must, therefore, be aimed at re-establishing cellular resonance. Quantum naturopaths are experts in bio-energetic nutrition with an emphasis on providing adequate defenses for free radical damage and re-establishing the body's bio-electric communication system by detoxifying the connective tissue matrix.”

Based on this study, the message I want to give to you today is;

- **NOURISH** and
- **REMOVE the TOXINS**

to enable organs and systems to function at greater efficiency to prevent aging and to achieve optimal health.

The nourishing and removing of toxins are NOT two separate activities because when you nourish as nature intended, you also remove the toxins out of your body. With proper nourishment, the body is able to utilise its inherent recuperative powers and respond and function more efficiently. This is where nutrition and energetic medicine make connection.

But let us look at a number of concepts first before we look at the power points on this relationship. (Most of the connections between nutrients and energy will be made in class on my power point. These notes only cover the general outline.)

### **What is Aging?**

I attended Dr. Mark Houston's seminar in London a few months ago and he quoted Sir William Osler, that ... "A Man Is As Old As His Blood Vessels". That certainly explains why "Cardiovascular Disease" is the number one cause of deaths worldwide. But aging is more than the state of one's blood vessels.

In general not many people die of old age. Science has not discovered a single disorder caused by the simple passage of time. We don't degenerate and die because of aging. We die because of injury or disease, and damage to our body systems and organs. We now have the knowledge to provide the body with the right materials to prevent this damage so that we may in the process die of old age rather than disease.

### **Thus "longevity depends on preventing and repairing bodily damage."**

Cells require nutrients. The new science of nutrition has given us so many substances and compounds that are important for our health. We are familiar with "essential" nutrients like proteins, lipids, carbohydrates, "vitamins" and "minerals", which must be obtained from food, because our body cannot make them in sufficient quantities to protect itself against degeneration. However, there are probably hundreds more of these substances in natural foods that we know nothing about.

Thus it is universally agreed that, for health and longevity we must eat a variety of organically grown plants for their essential nutrients, both known and many still largely unknown to science.

Our body metabolises food in the mitochondria of cells to release energy. This is the chemical energy, known as ATP (Adenosine Triphosphate), and if it ceases to be produced we cannot live. The transformation of food into ATPs is a complex process of exchange of electrons and other elements. But this transformation is not possible without the other energy, which is our life force. This is where nutritionists, like myself, get left behind because the "energy"

component gets omitted. In the UK, nutritionists are twelve to the dozen and most of them are still not aware of “energy medicine”.

Ultimately all energy comes from the sun. **“Every particle of energy stored in foods is the result of plant growth. The electromagnetic field of the electrons, especially those in the fats of living plants, attracts and captures photons, particles of sunlight. By combining these particles with carbon dioxide from the air, plus the gas nitrogen and a smidgen of minerals from the soil, plants build their structure. All plants, even the mightiest redwood trees are simply storage containers for sunlight.**

**All the foods you eat, including meats and other animal foods, which grew from the plants the livestock ate, are storehouses for the life force of sunlight. Over millions of years the human body evolved to use these foods in the natural, organic, unpolluted, unprocessed state in which they grew. Only in this state do the essential nutrients in the plants remain in the right form, ordained by evolution to provide optimal growth of human structure. Only in this state, is the stored energy of sunlight freely available for transfer to your flesh.**

**Because foods are composed mainly of light and air, by eating them in combination with the oxygen we breathe, you and I and all humankind, are mainly composed of light and air.<sup>7</sup> Understanding the sources of your structure, and the life force that flows within it, is the first step towards the nutrition and lifestyle that will give you maximum life.”**

Food that is tainted with man-made chemicals, or has been stored until it begins to deteriorate, or has been degraded by modern methods of processing will not have life force flowing through it freely. A diet on such foods will give energetic disharmony to the human body. Thus uncontaminated, organically grown living plants are the optimal source of human energy, and bodily repair. This has been explained by Dr Yanick based on scientific research.

The main degenerative disorders we have in the Western world are cardiovascular disease, cancer, overweight, adult-onset diabetes, osteoporosis, arthritis, asthma and other chronic lung diseases, hepatitis and other chronic liver diseases, Alzheimer's, Parkinson's, and other forms of premature senility, STDs, pneumonia, accidents and AIDS. What is the common cause/s of these degenerative diseases?

### **Hormones and Aging – Another Perspective**

Leaders in Anti-Aging Medicine have concluded that a deficit in the body's production of hormones is the most probable cause of the growing incidence of premature aging in the general population.

One way in which the body communicates is hormonally. Hormones function as biological pacemakers, orchestrating the body's many functions in a delicate and balanced manner. Hormonal messages sent through the bloodstream activate or deactivate many biological processes including sleep and wakefulness. When all systems function properly within our 24-hour cycle we are at our best.

As we age, our hormonal output decreases, such as testosterone, estrogen and DHEA. We may get fatter and flabbier, lose our energy and sex drive, and lose our youthful resilience to disease. Abnormal hormonal responses also weaken our digestive capacity. Our liver, pancreas, gall bladder, stomach, and intestines decrease in function and we are less able to absorb the nutrients our body needs to restore our hormones to youthful levels. So **hormone balance is vital** and the answer is not taking synthetic hormones, as I will show you during the lecture.

According to Dr. Vincent Giampapa and Dr. Paul Yanick, Jr., two anti-aging experts, the principal goal of a diet should be to enhance hormone metabolism. Enhancing hormone activity and reception will make your diet more effective and lasting. But hormone reception is dependent on energetic signal - as we shall see.

### **What is Optimal Health?**

We cannot achieve optimal health through diet alone. We have to consider what is known as "innate intelligence" and with it "energy medicine". The concept of "innate intelligence" is a very interesting one. What makes an embryo grow into a foetus with perfect human form? How does a stem cell know what cell it is supposed to be? True, the instructions are all in the DNA, but how does the message get across to millions and millions of these cells so that everything is orderly and coordinated. Could it not be innate intelligence? And how does the body repair itself? **See Appendix C**

Optimal health occurs when all bodily functions and organs are functioning efficiently and when the communicational systems operate without hitches and messages get delivered. The body is not only able to assimilate all the nutrients but also able to utilise them efficiently. But in order for the body to use nutritional ingredients properly, it needs to be commanded properly. In other words "**For nutrition to be effective beyond the chemical level, the body must be nourished energetically.**" To understand this, we have to understand "energy medicine".

### **Energy Medicine - "Quantum Energy Field"**

According to many scientists and Dr Yanick in particular, the body has a

**"QUANTUM ENERGY FIELD (QEF)"**

This “QEF” is under the control of innate intelligence of the body which is buried deep in the organism. This is why piecemeal therapy of treating just meridians, organs, symptoms or systems is not always or consistently effective.

How does the body keep its homeostasis/equilibrium?

How does the body rebalances itself when equilibrium is disturbed?

To answer this, we need to understand the body’s communication system, which is complex, fast and composed of multi-level networks:

- Hormones
- Electrochemical
- Biological light energies (biophotons)

Looking at it in another way, the communication involves the transfer of information in three ways:

1. electrically
2. chemically
3. electromagnetically

and it depends on

- hormones and neurotransmitters that help carry signals along nerve pathways to special cellular receptor sites
- receptors act similar to a radio receiver, picking up invisible signals that travel through the air from a transmitter only if the radio is tuned to the correct frequency. At the incorrect frequency there is no communication. But at the correct frequency and with the correct voltage (quantic harmony), there is reception.

These networks, which orchestrate homeostasis, are controlled and regulated by “bio-electric states of quantic harmony” i.e QEF.

“Quantum Energy Field” is a “network of innumerable **biophotons**”, which act like an extremely fast supercomputer in the body with battery-like quantic harmonic polarities. The meridians are the channels through which chi or prana flows.

“The meridians are made up of clusters of electrically polarised molecules. These quantic harmonic clusters have an excess of positive charges on one end and negative charges at the other end. The balancing of these quantic harmonic charges determine health and wellness and promotes optimal flow of energy through the body’s meridian system or QEF.

A strong coherent QEF makes us feel totally alive, alert and resilient to environmental stresses, while a weak, chaotic QEF results in sluggishness, fatigue and sickness. Weak QEFs may be compared to an electrical system with poorly insulated wires, or improperly connected circuits, which causes the system to short-circuit or malfunction.”

***“The QEF, empowered by the states of quantic harmony, is the life force that governs and regulates all cycles of natural healing in the body.”***

## **BIOPHOTONS**

“In a healthy person biophotons are highly organised, tiny packets of light energy that are strong and plentiful and the QEF extends from 6 to 10 feet around the body. The quantic harmonic values are simultaneously “+” and “-“ 10 on the quantic harmonic scale.

In sick organisms biophoton light emissions are weak and chaotic, and the outer rim of the QEF shrinks inwards. The quantic harmonic values are spread apart and the weaker bio-electric charges interfere with the efficiency and healing and bile production by the hepatocytes. This means that all life processes take place slower and less efficiently, including innate healing. **The body’s acupuncture system of meridians directs the light energy to specific areas of the body, re-energising function and vitality.”**

“New discoveries of biophotons and the QEF provide scientific explanations for the following:

- **Cell renewal** – cells renew themselves at the amazing speed of 7-10 million times per second – which simply cannot be explained on a physical level.
- **The speed of chemical reactions.** More than 100 000 chemical reactions occur per second in every cell of the body.
- **The speed of biological transmission.** If the information transmitted by the body were printed it would take 100 years to read.
- **The human genome.** Biophotons allow DNA to store libraries of information in a sub-microscopic package.
- **Homeopathic medicine.** How homeopathy works and why it doesn’t in some cases.
- **Ageing.** According to both ancient wisdom and new scientific data, invigorating and balancing the body’s meridian system makes it possible for us to lengthen our lives and enhance our later years.
- **The innate intelligence of living things.** The coherence or high degree of order and intelligence in all living things allows the body to carry out multiple tasks at the same time.

Cells are not just collections of independent biochemical pathways. They function within crisscrossing biochemical pathways, branching and merging with

biophotons to form complex communication networks. It is only when the parts of the human anatomy are working together in harmony by means of the QEF that the body can and will find more efficient ways to heal itself and defend itself against disease.”

***“Biophotonic and quantic harmonised polarities are the driving force behind life.”***

“For example – molecular coherence – the way simple molecules assemble into complex structures – is governed by a variety of frequencies.

Biophotons act as master regulators of the body’s functions, discharging different frequencies at specific times to “switch on” different biological processes and unify the entire body in accordance with the body’s needs.

However, just as signals to your cell phone can be blocked in a mountainous area, biophoton signals can be blocked or diminished by weak quantic harmonic values. Consequently the body fails to efficiently transmit, receive, decode, store, interpret, and answer biological signals throughout specific systems of the body, losing its capacity to unify and control its defence and healing mechanisms

When these mechanisms are balanced and coherent, the body is “well”. Therefore, biophoton incoherence represents a loss of stability, causing an alteration in the harmonious oscillation rates of cells, which then can spread throughout the whole system, leading to dysfunction and imbalances in the body.

The biophoton signal transmission is very complex. Research from the **International Institute of Biophysics** shows that it is the body’s QEF (not germs and genes) that determines whether we are healthy or ill.”

**THEREFORE** the best way to treat disease and the aging process is to correct the disturbances or imbalances in the body’s QEF. What causative factors (stressors) underlie an individual’s illness ? – chemical toxins, nutritional deficiencies or imbalances, undetected pockets of infections, dental problems, electromagnetic pollution, allergens or certain foods.

“Generally, scientists recognise four major types of stress:

1. **Lifestyle stresses:** overwork or overeating; deficiencies such as drug or alcohol abuse; and psychological addictions
2. **Daily life stress:** work deadlines or accidents that cause loss of time and income; adjusting to life changes such as illness or being mentally or physically diminished.
3. **Major life stress:** changes in employment, divorce, property settlements, mid-life crisis, death of a friend or loved one, a diagnosis of life-threatening or life-altering illness.

4. **Environmental stress**; weather, pollutants, allergens, radiation, artificial light, viruses, bacteria, fungi and high noise level.”

What is most interesting and proposed by Dr Yanick is that we can provide the right foods and nutrients to improve the power of innate healing mechanisms. “In other words, we can reshape faulty energy patterns through NOURISHMENT – bringing the whole body into greater harmony with itself, establishing well being and facilitating healing. Nourishment can also target and heal specific organs and systems of the body.”

It is at this point that we come across Dr Yanick’s concept of ***synbiotic nutrient***. (See power point)

“Dr. Yanick’s fermented products give NOURISHMENT which revitalised and strengthened the connection between an individual’s QEF and his/her body, resulting in a state of ‘quantic harmony’.

This highly coherent state of biophotons could potentially cause the highest level of order or organisation within the human organism.

The **International Institute of Biophysics** found that:

- In healthy people there is exquisite coherence at the quantum level,
- While those who are sick or have weak immune systems or cancer have chaotic or poor coherence, with disturbed biophoton cellular communication

Consequently Dr Yanick has developed a new class of food concentrates called ‘Quantum Nutrition’ from thousands of quantic harmonised nutrients found in nature.

“According to the Chinese – energy channels, called meridians, run through the entire human body. These meridians are responsible for the functioning of cells and the activation of the body’s natural healing mechanisms. They themselves are activated and harmonised by chi or vital energy, flowing through them. One of the core tenets of TCM has been the recognition of the role played by chi in sickness and disease. When our chi is strong and balanced, flowing smoothly through our meridians, we are healthy. When our chi is weak or becomes blocked, it can cause bodily imbalances and we become ill. Thus the body has a unique power to guide and control inner healing.

This quantic harmony is the battery that empowers the deeper energy channels and acupuncture meridians of the body. Energy flow continues so long as the battery is giving off enough voltage. Thus different states of quantic harmony give the meridians the voltage to energetically nourish and support every part of human anatomy.

When the battery-like polarity of the human energy system is upset, the body loses its resilience to stress and all systems of the body decrease in functional efficiency:

- Stress becomes the distress signals that disrupt *Shen* or the mental and emotional being and *Jing* which represents the physical structure and the sensate life of a person.
- The body loses its electrical power. This causes meridians to lose their ability to act as bio-electric, vibrating, pulsating energy circuits that sustain and give life to every organ, gland and system of the body. This loss of quantic harmonic polarities makes it impossible for innate intelligence to keep the body balanced. When this happens, energy polarises and segments in the abdominal area, causing digestive weaknesses and malnourishment on the physical level”

According to Dr Yanick “By NOURISHING this diminished healing capacity and CLEANSING the body, you will have more control of how the circular energetic actions of *Quantic Harmony* can be prodded and harnessed to perform a wide spectrum of healing miracles.”

**Thus in order to achieve optimal health and prevent aging we always have to maintain or re-establish the body’s own energetic balance and vitality:**

“The dual polarities of *Quanic Harmony* are expressed everywhere in nature. They provide the electric charges necessary for the entire organism to stay healthy and balanced.

How does the food we eat support the body’s functioning? Imagine the body as an electrical system:

The electrical wires are the invisible acupuncture meridians and nerve connections that conduct and transmit life-giving energy to all body organs and system.

Before power can be put through a wire, the system must have the correct insulation and resistance in place. Insufficient insulation and resistance can cause an electrical short circuit in the body or blockage of cellular communication systems. Similarly, insufficient volatge or quantic harmony can have a negative impact.

Cells require the nutrients to function. Molecules of DNA and cellular structures actually vibrate to the subtle energies of enzymes as they radiate a specific vibratory frequency that helps to fine-tune, stabilise and amplify hormone transmission and reception in the body.

Environmental stressors such as chronic environmental toxicity or electro-pollution upset the body's coupling mechanisms at the quantic harmonic level by shifting our polarity and cause the body to oscillate at foreign lower resonances that block the high frequencies and their quantic harmonics, which empower innate healing.

The disastrous shift of quantic harmonics is directly related to the excessive positive ionisation of air, water, and food – the basic necessities of life. This condition was termed “positive ion poisoning” by Albert Kruger MD. Positive ionisation is the driving force behind slow healing and a wide spectrum of health disorders. How to effectively detoxify positively-charged toxins?” (See power point presentation)

## Appendix A

### The Longevity Life-style

A nine-year study completed at Stanford University found that most people who live past age 100 have several things in common. They

- **sleep seven to eight hours a night,**
- **always eat breakfast**
- **avoid smoking**
- **exercise regularly**
- **consume little or no alcohol.** Moderate drinking—no more than two drinks per day with meals—helps prevent heart disease in older people. But if you're younger than 45, the risk of alcohol-induced liver trouble or other illness outweighs the benefits to the heart. Anyone who has a history of liver damage should avoid alcohol.
- **Avoid excessive weight gain or loss.** Men should weigh no more than 20% over their ideal weight, women no more than 10% over their ideal weight.
- **Eat sugary snacks infrequently,** if at all. Sugary snacks cause blood sugar levels to fluctuate, and can contribute to blood sugar abnormalities.

Optimal aging and optimal health span requires the willingness to learn about healthy life-style changes. Once you accept responsibility for your health and make basic life-style changes, improved health and longevity can be a reality.

## Appendix B

From Dr Yanick's Quantum Medicine manual a list of foods that affect quantic harmony (QH):

Increase QH	Provide moderate QH	Diminish QH
Almonds (raw)	Green beans	All animal protein
Artichokes	Snow peas	Dried beans (except lentils, garbanzo beans)
Asparagus	Pine nuts	All enriched foods
Aubergines	Cashews	All food additives
Blueberries	Macadamia nuts	All oils (except olive and raw coconut oil)
Bok choy	Walnuts	Processed refined foods
Carrots (raw)	Mango, papaya, kiwi	Boxed cold cereals, chips, crackers
Celery (raw)	Grapes	Boxed tea in bags
Courgettes (zucchini)	Grapefruit & oranges	Cold water fish
Cucumbers	Pineapple (raw)	Sugar
Dandelions	Peaches, pears, nectarines	Bacon, pork products
Fennel	Rye berries (cracked)	Mayonnaise
Ginger (raw)	Wheat berries (bulgar wheat)	Salt
Kale	Oatmeal	Caffeine
Lettuce (Romaine)	Whole rye bread (no yeast)	White flour, refined pasta
Okra	Whole breads	MSG
Peas (sugar snaps)	Yogurt (organic)	Millet & brown rice
Pecans (raw)	Corn	All dairy products
Peppers (bell)	Lentils	Eggs
Pumpkin seeds (raw)	Garbanzo beans	Bottled juices
Rice (white basmati)	Potatoes (white, sweet, yellow)	Synthetic "mg" supplements
Seaweed	Winter squashes	
Spinach (raw)	All cruciferous vegs.	
Sprouts (mung beans)	Pasta	
Sunflower seeds	Goat's cheese	
Tomatoes	Fish (Arctic wild salmon, Icelandic cod or haddock)	
Watercress		

## Appendix C

From Dr. Yanick's article:

### **The Ground Regulation System (GRS)**

Chakras govern the endocrine system that regulates all body functions.

Energy flows from the DNA to the Chakra-Meridian interface via a living matrix called the **Ground Regulation System** or **GRS**. It is at this living matrix site that many systems intersect and are coordinated. Active substances on their way in and out of cells, interact with the autonomic nervous system (ANS). There are subtle electrical currents and molecular and ionic shifts of this complex communication network as it interacts with the nervous and endocrine systems.

There is a dynamic liquid crystal continuum between the GRS and DNA meridian interface. This exquisite flexibility and sensitivity and "faster than light speed of responses" enable the organism to function as a coherent coordinated whole when it is exposed to stressors. The liquid crystal phenomena allow the genes to send light/electrical signals to one another through a DNA information "superhighway" at incredible distances.

Contrary to popular opinion, it is not the speed of the chakra spin that is important but the coordination of their spin so that they are in complete harmony as they distribute innate *prana* or *chi* to the endocrine system which then distributes this life force to all organs and processes in the body. It is the clearance of the GRS chaos that allows the spin of each chakra to be perfectly shaped and not distorted.

However, this delicate junction is often overburdened with toxic and chaotic resonances that obstruct the body's energy channels and create disharmony between the charkas.

<b>Chakra</b>	<b>Endocrine Gland</b>	<b>Emotion</b>	<b>Suluxation/Muscle</b>	<b>Symptoms</b>
<b>1<sup>st</sup></b>	<b>Adrenals</b>	Insecure, Fear of annihilation, not feeling grounded, feeling threatened, survival issues	<b>L4 &amp; C7 –</b> Hamstrings (left), Fascia Lata (left) Trapezius (left)	Constipation, colitis, sciatica, varicose veins, irritable bowel, kidney disorders
<b>2<sup>nd</sup></b>	<b>Gonads</b>	Not willing to acknowledge or feel one's emotions	<b>L5 –</b> Pyriformis (left), Gluteus (left), Abductor (left)	Cystitis, prostatitis, impotence, STDs, Menstrual pain
<b>3<sup>rd</sup></b>	<b>Pancreas SNS</b>	Excessive emotional & mental activity; too assertive, dominant or submissive personality	<b>T4 –</b> Triceps (right), Lat dorsi (right), Levator (right)	Insulin Resistance, Diabetes, Indigestion, Duodenitis, Gastritis
<b>4<sup>th</sup></b>	<b>Thymus Vagus Nerve</b>	Lacking love and Compassion; does not like to be touched or hugged	<b>T5 –</b> Deltoid (right)	Immunological unresponsiveness, Heart Disease, Asthma, Allergies, Bronchitis, Breast Disorders
<b>5<sup>th</sup></b>	<b>Thyroid</b>	Inability to communicate clearly, poor self expression	<b>T3 –</b> Teres minor (right)	Sore throat, Hypothyroid, Laryngitis
<b>6<sup>th</sup></b>	<b>Pituitary Cerebellum (lower brain)</b>	Poor self-awareness, lacks wisdom and insight	<b>C1 - Atlas</b>	Insomnia, Sinusitis, headaches (migraines), Visual problems
<b>7<sup>th</sup></b>	<b>Pineal Cerebrum (Upper brain)</b>	No purpose in life. Lacks empathy, does not feel connected to earth or groups of people. Isolation and aloneness	<b>C1 - Atlas</b>	Pro-inflammation, Lipooxidation

## Appendix D

From Nutrition and Healing Article:

### Gallbladder at the Root of Embarrassing Digestive Symptoms

Gallbladder problems are extremely common, affecting more than 20 million Americans each year. The classic description of a gallbladder patient is “4F”: fertile, fat, female and forty -- it sounds sexist for sure, but it’s true that twice as many women as men develop gallstones, and patients are often overweight, and middle-aged or older.

#### A COMMON PROBLEM

The gallbladder, which sits adjacent to the liver, acts as a storage unit for the bile made by the liver, which gets sent out to help digest fatty foods. Bile emulsifies fat, helps with the absorption of fat-soluble vitamins and helps the gastrointestinal tract reabsorb cholesterol. However in people who eat an excessively fatty diet or who have gastrointestinal issues, including irritable bowel syndrome or gastritis, and especially in those who often use proton pump inhibitors, the bile can concentrate and thicken. The bile duct or gallbladder may then become inflamed.

## Appendix E

### LIVER & GALLBLADDER FLUSH – by Andreas Moritz

(Never cleanse when you are suffering from an acute illness, even just a cold)

1. Requires 6 days of preparation
2. followed by 16 -18 hours of actual cleansing

To remove gallstones, you require the following items:

Apple juice	Six 1-litre (32 oz.) packets
Epsom salts or Magnesium sulfate	4 tablespoons dissolved in three 8-oz. Glasses of water
Virgin olive oil cold pressed	One half glass (4 oz)
Pink fresh grapefruit OR fresh lemon and orange combined	Enough to squeeze 2/3 glass of juice
2 pint jars, one with a lid	

### PREPARATION

- **Drink 1 litre (32 oz) of packaged apple juice per day for a period of 6 days.** The *malic acid* in the apple juice softens the gallstones and make their passage along the bile duct smooth and easy. It also has a strong cleansing effect and the fermenting effect widens the bile ducts.
- Drink the juice slowly throughout the day in between meals in addition to your water intake. Don't drink it before meals or less than 2 hours after meals. Organic is best and clean your mouth after drinking.
- **Dietary recommendations:** During this week, avoid taking foods or beverages that are cold or chilled – they chill the liver and reduce the effectiveness of the cleanse. All foods and beverages should be warm or at room temperature. Also try to avoid foods from animal source, dairy

products and fried foods and overeating – to help liver prepare for the flush. Otherwise eat normal meals.

- **The best times for cleansing:** The main and final part of the flush is best done over a weekend, when you are not under pressure and have enough time to rest – should preferably coincide with a day between full moon and new moon. The day of new moon is most conducive for cleansing and healing.
- **If you take any medications:** avoid any medication/supplement that are not absolutely necessary – gives the liver extra work.
- **Make sure that you cleanse you colon before and after you do a liver flush:** Colonic irrigation is best – ideally on the 6th day of preparation. Also make sure your bowel movement is regular.
- **What you need to do on the sixth day of drinking apple juice:** If you feel hungry in the morning, eat a light breakfast such as a hot cereal. Avoid sugars, eggs, nuts, pastries milk, butter, oils, yogurt, cheese, ham, cold cereals etc. For lunch eat plain cooked or steam vegetables with white rice (Basmati) and flavour it with a little unrefined sea salt. **Do not eat any protein foods, butter or oil** or you might feel ill during the cleanse. **Do not eat or drink anything (except water) after 2 pm**, otherwise you may not flush out any stones.
- **Follow the exact timing given below to receive maximum benefit from the liver flush.**

### *The Actual Flush*

#### Evening

##### **6 pm**

Add 4 tablespoons of Epsom Salt to 24 oz (3 8 oz. Glasses) of filtered water.

Drink 6 oz NOW (take a few sips of water to counteract bitter taste or add a little lemon juice, or drink it with a straw to bypass the bitter taste.) Brush teeth/rinse mouth with baking soda. Epsom salt dilates bile ducts making it easy for stones to pass as well as clears waste. (If epsom salt is unbearable use magnesium citrate at the same dosage)

##### **8 pm**

Drink the second 6 oz of Epsom salts.

**9.30 pm**

If you have not had a bowel movement until now, take a water enema, this will trigger series of bowel movements.

**9.45 pm**

Thoroughly wash the grapefruits (or lemons and oranges). Squeeze them by hand and remove pulp.

Need  $\frac{3}{4}$  glass of juice +  $\frac{1}{2}$  glass olive oil into the pint jar and close the jar and shake the jar vigorously for 20 times till the solution is watery.

Ideally drink the solution at 10 pm, but if you need to visit the bathroom a few times, delay it for 10 minutes.

**10 pm**

Stand next to your bed and drink the concoction – straight if possible or through a plastic straw. Do not take more than 5 minutes.

**LIE DOWN STRAIGHT AWAY.** This is essential for helping to release gallstones. Turn off the lights and lie flat on your back with 1-2 pillows propping your head up. Head should be higher than abdomen. If uncomfortable lie on right side with knees pulled towards head.

**Lie perfectly still for at least 20 minutes and try not to speak.** Focus on your liver area.

You may feel the stones travelling along your bile duct like marbles. There won't be any spasms or pain because the magnesium in the Epsom salts keeps the bile duct valves wide open and relaxed, and the bile that is excreted along with stones keeps the bile ducts well lubricated. Go to sleep if you can.

If at any time during the night you feel the urge to have a bowel movement, do so. Check if there are any small gallstones (pea green or tan coloured ones) floating in the toilet. You may feel nausea in the night and/or in the early morning hours – due to a strong outpouring of gallstones and toxins from the liver and gallbladder, pushing the oil back into the stomach. The nausea will pass as the morning progresses.

**The Following Morning****6 – 6.30 am**

Upon awakening (not before 6 am) drink 6 oz of Epsom salts (if you feel very thirsty drink a glass of warm water before this).

Rest, read, yoga or meditate. If you are very sleepy, you may go back to bed, although it's best if body stays in upright position.

### **8 – 8.30 am**

Drink the 4th and last of 6 oz Epsom salts.

### **10 – 10.30 am**

Can drink freshly pressed fruit juice at this time.

One half hour later you may eat one or two pieces of fresh fruit.

One hour later you may eat regular but light food.

By the evening or the next morning you should be back to normal and feel the first signs of improvement.

Continue to eat light meals during the following days.

**Note:** Drink water whenever thirsty except right after drinking Epsom salts and for the first two hours after drinking the oil mixture.

### **What to Expect**

- During the morning and perhaps afternoon hours following the flush – a number of watery bowel movements – initially consisting of gallstones mixed with food residue and then just stones mixed with water.
- Most of the stones are pea green and float because they contain bile compounds. Can also be different shades of green or bright coloured and shiny like gemstones. Only bile from the liver can cause the green colour.
- Gallstones come in all sizes, colours and shapes. The light coloured ones are the newest, dark green ones are the oldest. Some are pea-sized or smaller and others are as big as one inch in diameter. There may be dozens and even hundreds of stones coming out at once..
- Watch out for tan-coloured and white stones which sink to the bottom – they are calcified gallstones released from the gallbladder and contain heavier toxic substances with only small amounts of cholesterol. All the green and yellowish stones are as soft as putty due to the action of apple juice.
- A layer of white or tan-coloured chaff or “foam” floating in the toilet may appear – consists of millions of tiny white, sharp-edged cholesterol crystals, which can rupture small biled ducts.They are equally important to release.

- Try to make estimates of how many stones you have eliminated.
- For bursitis, back pain, allergies or other health problems – best to remove **ALL** stones. And this may require 8-12 cleanses which can be performed at about three-week or monthly intervals. The 3 weeks in between may include the 6 day preparation for the next liver flush but ideally it should start after the 3 weeks have passed.
- The liver, as a whole, will function more efficiently soon after the first cleanse.
- BUT, within a few days, stones from the rear of the liver would have travelled "forward" towards the two main bile ducts (hepatic ducts) in the liver, which may cause some or all of the previous symptoms of discomfort to return. This simply means that there are more stones left to be removed.
- Take heart, because the liver's self-repair and cleansing responses will have increased significantly. Each flush will give a further boost to the liver and take care of any toxins or new stones that may have accumulated in the meanwhile.

### **Important**

The liver flush is one of the most invaluable and effective methods to regain your health. There are no risks involved if you follow all the directions to the letter.

Please check procedure in:

"The Amazing Liver and Gallbladder Flush" by Andreas Moritz