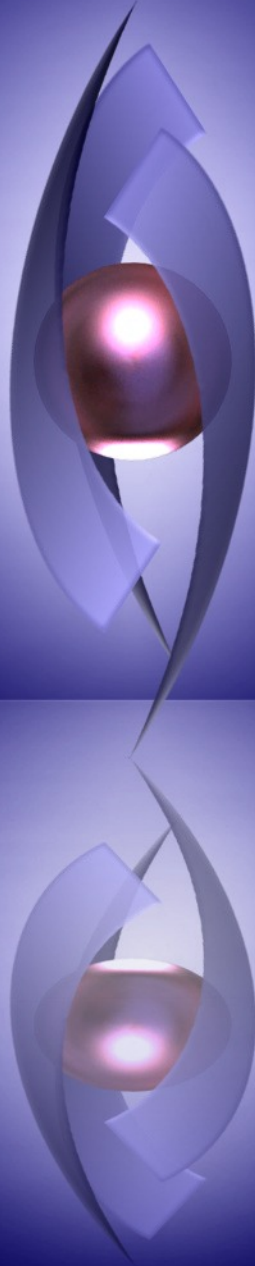


QUANTUM ENCYCLOPEDIA



by Nirvana ©

The Quantum Academies
www.thequantumacademies.com



Quantum Encyclopedia

Copyright © 2014 The Quantum Academies
412 North Palm Drive, Suite 501
Beverly Hills, CA 90210
Phone: 800-940-9342
Worldwide: 310-927-8403
Fax: 310-861-0345
Website: www.thequantumacademies.com

NOTICE OF RIGHTS

All rights reserved. No part of this manual may be reproduced or transmitted in any form by any means, electronic, mechanical, photocopying, recording, or otherwise, without the written permission of the publishers.

DEVICE DISCLAIMER

The device is to be used as a Biofeedback device. It is designed for stress reduction, relaxation training and muscle reeducation. The device does not diagnose anyone. The system is calibrated to measure the fine and subtle electrical reactions. Trained staff should use this device. No claims are made of the system or its results and nothing that the practitioner does is meant to either diagnose or treat any illness or disease, and is not intended to replace any treatment from a medical doctor. One should always follow the advice of their doctor.

CONTENT DISCLAIMER

The information contained in this manual is intended only for the education of Quantum Biofeedback Technicians and Specialists. The authors do not advocate the use of any particular healthcare protocol, usage of remedies, or combination thereof. The authors do not warrant the effectiveness or safety of any protocols or remedies contained in this manual. The information contained herein shall not substitute for consultation with a physician or other qualified healthcare provider. Any attempt to diagnose and treat an illness should be done under the direction of an authorized healthcare professional.

USE OF PROTOCOLS

The stress reduction training exercises contained herein are not designed to run for periods exceeding approximately one hour and with more frequency than once per week. Practitioner judgment should be exercised in determining the length and frequency of running the stress reduction training exercises.



Instructions for Document Use

We have included an interactive table of contents to help you navigate through this document. The following is a description of the functionality and use of this interactive system.

When the encyclopedia is opened, there should be an open tab on the left-hand side labeled “Bookmarks.” If this tab is not open click on the tab labeled “Bookmarks” to open it. Inside here you will see an alphabetical listing. If you click on any of these main sections you will be taken to the first page of that section. You can then scroll down through the section and any other sections that follow it.

Each of these main sections is also comprised of multiple sub-sections. To open up the sub-sections just click on the little plus “+” sign to the left of the section heading.

Happy Learning!

Nirvana Zarabi-Smith
Doctor of Natural Medicine
Director of Education



TABLE OF CONTENTS

Quantum Encyclopedia

STEP 1 – Harness
STEP 2 – Demographics
STEP 3 – Calibration
STEP 4 - Test

SECTION - A

- Abscess
- Acne
- AIDS
- Activating Point Probes
- Acupuncture Panel
- Adams Apple
- Addiction
- Adding Items to the Test Matrix
- Addison's Disease
- Adenoids
- Adrenals
- Alarm Reaction
- Alcoholism
- Allergy
- Allergy Therapy Panel
- Alzheimer's Disease
- Amino Acids
- Amyotrophic Lateral Sclerosis - ALS
- Amoeba
- Anemia
- Aneurysm
- Anger



- Animals
- Ankles
- Anorexia
- Anti-Aging
- Anxiety
- Appendix
- Appetite
- Arm
- Aroma Therapy Panel
- Arteries & Veins
- Arthritis
- Asthma
- Astrology
- Athlete's Foot
- ADD & ADHD
- Auras
- Autism
- Auto Color Therapy Panel
- Auto Frequency Therapy Panel
- Auto Meridian Therapy Panel
- Auto Trivector Therapy Panel
- Auto VARHOPE Therapy Panel
- Auto Zap & Auto Zap From Filter
- Autonomic Nervous System

SECTION - B

- Bach Flowers
- Baby
- Bacteria
- Balance Disorder
- Baldness
- Biochemic Tissue Salts
- Biofeedback
- Biorhythms
- Bio Terrain Results



- Birth Time & Place
- Bladder
- Bloating
- Blood Analysis
- Body Scan & Face Therapy
- Body Viewer
- Bones
- Bowel Flora
- Brain
- Brain Scan Panel
- Brain Waves
- Breast
- Breast Enlarger
- Bronchitis

SECTION – C

- Calibration
- Cancer
- Candida
- Carbohydrate Digestion Panel
- Cause/Cure/Palliation
- Chakras
- Chart Maker Reports
- Check Current Rectifications
- Chest
- Children
- Chlamydia
- Cholesterol
- Chron's Disease
- Chronic Fatigue
- Circulation
- Circulation Panel
- Closure
- Co Q Enzymes
- Cold/Flu



- Colic
- Colon
- Coma
- Conjunctivitis
- Constipation
- Cough
- Cranial Bones
- Cranial Sacral Panel
- Cuts/Wounds
- Cystitis
- Cysts

SECTION – D

- Dandruff
- Dark Field Analysis
- Deafness
- Degeneration
- Demographics
- Dental
- Depression
- Detoxification
- Diabetes
- Diaphragm
- Diarrhea
- Digestion
- Disease Dictionary
- Dizziness
- DNA Therapy Panel
- Dreams
- Dyslexia

SECTION – E

- Ear



- Eczema
- Educational Language
- EEG, ECG Freq.
- Elbow
- ELF Magnetic Field
- Emotional Concerns
- Endocrine
- Endometriosis
- Energetic Support
- Energy
- Energy Medicine
- Enzymes
- Epilepsy
- Esophagus
- Eyes

SECTION – F

- Face
- Fainting
- Fat Digestion Panel
- Fear/Phobia
- Female
- Fertility
- Fever
- Fibromyalgia
- Fibrositis
- Fibrous Tissue
- Fingers
- Five Elements
- Flatulence
- Food Poisoning
- Foot
- Forms
- Fungus



SECTION – G

- Gall Bladder
- Gall Stones
- Gangrene
- Gastritis
- General Digestion
- Geopathic Stress
- Glands
- Gums

SECTION – H

- Hand
- Harness
- Headache
- Heart (Heart Attack)
- Heartburn
- Heat Exhaustion
- Hemorrhage
- Hemorrhoid
- Hepatitis
- Hernia
- Herpes
- Hiccups
- Hip Bones
- Hold Trays
- Hololinguistic Programming
- Homeopathic Activation
- Homeopathy
- Homotoxicology
- Hormones
- Hydration
- Hypertension
- Hypochondriac



- Hypoglycemia
- Hypothalamus
- Hypothyroid

SECTION – I

- Immune System
- Impotence
- Incontinence
- Indigestion
- Individual Reaction
- Infection
- Infertility
- Inflammation
- Information Net
- Injury
- Injury Panel Therapy
- Insomnia
- Insurance Billing
- Internal Enzymes
- Intestines
- Irritable Bowel Syndrome
- Itch

SECTION – J

- Jaundice

SECTION – K

- Karma
- Kidney
- Kidney Stones
- Knee
- Knuckles



SECTION – L

- Lactation
- Lactose Intolerance
- Laryngitis/Larynx
- Leaky Gut Syndrome
- Learning Disabilities
- Leg
- Leukemia
- Lice
- Liver
- Lou Gehrig's Disease
- Lower Back/Sciatic
- Lungs
- Lupus
- Lyme Disease
- Lymph
- Lymph Panel

SECTION – M

- Macular Degeneration
- Making A Homeopathic
- Malaria
- Male
- Measles
- Memory
- Menier's
- Meningitis
- Menopause
- Menstrual
- Mental NLP Interface Panel
- Metabolic Repair
- Metacarpal Tunnel Syndrome



- Miasms
- Migraine
- Minerals
- Miscarriage
- Moles & Warts
- Mononucleosis
- Motion Sickness
- Mouth
- Multiple Sclerosis
- Mumps
- Muscles

SECTION – N

- Neck
- Nelson Report
- Nerves
- Neurological
- Nightmares
- Nipples
- NLP Panel
- Nose
- Nutrition Panel

SECTION – O

- Obesity
- Organ Chart
- Orgone Field
- Oriental Face Diagnosis
- Oriental Herbs
- Osteoporosis
- Ovary
- Oxygen



SECTION – P

- Pain Management
- Palpitations
- Pancreas
- Paralysis
- Paraplegia
- Parasympathetic
- Parathyroid
- Parkinson's
- Patient Superconscious Reduction
- Penis
- Periods
- Perverse Energy, Electromag
- pH Balance
- Pharyngitis
- Pharynx
- Phobias
- Pituitary
- Pleurisy
- Pneumonia
- Poison Ivy
- Polycysts
- Power Settings
- Prayer Program
- Pregnancy
- Prions
- Prostate
- Protein Digestion Panel

SECTION – Q

- Quick Therapy – Sport Therapy
- Quantum Clinics
 - ADD & ADHD
 - Allergies



- Anti-Aging
- Body Viewer & Iridology
- CFS & Fibromyalgia
- Cold – Flu – Pneumonia
- Dark Field Blood
- Depression
- Homotoxicology
- Hormonal Imbalances
- Irritable Bowel Syndrome
- Pain Management
- Spiritual Harmony
- Quantum Profiles

SECTION – R

- Radiation Exposure
- Rash
- Reflexology
- Re-Index
- Relaxation
- Reports
- Rheumatism
- Risk Profile

SECTION – S

- Sarcodes
- Scalar Auto Therapy
- Schizophrenia
- Sciatic
- Search
- Seizures
- Sexual Desire
- Sexually Transmitted Diseases
- Shaping Function
- Shock
- Shoulder



- Sinuses/Sinusitis
- Skin
- Sleep
- Sleep Apnea
- SOC
- Spasm
- Speech
- Speech Program
- Spinal
- Spine
- Spiritual Harmony
- Spleen
- Sport Programs
- Sprain
- Start Up
- Sterility
- Stomach
- Stress & Cortisol
- Stress Reduction
- Stroke
- Subspace
- Sweating
- Sympathetic
- System Power Settings

SECTION – T

- Taste
- Tendonitis
- Terminology
- Test
- Test Interpretation
- Test Matrix Numbers
- Testes
- Testing Items
- Therapy Panel



- Thoracic
- Throat
- Thrush
- Thymus
- Thyroid
- Time Travel
- Timed Therapies
- Timed Therapy, Music, Superlearning
- Tinnitus
- Tissue Salts
- TMJ
- Tongue
- Tonsillitis
- Tonsils
- Tooth Ach
- Tuberculosis
- Tumor

SECTION – U

- Ulcers
- Unconscious Reactivity
- Urine
- Uterus

SECTION – V

- Vaccines
- VARHOPE
- Varicose Veins
- Vertigo
- Virus
- Vitamin A
- Vitamin B
- Vitamin C
- Vitamin D



- Vitamin E
- Vitamin F
- Vitamin G
- Vitamin K
- Vitamin U
- Vocal Disorders
- Vomiting

SECTION – W

- Warts
- Water Treatment
- Weight Loss
- Worms
- Wound Repair
- Wrist Pain

SECTION – X

SECTION – Y

- Yeast Infection
- Yin & Yang

SECTION – Z

- Zapping

An abstract graphic featuring a glowing, reddish-purple sphere with a bright white center, enclosed within a teardrop-shaped frame made of several overlapping, semi-transparent layers. The entire composition is set against a dark blue background.

SECTION

A

by Nirvana ®

The Quantum Center of Excellence

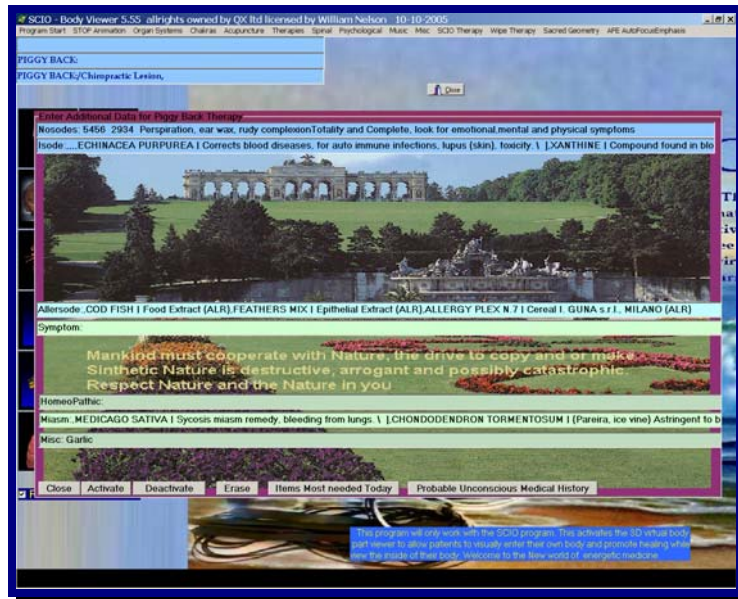


Abscess

Note: The below listed matrix numbers can be loaded throughout the program in the Piggy Back sections!

SCIO BODY VIEWER

- Program Start/Load Individual Movie Program (Start INFO Exchange)
- Program Start/Treat Disease Path of all Old Trauma
- Acupuncture/Skin
- Acupuncture/Fibrous/Acupuncture/Lymph
- Therapies/Anti-Infection Auditory
- Therapies/Anti-Inflammation Auditory
- Misc/Homeopathic Extras:
 - Nosodes: 5456 2934 (Double space between the numbers.)
 - Isodes: 625 719 660 710 720 635 719 (Double space between the numbers.)
 - Misc.: Garlic
 - Activate (You may have to scroll down to see this button.)/Close the Homeopathic Panel.
- Organ Systems/Lymphatics/Lymph
- Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Body Viewer program to run in the background simultaneously as your other therapies are running.

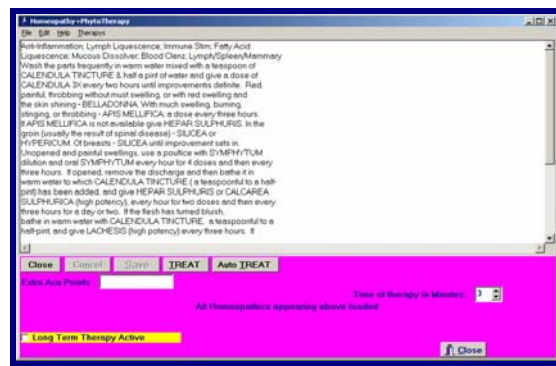




Protocol - Abscess

DISEASE DICTIONARY

Test/Disease Probability and Dictionary/Disease Dictionary/Scroll down to “ABSCESS”/Electroacupuncture + BioResonance on Right/OK-Reveal Text/Quick Calibrate Patient’s Reactivity/Quick Test Patient BioResonance (If this button is missing, go up to the Therapy and you will find it there.)/Long Term Therapy Active/If Checked Mute Dictionary Music/Auto Treat/Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Disease Dictionary module to run in the background simultaneously as your other therapies are running.



GO TO NO

Test Matrix/Type 7881 in the small white box to the left of the “Go To No”/Go To No/Treat to Zap the item

NUTRITION

Test/Programs/Nutrition and Homeopathy/Calculate strike this key first/OK/Insert Disease: Abscess /Test Disease for best nutritional supplement/Double click on all items appearing in yellow to treat



PATIENT SUPERCONSCIOUS REDUCTION

Test/Treatments/Patient Superconscious Reduction Panel/Disease of Concern: Acne/Start Superconscious Link/Close red VARHOPE panel/Double click on all above items in red to begin treatment

SEARCH: From the Test Matrix Panel/type “Abscess” in the white box

labeled Search for Item:/Click on Search/Either click on the items individually and click Treat to Zap the item or go up to the Auto Focus Zap menu/Choose Auto Zap from filter for 5 minutes.



Protocol - Abscess

RIFE GENERATOR

Test/Programs/Therapy/Rife Generator (blue box, Upper Freq./Enter the following frequencies one at a time, set above timer and Start: 727 787 880

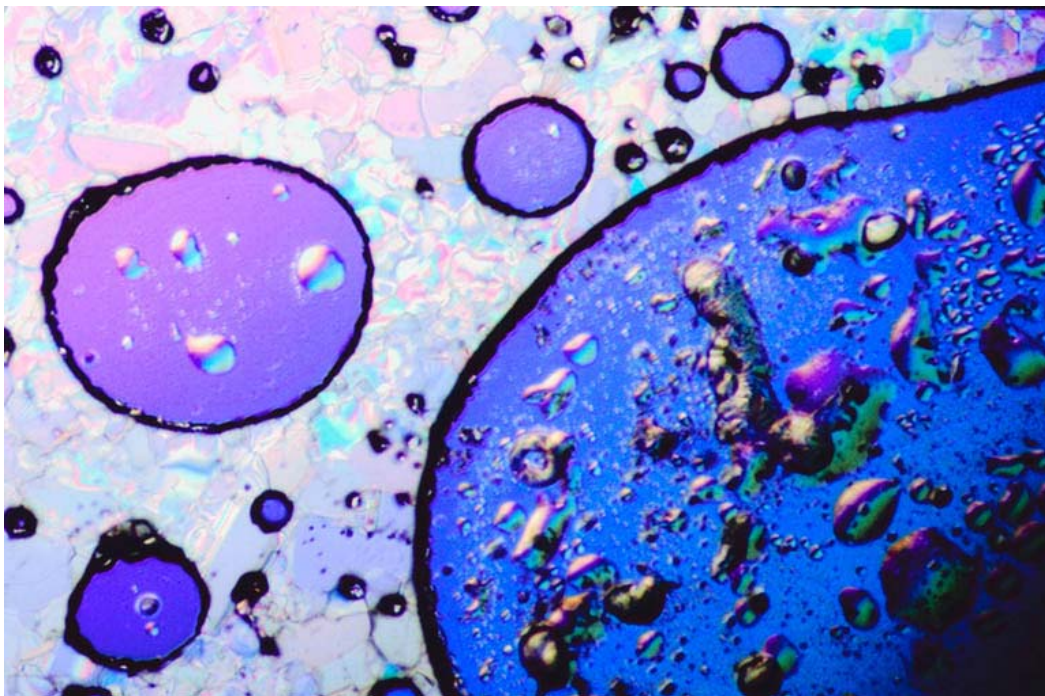
AUTO VARHOPE

Test>Programs>Therapy>Auto VARHOPE

THERAPY

Test>Programs>Therapy>Auto Aggressive Immune Dysfunction

Also, see pages on Inflammation, Lymph, Blood and Mucous.





Abscess

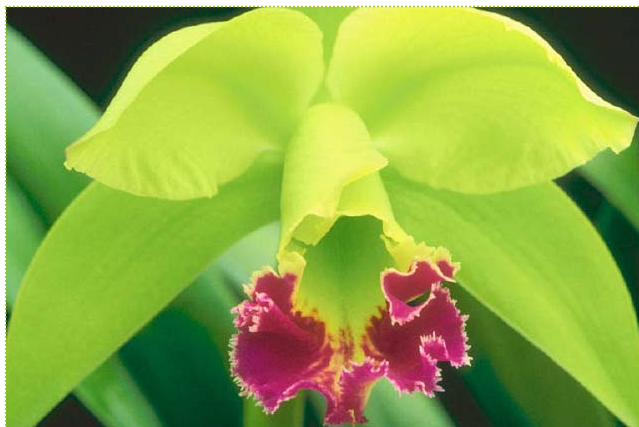
An abscess is a localized collection of pus in any part of the body, caused by an infection. Abscesses occur when an area of tissue becomes infected and the body is able to "wall off" the infection to keep it from spreading. During this process "pus" forms, which is an accumulation of fluid, living and dead white blood cells, dead tissue, and bacteria or other foreign invaders or materials. Abscesses can form in almost every part of the body and may be caused by infectious organisms, parasites, and foreign materials. Abscesses in the skin are readily visible and are red, raised, and painful. Abscesses in other areas of the body may not be obvious, but if they involve vital organs they may cause significant damage.

Skin abscesses are fairly common. They are caused when an infection causes pus and infected material to collect in the skin. Skin abscesses may follow a bacterial infection, commonly

an infection with staphylococcus. They can develop after a minor wound, injury, or as a complication of folliculitis or boils. Skin abscesses may occur anywhere on the body. They affect people of all ages. An abscess can prevent deeper tissues from functioning properly. The infection may spread locally or throughout the body. The spread of infection through the bloodstream may cause severe complications such as:

- ❖ Open sore or closed
- ❖ Reddened
- ❖ May drain fluid
- ❖ Localized swelling, induration (hardening of tissue)
- ❖ Tender and warm affected area
- ❖ Fever or chills, in some cases

Heat (such as warm compresses) may speed healing, reduce inflammation, and make the area feel better. Elevate the affected part to reduce swelling and inflammation.





ABSCESS

Definition

An Abscess is a concentration of pus as the result of an infection. An Abscess may develop anywhere in the body. Related Boils are Abscesses that form around hair follicles. If several hair follicles are involved, the Abscess is called a Carbuncle. A Dental Abscess may form around the root of a tooth and lead to redness and swelling of the gum. Pain may develop around the cheekbone. Biting or chewing is painful. Infection may loosen the tooth and eventually release pus into the mouth. An Anal Abscess may develop inside the rectum or close to the anus. A Breast Abscess may form as a complication of untreated Mastitis. An Abscess may also form on tonsils and brain.

According to Thomas Duskier, "The brighter the redness, the smaller will be the abscess. The softer the feeling and the darker the appearance the more extensive will be the destruction of the tissue. Thick yellow pus is termed 'healthy', thin watery and greenish pus is always bad, indicating prostration and difficulty in healing."

Symptoms

In an abscess we distinguish between the body or center and the sides or edges. The secretions are of different kinds, and upon them depend the benign or malignant character of the abscess. The discharge may consist of good or bad, of a thin, watery or thick, slimy, clammy, white, green, yellowish green, yellow or bloody, variegated,

foul, offensive matter. Benign abscesses heal when the discharge ceases, the cavity or center and side close, and are covered with new skin, but a scar is generally left. A malignant abscess, on the contrary, gives no sign of healing, but rather inclines to get worse, and, if aggravated, to mortify.

Cause

An abscess is nature's way of purifying the body, bringing waste materials into a deposit that can be easily drawn out. Pus is formed by the loss of organic sulphur from cells, whereupon the cells decay. Herbs containing organic sulphur such as garlic are used to rebuild and prevent this deficiency condition.

The causes lie either in local injuries or in a defective blending of blood and (other) juices (liquids). But generally both circumstances unite in the development of an abscess.

The basic cause of all abscesses, tumors, cysts, etc., stems back to an impure bloodstream, with its major cause being improper food intake. This condition causes poor action of liver and bowels, a faulty digestion, or disturbances in the lymphatic glands are generally responsible for the accumulation of impurities in the blood.



Nelsonian Homeopathy

Restoratives: Lymph/Spleen/Mammary.

Combinations: Sarcoesis; Immunopoie;
Mucouslysis.

Liquitrophics: Lympho Liquitrophic;
Lipid Liquitrophic; Hemo Liquitrophic.

Homeopathy

Hepar sulphur, Silicea, Belladonna,
Pyrogenium

Herbal Aids

1. Poultices: The use of poultices to bring an abscess to a head and clear it out is the most important method of relief. A poultice of slippery elm, wild sage, and lobelia (equal parts) is good; another poultice that will draw very rapidly and will relieve pain at the same time is mullein (three parts) and lobelia (one part). Others are flaxseed, lobelia, and golden seal; leek boiled in milk;



sour
dock,
hyssop
and
green
fennel;
ground
ivy and

yarrow; carrot; potato.

2. Poultices: Over the abscess area put a poultice of three parts slippery elm bark and one part lobelia herb. A poultice of hops or a poultice of hot onions, hot pumpkins, or hot (not cooked) tomatoes is equally effective. After the abscess has burst, cover it with a poultice or fomentation of comfrey leaves or roots (powdered) for fast healing.

3. Burdock Root: One of the best blood-purifying teas is burdock root (*Arctium lappa*). Others are chaparral (creosote bush) (*Larrea tridentata*), Oregon grape root (*Berberis aquifolium*), and red clover blossoms (*Trifolium pratense*).

4. Poultices: A poultice of hops or a poultice of hot onions, hot pumpkin or hot (not cooked) tomatoes are equally effective. After the abscess has burst, cover it with a poultice or fomentation of comfrey leaves or root (powdered or if fresh finely chopped--trituated--for fast healing). Dosage: Be generous in making poultices, covering the afflicted areas very thickly. An abscess as it ripens will get larger and continue to expand until it bursts open and drains. After the pus and solid matters are nearly drained off, fluid--sometimes bloody--will run from the abscess. This is when you put on the comfrey poultice, or fomentation.

5. Abscessed Tooth: See your dentist. An old and effective treatment for abscess is tincture of myrrh, applied frequently on the gums. This tincture is also good for mouth irritations generally. Lobelia is also good for abscess.

7. Blue Vervain: Made into a poultice with flaxseed meal, using a strong infusion of Blue Vervain instead of plain hot water, it relieves rheumatism, neuralgia, sciatica, etc. This poultice draws out boils, abscesses, and is especially useful to reduce swollen glands, a common ailment in these days of pollution and debilitated foods. Use this poultice for earache and ear



Remedies - Abscess

abscess as well. Apply the tea externally to sores.

8. Abscess, Dental: Cabbage is considered a healing herb in this case.

9. Tea tree oil (*Malaleuca lternifolia*); Burdock root, Garlic, Dandelion, Echinacea

Vitamins-Minerals

Vitamin C, E, Carotene, Zinc, Bromelain, Curcumin, Trypsin, Serratiopeptidase, Pancreatin, Papain, Colloidal silver, Bioflavonoids, Rutin, Amino-acids, Flax oil and Hemp oil.

Other Sources

Tissue salts: Calc sulph, Silicea.
Surgical removal or sterile opening of Abscess with disinfected needle.

Notes

When applying tissue salts: Calc sulph should be used in the first phase. Silicea should be used on a fully matured Abscess. Since an Abscess is mainly an infection, vitamins, minerals and herbs that strengthen the immune system should be available in adequate amounts. Note that Tea tree oil is an excellent disinfectant but only for external application. Garlic can be used for similar anti-bacterial effects internally. Burdock root, Dandelion and Echinacea are very useful.



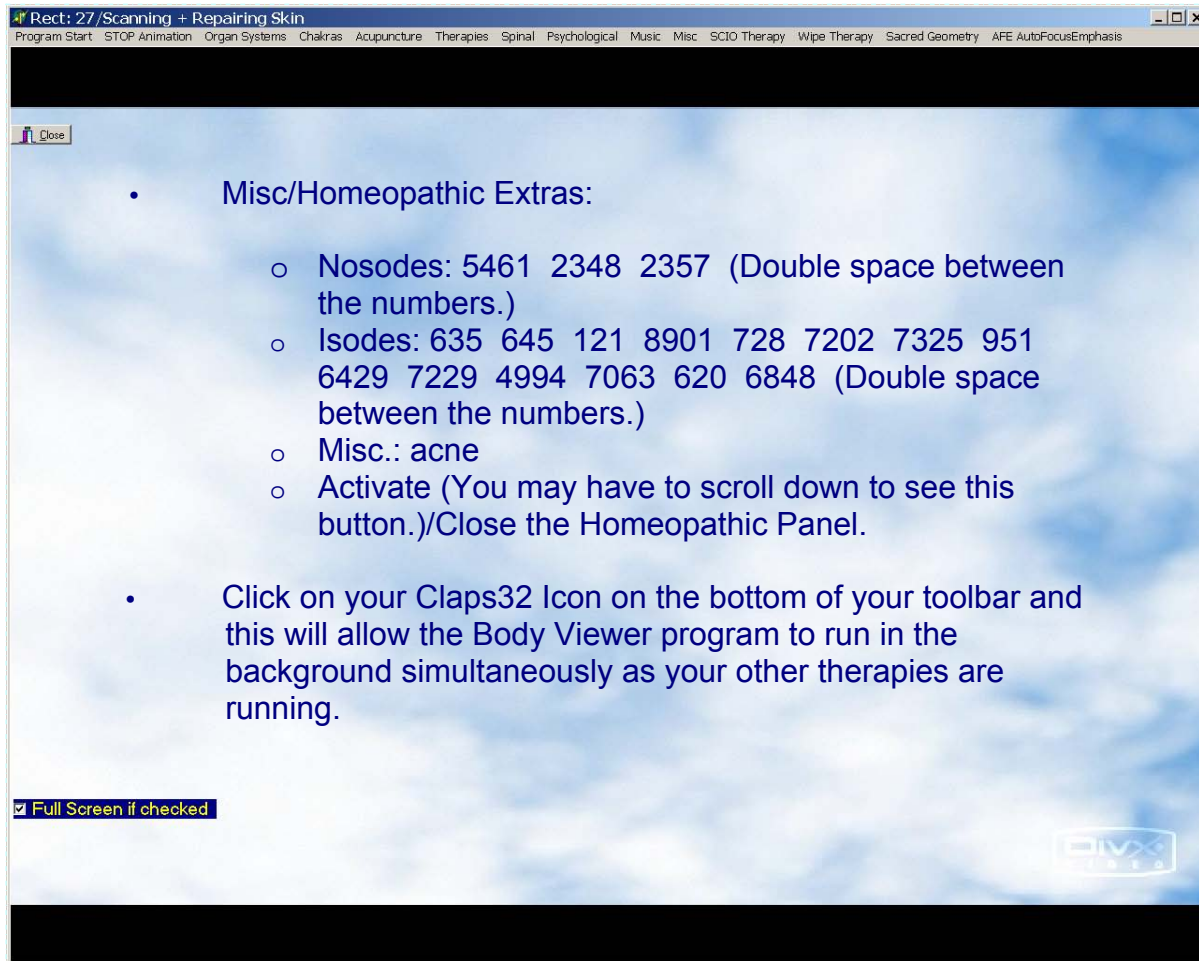


Acne

Note: The below listed matrix numbers can be loaded throughout the program in the Piggy Back sections!

SCIO BODY VIEWER

- Program Start/Load Individual Movie Program (Start INFO Exchange)
- Program Start/Treat Disease Path of all Old Trauma
- Organ Systems/Digestive System/Liver/Organ Systems/Lymphatics/Lymph
- Acupuncture/Skin/Acupuncture/Lymph
- Therapies/Anti-Infection Auditory
- SCIO Therapy/Sky/- 100-120 Hz for skin





Protocol - Acne

DISEASE DICTIONARY

Test/Disease Probability and Dictionary/Disease Dictionary/Scroll down to "ACNE"/Electroacupuncture + BioResonance on Right/OK-Reveal Text/Quick Calibrate



Patient's Reactivity/Quick Test Patient BioResonance (If this button is missing, go up to the Therapy and you will find it there.)/Long Term Therapy Active/If Checked Mute Dictionary Music/Auto Treat/Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Disease Dictionary module to run in the background simultaneously as your other therapies are running.

SEARCH

From the Test Matrix Panel/type "Acne" in the white box labeled Search for Item:/Click on Search/Either click on the items individually and click Treat to Zap the item or go up to the Auto Focus Zap menu/Choose Auto Zap from filter for 5 minutes.

SKIN REJUVENATION

Test/Programs/Body Scan and Face Therapy/Skin Rejuvenation/Increase desired number of minutes/Detox Pulse

HOMOTOXICOLOGY

Test/Programs/Homotoxicology/click on the word Skin under the Epidermal section/click on Continue Test Nosode+Isode (in green box)/Treat top 5 or click on individual items to treat until rectified 85 or above/double click on gray panel to close/Detox Access/Stimulate Detox (on blue panel). NOTE: Before any detox always open up the channels of elimination first.

PATIENT SUPERCONSCIOUS REDUCTION

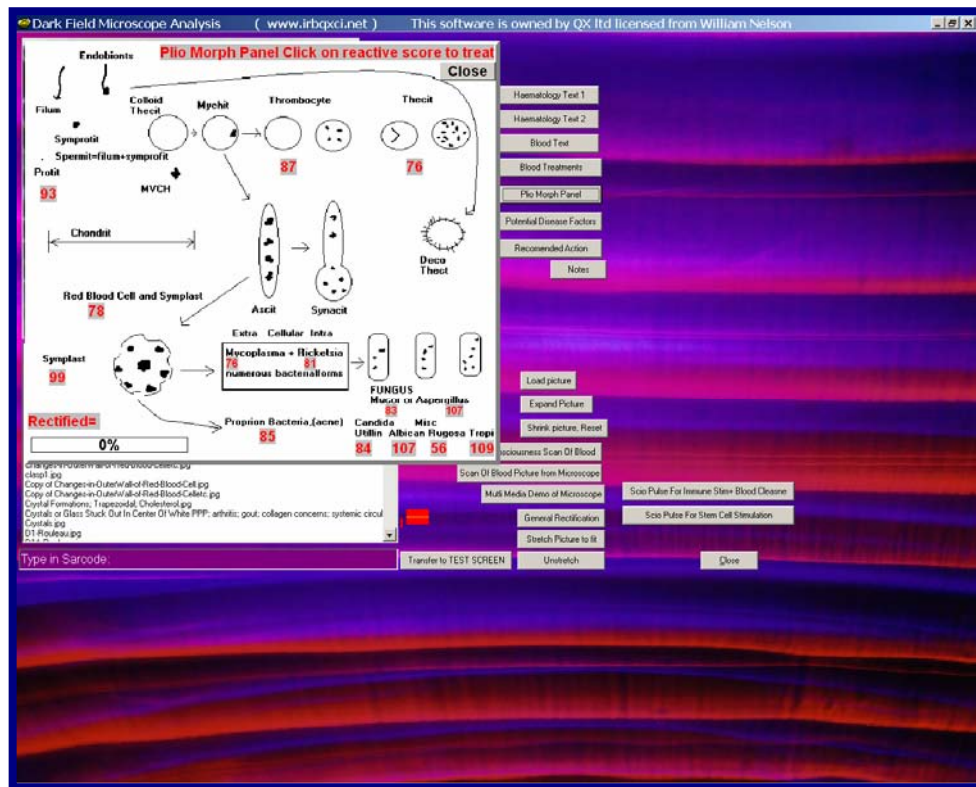
Test/Treatments/Patient Superconscious Reduction Panel/Disease of Concern: Acne/Start Superconscious Link/Close red VARHOPE panel/Double click on all above items in red to begin treatment

NUTRITION

Test/Programs/Nutrition & Homeopathy/Calculate, Strike this key first/OK/Vitamin A Family/Nutrienergy Balance/Vitamin F/Nutrienergy Balance

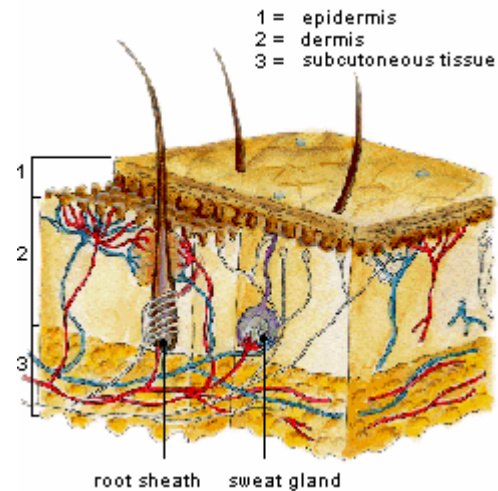
BLOOD TREATMENTS

Test/Programs/Risk Profile/Load Current Patient/Double click on "BLOOD" to load/Virtual Doctor Test/Connect to DF Blood/Plio Morph Panel/Double Click on Propion Bacteria until Rectified is over 85.



Skin

The skin (*cutis*) is the largest sense organ in the human body. It possesses numerous special receptors and nerve endings, enabling it to register touch, pressure, pain and temperature. Pressure is registered by means of what are called the Merkel's touch cells, located on the border between the outer skin (*epidermis*) and the true skin (*corium*).



Touch is registered by means of oval corpuscles located in small protrusions (*papillae*) within the true skin, as well as networks of nerves located around the hair roots. Cold receptors register cold temperatures (below $36^{\circ}\text{C} = 96.8^{\circ}\text{F}$) and thermoreceptors hot temperatures (above $36^{\circ}\text{C} = 96.8^{\circ}\text{F}$). Pain is registered through free nerve endings.



Acne

Acne typically appears on your face, neck, chest, back, shoulders and scalp and can take the following forms:

- ❖ Whiteheads. These are created when the openings of hair follicles become clogged and blocked with oil secretions and dead skin.
- ❖ Blackheads. These are similar to whiteheads, but are open to the skin surface and darken.
- ❖ Pimples. These are raised; reddish spots that signal inflammation or infection in the hair follicles.
- ❖ Cysts. These are thick lumps beneath the surface of the skin, which are formed by the buildup of secretions deep within hair follicles.
- ❖ Three factors contribute to the formation of acne:
 - ❖ Overproduction of oil (sebum)
 - ❖ Irregular shedding of dead skin cells resulting in irritation of the hair follicles of your skin
 - ❖ Buildup of bacteria

Acne occurs when the hair follicles become plugged with oil and dead skin cells. Each follicle is connected to sebaceous glands. These glands secrete an oily substance known as sebum to lubricate your hair and skin. Sebum normally travels up along the hair shafts and then out through the opening of the hair follicle onto the surface of your skin. When your body produces an excess amount of sebum and dead skin cells, the two can accumulate in the hair follicle and solidify as a soft plug.

This plug may cause the follicle wall to bulge and produce a whitehead. The plug may darken, causing a blackhead. Pimples are raised red spots with a white center that develop when blocked hair follicles become inflamed or infected. Blockages and inflammation that develop deep inside hair follicles produce lumps beneath the surface of your skin called cysts. Other pores in your skin, which are the openings of the sweat glands onto your skin, aren't normally involved in acne.

It's not known what causes the increased production of sebum that leads to acne. But a number of factors including hormones, bacteria, certain medications, heredity and stress - may play a role. Contrary to what some people think, foods have little affect on acne. Neither chocolate nor greasy foods like French fries are likely to cause or aggravate acne. Acne also isn't caused by dirt. In fact, scrubbing



the skin too hard or cleansing with harsh soaps or chemicals can cause irritation, which may make acne worse.



Condition - Acne

Hormonal changes in your body can provoke or aggravate acne. Such changes are common in:

- ❖ Teenagers, both boys and girls
- ❖ Women and girls, two to seven days before their periods
- ❖ Pregnant women
- ❖ People under stress
- ❖ People using certain medications, including cortisone
- ❖ Exposing your skin directly to greasy or oily substances, or to certain cosmetics.
- ❖ Having a family history of acne. If your parents had acne, you may be likely to develop it too.
- ❖ Friction or pressure on your skin caused by items





ACNE

Definition

Acne is a chronic inflammatory condition affecting skin structures usually involving the face, back and chest. It usually affects those between the age of puberty and the twenties.

Symptoms

The primary lesion or blackhead develops into a pinkish pustule or nodule. A teenager, sometime pre-teen, often breaks out with a horrible skin condition in which pustules and their scars may cover the skin, which is often coarse and oily. This causes an inferiority complex and other emotional disruption. At this time they may become irritable, snap and snarl at people. They are impossible to live around--why? They are growing into adulthood so rapidly that they are maturing faster than they are equipped.

Cause

As the teenagers grow up, they, like everybody else today, eat devitalized, dead, "mucus-loaded" junk materials that could only be called "garbage food" or meals without energy and life building materials in them. The rapid change from childhood to adulthood requires foods rich in vitamins, minerals, etc., needed in the healthy body. Processed foods are low or lacking in natural hormone and estrogen materials needed in the growth transition to adulthood. The young person's body realizes the lack and the need, and tries to pull the required materials from the body. If

they are not there, the strain of trying to produce them causes irritation, a nasty snarling disposition, and a pimply complexion.

We blame the child for not being cooperative, for craving sweets, excess meats and bakery products. The body is craving vitamins and minerals and basic needs for health, and that "craving" is termed "hidden hunger." To pacify this hungry gnawing feeling, the young person stuffs on junk food, adding insult to injury. From this diet comes acne, boils, irritability, the sick and sad youth. The girls have difficult menstrual periods with cramps, flooding, or off-timed cycles, and the boys have a tendency toward early prostrate trouble and unhealthy sex drive.

Nelsonian Homeopathy

Avoid stress, chocolate, sweets, pastries, greasy or highly seasoned foods or soda fountain drinks.

Homeopathy

Apis mellifica, Antimonium tartaricum, Sulphur, Graphites, Kali bromatum, Mercurius vivus, Rhus toxicodendron, Urtica urens



Herbal Aids

1. See formula for acne using burdock root, sarsaparilla, yellow dock, sassafras, dandelion, prickly ash, stillingia and chamomile.



2. Sun: Helios-therapy on the skin is very important,

as the sun is the Great Doctor of all times. But this therapy must always be done with caution because the sun (though being a healer) is like fire, which can either provide gentle warmth or it can burn a city down. The sun will heal where medicinal aids, herbs and other procedures are slower. In many instances, it will bring skin cancer to the surface; and various other skin problems (such as acne, eczema, etc.) are beneficially aided by bathing in the sun. The internal use of tea of other herbal aids are often an herbal wash before the sunbathing are congenial and excellent. When there is moisture in the body, the sunbathing is much more beneficial--for instance, burdock seed and burdock root may be used internally (which work on the lymphatic and oil glands of the body), while at the same time using sun therapy for the outside. Indiscreet exposure can cause third-degree burns, shock, and death. The light-skinned individual must be most careful, but even a person with dark skin can get a very heavy burn. Helios-therapy is used on bright days, but we do advise against sunbathing at midday, between the period 11-1, when sun might be quite toxic to the user. A blonde person who has never done

sunbathing before should never be out over one minute on the first day, adding a minute each day. This should be measured by stop watch or clock, and accuracy is important, because the feel of the sun is so luxurious that one will desire to stay in it just a little bit longer, and that can cause serious trouble. This may not sound like very much, but within thirty days a person can be sunning up to an hour total time! Brunettes can often start with two minutes front and two minutes back without any injury at all, and add four minutes a day. A person who has been sunbathing years before and has sunbathed regularly each season may start with a little more, five minutes front and five minutes back for the brunette, and two minutes front and two minutes back for the blonde. If done gradually and judiciously, this can give power to the body. The propaganda in daily newspapers and national publications each year (although promoted often by people with doctoral degrees) stating "the sun causes cancer" is as ridiculous as saying "the tonsil is poisoning the whole body"--actually it is the putrid condition of the body that is poisoning the tonsil, or the skin! All the sun does is to ripen and bring the cancer that is already there to the surface, wherein the waste matter can slough off, so that the body may heal. This is why we must work inside the body with herbs, as well as outside the body with the sun, which will harmoniously speed the curative process and eliminate the problem so there is no recurrence.

3. Natural Hormones for Puberty: During puberty, and preferably just before that time starts, it would be wise to have the pre-teen boy and girl take a



cup or more of red raspberry leaf tea and/or (especially important) blessed (holy) thistle tea each day--six days each week. This tea will assist in supplying natural hormone and estrogen materials to the system. Puberty is also much easier to go through if the tonsils are still intact.

4. Chickweed Ointment: This is made of chickweed herb and bees wax and oils. Excellent for eczema and/or other skin infections, sores, burning, itchy skin or genitals, swollen testes, acne, hives, also for ulceration of mouth and throat. This is a wonderful healing ointment.

5. Blood Purifying: If we are just beginning a cleansing and healing program, we experience problems. Very common is acne, which is most often a manifestation of an unclean bloodstream. Red clover tea is an excellent blood-cleanser, with a very mild taste. Burdock root tea works fast and well to cleanse the bloodstream. Carrot juice, very pleasant to the taste, cleanses and builds good cell structure. Many families drink green drink, consisting of fresh greens, such as comfrey, parsley, mint, lambs quarters, marshmallow (that is, common mallow), your dandelion and other local greens, blended into a base of pineapple juice in a blender. At first you may wish to strain out the pulp, but it is good for you too, and soon you should become accustomed to it. Some people make a green drink by simply blending the wildings into water, straining out the pulp and sweetening a bit with pure maple syrup or honey. This green drink supplies vitamins, minerals, enzymes,

and healing factors in a fresh, assimilable form.

6. Soap and Astringents: If you want to treat your acne externally, be aware that it's not an external problem. I would recommend very sparing use of soaps, which is contrary to most advice on acne. Soap removes the protective oil from the skin and upsets the acid-alkaline balance. Only use soap if your skin is really dirty; otherwise, wash with water. Instead of using thick makeup, which must be soaped off, let your natural healthy glow illuminate your skin. There are mineral-based blush powders which have no chemicals in them; they can be used as blush and as eyeshadow; just make sure when you purchase them that they really have no chemicals, as some cosmetic companies are mimicking the idea but including additives.

Some people recommend astringents to control large pores on oily skin. First of all, your skin won't produce excess oil if you follow the mucusless diet. Although you will be taking adequate oils in your diet, they are in a form assimilable by the body. Probably the worst "junk food" anyone can take is hydrogenated oil--margarine, hydrogenated peanut butter, shortening. These oils have undergone a chemical change, which makes their structures unusable by the body. They clog up the digestive tract and bloodstream and cause many problems, including that oily skin that troubles you! Eliminate them from your diet, replacing them with natural oils (olive, safflower, almond, sesame--there are many choices). You'll see a real difference in just about a week.



As for the large pores, astringents only help for a little while, as they fill the pores with moisture, seeming to close them. But after a short time, the pores return to their normal size. A good diet, plenty of steam-distilled water, exercise, and the consistent use of the blood cleansing herbs mentioned above, will help tighten those pores. In the meantime (and perhaps just for fun) you can make some astringent lotions to apply to your face. Rub some strawberries on your skin and splash them away with water! Squeeze the juice from a cucumber and do the same. Tomatoes, raspberries, and zucchini all gently tone the skin. You can make a "green drink" for the complexion, blending comfrey, fennel, geranium, lavender, marigold, nettles, peppermint, sage or yarrow (any one or combination of these) with pineapple juice to make a thick, thick mush. Put them on the face, containing them with a piece of gauze if necessary, and lie down for a half-hour or so. Rinse off and notice a glowing skin.

Good old-fashioned witch hazel (the distilled herb preserved with some alcohol), which you can still purchase at most pharmacies, is known for its skin-toning abilities. You can combine it with fresh or bottled (unsweetened) apple juice, adding a little rubbing alcohol to preserve. This fresh-smelling astringent is cheap enough for everyday use, but nice enough to bottle in a small container and give as a gift.

7. Aloe Vera: This penetrates the skin quickly and deeply. This allows water and other moisturizers to sink deeply into the skin, restoring lost fluids and

replacing the fatty layer. It permits the uronic acids, which strip toxic materials of their harmful effects, to penetrate deeply and allows the cleansing astringent qualities of the gel to work better. By increasing the circulation of the blood to an area, Aloe Vera sloughs off dead cells and fosters the growth of new ones. This helps foster the regeneration of scarred or blemished skin tissue and provides a protective coating on the skin to prevent the growth of harmful bacteria. This antiseptic action also stops skin infections (acne) in oil-clogged pores. It heals blemishes with little or no scarring. This accounts for the multitude of cosmetic preparations these days contain Aloe Vera.

8. Liniment of Peppermint: This was used in the past to reduce varicose veins, and clear up acne, boils, abscesses and eczema. To do so, heat 1 pint of pure olive oil, and add to it 1 dram (teaspoonful) of oil of Peppermint, 1 dram, menthol crystals, and 1 dram of flowers of camphor. Mix in a warm jar or bottle, shaking until dissolved. Let stand until cool, then keep in a cool place.

9. Bowel and Blood Purifiers: We need to know the source of our problems. Perhaps our toxic condition begins with a poorly functioning bowel, which should be taken care of with a Bowel Formula. But suppose a person has a case of boils or acne. The Red Clover combination should be used about three times a day, six days a week for six weeks. Then you can switch to another blood purifier such as burdock or chaparral or Brigham tea.



Then switch back to the Red Clover combination.

10. Watercress: This like other plants which have a pungent taste, is celebrated as a blood purifier and has been used in the springtime to eliminate the toxins accumulated in the winter. It increases the appetite, frees up the bowels and causes a freer flow of urine. It is strongly alkaline and therefore treats acidity of the blood and relieves symptoms related to over acidity. It is said to help clear up acne as it cleanses the blood and relieves arthritis and rheumatism.

11. Blood Purifiers: There are various combinations recommended for blood purifiers. You can make the simple infusion, allowing steeping for thirty minutes, or you can combine with equal parts of red clover tops, Brigham tea, burdock and figwort, making 2 quarts of tea and reducing it down to one quart. Combine yellow dock burdock, sarsaparilla and Echinacea for an excellent blood cleanser, particularly good in treating post-adolescent skin acne or eruptions related to the menstrual cycle. It will help clear up eruptions on oily skin of the neck and back.

12. Fruits and Vegetables for Acne: Carrot & spinach, celery & watercress, grapefruit juices are all useful to combat acne.

13. Unwholesome Foods: Acne, a prevalent problem among teen-aged boys would not be possible in our society if our foods were wholesome. A most sad and disgusting sight is the pus-filled pimples due to inner toxicity --

- wastes trying desperately to escape through the face. This condition often turns a gentle face in the blossom of youth into a waste dump of pimples, pus and subsequent pock marks which can be prevented. The tons of acne medications and prescriptions sold annually act only on the effect of the harmful food, and not the cause of the disease, malnutrition. The traditional teenage meal, a grease burger, french fries and a milk shake or cola simply does not provide enough nourishment for anyone, let alone a boy going through puberty to adulthood. Our highly processed foods are devoid of hormones found in fresh fruits, vegetables, grains, nuts and seeds. Blessed thistle tea given to the unfortunate souls three times a day along with a change in diet to the wholesome, mucusless foods will supply necessary hormones for growth and maturity. The big task here will be to reeducate the taste buds of these boys so they can appreciate real food.

14. Cabbage: Apply a lotion of freshly prepared cabbage juice preceded, if desired, by the application of leaves. The eating of cabbage leaves or juice is also helpful.



15. Lemon Juice: Skin problems such as acne... will often respond to a treatment of lemon juice. For



Remedies - Acne

blackheads rub lemon juice over them each night.

16. Black Walnut: Externally, Black Walnut is nearly a miracle worker in cases of ...acne, dandruff, boils, itch, shingles, and ringworm--we could go on, but you can see that you can use Black Walnut whenever a skin disorder appears! The tincture is an excellent first-aid remedy for wounds.

17. Licorice root (*Glycyrrhiza glabra*); Sassafras bark, Oregon grape, Saw Palmetto

Vitamins-Minerals

Vitamin C, E, Carotene, Zinc, Bromelain, Curcumin, Trypsin, Serratiopeptidase, Pancreatin, Papain, Colloidal silver, Bioflavonoids, Rutin, Amino-acids, Flax oil, Hemp oil

Other Sources

Careful fasting, diet, regular fast walks, facial steam treatments, Tea-Tree Oil for cleaning and disinfecting the skin and sauna.

Notes

All of the herbs mentioned above are effective. Licorice root, Sassafras, and Saw Palmetto are a good combination. Herbal remedies must go hand in hand with a change in diet. Saturated fats should be replaced with fats from Flax, Olive, Sesame and similar Oils. Make sure enough fiber is added; if not add Psyllium husks or Flax seeds.

Avoid: Chocolates, nuts, greasy fast food, milk (unless skimmed), and similar foods. Washing the face and other affected areas with soap and warm water will drain some oil and help in milder cases. Regular timed exposure to sunlight may also help.



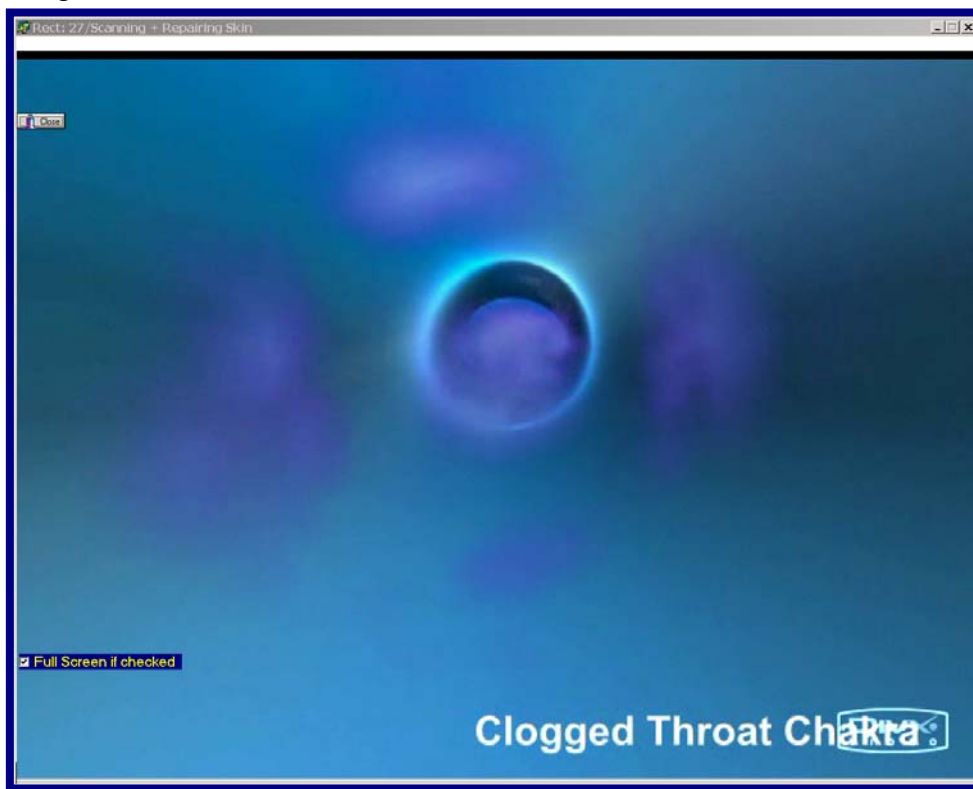


Acquired Immune Deficiency Syndrome

Note: The below listed matrix numbers can be loaded throughout the program in the Piggy Back sections!

SCIO BODY VIEWER

- Program Start/Load Individual Movie Program (Start INFO Exchange)
- Program Start/Treat Disease Path of all Old Trauma



- Organ Systems/Immune System/Thymus
- Organ Systems/Lymphatics/Lymph
- Misc/Homeopathic Extras:
 - Nosodes: 5462 5301 7758 (Double space between the numbers.)
 - Isodes: 7626 8706 660 921 7630 611 7629 726 8232
 - Activate (You may have to scroll down to see this button.)/Close the Homeopathic Panel.
- Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Body Viewer program to run in the background simultaneously as your other therapies are running.

DISEASE DICTIONARY

Test/Disease Probability and Dictionary/Disease Dictionary/Scroll down to "ACQUIRED IMMUNE DEFICIENCY SYNDROME"/Electroacupuncture + BioResonance on

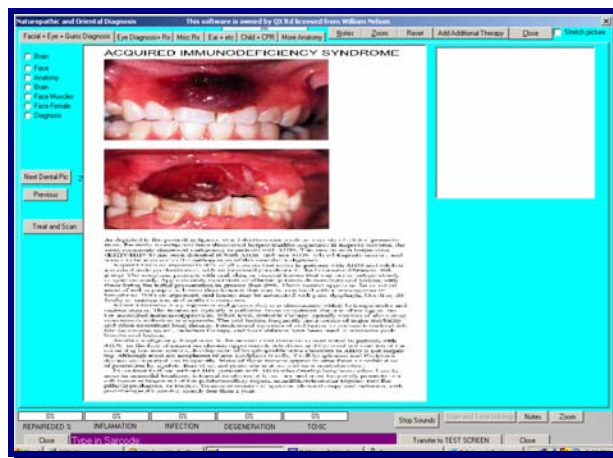


Protocol - AIDS

Right/OK-Reveal Text/Quick Calibrate Patient's Reactivity/Quick Test Patient BioResonance (If this button is missing, go up to the Therapy and you will find it there.)/Long Term Therapy Active/If Checked Mute Dictionary Music/Auto Treat/Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Disease Dictionary module to run in the background simultaneously as your other therapies are running.

SHORT SARCODES

- Test/Programs/Short Sarcode Rx/Add Additional Therapy/Load/Close/Facial+Eye+Gums Diagnosis/Click on Next Dental Picture until you see ACQUIRED IMMUNE DEFICIENCY SYNDROME/Treat and Scan
- Test/Programs/Short Sarcode Rx/Add Additional Therapy/Load/Close/Ear+Etc/Lymph, Liver, Spleen/Double click on picture to treat



SEARCH

From the Test Matrix Panel/type "HIV" or "AIDS" in the white box labeled Search for Item:/Click on Search/Click on the items individually and click Treat.

ZAP

- ❖ Test/Auto Focus Zap/Auto Zap AIDS Virus
- ❖ Test/Auto Focus Zap/Auto Zap Auto Aggressive Dysfunction
- ❖ Test/Auto Focus Zap/Auto Zap Infection General – All Top Pathogens (12 min)
- ❖ Test/Auto Focus Zap/Auto Zap Infection Emphasis – Top Virus (5 min)
- ❖ Test/Auto Focus Zap/Auto Zap Infection Emphasis – Top Worms (5 min)
- ❖ Test/Auto Focus Zap/Auto Zap Infection Emphasis – Top Bacteria (5 min)
- ❖ Test/Auto Focus Zap/Auto Zap Infection Emphasis – Top Fungus (5 min)



ORIGINAL SARCODES

Test/Programs/Spinal/Original Sarcode Results/Double click on and correct Thymus and Bone Marrow to correct

TIMED THERAPIES

Test/Programs/Spinal/Timed Therapies/Work on the following one at a time: Immune Stim, Congested Lymph Stim, Sluggish Liver Stim/Start until rectified is over 85

BIOFEEDBACK

Test/Programs/Biofeedback/Misc./Add Piggy Back Therapies/Load/OK/Hide
File/Organ Systems/Lymph

RIFE GENERATOR

Test/Programs/Therapy/Rife Generator (blue box, Upper Freq./Enter the following frequencies one at a time, set above timer and Start: 1.44, 1550, 1500, 249, 418, 727, 787, 880, 2489, 3100, 3175, 3475

AUTO VARHOPE

Test>Programs>Therapy>Auto VARHOPE

THERAPY

Test>Programs>Therapy>Auto Aggressive Immune Dysfunction

Also, see Page on “Immune System”



AIDS

AIDS is a chronic, life-threatening condition caused by the human immunodeficiency virus (HIV). By damaging or destroying the cells of your immune system, HIV interferes with your body's ability to effectively fight off viruses, bacteria and fungi that cause disease. This makes you more susceptible to certain types of cancers and to opportunistic infections your body would normally resist.

The virus and the infection itself are known as HIV. The term AIDS (acquired immunodeficiency syndrome) is used to mean the later stages of HIV infection. Thus, the terms HIV infection and AIDS refer to different stages of the same disease. HIV most commonly spreads by sexual contact with an infected partner. It can also spread through infected blood and shared needles or syringes contaminated with the virus. Untreated women with HIV also can pass the infection to their babies during pregnancy and delivery, and through their breast milk.

The symptoms of HIV and AIDS vary, depending on the phase of infection. When first infected with HIV, you may have no symptoms at all, although it's more common to develop a brief flu-like illness two to six weeks after becoming infected. Because the symptoms of an initial infection - which may include fever, headache, sore throat, swollen lymph glands and rash - are similar to those of other diseases, you might not realize you've been infected with HIV. Even if you don't have symptoms, you're still able to transmit the virus to

others. Once the virus enters your body, your immune system also comes under attack. The virus multiplies in your lymph nodes and slowly begins to destroy your helper T cells (CD4 lymphocytes) - the white blood cells that coordinate your entire immune system.

You may remain symptom-free for 8 or 9 years or more. But the virus continues to multiply and destroy immune cells. Tests are likely to show a sharp decline in the number of these cells in your blood.

During the last phase of HIV - which occurs approximately 10 or more years after the initial infection - more serious symptoms may begin to appear, and the infection may then meet the official definition of AIDS. By the time AIDS develops, your immune system has been severely damaged, making you susceptible to opportunistic infections.

To become infected with HIV, infected blood, semen or vaginal secretions must enter your body. You can't become infected through ordinary



contact - hugging, dancing or shaking hands - with someone who has HIV or



Condition - AIDS

AIDS. Anyone, anywhere, of any age, race, sex or sexual orientation can be infected, but you're at greatest risk if you:

- ❖ Have unprotected sex with multiple partners. You're at risk whether you're heterosexual, homosexual or bisexual. Unprotected sex means having sex without using a new latex or polyurethane condom every time.
- ❖ Have unprotected sex with someone who is HIV-positive.
- ❖ Have another sexually transmitted disease, such as syphilis, herpes, Chlamydia, gonorrhea or bacterial Vaginosis.
- ❖ Share needles during intravenous drug use.
- ❖ Is a person with hemophilia who received blood products between 1977 and April 1985 - the date standard testing for HIV began.
- ❖ Received a blood transfusion or blood products before 1985





AIDS

Symptoms

Symptoms may include:

Fatigue, fever, thrush (oral fungus indicated by white patches), loss of appetite, weight loss, swollen lymph nodes, diarrhea, enlarged liver, etc.

Nelsonian Homeopathy

Hormetics: Viral-Fuge; Fungi-Fuge; Bacteria-Fuge.

Combinations: Immunopoie.

Liquitrophics: Lipid Liquitrophic; Hemo-A Liquitrophic; Thymo Liquitrophic.

Oriental Herbs: Blood.

Supplements: Vitamin C.

Singular: Retrovirus.

Sesame seeds and Chinese cucumber.

Homeopathy

High potency of body's own blood and/or urine (which contains the virus).

Herbal Aids

Chinese Cucumber (Trichosanthes kirolowii); Maitake, Reishi, St. Johnswort, Licorice root and Aloe Vera.



Vitamins-Minerals

Vitamin C, E, B group, Zinc, Selenium, Germanium, Gluthatione, Bromelain + Curcumin, Pancreatin + Papain, Trypsin, Quercetin, DMSO, SOD, Probiotics, Bioflavonoids, DMG, Pycnogenol. Amino-acid group including: L-Arginine, L-Ornithine, L-Histidine, L-Lysine, L-Methionine, Taurine Flax oil and/or Hemp oil, Primrose oil.

Other Sources

Ozone, Spirulina and Flax oil (as supportive and neurishing building material), Injections (intra cutan) of body's own blood after the virus has been killed (only to be tried by a physician; fever is to be expected).

Garlic, Reishi, Shiitake, Maitake, Aloe vera, Licorice root, Turmeric, Ginger, Kava Kava.

General: Fresh vegetables, fruits, nuts, seeds, berries, grains.

Specific: Yams, carrots, onions, rose hips, green powder (wheat grass, barley, spirulina, kelp, etc.)

Notes

Ozone has been proven to kill bacteria, virus, and fungi in water and blood. In tests it has killed the Aids virus in the blood.



Remedies - AIDS

Chinese Cucumber is the source of CLQ223, and Anti-HIV compound that is still tested and continues to show promise.

Maitake and Reishi enhance the Immune system and promise to be at least useful. To strengthen the resistance check under Immune system.

Studies have shown that Glycyrrhizin (from Licorice) may delay or prevent the outbreak of AIDS when AIV is confirmed.

The Antiviral compound Acetylated mannose (Acemannan) from Aloe vera has shown activity against the HIV-1 virus.

Olive leaf extract has anti-viral, anti-bacterial, and anti-fungal properties.

SPV-30, an extract from the Boxwood tree (*Buxus sempervirens*), is a relative new anti-retroviral compound that increases CD4 cells. Tests show that SPV-30 inhibits reverse transcriptase enzyme.





Activating Point Probes, Tray

- ❖ Test/System Power Settings/Point Probe Activate
- ❖ Test/System Power Settings/Point Probe/Deactivate
- ❖ Test/System Power Settings/Activate Test Tray
- ❖ Test/System Power Settings/Activate All
- ❖ Test/System Power Settings/Activate Harness
- ❖ Test/System Power Settings/Activate Virtual

CYBERNETIC BIOFEEDBACK Test and Database QX ltd SCIO 2-8-2004 This software is owned by QX ltd licensed from William Nelson

Programs Information Auto Focus Zap Mode Retest Order of Remedies Treatments HELP More Research and Reports Disease Probability and Dictionary System Power settings

Current Data for: Nirvana Zarabi-Smith Null Protect: 100% Expand Name: 0% 100

No	Value	Name
2000	69	MYCOSIS FUNGOIDES Can id systemic fungus or fungal immune weakness.
2001	116	MENINGOCOCCONUM Can cause chronic tingling headaches for life until cured. @
2002	126	MULTIPLE SCLEROSIS Demyelination of nerves, sometimes auto immune.
2003	89	MASTITIS Redness in skin from excess mast cells in the blood affecting the area.
2004	65	MAMMA FIBROMATOSIS Fibrous cyst or risk in breast or muscles.
2005	53	MULTICEPS GAIGERI Tape worm, can id intestinal parasites of various kinds or sources. *
2006	88	MULTICEPS SMYTHI Tape worm, can id intestinal parasites of various kinds or sources. *
2007	96	MELANOMA Risk of skin or liver cancer producing melanin caused mostly by sun exposure.
2008	84	ECHO VIRUS Virus causing dysentery, affects liver, lung, intestines mostly. #
2009	81	MESOCOCTOIDES LINEATUS Worm, can id intestinal parasites of various kinds or sources. *
2010	67	MESOSTEPHANUS SP Worm, can id intestinal parasites of various kinds or sources. *
2011	80	MARSHALLAGIA MARSHALLI Worm, can id intestinal parasites of various kinds or sources. *
2012	76	MEMORY DISORDER Inability to remember to full potential, can id lack of oxygenation.
2013	96	MOOD SWING DISORDERS Inability to control moods and thoughts usually depression, obsession, anger.
2014	82	GEOGRAPHICAL DISEASE From geopathic stress or disease from a geographical area.
2015	73	MARFAN'S SYNDROME Hereditary condition of connective tissue in bones and ligaments.
2016	96	METASTRONGYLINAE WORM Can id intestinal parasites of various kinds or sources. *
2017	73	MULTICEPS SERIALIS Tape worm, can id intestinal parasites of various kinds or sources. *
2018	85	MALABSORPTION SYNDROME Inability to absorb nutrients, treat with digestive liquid enzymes.
2019	84	MULTICEPS MULTICEPS Tape worm, can id intestinal parasites of various kinds or sources. *
2020	67	NEURALGIA Pain from nerve problem or irritation.
2021	90	NOCARDIA Bacteria, causes Parkinsonian symptoms and disease. @
2022	89	NEPHROSIS Kidney weakness or degeneration.
2023	80	NEMATOSPIRIDES DUBIA Pin worm, can id intestinal parasites of various kinds or sources. *
2024	119	NECATOR AMERICANUS Pin worm, can id intestinal parasites of various kinds or sources. *
2025	75	NIPPOSTRONGYLUS BRASILIENSIS Brazilian worm, can id intestinal parasites of various kinds or sources.
2026	80	NEMATODIRUS SPATHIGER Pin worm, can id intestinal parasites of various kinds or sources. *
2027	109	OXYUREN WORM Can id intestinal parasites of various kinds or sources. @ *
2028	52	OVARIAN CYSTADENOMA Growth of abnormal tissue in the ovarian region aggravated by caffeine.
2029	120	OSTEOPOROSIS Weakness in bone from lack of calcium development.
2030	90	OPISTHORCHIS FELINEUS Cat worm, can id intestinal parasites of various kinds or sources. *
2031	65	OLLULANUS TRICUSPIS WORM Can id intestinal parasites of various kinds or sources. *

Hold Acute item:

Harmonic Coupling of two items:

Empty Below

Normal
Double
Max
Regulatory
Explore R
Explore R
Explore R
Click on a
Deacti
Return to m
VITAMIN
Flower Ess
BACH FLO
Combination
ENZY/MES
Imponder
Hold
Treat
Hold
Search for

Activate Point probe
Deactivate point probe
Activate Test Tray
X- Activate All
Activate Harness
Activate Virtual
Normal 3 sec mode
Scalar boost Active
X Scalar Boost Unactive
Restore Clasp Soundfs
Stop Clasp Sounds
Shield from Remote Viewing or Interference
X No Shield
Use Stop Watch Sound on Test
Zap Mode 3 min. mode

OXC! For the World of Medicine
Exercise Cardiovascula

Start BlackBox-CardsToAdd - ... consciousness 11:29 AM



Acupuncture Panel

Test/Programs/Acupuncture Picture Access/Choose Point/Test+Treat
(To view specific acupuncture points to treat, view specific pages on each disease and use the specified acupuncture points.)

Test/Programs/Acupuncture Picture Access/Enter Concern/Test+Treat

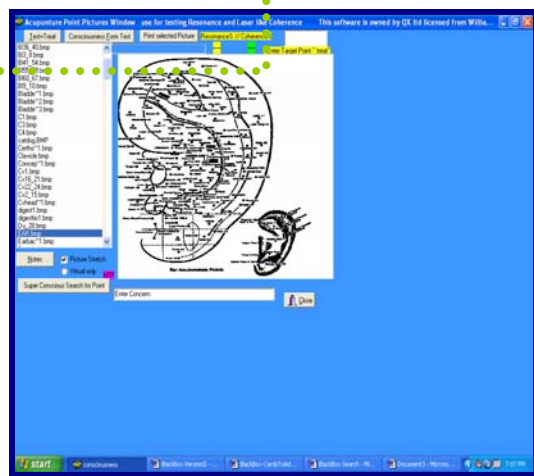
Test/Programs/Acupuncture Picture Access/Superconscious Search for Point/Test+Treat

Test/Programs/Acupuncture Picture Access/If you know specific points, type it in Enter Target Point in white box on top of panel/Test+Treat

Test/Programs/Acupuncture Picture Access/Consciousness Form Test/Take Acupoints from Acu Screen/Start

In the Acupuncture panel Test + Treat until Resonance is 100.

I find the Acupuncture program to be extremely effective!



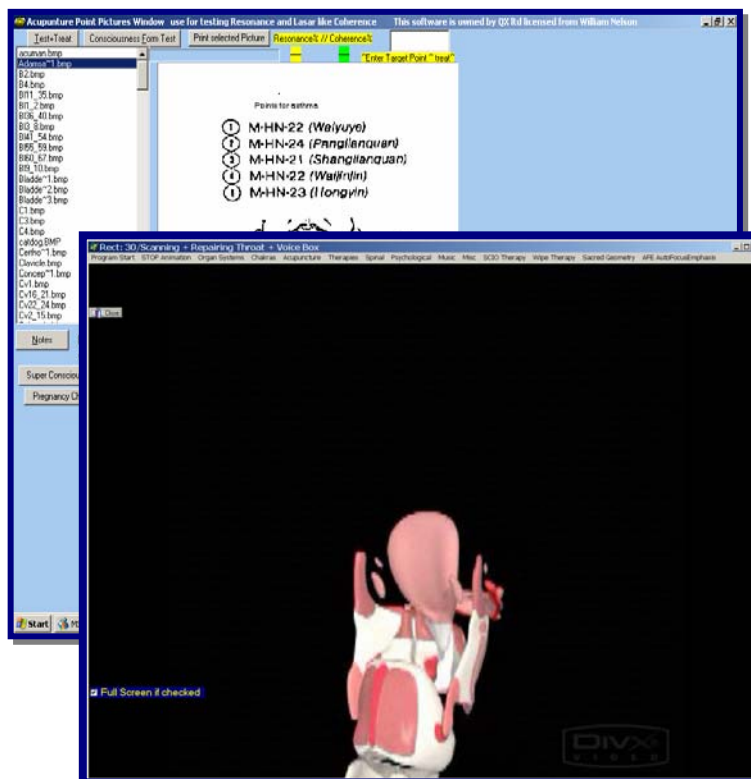


Adams Apple

Note: The below listed matrix numbers can be loaded throughout the program in the Piggy Back sections!

SCIO BODY VIEWER

- Program Start/Load Individual Movie Program (Start INFO Exchange)
- Program Start/Treat Disease Path of all Old Trauma
- Organ Systems/Throat + Voice
- Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Body Viewer program to run in the background simultaneously as your other therapies are running.



ACUPUNCTURE

Test/Programs/Acupuncture
Pictures Access/Choose
Point/Test+Treat:

POINTS

Adamsa-1=Adams Apple

PATIENT SUPERCONSCIOUS REDUCTION

Test/Treatments/Patient
Superconscious Reduction
Panel/Disease of Concern:
Adams Apple/Start
Superconscious Link/Close red
VARHOPE panel/Double click
on all above items in red to
begin treatment

Adam's Apple

When adolescents hit puberty, their bodies and minds go through tons of changes. Almost every part gets in on the growing action, including the larynx (lar-inks). The larynx is what gives you your voice. When the larynx grows larger during puberty, it sticks out at the front of the throat. This is what's called an Adam's apple. Everyone's larynx grows during puberty, but a girl's larynx doesn't grow as much as a boy's does. That's why boys have Adam's apples and girls don't. The larynx doesn't grow to its new size overnight, though. If you've ever heard a teenage boy's voice sound squeaky, you've



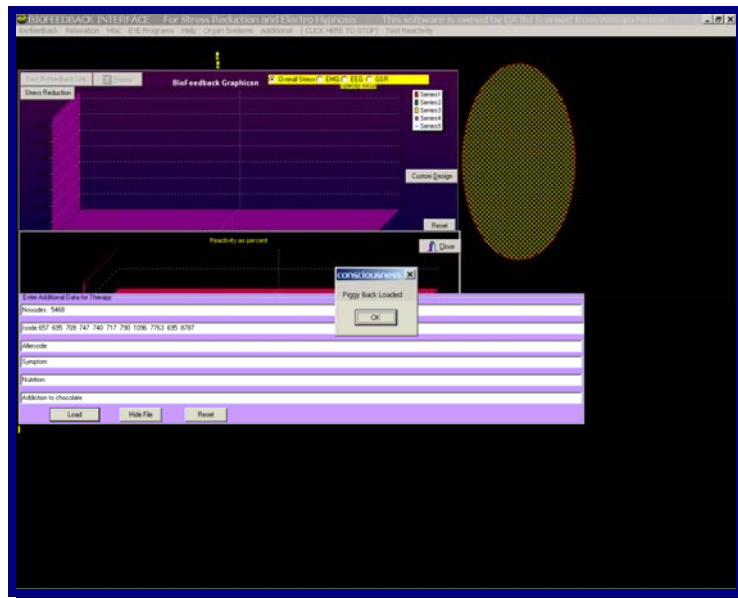
heard a larynx trying to get adjusted to its new size!

But why is it called an Adam's apple? If you think it's called that after the story of the Garden of Eden where Adam ate a piece of the forbidden fruit that got stuck in his throat, you're right. An Adam's apple sometimes looks like a small, rounded apple just under the skin in the front of the throat.



Addiction

Note: The below listed matrix numbers can be loaded throughout the program in the Piggy Back sections!



SCIO BODY VIEWER

- Program Start/Load Individual Movie Program (Start INFO Exchange)
- Program Start/Treat Disease Path of all Old Trauma
- Psychological/Addiction Therapy Auditory
- SCIO Therapy/Aura Cleanse
- Misc/Homeopathic Extras:
 - Nosodes: 5468
 - Isodes: 657 695 709 747 740 717 790 1096 7763 695 8787
(Double space between the numbers.)
 - Misc.: Describe the type of addiction.
 - Activate (You may have to scroll down to see this button.)/Close the Homeopathic Panel.
- Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Body Viewer program to run in the background simultaneously as your other therapies are running.

DISEASE DICTIONARY

Test/Disease Probability and Dictionary/Disease Dictionary/Scroll down to "ADDICTION"/Electroacupuncture + BioResonance on Right/OK-Reveal Text/Quick Calibrate Patient's Reactivity/Quick Test Patient BioResonance (If this button is missing, go up to the Therapy and you will find it there.)/Long Term Therapy Active/If



Protocol - Addiction

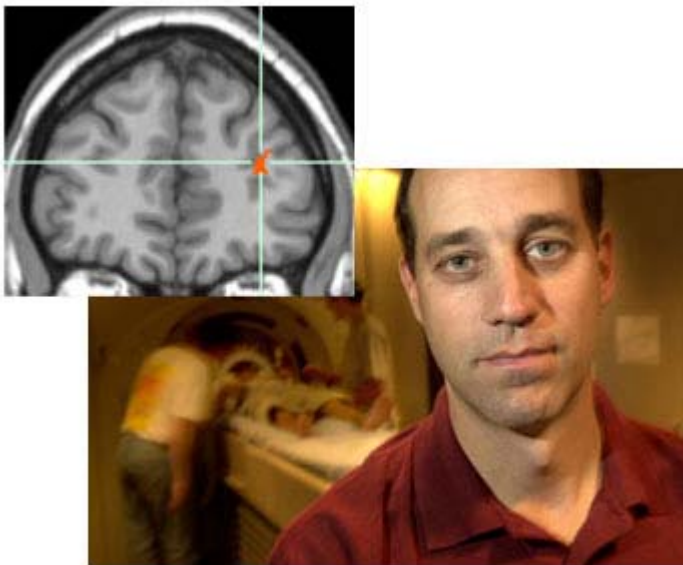
Checked Mute Dictionary Music/Auto Treat/Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Disease Dictionary module to run in the background simultaneously as your other therapies are running.

INDIVIDUAL NLP

Test/Programs/NLP/Individual NLP/Addiction/Start NLP Interface

NLP

Test/Programs/NLP/Therapies/Addiction Release



NLP

Test/Programs/NLP/Multi Media/Addiction Release and Relaxation Training Video

SEARCH

From the Test Matrix Panel/type "Addiction" in the white box labeled Search for Item:/Click on Search/Either click on the items individually and click Treat to Zap the item or go up to the Auto Focus Zap menu/Choose Auto Zap from filter for 5 minutes.

BIOFEEDBACK

Test/Programs/Biofeedback/Misc./Add Piggy Back Therapies/Load/OK/Hide
File/Biofeedback/Addiction Release Therapy

ACUPUNCTURE

Test/Programs/Acupuncture Pictures Access/Choose Point/Test+Treat:
POINT
Exb-2=Addiction



Protocol - Addiction

ELECTROHYPNOSIS

Test/Programs/Enter a suggestion in the top white box (ie: I do not like cigarettes)/Super Clear Subspace Therapy/Activate 7 min. Electro Hypnosis, Load Suggestion, extend time

ALLERGY RX

Test/Programs/Therapy/Auto Meridian-Allergy/Allergy RX/Place the addictive item on the metal test tray (ie: cigarette)/Fill in top 3 white boxes (Enter all known allergies, Enter body areas affected & all allergic symptoms)/Invert Allergen from Test Tray/Extend time of therapy to 20 minutes/Start Desensitization



Addiction



In this land of plenty, a conservative estimate calls 4 out of 10 Americans "addicts." Abused substances include sugar, caffeine, alcohol, nicotine, prescription drugs and street drugs including pot. Addiction can serve us well once we recognize that substance abuse is a way to obscure honest, peaceful, self-discovery. Using, of any addictive substance, gives us the temporary illusion of control, excitement and perfection. In recovery we discover, often to our great relief, that we're not perfect, that we need intimacy, and that integrity is more appealing than denial. The addict is self-obsessed; living for the next "fix." The addict is crisis oriented; using panic as a way of feeling alive while avoiding meaningful contact with others. In recovery we let go of our need to control in favor of serenity and clarity.

Scientists from different schools of thought have attempted to explain addiction. Some say the culprit is a genetic lack of the feel-good, sleep-inducing neurotransmitter serotonin.

Others say early brain cell damage begets lack of feedback inhibition for normal cravings, driving them out of balance. For example, non-addictive persons who eat some sugar will be satisfied (in terms of simple carbohydrates) for several hours. The addictive person, by contrast, will crave even more sugar after consuming a moderate serving. This may be due, in addicts, to a lack of endorphin stimulation when a healthy physiologic craving is satisfied. Other researchers and physicians contend that addiction is largely a response to depression. Addiction is major problem in this country, whatever the cause. Sugar addiction is perhaps the most insidious because the substance is so cheap, so available and so universally regarded as a "treat."

Addiction spells confusion. For example, street drugs are "bad" while prescription drugs are "good" despite the statistics which show that in any recent year death due to complications from prescription drug overdose is 50 times more likely than death from street drugs. Nevertheless, IV "recreational" drug addicts are the long-term reservoir for AIDS and the vast proportion of criminal activity among teenagers is due to the cocaine trade. Caffeine and alcohol and nicotine are socially condoned although they contribute to a substantial percentage of hospitalizations in the U.S.

If you ingest white sugar daily, or drink alcohol daily or have an immediate family member who is alcoholic, or feel depressed frequently you may have a



Condition - Addiction

problem with addiction without realizing it. Please take a good look; the crucial initiation of breaking free from addiction is recognizing the substance abuse and seeking help to maintain the commitment to quit.

Addiction results from a multifactor network of choices; the treatment approach must address not only the physical, but the mental and emotional (spiritual) as well. One reason the 12-Step programs (Alcoholics Anonymous, Narcotics Anonymous, Overeaters Anonymous, Spenders Anonymous, Adult Children of Alcoholics, etc.) are so successful is that they are free of charge and thus require only the commitment of the participant for attendance. Sometimes people need stronger measures to kick their habit at the beginning. But quitting per se is not so difficult; the trick is staying quit. Many addicts have incurred so many physical and mental changes that they need to get their fix merely to sustain homeostasis. In other words withdrawal can be very rough. And the better prepared we are for withdrawal, whether it be from inhaled crack or chocolate, the better we will be able to handle the rocky road back to recovery.

The basic parameters for recovery are the same as for any rehabilitation; good high fiber, high fresh veggie, plenty of pure water diet; regular adequate sleep; daily exercise; heartfelt participation in-group activities. Don't isolate yourself. The more people know you're trying to quit, the more help will be spontaneously offered, and the more comfortable you'll be with asking for help and taking baby-steps towards your new reality.

The cornerstone towards my own recovery has wanted to hear that small and enormously personal inner voice that would get drowned in the substances night after night. Breaking free of addictive habits is a blessed opportunity to engage in the ultimate purpose of life -- to know Thyself. Meanwhile, there are a few natural support mechanisms that may help.



1. Good old Vitamin C, preferably the powdered form (1/4 tsp = 1 gram). Take up to 12 grams daily. Vitamin C is the single most potent free radical scavenger and will help cleanse and oxygenate the tissues. It will also help to keep the bowels moving; a very important component of getting clean and sober.
2. The amino acid Glutamine is a so-called amino radical, useful in detox, as well as acting as an excitatory neurotransmitter. Glutamine, 1 gram 4-6 times daily between meals on an empty stomach, will stimulate the body's natural opiates, the endorphins and enkephalins, to help us through the cravings.
3. Essential fatty acids (preferably Flax oil, cold, raw, 1 tablespoon daily) in combination with the sulfur proteins (foods with cysteine or methionine, such as yoghurt, eggs, codfish, sesame paste, garlic and onions) will render fat



soluble toxins water soluble, allowing all the toxic wastes, which are preferentially stored in the body's fat cells, to be flushed out via the kidneys and sweat glands.

4. Anything to enhance perspiration; rigorous exercise, Turkish wet steam, or Finnish style dry heat sauna. Make sure to scrub down with a high-fat soap (such as Neutrogena) after sweating, to emulsify the fatty secretions and prevent their re-absorption.

5. Liquid aqueous chromium drops are extremely helpful in reducing sugar cravings. This is because the trivalent mineral chromium is the central molecule in the Glucose Tolerance Factor, which allows insulin to deliver glucose from the blood stream into the cells. Without chromium, the insulin cannot do its job and sugar will build up in high levels in the blood, then flood precipitously into the cells causing the dramatic rollercoaster ride of "sugar blues."

6. There are a number of natural substances to help with sleep and depression, including the amino acids tyrosine, phenylalanine, tryptophan (the precursor to serotonin) and the vitamin niacinamide. From the botanical pharmacy we have Valerian, Scutellaria (Skullcap), Passiflora (Passion lower), Chamomile and many others.

7. Many people are help enormously by acupuncture, especially for getting off nicotine and street drugs.

Acupuncture detox clinics using a simple "5 needle protocol" in specific acupoints (Spirit Gate, Lung, Liver, Kidney and Parasympathetic) in both ears are so successful that state governments have become involved. Seattle King County medical insurance will now reimburse for acupuncture treatments for addicts. In Oregon, heroin addicts MUST try acupuncture before getting methadone.

Whether you go the route of stimulate the natural endorphins or 12-step meetings, the bottom line is commitment to self. Cold turkey off anything is usually the least painful in the long run -- but please prepare yourself. Prepare for the demons who will emerge. Prepare to negotiate with them and bring them around to your best interest. Set a date; tell your friends; locate support groups in your area; stock up the pantry with fresh healthy snacks; invest in a consultation or two with your local holistic health practitioner to get some high quality supplements. Ask your doctor or therapist to help guide you through a visualization of a shiny clean new you. No one is pretending it's easy; but it's certainly worth it.



For many, negative thinking is a habit, which over time, becomes an addiction... A lot of people suffer from this disease because negative thinking is addictive to each of the Big Three -- the mind, the body, and the emotions. If one doesn't get you, the others are waiting in the wings.

--Peter McWilliams



Adding Items to the Test Matrix

- Test Matrix/Treatments/Add Remedy to Test Matrix/In the lower white box, enter the name of the item you would like to add to the Test Matrix and place the item on the metal Test Plate/Take Pattern From Test Tray/You may have to repeat this process if you see "Please Repeat Process". Note that this button is now grayed out. To activate it, click with your cursor once in the white box where you entered the substance name and once again click on Please Repeat Process/Repeat this step. This button may also say "Take Pattern from Test Tray", If so, click on it again. /Once you see "Tri Vector Energy Stored", you will be ready to process to the next step.
- Add Item to Matrix/Click on one of the "Empty" boxes/Edit Name/Name your product/OK/Save Name/Close/Close

The screenshot shows the CYBERNETIC BIOFEEDBACK software interface. On the left is a list of items with columns for No., Value, and Name. The central area displays a dialog box for adding items to the matrix. The dialog box has a green background and contains the following text:

Use this therapy to alert a patient to a substance that was not reacted to but should have been reacted to. Many patients are sick because they do not react properly. This therapy can correct improper reactions in a patient.

Correction:

Type in 'Invert' for EPR reversal
Click on item to correct or type in name of item that appears in our matrix (1st 5 letters will do)

Start Correction

Enter Name of item on tray>> Mood Tonic

Tri Vector Energy stored

Activate Test Tray
Activate Harness
Activate Subspace
Activate All

Add Item to Matrix

Duplicate to tray Invert From Test Tray Invert from Matrix
Duplicate to all Amplify from Test Tray Amplify from Matrix

-----^ Stimulation of Reactivity / Energetic Activation v-----

To enter an item into the matrix, first type in the name and then Use the Take Pattern button. Then the Add Item button, go to the add to Matrix, type item exactly as in the first edit and be sure to save the name. After installing all items, run Virtual Tests

At the bottom right, there is a logo for OXCI For the World of Medicine.



Addison's Disease

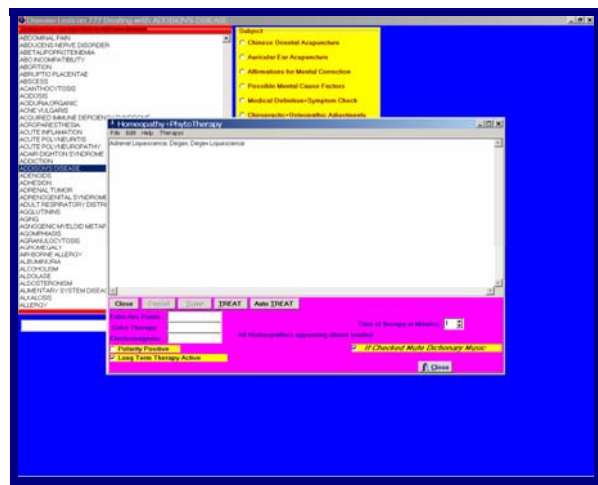
Note: The below listed matrix numbers can be loaded throughout the program in the Piggy Back sections!

SCIO BODY VIEWER

- Program Start/Load Individual Movie Program (Start INFO Exchange)
- Program Start/Treat Disease Path of all Old Trauma
- Organ Systems/Endocrine/Adrenal
- Acupuncture/Hormonal
- Misc/Homeopathic Extras:
 - Nosodes: 1768 5469 (Double space between the numbers.)
 - Isodes: 3039
 - Misc.: Addison's Disease
 - Activate (You may have to scroll down to see this button.)/Close the Homeopathic Panel.
- Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Body Viewer program to run in the background simultaneously as your other therapies are running.

DISEASE DICTIONARY

Test/Disease Probability and Dictionary/Disease Dictionary/Scroll down to "ADDISON'S DISEASE"/Electroacupuncture + BioResonance on Right/OK-Reveal Text/Quick Calibrate Patient's Reactivity/Quick Test Patient BioResonance (If this button is missing, go up to the Therapy and you will find it there.)/Long Term Therapy Active/If Checked Mute Dictionary Music/Auto Treat/Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Disease Dictionary module to run in the background simultaneously as your other therapies are running.





Protocol - Addison's

SEARCH

From the Test Matrix Panel/type "Addison's Disease" in the white box labeled Search for Item:/Click on Search/Either click on the items individually and click Treat to Zap the item or go up to the Auto Focus Zap menu/Choose Auto Zap from filter for 5 minutes.



HOLD TRAY

Test Matrix/In yellow or pink "Hold" tray type Addison's Disease/Test Item in Hold Tray above/Double click on the items, which appear in yellow below the hold tray to treat.

PATIENT SUPERCONSCIOUS REDUCTION

Test/Treatments/Patient Superconscious Reduction Panel/Disease of Concern: Addison's Disease /Start Superconscious Link/Close red VARHOPE panel/Double click on all above items in red to begin treatment

Also, see pages on Hormones, Adrenals and Stress & Cortisol.

Addison's Disease

Addison's disease is a disorder that results in your body producing insufficient amounts of certain important hormones. This disorder affects your adrenal



glands, which are located just above each of your two kidneys. The adrenal glands are part of your endocrine system, and they produce hormones that give instructions to virtually every organ and tissue in your body.

In Addison's disease, the adrenal glands produce too little cortisol, which is one of the hormones in a group called the glucocorticoids. Sometimes, Addison's disease also involves insufficient production of aldosterone, one of the hormones called the mineralocorticoids. Addison's disease can be life threatening.

The disorder, also called adrenal insufficiency or hypocortisolism, can occur at any age, including infancy, and is equally likely among males and females. It's rare, affecting only about one in 100,000 people. Treatment involves taking hormones to replace the insufficient amount being made by the adrenal glands.

Signs and symptoms of Addison's disease usually develop slowly, often over several months, and may include:

- ❖ Muscle weakness and fatigue
- ❖ Weight loss and decreased appetite
- ❖ Darkening of your skin (hyperpigmentation)
- ❖ Low blood pressure, even fainting
- ❖ Salt craving
- ❖ Low blood sugar (hypoglycemia)
- ❖ Nausea, diarrhea or vomiting
- ❖ Irritability
- ❖ Depression

Adrenal insufficiency can also occur if your pituitary gland is diseased. The pituitary gland makes a hormone called adrenocorticotrophic hormone (ACTH), which stimulates the adrenal cortex to produce its hormones. Inadequate production of ACTH can lead to insufficient production of hormones normally produced by your adrenal glands, even though your adrenal glands aren't damaged. Doctors call this condition secondary adrenal insufficiency.

Another more common possible cause of secondary adrenal insufficiency occurs when people who take corticosteroids for treatment of chronic conditions, such as asthma or arthritis, abruptly stop taking the corticosteroids.

If you have severe fatigue, have unintentionally lost weight, feel progressively weaker, experience abdominal pain, have fainting spells and your skin has become darker, see your doctor to determine whether Addison's disease or some other medical condition may be the cause.



Condition - Addison's

If you receive an early diagnosis of Addison's disease, treatment may involve taking prescription corticosteroids. Because your body isn't producing sufficient steroid hormones, your doctor may have you take one or more hormones to replace the

deficiency. Cortisol is replaced using hydrocortisone, prednisone or cortisone. Fludrocortisone replaces aldosterone, which controls your body's sodium and potassium needs and keeps your blood pressure normal.





ADDISON'S DISEASE

Definition

When a person's adrenal glands become so exhausted that they simply do not function anymore, the condition is called Addison's disease, which is a terminal disease.

Symptoms

It is characterized by blotchy pigment appearing suddenly on large parts of the body, intolerance to heat or cold, reduction in capacity for muscular work, weakness, inability to stand any stress or emotional excitement, whether positive or negative, sometimes nervous breakdown or even insanity, complete exhaustion, feeling that one is going to die, inability to digest food, and other similar symptoms.

In 1855, Thomas Addison described a disorder of the suprarenal capsules, or the adrenal glands. He had the dubious honor of having the disease bear his name to this day in history. Herewith shall be presented a capsulation of the symptoms of chronic adrenal deficiency according to Ivor H. Mills, M.A., Ph.D., M.D., and F.R.C.P. and one of Great Britain's experts on adrenal function:

"The adrenal in this disease suffers from destruction by tuberculosis or progressive atrophy or, very rarely, destruction by secondary carcinoma [cancer] ... most common presenting symptom is tiredness. . . "worn out" but healthy people... loss of weight ... slowly and is not usually gross . . . gastrointestinal upset is not uncommon ... severity depends upon the degree of

steroid deficiency... may have no such symptoms of gastrointestinal upset until he gets acute infection ... anorexia, vomiting and occasional diarrhea... vague abdominal pain ... steatorrhea [increase fecal fat excretion] to the extent of 30 gm. fat per day, without diarrhea...

Pigmentation is a striking feature of the client with advanced Addison's disease ... widespread on trunk, face, arms, and extends to the creases of the hands and the mucous membranes of the mouth ... tan of a previous summer did not fade during the winter ... even in Negroes. . palmar pigmentation has increased... tendency for the blood pressure to be low vascular reflex responses to the fall in pressure are impaired. The periphery (hands, nose, and ears) of such a client may be warm when the systolic pressure has fallen below 100 mm Hg whereas a person with normal adrenals would usually show peripheral constriction with a fall in arterial pressure.... Hypoglycemia... does occasionally occur... They may suffer hypoglycemic symptoms some hours after a large carbohydrate meal but usually their anorexia prevents them from consuming sufficient carbohydrate to do this...

In women of child-bearing age, some disturbance of the menstrual rhythm is occasionally seen.... loss of pubic and axillary hair is a very useful physical sign ... Impotence is rare but loss of interest in sexual activity is not uncommon ... Nocturia (night urination) is common in client with chronic adrenal



Remedies - Addison's



deficiency, because of the impairment of their handling of a water load.... mild neurotic traits to gross psychosis ... depression, schizophrenia, and hallucinations.... severe headache ... resemble/s/ Clients with raised intra cranial pressure, but the blood pressure remains low and the pulse rate does not slow An X-Ray of the chest may reveal the small heart frequently seen in chronic adrenal deficiency.... A straight X-ray of the abdomen may reveal calcification above the kidneys if the adrenals have been destroyed by tuberculosis ... sodium and chloride are low or in the lower half of the normal range.... blood urea frequently raised... a low fasting blood sugar.... Low adrenal steroid excretion... [ACTH test is usually used to confirm adrenal deficiency: if no increase of steroid hormone is noted in the urine after two to four days of intravenous administration of ACTH, then adrenal deficiency is suspected rather than other diseases such as Steatorrhoea, Crohn's disease (regional ileitis), Cirrhosis of the liver, Slat losing renal disease, Leukemia, Anorexia nervosa, and chronic thyrotoxicosis.]" (Mills, 1964, pp. 88-100)

The special requirements of pregnancy, surgery, diabetes, and hypoparathyroidism complicate

Addison's disease even more. In addition to Addison's disease there is hypopituitarism which is a deficiency of pituitary thyroid stimulating hormone, and can result in loss of pigmentation, and also in water intoxication because of the prevention of the steady drain of sodium into the urine. This may exhibit itself as confusion and disorientation, epileptic fits, hypothermia, and even coma. There is also depressed thyroid function: sensitivity to cold, slowness in mental and physical activities, loss of sexual libido, absence of menstruation in women and impotence in men.

Adrenal insufficiency Symptoms include: Fatigue, fainting, loss of appetite and weight, nausea, vomiting, abdominal pain, emotional instability, dark pigmentation around knees, elbows, knuckles, lips and gums, salt cravings, anemia, low blood pressure, low blood sugar.

Nelsonian Homeopathy

Combinations: Neo-P.

Liquitrophics: Adreno Liquitrophic; Neo Liquitrophic.

Homeopathy

Lycopodium, China, Acidum phosphoricum and Mercurius solubilis.

Herbal Aids

1. Licorice: Licorice is excellent to use in this condition, as it contains a cortisone-type substance, which will help the body restore itself to the point where it will produce its own cortisone. Its sugar-like substance does not increase the demand for insulin in the body, thus giving strength without



Remedies - Addison's

bringing on insulin shock. LaDean Griffin explains that she is certain that this works, because at a time when she thought she was making a great deal of personal progress, a sudden shock debilitated her so much that she developed Addison's Disease. She found that two capsules of Licorice each day would give her enough strength to begin healing, and to do the day's work. She needed to continue taking the herb, which is not addictive, she explained, no more than food is. You can stop taking the Licorice root without going into shock as you would if you suddenly stopped taking cortisone, she explained.

2. Licorice root (*Glycyrrhiza glabra*); Wild Yam, Kelp, Chinese Milkvetch (see *Astragalus*), Ginseng, Spirulina, Flax oil, Costus, Pockeroot, Bayberry, *Astragalus*, Slippery Elm and Yucca.

Vitamins-Minerals

Vitamin C, E, A, B-group and Potassium.

Notes

Addison's results from under active Adrenal glands. Avoid alcohol, cigarettes, coffee, animal fat, sugar and any bleached and denatured foods.

Wild Yam contains Diosgenin used in the manufacture of steroids.

Slippery Elm helps to restore the output of Cortin.

Yucca contains steroid saponins, which might be helpful in the production of Cortisone.

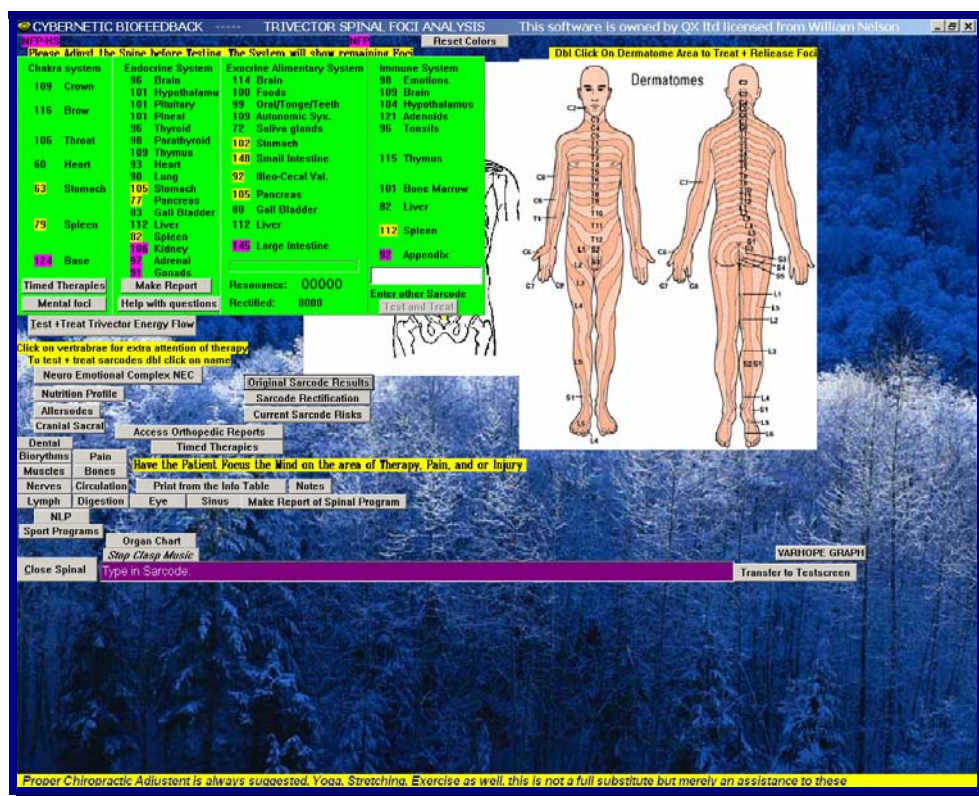
Other Sources: Raw adrenal



Adenoids

ORIGINAL SARCODES

Test/Programs/Spinal and Sarcodes/Original Sarcode Results/Double Click on Adenoids until Rectified is over 85/Organ Chart/Therapy/Therapy for bottom and top balance.



GO TO NO

Test Matrix/Type 1040 in the small white box to the left of the “Go To No”/Go To No/Treat to Zap the item

SEARCH

From the Test Matrix Panel/type “Adenoids” in the white box labeled Search for Item:/Click on Search/Either click on the items individually and click Treat to Zap the item or go up to the Auto Focus Zap menu/Choose Auto Zap from filter for 5 minutes.

RIFE GENERATOR

Test/Programs/Therapy/Rife Generator (blue box, Upper Freq./Enter the following frequencies one at a time, set above timer and Start: 1550, 802, 880, 787, 776, 727, 444, 20, 428, 660, 2720, 2170



ADENOIDS - POLYPS

Definition

Adenoiditis is inflammation of the adenoids. The adenoid is a relaxed condition of the mucous membrane, resulting in nasal or laryngeal polyps. There will be problems continually throughout life for the mouth breather, unless this condition is cleared.

Symptoms

The polyps are caused by a toxic and mucus condition in the body, so go back to the basic cause and use the mucus less diet.

Nelsonian Homeopathy

Restoratives: Sinuses.

Combinations: Naso-I; Mucouslysis.

Liquitrophics: Lympho Liquitrophic.

Herbal Aids

1. Bayberry: Snuff or blow powder up the nostrils 3-4 times daily (at first there is pain, then sneezing every 20-30 seconds and continuing for 5-10 minutes); there are copious discharges of thick, viscid and often stringy mucoid matter and the influence of the powder causes the adenoids to dry up--an adenoid being a relaxed condition of the

mucous membrane.

2. Bayberry or Oak: To shrink the swellings in the nose and throat areas, make a tea of bayberry bark or oak bark and snuffle it up the nose. Some children can be taught to "drink it up the nose," using one side at a time. It will also be helpful to drink some of this tea two or three times a day. For some, the easier way is to use an atomizer spray up the nose. Still another procedure is to put a small amount (a pinch) of the oak bark or bayberry bark powder into a plastic, flexible drinking straw, and, very carefully, blow it up the nose (only a very small amount at a time or it will plug up the nose and get into the lungs).

3. Carrots: The regular use of fresh carrot juice is a fine aid to clean up the mucous membrane and reduce the "unnatural swellings" in the body such as adenoids.

4. Figs: Contain an active ingredient called benzaldehyde which has been found to be a very effective carcinostatic agent for reducing certain kinds of tumors found in the neck, throat, and general lymphatic system particularly the adenoids.

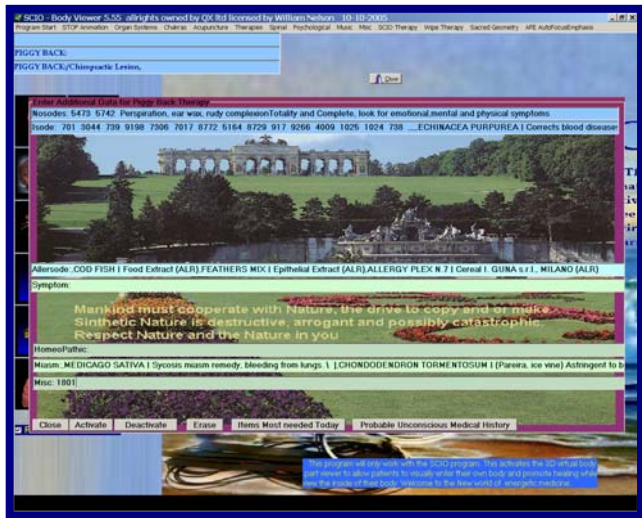


Adrenals

Note: The below listed matrix numbers can be loaded throughout the program in the Piggy Back sections!

SCIO BODY VIEWER

- Program Start/Load Individual Movie Program (Start INFO Exchange)
- Program Start/Treat Disease Path of all Old Trauma
- Organ Systems/Endocrine/Adrenal
- Therapies/Stress Release Auditory
- SCIO Therapy/Sky-/- 500-555 Hz for Adrenal
- Misc/Homeopathic Extras:
 - Nosodes: 5473 5742 (Double space between the numbers.)
 - Isodes: 701 3044 739 9198 7306 7017 8772 5164 8729 917 9266



- 4009 1025 1024 738 (Double space between the numbers.)
- Misc.: 1801
- Activate (You may have to scroll down to see this button.)/Close the Homeopathic Panel.

- Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Body Viewer program to run in the background simultaneously as your other therapies are running.

DISEASE DICTIONARY

Test/Disease Probability and Dictionary/Disease Dictionary/Scroll down to “ADRENAL TUMOR OR ADRENOGENITAL SYNDROME”/Electroacupuncture + BioResonance on Right/OK-Reveal Text/Quick Calibrate Patient’s Reactivity/Quick Test Patient BioResonance (If this button is missing, go up to the Therapy and you will find it there.)/Long Term Therapy Active/If Checked Mute Dictionary Music/Auto Treat/Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Disease Dictionary module to run in the background simultaneously as your other therapies are running.

ACUPUNCTURE

Test/Programs/Acupuncture Pictures Access/Choose Point/Test+Treat:

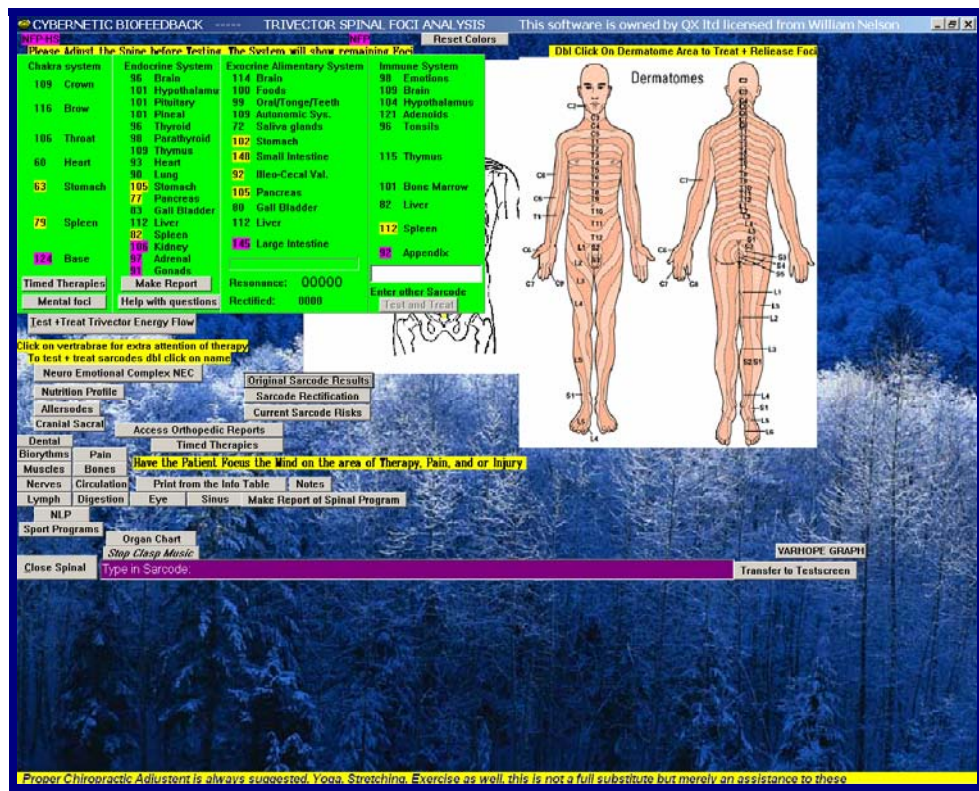
POINTS

Endocrin=The Endocrine System

Protocol - Adrenals

SARCODE

Test/Programs/Spinal/Original Sarcode Results/Double Click on Adrenal until Rectified is over 85/Organ Chart (bottom of panel)/Therapy/Therapy for bottom and top balance



TIMED THERAPIES

Test/Spinal/Timed Therapies/Adrenal Dysfunction Stim/Start

NUTRITION

Test/Programs/Nutrition and Homeopathy/ Calculate, Strike this Key First/OK/Stress and Cortisol/No (to questions)/Adrenal Balance

BIOFEEDBACK

Test/Programs/Biofeedback/Misc./Add Piggy Back Therapies/Load/OK/Hide File/Organ Systems/Adrenal Stim

RIFE GENERATOR

Test/Programs/Therapy/Rife Generator (blue box, Upper Freq./Enter the following frequencies one at a time, set above timer and Start: 10

HOMOTOXICOLOGY

(Before any detox, open the channels of elimination.)



Protocol - Adrenals

Test/Programs/Homotoxicology/Click once on the word “Adrenal” under the ENTODERMAL type/Continue Test Nosode + Isode on Specific Organ/Either Treat Top Five or click on items in yellow to begin treatment/double click on panel to close/Detox Access/Stimulate Detox

SEARCH

From the Test Matrix Panel/type “Adrenal” in the white box labeled Search for Item:/Click on Search/Either click on the items individually and click Treat to Zap the item or go up to the Auto Focus Zap menu/Choose Auto Zap from filter for 5 minutes.

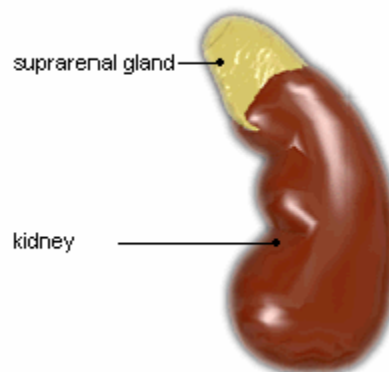
HOLD TRAY

Test Matrix/In yellow or pink “Hold” tray type the word Adrenals/Test Item in Hold Tray above/Double click on the items which appear in yellow below the hold tray to treat.

Also, see pages on Auto Meridian Therapy and Auto Frequency Therapy.

Adrenal Glands (GLANDULAE SUPRARENALES)

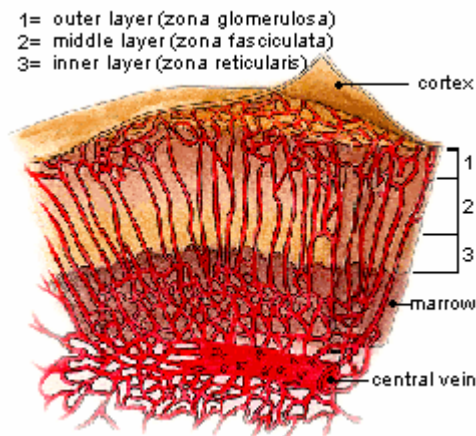
One of each of the two adrenal or suprarenal glands is situated on top of the upper end of each kidney, separated from the kidney by a small layer of fat. Looked at from the front, the left adrenal gland has a semi lunar shape while the right one is triangular. The adrenal glands weigh from 5 to 10 g (0.2 to 0.4 oz) and consist of two different types of tissue, the interior part being the adrenal medulla and the exterior part the adrenal cortex.



The adrenal medulla is composed of ganglion cells and specific medullar cells. There are different types of medullar cells responsible for the production of the hormones adrenaline and noradrenaline, which are released into the blood stream mainly by way of capillaries.

In situations of danger or stress, each hormone is capable of setting the body into a state of action, each one with a slightly different effect. Adrenaline is discharged especially in situations of psychological excitement: the activity of the heart is accelerated, blood pressure rises, blood vessels contract (facial paleness) and blood sugar rises.

The body is "ready for combat". Once the state of excitement has receded, the secretion of adrenaline is stopped. Three layers can be distinguished in the adrenal cortex:



The **outer layer** of the cortex is composed of spherical glandular complexes (*zona glomerulosa*). Here, a group of hormones, the mineral corticoids, is produced, of which the aldosterone is of special importance. It participates in the mineral metabolism, thus also regulating the salt and water balance in the body:

By increasing the absorption of sodium ions in the lower part of the renal tubules and other glands, the release of sodium ions into the urine, saliva and sweat is slowed down.

The sodium ions form salt molecules, which bind water molecules, thus influencing the salt and water balance in the organism. Hereby, the blood volume and thus, the pumping performance of the heart, increases. The secretion of aldosterone is mainly regulated by the concentration of sodium and potassium ions in the blood. Lower sodium and higher potassium contents activate the secretion of aldosterone. The balance of the aldosterone level in the blood is additionally regulated by the hormone renin, which is secreted by the kidney.

If the aldosterone content in the blood falls below the required level, the secretion of renin is increased to stimulate the secretion of aldosterone. A lack of aldosterone leads to an excessive excretion of salts and water and the blood pressure drops. In the case of overproduction, too much sodium and water is retained in the body and the blood pressure rises. In the **central layer** (*zona fasciculata*), which is the strongest of the cortex layers, the cells are arranged perpendicularly to the surface in a bar-like manner.

They form the hormone group of glucocorticoides, which play a role in the carbohydrate metabolism. One important hormone in this group is cortisol and its decomposition product cortisone. Cortisol interferes in the carbohydrate metabolism influencing, in case of increased requirement of glucose, the transformation of protein into glucose. Thus, its effect is opposite to the one of insulin. Furthermore, cortisol has an anti-inflammatory effect and also plays an important role in the immune system. The formation and release of hormones is regulated in reciprocity with the hypophysis



Anatomy - Adrenals

and the hypothalamus, whereby an unspecific resistance against stress situations can build up, i.e. an adaptation to the change caused by the stress takes place.

Near the **adrenal medulla**, the central layer dissolves into an irregular network of cellular cords forming the **inner layer** (*zona reticularis*). Both of the layers produce sexual hormones whose effect is connected with the hormones of the sexual glands (*gonads*). The main group of reproductive hormones produced by the adrenal cortex are the androgenes. They are responsible for the formation of male sexual characteristics and are present in both man and woman. In the woman, the effect of the adrogenes is superimposed by the female sexual hormones estrogen and progesterone.

In case of disorders due to overproduction, women take on a male appearance. During menopause, when the production of estrogen and progesterone recedes, male characteristics, like growth of facial hair, may emerge. The muscle-building property of androgens is applied in the controversial use of anabolic steroids (derivates of androgens). A prolonged use of anabolic steroids usually leads to physically harmful complications.



ADRENALS

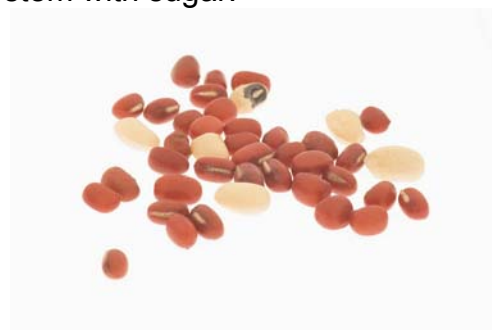
Definition

The adrenal glands, seated on top of each kidney, are part of the endocrine system, that is: the internally secreting or ductless glands which release their secretions directly into the blood stream. The adrenals, often referred to as the suprarenal, are the Creator's most intricate chemical factories. "It would take acres of chemical plants" to synthetically manufacture "the 50 odd hormones or hormone-like substances" produced by the adrenal glands. (Ratcliff, 1975, p. 69) Not only do these hormones control all the oxidation processes of the human body through the anterior pituitary body, but they regulate growth, mental balance, sexual development and maintenance, and a host of other phenomena... The adrenals, the pituitary, and the thyroid are functionally united comprising the adrenal system. THE ADRENALS ARE ABSOLUTELY ESSENTIAL TO LIFE.

Symptoms

1. Licorice & the adrenals: Most hypoglycemics have problems feeding themselves, for they crave protein and sugar, yet these substances are wearing on the adrenals, which are often exhausted in hypoglycemics. You need to feed the adrenals with licorice root and hawthorne berries, the latter being said to produce natural adrenalin. You need to take high-quality protein, as in the nuts and seeds and legumes. Sprouted sunflower seeds, sprouted almonds, and chia seeds are all high-quality sources of protein. The other seeds and nuts are good as well. You

can soak and low-heat legumes, particularly pinto beans, which are high in potassium and easily digested, for satisfying and long-lasting protein. Be sure that you eat plenty of vegetables, both raw and cooked, in preference to too many fruits, which can overload the system with sugar.



When suffering with hypoglycemia, I devised a power-packed drink, which helped every time. In a blender place a handful of soaked or sprouted almonds, a cup or two of water, a banana, some pineapple juice, a tablespoon of brewer's yeast, and a handful of chia seeds. Blend until the seeds thicken the drink. This is mild but very helpful in feeding high-vibration protein to the system.

2. Addison's Disease: When a person's adrenal glands become so exhausted that they simply do not function anymore, the condition is called Addison's disease, which is a terminal disease. It is characterized by blotchy pigment appearing suddenly on large parts of the body, intolerance to heat or cold, reduction in capacity for muscular work, weakness, inability to stand any stress or emotional excitement, whether positive or negative, sometimes nervous breakdown or even insanity, complete



Remedies - Adrenals

exhaustion, feeling that one is going to die, inability to digest food, and other similar symptoms. The synthetic cortisone is given to supply the need of the natural substance, but it produces complications, side effects and eventual disillusionment, as it will not in any way heal the adrenals.

3. Sarsaparilla also contains cortin one of the hormones secreted by the adrenal glands. The body will die almost immediately if this hormone is stopped but if there is only a small or insufficient amount the body becomes easily ill and develops nervous depression and general weakness. So many maladies are related to adrenal weakness and exhaustion, including hypoglycemia, so people should take note if they are striving to rebuild their adrenals. Sarsaparilla may be able to help.

4. Cell Deterioration: Anytime a person has cell-deterioration, be it called by whatever name medical science can come up with, melanoma, carcinoma, malignant or benign, the adrenal function must be investigated...so that if there is some dysfunction, it can be remedied through diet and herbs.

Nelsonian Homeopathy

Combinations: Gluco-H.

Liquitrophics: Adreno Liquitrophic

Supplements: Calcium; Pantothenic Acid.

Herbal Aids

1. Adrenals Formula - some contain the following: (Adrenetone) Contains mullein, lobelia, Siberian ginseng, gotu kola, hawthorne berries, cayenne, and Ginger. As this formula corrects any

imbalance in the adrenal gland it also compensates for any stress placed on the heart.

2. Licorice: The steroidal content has also brought the herb into some prominence for healing and restoring the adrenal glands. About every five hours, the adrenals need some sort of nourishment in order to continue supplying strength to the body. If a meal or some other nourishment is not forthcoming, Licorice can supply the adrenals.

3. Pancreas Formulas: Hypoglycemia and hyperglycemia involve the breakdown of the adrenal glands as well as the pancreas...As time went on, we found that some of our ailing pancreas clients, though the sugar and insulin problem was adjusted, would have problems with the pituitary, pineal or adrenal glands. We had not, at this time, taken the thought into our mind that the pancreas doesn't work alone, but is assisted by other glands. When the pancreas was healed, toxic burdens centered more, now, into the other glands. This was the time we added additional herbs to take care of these other glands--and since then they all are rejuvenated and healed together. The formula we have used for years, with success in all age groups from children to old aged client is as follows: Cedar berries sixteen parts and one part of each of the following--golden seal root, uva ursi, cayenne, licorice root and mullein.



Remedies - Adrenals

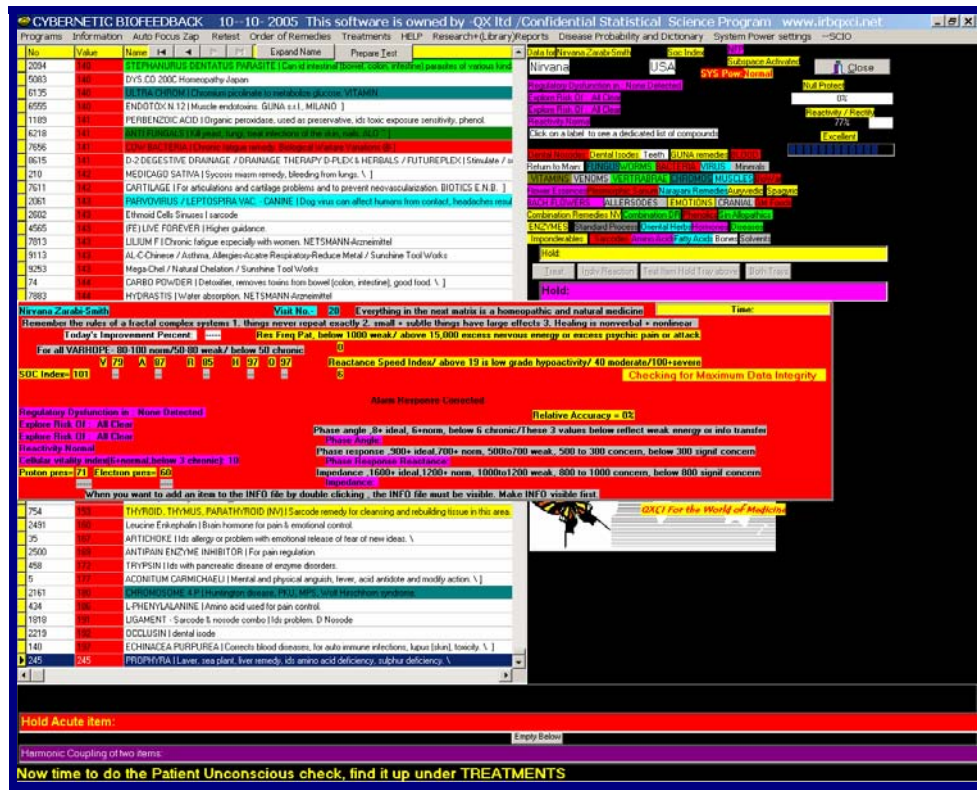
4. Adrenals Formulas - A larger and larger number of clients are suffering from this problem.



5. Juices for the Adrenals: Carrot & spinach, pineapple.



- ❖ Test/Treatments/Alarm Correction/OK/The red VARHOPE panel will appear/Read the message in the center of the panel/You may close and proceed with therapy if it states “Alarm Responses Corrected”
 - ◆ If it states No More Therapy, then please **DO NOT** do any more therapy for today. Even if it’s just 10 minutes into your session. Reschedule the session.
 - ◆ You can tell your client that “You respect their body and their body electric, and that is all that their body is able to handle for today, and therefore you will reschedule their session.”
- ❖ Double click on the words “Alarm Reaction” on any panel, which it appears on. Wait to see if alarm can be corrected. If the alarm cannot be corrected and “No More Therapy” appears, then end the session. Your client has had enough therapy for today. We urge you to not ignore this message!





Alcoholism

Note: The below listed matrix numbers can be loaded throughout the program in the Piggy Back sections!



SCIO BODY VIEWER

- Program Start/Load Individual Movie Program (Start INFO Exchange)
- Program Start/Treat Disease Path of all Old Trauma
- Psychological/Addiction Therapy Auditory
- Psychological/Depression Therapy Auditory
- Organ Systems/Digestive System/Liver
- Acupuncture/Liver
- Misc/Homeopathic Extras:
 - Nosodes: 5484 5468 (Double space between the numbers.)
 - Isodes: 717 657 703 706 790 710 9161 630 7551 695 425 8652 1096 (Double space between the numbers.)
 - Misc.: Alcoholism
 - Activate (You may have to scroll down to see this button.)/Close the Homeopathic Panel.
- Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Body Viewer program to run in the background simultaneously as your other therapies are running.

DISEASE DICTIONARY

Test/Disease Probability and Dictionary/Disease Dictionary/Scroll down to "ALCOHOLISM"/Electroacupuncture + BioResonance on Right/OK-Reveal Text/Quick Calibrate Patient's Reactivity/Quick Test Patient BioResonance (If this button is missing, go up to the Therapy and you will find it there.)/Long Term Therapy Active/If Checked Mute Dictionary Music/Auto Treat/Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Disease Dictionary module to run in the background simultaneously as your other therapies are running.

SEARCH

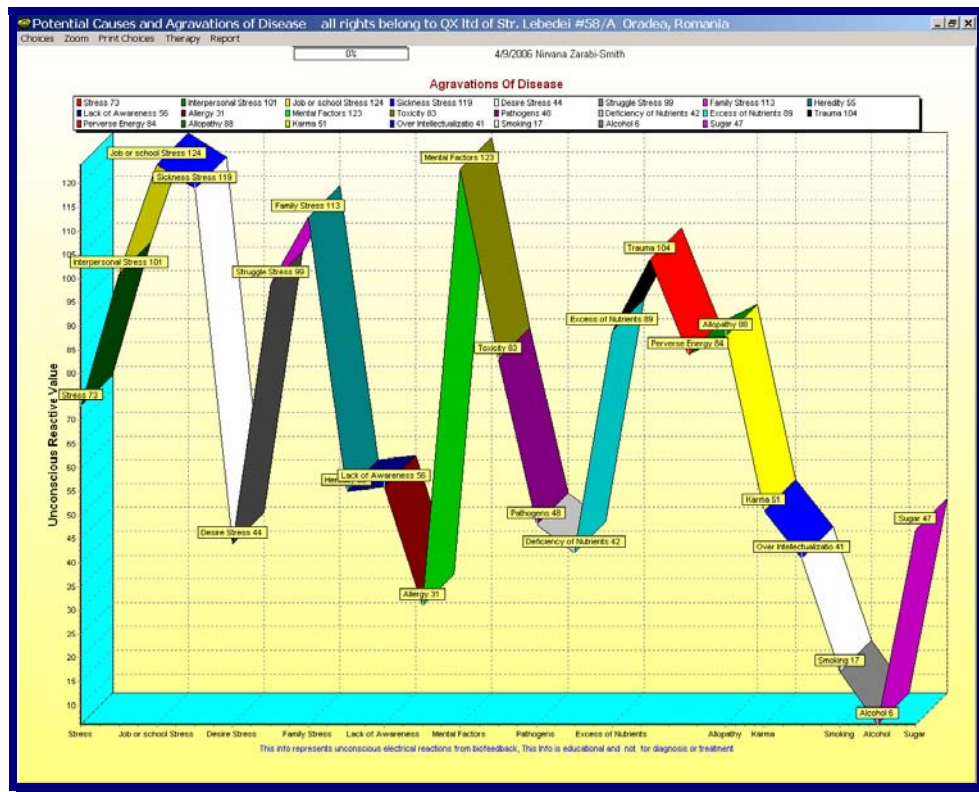
From the Test Matrix Panel/type “ALCOHOLISM” in the white box labeled Search for Item:/Click on Search/Click on the item individually and click Treat to Zap

RED HOLD TRAY

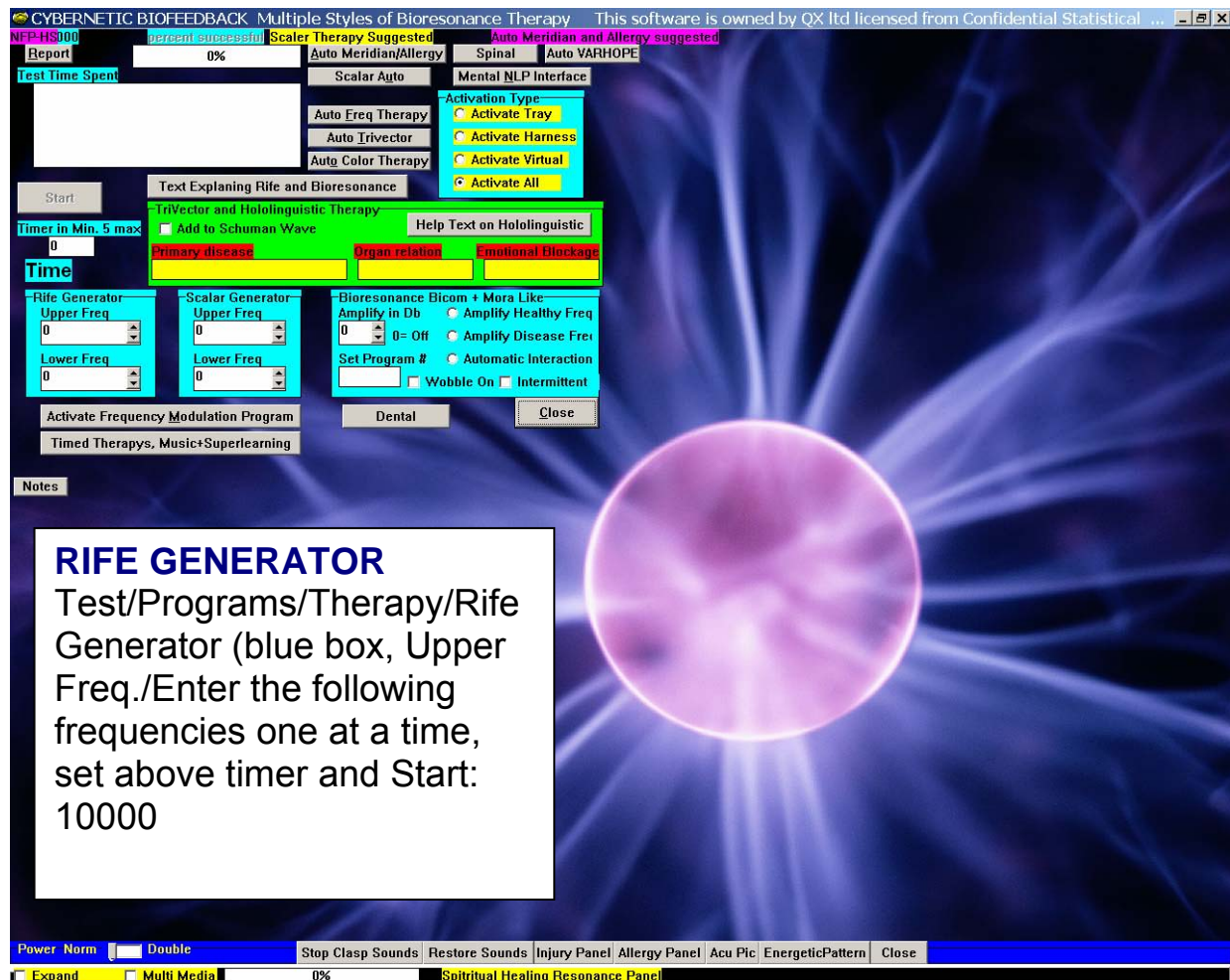
From the Test Matrix Panel/in the small white box (next to the button “GoToNo”) type the number 5484 and click GoToNo/Click and drag the word “Alcoholism” and drop it in the red hold tray in the bottom of your panel labeled “Hold Acute Item”/Check for Mental Echo/Check for Causal Echo/Check for Etheric Echo/Check for Curative Echo (Click on items in yellow to the right of the screen to treat after each “Check”)

CAUSES & AGGRAVATIONS

Test/Information/Causes and Aggravations/Choices/Aggravations/Therapy/Therapy for bottom and top balance



Protocol - Alcoholism



INVERT

Test/Treatments/Stimulate Reaction/In the upper white box type 'Invert Alcoholism'/Start Correction/Repeat until rectification is over 85.

INDIVIDUAL NLP

Test/Programs/NLP/Individual NLP/Addiction/Start NLP Interface

NLP

Test/Programs/NLP/Therapies/Addiction Release

NLP

Test/Programs/NLP/Multi Media/Addiction Release and Relaxation Training Video

SEARCH

From the Test Matrix Panel/type "Addiction" in the white box labeled Search for Item:/Click on Search/Either click on the items individually and click Treat to Zap the item or go up to the Auto Focus Zap menu/Choose Auto Zap from filter for 5 minutes.



Protocol - Alcoholism

BIOFEEDBACK

Test/Programs/Biofeedback/Misc./Add Piggy Back Therapies/Load/OK/Hide
File/Biofeedback/Addiction Release Therapy

ACUPUNCTURE

Test/Programs/Acupuncture Pictures Access/Choose Point/Test+Treat:
POINT
Exb-2=Addiction

ELECTROHYPNOSIS

Test/Programs/Enter a suggestion in the top white box (ie: I do not like
cigarettes)/Super Clear Subspace Therapy/Activate 7 min. Electro Hypnosis, Load
Suggestion, extend time

ALLERGY RX

Test/Programs/Therapy/Auto Meridian-Allergy/Allergy RX/Place the addictive item on
the metal test tray (ie: cigarette)/Fill in top 3 white boxes (Enter all known allergies,
Enter body areas affected & all allergic symptoms)/Invert Allergen from Test
Tray/Extend time of therapy to 20 minutes/Start Desensitization

Also, see page on ADDICTION.

Alcoholism

Alcoholism is a chronic, often progressive disease that can be fatal. The condition involves a preoccupation with alcohol and impaired control over alcohol intake. You may continue to abuse alcohol despite serious adverse health, personal, work-related and financial consequences. Alcoholism usually involves physical dependence on the drug alcohol, but genetic, psychological and social factors contribute to this addiction.



Alcohol addiction - physical dependence on alcohol - occurs gradually as drinking alcohol alters the balance of some chemicals in your brain, such as gamma-aminobutyric acid (GABA), which inhibits impulsiveness, and glutamate, which excites the nervous system. Alcohol also raises the levels of dopamine in the brain, which is associated with the pleasurable aspects of drinking alcohol. Excessive, long-term drinking can deplete or increase the levels of some of these chemicals, causing the body to crave alcohol to restore good feelings or to avoid negative feelings.

- ❖ Other factors can lead to excessive drinking that contributes to the addiction process. These include:
 - ❖ **Genetics.** Certain genetic factors may cause a person to be vulnerable to alcoholism or other addiction. If you have an imbalance of brain chemicals, you may be more predisposed to alcoholism.
 - ❖ **Emotional state.** High levels of stress, anxiety or emotional pain can lead some people to drink alcohol to block out the turmoil. Certain stress hormones may be associated with alcoholism.
 - ❖ **Psychological factors.** Having low-self esteem or suffering from depression may make you more likely to abuse alcohol. Having friends or a close partner who drinks regularly, but who may not abuse alcohol could lead to excessive drinking on your part. It may be difficult for you to distance yourself from these "enablers" or at least from their drinking habits.
 - ❖ **Social and cultural factors.** The glamorous way that drinking alcohol is portrayed in advertising and in the entertainment media sends many people messages that it's OK to drink excessively.
 - ❖ Steady drinking over time can produce a physical dependence on alcohol. Drinking over 14 drinks a week for men or seven drinks a week for women increases the risk of developing dependence on alcohol. However, drinking by itself is just one of the risk factors that contribute to alcoholism. Other risk factors include:
 - ❖ **Age.** People who begin drinking at an early age - by age 14 or earlier - are at a higher risk of becoming an alcoholic.



Condition - Alcoholism

- ❖ **Genetics.** Your genetic makeup may cause imbalances in one or more of several brain chemicals and increase your risk of alcohol dependency.
- ❖ **Gender.** Men are more likely to become alcoholics or abuse alcohol than are women.
- ❖ **Family history.** The risk of alcoholism is higher for people who had a parent or parents who abused alcohol. This is true even if you're adopted and your adoptive parents don't drink alcohol.
- ❖ **Emotional disorders.** Being severely depressed or having anxiety places you at a greater risk of abusing alcohol. Adults with attention-deficit hyperactivity disorder may be more likely to become dependent on alcohol.





ALCOHOLISM

Symptoms

A self-screening test is available at your doctors' office or at associations like Alcoholics Anonymous.

Generally, if regular drinking is involved with problems at home and at work, then alcoholism must be suspected.

Nelsonian Homeopathy

Combinations: Gluco-H; Eu-Stress;
Liquitrophics: B Liquitrophic; G Liquitrophic; Lipid Liquitrophic; Hepato Liquitrophic.

Psychologicals: Psy-DEP.

Miasms: Miasm-MEN.

Supplements: Niacin.
Intestinal Cleanse Program.

Homeopathy

Nux vomica

Herbal Aids

Kudzu (Pueraria lobata); Kava Kava, St. Johns wort

Vitamins-Minerals

Vitamin C, B-group, Zinc, Calcium, Magnesium, Potassium, Protease, Amylase, Lipase, Pancreatin. Alcoholism may induce a vitamin deficit. Enzymes may help digestion. L-Methionine, Glutathione, N-Acetylcysteine, L-Cysteine, Flax oil, Hemp oil, Primrose oil, Calming, aggressiveness: GABA, Tryptophan, Taurine.

Notes

Studies have shown that alcohol consumption could be reduced by more than 50% with injections of daisin, which is the acting chemical of the Kudzu root.

VitaminB3 has shown to be helpful for withdrawal.

High dosages of Vitamin C and the B-group have shown success in treating hangovers.

Nux vomica is also for treating hangovers.

Herbs: Dandelion, Milk thistle (detoxifies and restores liver functions), Kava Kava (calms); Water

Note: Vitamins and minerals may help restore required levels and help calm nerves.

Herbs may help detoxify and calm the nerves.



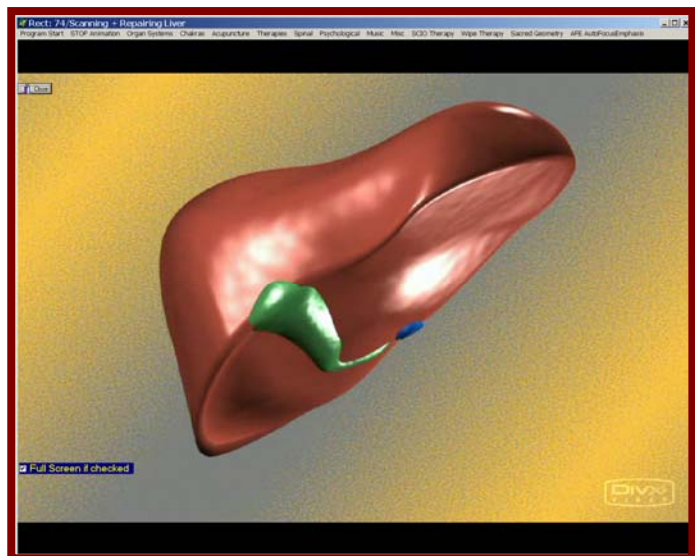


Allergy

Note: The below listed matrix numbers can be loaded throughout the program in the Piggy Back sections!

SCIO BODY VIEWER

- Program Start/Load Individual Movie Program (Start INFO Exchange)
- Program Start/Treat Disease Path of all Old Trauma
- Acupuncture/Allergy
- Therapies/Allergy Release Auditory
- Psychological/Emotions
- Organ Systems/Digestive System/Liver
- Misc/Homeopathic Extras:
 - Nosodes: 1752 5709 2816 (Double space between the numbers.)
 - Isodes: 615 616 613 1025 1024 701 706 3993 2971 (Double space between the numbers.)
 - Misc.: Allergy (You can also describe the allergens using a double space after each entry format.)
 - Activate (You may have to scroll down to see this button.)/Close the Homeopathic Panel.
- Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Body Viewer program to run in the background simultaneously as your other therapies are running.



DISEASE DICTIONARY

Test/Disease Probability and Dictionary/Disease Dictionary/Scroll down to "ALLERGY"/Electroacupuncture + BioResonance on Right/OK-Reveal Text/Quick Calibrate Patient's Reactivity/Quick Test Patient BioResonance (If this button is missing, go up to the Therapy and you will find it there.)/Long Term Therapy Active/If Checked Mute Dictionary Music/Auto Treat/Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Disease Dictionary module to run in the background simultaneously as your other therapies are running.

ALLERSODES THERAPY

The screenshot shows the CYBERNETIC BIOFEEDBACK software interface. The main window is titled "TRIVECTOR SPINAL FOCI ANALYSIS". It features a green top bar with various buttons and a list of allergens on the left. The main area displays a table of allergens with columns for "No", "Value", "name", and "Oldvalue".

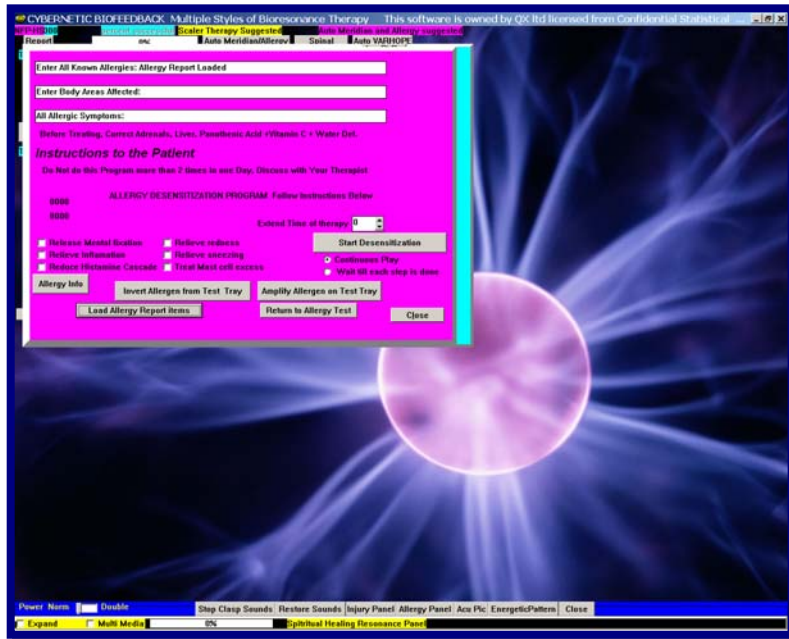
No	Value	name	Oldvalue
2470	188	ELLAGIC ACID Fatty acid can cause cancer cells to destroy themselves in apoptosis, fatty acid used in tissues, and neural	222
3256	189	BENZENE SOLVENTS phenol	107
3265	112	VINYL CHL. SOLVENTS phenol	86
1256	113	THIOCTIC ACID From grains used to process by products, ids digestive intolerance to grains, phenol.	67
1370	114	AMYLENE Petroleum extract used in industry and cosmetics, ids toxicity, use Beautox N. 607 - Envirox N. 1276 or N. 610, 81	81
5438	115	MANNAN phenol	43
1375	117	ALLOXANTIN Toxin that affects liver, kidney (bladder, urethra, ureter), ids toxic system, allergy or histamine disorder, past	75
3262	120	AMMONIA SOLVENTS phenol	70
3252	121	PAINT SOLVENTS phenol	88
3260	121	BENZOL SOLVENTS phenol	103
1189	141	PERBENZOIC ACID Organic peroxidase, used as preservative, ids toxic exposure sensitivity, phenol.	61

Below the table, there are buttons for "Close", "Phenols by Value", and "Treat Phenol Indicated". At the bottom, there is a "VARIHOPE GRAPH" section with a "Type in Sarcodes" input field and a "Transfer to Testscreen" button.

Test/Programs/Spinal/Allersodes/View the allergy categories listed on the green top portion of your panel and note their values. Opsin 1 is a homeopathic remedy used for food allergies and Opsin 2 is a homeopathic remedy used for inhalant allergies. If you do not see values listed next to these categories, then click on Test allergy Groups Again/Individual Allergies (This will allow you to create an allergy report to desensitize from.)/Do you want to empty the allergy report-Yes (This allows to start with a new report.)/You are now looking at a matrix, which is initially listing the Phenols. (Phenols are chemical components of certain foods, which provoke allergies.) Double click on the top three phenols to load into the report and then scroll up and double click on the bottom three phenols to load into the report.) Organize Allergy by Value/ Double click on the top three allergens to load into the report and then scroll up and double click on the bottom three allergens to load into the report./Note: Not all items in this matrix are allergies, some are good foods and some may have an emotional connection to the client which needs to be discussed. In order to determine the allergens, you are looking for the key words such as "Allergy", "Sensitivity" or "Food Extract". The symbol (ALR) is not sufficient to determine an allergic item. Click on Emotional Link (the emotion will be appear in black text and you can click on the Emotional Link several times to see the different layers of blocked emotions.) You can also use the "Search" function to enter a specific word such as wheat and go directly to the item./Allergy Chart/Therapy/Treat with Allergic Desensitization Therapy/Choices/Close/Allergy Therapy/Load Allergy Report Items/Complete the Pink Allergy Module:



Protocol - Allergy



Enter All Known Allergies:
Enter Body Areas Affected:
All Allergic Symptoms:

Check off the following items listed in the bottom of the panel:

Release Mental Fixation
Relieve Inflammation
Reduce Histamine Cascade
Relieve Redness
Relieve Sneezing
Treat Mast Cell Excess
Start Desensitization (Run Twice)

Note: Prior to Desensitizing, be sure to open up the channels of elimination

through the Short Sarcode panel.

ACUPUNCTURE

Test/Programs/Acupuncture Pictures Access/Choose Point/Test+Treat:

POINTS

Exhn2_4=Sinuses

Exue10=Allergies

HISTIDINE

Test/Programs/Risks Profile/Load Current Patient/Amino Acids/Histidine/Double Click until Rectify is over 85

TIMED THERAPIES

Test/Programs/Timed Therapy, Music, Superlearning/Timed Treatments/Enable Timed Therapy/Anti-Inflammation, Allergy Therapy

NUTRITON PANEL

Test/Programs/Nutrition & Homeopathy/Calculate, strike this key first/Good Foods/Virtual Doctor/Allergy Items

AUTO VARHOPE

Test>Programs>Therapy>Auto VARHOPE

THERAPY

Test>Programs>Therapy>Auto Aggressive Immune Dysfunction



Protocol - Allergy

ZAP

Test/Auto Focus Zap/Auto Zap Allergy Relief

ALLERSODES ZAP

Test/Click on “Allersodes” to the right of the panel/Zap high reactivity numbers

ZAP

- ❖ Test/Auto Focus Zap/Auto Zap Various Enzyme Intolerance
- ❖ Test/Auto Focus Zap/Auto Zap Lactose Intolerance

SEARCH

From the Test Matrix Panel/type “Allergy” in the white box labeled Search for Item:/Click on Search/Either click on the items individually and click Treat to Zap the item or go up to the Auto Focus Zap menu/Choose Auto Zap from filter for 5 minutes.

RISKS PROFILE

Test/Programs/Risks Profile/Load Current Patient/Double click on “ALLERGY” to load/Virtual Doctor Test/Click on remedies until Rectified is 100

Accuracy %
100%

Treat: IMMUNE SYSTEM
Hint relative to IMMUNE SYSTEM

Your Patient Needs Oxygen
Increase Your Confidence
[I Am Free From Excess Worry. / Best Affirmation](#)

Trauma or Injury
Mental Factors
Imponderable for Perverse Energy
Exercise, Yoga

Resonance: 73, Reactivity: 61, Rectified: 77
VACCINUM MACROCARPON | Huckle berries, keeps intestines (bowel, colon, intestine) clean, prevents reinfection. 1 |
Cortisone Reductase | Ids with steroid toxicity, treats steroid abuse. Enzyme. |
BRONCHIECTASIS | Infectious condition of the bronchial tree (lung). |
PARSONIA OFFICIALIS | Peony, helps rectal and anal symptoms (bowel, colon, intestine), relieves ulcers and pain. 1 |
CRYPTOCOCCUS NEOFORM 3 | Can id systemic fungus or fungal immune weakness. 4
Compulsive / Power
AMMON. HYDRATE: | Powerful cardiac stimulant. Thrombosis, syncope, hemorrhage, snake bites, chloroform narcosis. Excess
BORICUM ACIDUM: Pain in region of ureters, with frequent urging to urinate. Coldness. Diabetes. Cold saliva. Menopausal flu
Phosphorus
Organ: N/A
Link to: Pituitary
Vitamin E1
High carbon chains fatty acids
Lysine, (anti herpes lesion, nerves)
Entangled + Entwined Areas | Look for Connection to Spine | Look for Connection to DNA
Connect to Emotion + NLP | Connection to Hemotoxicology | Connection to Acupuncture
Connect Short Sarcodes: Connect to DF Blood | Connect to Nutrition

Risks factors to check:
Do you get 3 or more infections a year?
Have you had your adenoids, tonsils, thymus or appendix removed?
Are infections stubborn to heal?
Do colds and flu linger?
Do you eat well?
Are you under too much stress?
Are you sensitive to colds and flu?

Make Report
Close

for more virtual help single click on this panel

37	RESPIRATORY	98
38	OXIDATION	89
39	HYDRATION	95
40	COGNITION	90

Redo Mineral/Amino etc with item in hold tray
Close



Protocol - Allergy

GO TO NO

Test Screen/Enter the below listed numbers in the small white box to the left of the "Go To No"/Go To No/Zap high reactivity numbers:

Phenols: 377, Allergies: 1501/1513/810

Grass: 838, Pollen: 1563

Shellfish: 890, Sugar Yeast: 2373

Food Allergies: 847, Solvents/Phenol: 3251

NLP

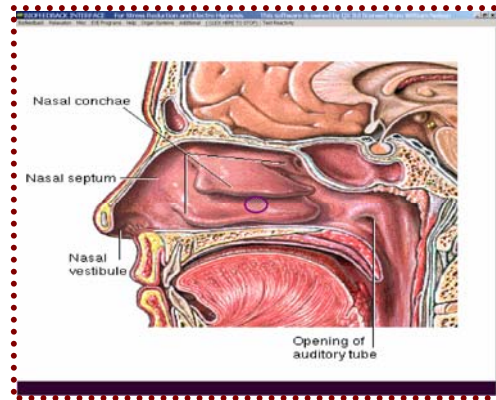
Test/Programs/NLP/Therapies/Emotional Allergy Release

BIOFEEDBACK

Test/Programs/Biofeedback/Misc./Add Piggy

Back Therapies/Load/OK/Hide File/Organ Systems/Extreme Allergy

Test/Programs/Biofeedback/Misc./Add Piggy Back Therapies/Load/OK/Hide File/Additional/Allergy



RIFE GENERATOR

Test/Programs/Therapy/Rife Generator (blue box, Upper Freq./Enter the following frequencies one at a time, set above timer and Start: 5000

AUTO VARHOPE

Test>Programs>Therapy>Auto VARHOPE

THERAPY

Test>Programs>Therapy>Auto Aggressive Immune Dysfunction



What are Allergies?



An allergy is an overreaction of the immune system to a normally innocuous substance that enters the body. Sneezing, a runny nose, and itchy eyes are symptoms characteristic of allergic rhinitis, the medical name for a common allergic reaction to a variety of airborne particles. The specific irritants, or allergens, that trigger rhinitis vary from person to person. Seasonal allergies (commonly called hay fever) are generally caused by airborne pollens and outdoor mold spores that proliferate in warm weather, from spring to fall. Perennial allergies, triggered by such allergens as dust, animal dander, or mold spores, can flare up at any time of the year. Although the symptoms of both types of allergies are the same, those who suffer from allergic rhinitis may be less resistant to sinus infections, colds, flu, or other respiratory illnesses.

Allergic rhinitis may develop anytime after birth, but usually peaks in the pre-teen or teen years and tends to diminish later in life. It affects as much as a quarter of the young adult population. Whether seasonal or perennial, allergies are not a serious health problem, but they can make life

miserable during an attack. Fortunately, symptoms can be controlled with herbs and nutritional supplements as well as over-the-counter or prescription medications.

Key Symptoms

- ❖ Persistent sneezing
- ❖ Runny nose (usually with a clear, watery discharge) and swollen, congested, itchy nasal passages
- ❖ Red, watering, puffy, itchy eyes, sometimes with dark circles around them
- ❖ Itching in the throat or roof of the mouth, often with a scratchy or sore throat
- ❖ Coughing and wheezing in some cases
- ❖ Occasional headaches, due to sinus congestion
- ❖ Fatigue
- ❖ Ear congestion or discomfort
- ❖ Skin itching or rashes

What Causes Allergies?

Allergic rhinitis originates in the inability of the body's immune system to distinguish between disease-causing bacteria or viruses and harmless particles, such as pollen or dust. When an allergen enters the nose, throat, or eyes of someone who is susceptible to it, the body responds first by developing a sensitivity, then, upon further exposures, by releasing illness-fighting histamines and other inflammatory compounds (designed to fight off this foreign "invader") into the affected areas. The resulting inflammation of the mucous membranes produces the symptoms of hay fever.



Condition - Allergy

Allergic reactions can be triggered by many different allergens. Seasonal allergies are most often caused by pollen--from trees and grasses in the spring, from ragweed and other weed pollens in late summer and early fall, and from outdoor mold spores during spring and fall. Mold spores, animal dander, tiny mites in household dust, cigarette smoke, certain cosmetics, and feathers can produce allergy attacks throughout the year.

What causes the immune system to overreact to certain allergens is not known. Genetics may play a role, since allergic rhinitis seems to run in families. Other factors that may predispose a person to allergies include poor nutrition, exposure to environmental pollutants, overuse of decongestant nasal sprays, hormonal disturbances related to pregnancy, the use of oral contraceptives, and thyroid problems.

How Supplements Can Help

Unlike conventional antihistamines, which try to counter the effects of histamines after they've already been released, the flavonoid supplement **quercetin** actually helps prevent the body's release of histamines in the first place, and quercetin doesn't have side effects. It's particularly effective when combined with the anti-inflammatory enzyme **bromelain**, derived from the pineapple plant, which help soothe irritated mucous membranes.

Quercetin also works well with the herb **nettle**, also called stinging nettle, which helps stop the sneezing and itching that often accompanies an allergy attack.

Nettle also helps reduce the swelling of nasal passages.



Take **vitamin C** and the B vitamin **pantothenic acid** throughout the allergy season, with either quercetin or conventional antihistamines. Vitamin

C boosts the immune system and is also thought to have anti-inflammatory and antihistamine properties. Pantothenic acid may help relieve nasal congestion.

Anise, ginger, and peppermint are natural herbal antihistamines. Ginger and peppermint are also natural decongestants. Sipping teas made from these herbs, singly or in combination, can help relieve allergy symptoms. Parsley, for instance, inhibits the secretion of histamine, and **ginkgo biloba** contains several chemicals that interfere with platelet activating factor (PAF), which plays a key role in triggering allergies. In Chinese medicine, ginkgo has a long use for asthma and bronchitis.

Self-Care Remedies

Be aware of daily pollen counts, and try to **stay indoors with the windows closed when pollen counts are high**. Use an air-conditioner at home and in the car, and clean the filters regularly.



Condition - Allergy

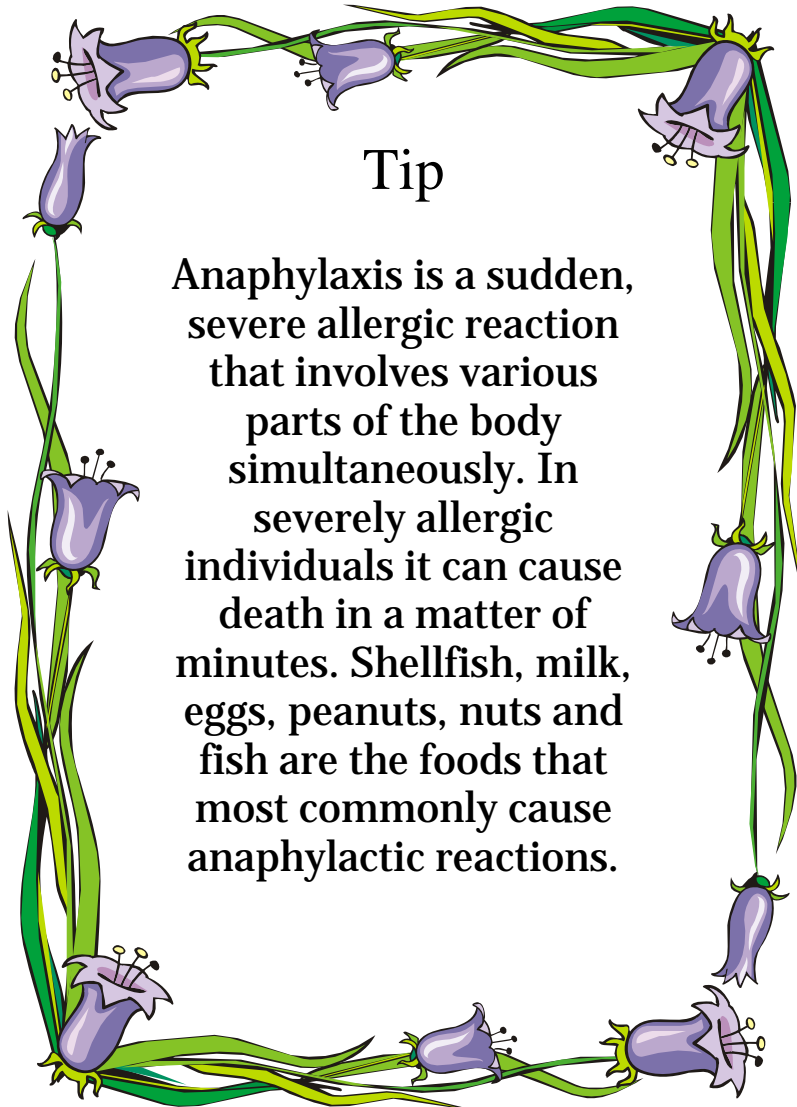
If your allergies are triggered by dust and dander, **get rid of carpets** and put your cat up for adoption and use only washable furniture slipcovers and allergy-proof pillow covers and mattress. Replace feather pillows with synthetic ones. To eliminate the dust mites that collect in bedding and

slipcovers, and wash the fabrics in very hot water once a week.

Eliminate damp areas in the home that can foster the growth of mold.

Tip

Anaphylaxis is a sudden, severe allergic reaction that involves various parts of the body simultaneously. In severely allergic individuals it can cause death in a matter of minutes. Shellfish, milk, eggs, peanuts, nuts and fish are the foods that most commonly cause anaphylactic reactions.



FOOD ALLERGIES

A food allergy is an immune system response to a food that the body mistakenly



believes is harmful. Once the immune system decides that a particular food is harmful, it creates specific antibodies to it.

The next time the individual eats that food; the immune system releases massive amounts of chemicals, including histamine, in order to protect the body. These chemicals trigger a cascade of allergic symptoms that can affect the respiratory system, gastrointestinal tract, skin, or cardiovascular system.

Scientists estimate that approximately 11 million Americans suffer from true food allergies. At the present time, there is no

cure for food allergy. Avoidance is the only way to prevent an allergic reaction.

Although an individual could be allergic to any food, such as fruits, vegetables, and meats, they are not as common as the following eight foods, which account for 90% of all food-allergic reactions:

- **Milk**
- **Egg**
- **Peanut**
- **Tree nut** (walnut, cashew, etc.)
- **Fish**
- **Shellfish**
- **Soy**
- **Wheat**





Allergy Therapy Panel

THERAPY

Test/Programs/Therapy/Auto Meridian-
Allergy/Allergy Rx/Enter All Known
Allergies:/Enter Body Areas Affected:/All Allergic
Symptoms:/Release Mental Fixation/Relieve
Inflammation/Reduce Histamine Cascade/
Relieve Redness/Relieve Sneezing/Treat Mast
Cell Excess/Load Allergy Report Items/Set
Timer/Start Desensitization

**You may run therapy 2 times in one day.
Before treating correct Adrenals, Liver,
Pantothenic Acid + Vitamin C + Water Def.
See instructions below:**



- Test/Programs/Spinal/Timed Therapies/Adrenal Dysfunction Stim/Start
- Test/Programs/Spinal/Timed Therapies/Sluggish Liver Stim/Start
- Test/Programs/Nutrition/Calculate/OK/
- Vitamin B Complex Family/Double click on B5-Pantothenic Acid to treat
- Test/Programs/Nutrition/Calculate/OK/
- Vitamin C Family/Nutrienergy Balance

AUTO VARHOPE

Test>Programs>Therapy>Auto VARHOPE

THERAPY

Test>Programs>Therapy>Auto Aggressive Immune Dysfunction

HOME REMEDY TIPS

- ❖ **Avoid taking incompatible food in one meal. For example never take milk with citrus fruits or with meat.**
- ❖ **Avoid dairy products, foods rich in sugar, and refined foods.**
- ❖ **Take parsley and bee pollen.**



ALLERGIES

Definition

Physical discomfort, irritation or reaction to specific substances, which cause no hypersensitivity in the nonsensitive.

Symptoms

The patient may sneeze and cough, suffer from a running nose and excess mucus, and have swollen or irritated eyes. The skin may erupt in rashes, and there may be headache or sore throat as in a common cold.

If food allergies are suspected, take your pulse before and 20 minutes after eating. If your pulse rate has increased by more than 10 beats/minute, then food allergies must be suspected.

An allergic reaction occurs when mast cells are destroyed and the released histamine starts irritating body tissue.

Cause

When certain foods are eaten, toxins are stirred up in the body, which has an excessive retention of waste matter.

Dr. Harold Thomas Hyman, M.D., in his book *Handbook of Differential Diagnosis* (Philadelphia, London, Montreal: J.B. Lippincott Co.) explains that despite limitations in current understanding of the problem, the state of allergy is described best as "a perversion or perversions of the mechanisms of host-defense." Several pages then continue to explain whether the allergies are histamine versus

tuberculin type and the many tests, clinically, to determine the cause. The cause can be pollens, plants, micro-organisms and their products, animal tissues, digestants, cosmetics, drugs, serums, articles of clothing, dyes, industrial products, physical modalities (heat, cold, solar energy, etc.), and psychic tensions. The first step in cleaning up the cause of allergies is to work on rebuilding the bowel area to a "healthy action."

Nelsonian Homeopathy

Restoratives: Kidney/Ovarian/Adrenal; Kidney/Prostate/Adrenal.

Combinations: Metabolic 1.

Liquitrophics: Adreno Liquitrophic; G Liquitrophic.

Miasms: Miasm-ALLER.

Supplements: Calcium.

Allersodes: Individual Allersodes. Intestinal Cleanse Program.

Homeopathy

Allium cepa, Apis mellifica, Euphrasia and Sabadilla

Herbal Aids

1. General Instructions: Clean the blood stream with a good herbal tea such as a red clover combination tea, which consists of red clover blossoms, chaparral, licorice root, poke root, peach bark, Oregon grape root, stillingia, prickly ash bark, burdock root, and buckthorn bark. A very fine herbal remedy for allergies, hay fever and sinus conditions is an herbal combination as follows: Brigham tea,



Remedies - Allergy

marshmallow root, juniper berries, golden seal root, chaparral, burdock root, parsley root, cayenne, lobelia. Adult dose: one-cup morning and evening. Another aid for sinus-stopped-up head and nose is our horseradish combination.

Preparation: Blend fresh, chopped-up horseradish roots into apple cider vinegar into a pulp (thick) and chew thoroughly before swallowing (one-eighth teaspoonful) three times in a day. Each three days increase this amount from one-eighth teaspoon up to one teaspoon.

2. Use a three-day cleanse each thirty days, or at least each three months and follow a mucusless diet.

Be sure to drink at least one gallon of distilled water per day for an adult of average size. We use one ounce of distilled water to each pound of weight per day--20 ounces for a 20-pound child. One who weighs 130 pounds would use 130 ounces per day, or about one gallon.

3. Use a formula with Brigham tea, marshmallow root, juniper berries, golden seal root, chaparral, burdock root, parsley root and lobelia.

To speed up this cleansing procedure, use the following combination in addition to the above: blend fresh, chopped-up horseradish roots mixed with apple cider vinegar into a thick pulp and chew thoroughly before swallowing. Take 1/3 teaspoon three times in a day. Each three days increase this amount from 1/3 teaspoon up to one teaspoon, increasing the amount 1/3 teaspoon each three days.

4. Use a formula consisting of ginger, cayenne, golden seal, ginseng, parsley and garlic to assist in purifying the blood. This group of herbs feeds cayenne (a stimulant) and ginger (stimulant) into the circulatory system where the cayenne works from the bloodstream to the heart and arteries, out into the veins. The other herbs in the formula assist these two herbs and work together to equalize the blood pressure (whether high or low) and to bring it to a good systolic over the diastolic reading. Blood flow is life itself.

5. Colic in Babies: Most babies stop being colicky after three full months. If yours continues, check more closely into food allergies.

6. Food Allergies: Food allergies are another very common cause of headache. The worst culprit is sugar; which are sort of a withdrawal; you eat the sugar, and then as the body is trying to eliminate the toxic substance, your head pounds. Cheese commonly causes headaches, probably the worst of the dairy products for this, although allergies to any of them may cause the pain. Meats and eggs are also common allergens.

7. Onions: Onions are eaten to help the symptoms of allergies.





8. Milk has always been one of the most frequent reactors on skin testing; only house dust exceeds it in frequency.

9. A Word About Hay Fever, Pollen and Allergies: Many folks suffer great discomfort during the pollination season of plants. They attribute their symptoms to the pollen, saying that they are "allergic" to it. What is happening is that the pollen is bringing out of their bodies years of accumulated toxins. These come out in the form of mucus running from the nose, eyes, and lungs. Permanent change can only be had through faithful adherence to the mucusless diet. After one year on the mucusless diet, all allergies should disappear. For immunity to the local pollen, a tablespoon of local raw honey may be taken daily.

10. Stinging Nettle (*Urtica dioica*); Flax oil, Reishi, Taheebo, Ginkgo biloba, Borage, Evening primrose, Feverfew

Vitamins-Minerals

Bioflavonoids, Vitamin B-group, Probiotics, Bromelain, Amylase, Protease, Lipase, Pancreatin, Calcium, Magnesium, Vitamin C, Quercetin, Glucosamine sulfate, Carotene. L-Cysteine, L-Tyrosine, NAG, Flax oil, Hemp oil, Primrose oil, Borage oil.

Other Sources

Bee pollen, Stinging Nettle tea, Ephedra (lungs, bronchial congestion), Burdock root, Echinacea. Rotating food.

Notes

Continuous use of Nettle, Flax oil and Reishi has assisted some sufferers.

Bee pollen may help but, like most other plants, foods and chemicals, bee pollen might also cause an allergic reaction. All herbs mentioned above help to contain and reduce allergic reactions.

Rotating food has helped in case of food allergies.

In some food allergies vitamin B6 has helped.

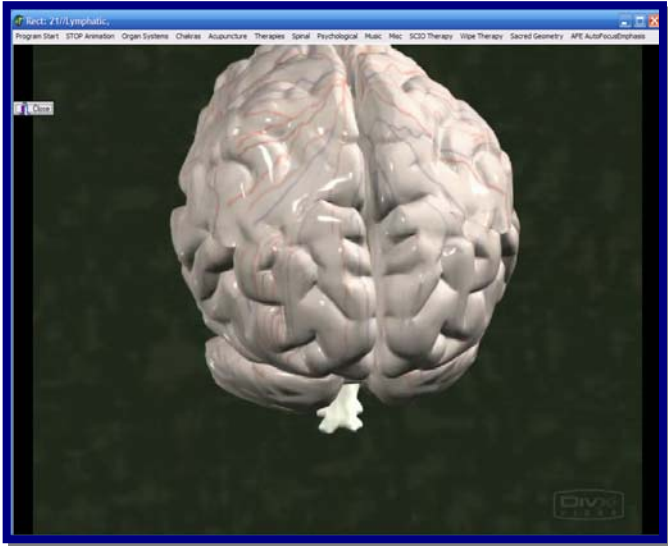




Alzheimer's Disease

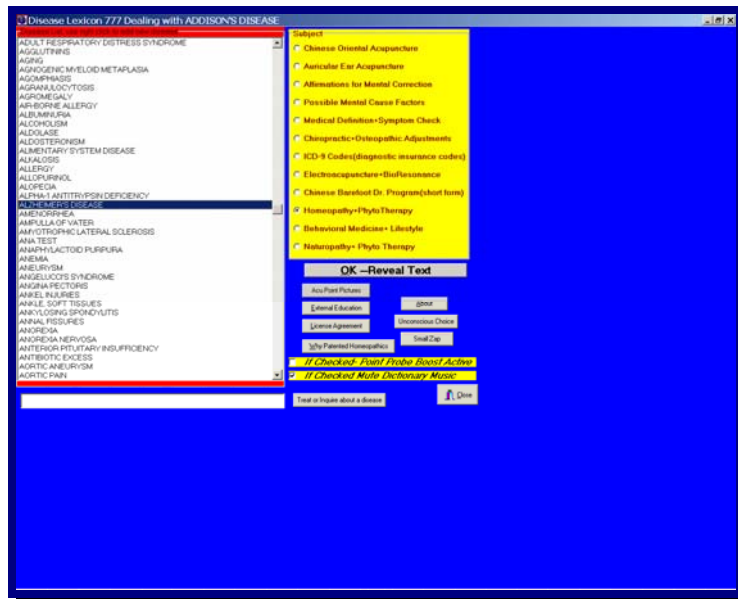
Note: The below listed matrix numbers can be loaded throughout the program in the Piggy Back sections!

SCIO BODY VIEWER

- Program Start/Load Individual Movie Program (Start INFO Exchange)
 - Program Start/Treat Disease Path of all Old Trauma
 - Organ Systems/Brain/Frontal Lobe
 - Organ Systems/Brain/Occipital
 - Misc/Homeopathic Extras:
 - Nosodes: 2817 1773 5495 (Double space between the numbers.)
 - Isodes: 614 9091 2469 706 614 722 796 (Double space between the numbers.)
 - Misc.: Alzheimer's Disease
 - Activate (You may have to scroll down to see this button.)/Close the Homeopathic
- 
- Panel.
- Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Body Viewer program to run in the background simultaneously as your other therapies are running.

DISEASE DICTIONARY

Test/Disease Probability and Dictionary/Disease Dictionary/Scroll down to "ALZHEIMER'S DISEASE"/Electroacupuncture + BioResonance on Right/OK-Reveal Text/Quick Calibrate Patient's Reactivity/Quick Test Patient BioResonance (If this button is missing, go up to the Therapy and you will find it there.)/Long Term Therapy Active/If Checked Mute Dictionary Music/Auto Treat/Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Disease Dictionary module to run in the background simultaneously as your other therapies are running.



ZAP

- Auto Zap Infection General – All Top Pathogens (12 min)
- Auto Zap Infection Emphasis – Top Virus (5 min)
- Auto Zap Infection Emphasis – Top Worms (5 min)
- Auto Zap Infection Emphasis – Top Bacteria (5 min)
- Auto Zap Infection Emphasis – Top Fungus (5 min)

SEARCH

From the Test Matrix Panel/type “Alzheimer’s” in the white box labeled Search for Item:/Click on Search/Either click on the items individually and click Treat to Zap the item or go up to the Auto Focus Zap menu/Choose Auto Zap from filter for 5 minutes. Also, in the search engine search for: heavy metals, brain and fatty acids.

RIFE GENERATOR

Test/Programs/Therapy/Rife Generator (blue box, Upper Freq./Enter the following frequencies one at a time, set above timer and Start: 430, 620, 624, 840, 866, 5148, 2213, 19180.5

AUTO VARHOPE

Test>Programs>Therapy>Auto VARHOPE

THERAPY

Test>Programs>Therapy>Auto Aggressive Immune Dysfunction

THERAPY

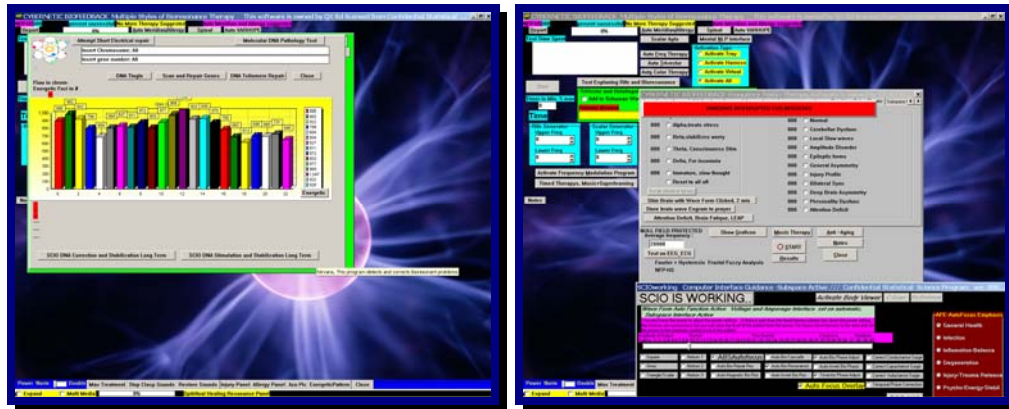
- Test/Programs/Therapy/Auto Trivector Therapy/DNA The Book Of Life/Attempt Electrical Repair/DNA Tingle/Scan and Repair Genes (rectify over 85)/DNA



Protocol - Alzheimer's

Telomere Repair (write down Flaw in Chrom and Energetic Foci numbers and go to the Test Matrix to view descriptions)

- Molecular DNA Pathology Text (Educational Text on DNA Therapy and Molecular Pathology)



Test/Programs/EEG ECG FREQ:

- ❖ Tab to the right to see: Brain Wave Pattern Therapy/Start/Click the small white circle of the highest problematic wave on the right side of panel and click the small white circle of the highest Wave Speed on the left, then click start again until "Normal" is the highest number.
- ❖ The "Normal" reading should be above 40 and no other reading in the "Pattern Type" should be within 10 values below the "Normal" Reading.
- ❖ Alpha = 9Hz – 13Hz (relaxed, calm, lucid, not thinking)
- ❖ Beta = 14Hz – 30Hz (awake, normal alert consciousness)
- ❖ Theta = 4Hz – 8Hz (deep relaxation and meditation, mental imagery)
- ❖ Delta = 1Hz – 3Hz (deep, dreamless sleep)



EEG ECG Freq

EEG=ELECTROENCEPHALOGRAMS

“DEFINITIONS”

EPILEPTIC: Evidence of brain hormone deficiency, injury, or other blockage of hormonal activity.

LOCAL SLOW WAVES: structural lesion, ischemia, epileptic tendencies, serotonin deficiencies, tumor, hemorrhages, abscesses, migraines, and hypertension.

AMPLITUDE DISORDERS: Battery of the brain is weak, mineral, dehydration, amino acid deficiency, fatty acid deficiency, or hypo-oxygenation, stroke, Huntingdon's chorea, brain toxicity, metabolic disease, anxiety or intense fear.

CEREBELLAR DISORDERS: Demyelination of the CEREBELLAR area, dizziness and inability to maintain balance. Treatment should include fatty acids and proper Sarcodes.

GENERAL ASSYMETERY: Difference in the amplitude and or phase of the waves from the two sides of the head, thalamic cortical lesions can cause or lesions, skull defect can cause this pattern. Suggest cranial sacral therapy or other cranial adjustment.

INJURY: Traumas physical or emotional.

BILATERAL SYNCH: Hyperventilation, drowsiness, and hypoglycemia, structural disorders in the mesencephalon, diencephalon, or the frontal lobe. Also treat toxins, endocrine and metabolic disease.

DEEP BRAIN ASSYMETERY: Alzheimer's, Parkinson's, Addison's, Wilson's other metabolic diseases, toxins such as steroids, or drugs, vitamin and mineral deficiency such as B12, Copper, Potassium, Carbon Monoxide or oxygen deficiency such as emphysema. Hypoglycemia or liver disease must also be treated.

PERSONALITY DISORDERS: The personality engrams have a signature reactive field. If there are two engrams appearing this factor can appear. There are other waveforms, which can be detected from the EPFX. These factors will need to be treated with counseling and or NLP techniques.

Also, see the following pages based on the Patient's needs: Memory, Learning Disabilities, Brain Scan, Brain, Nerve, Autonomic Nervous System and Enzymes.



Alzheimer's Disease

Alzheimer's (AHLZ-high-merz) disease is a progressive brain disorder that gradually destroys a person's memory and ability to learn, reason, make judgments, communicate and carry out daily activities. As Alzheimer's progresses, individuals may also experience changes in personality and behavior, such as anxiety, suspiciousness or agitation, as well as delusions or hallucinations.

Although there is currently no cure for Alzheimer's, new treatments are on the horizon as a result of accelerating insight into the biology of the disease. Research has also shown that effective care and support can improve quality of life for individuals and their caregivers over the course of the disease from diagnosis to the end of life.

Alzheimer's is the leading cause of dementia, a group of conditions that all gradually destroy brain cells and lead to progressive decline in mental function. Vascular dementia, another common form, results from reduced blood flow to the brain's nerve cells. In some cases, Alzheimer's disease and vascular dementia can occur together in a condition called "mixed dementia." Other causes of dementia include

fronto-temporal dementia, dementia with Lewy bodies, Creutzfeldt-Jakob disease and Parkinson's disease.

Alzheimer's disease advances at widely different rates. The duration of the illness may often vary from 3 to 20 years. The areas of the brain that control memory and thinking skills are affected first, but as the disease progresses, cells die in other regions of the brain. Eventually, the person with Alzheimer's will need complete care. If the individual has no other serious illness, the loss of brain function itself will cause death.

Symptoms can vary from person to person. Some common symptoms of Alzheimer's are:

- ❖ Memory loss
- ❖ Problems doing familiar tasks
- ❖ Problems with language
- ❖ Trouble knowing the time, date, or place
- ❖ Poor or decreased judgment
- ❖ Problems with abstract thinking
- ❖ Misplacing things often, such as keys
- ❖ Changes in mood and behavior
- ❖ Changes in personality
- ❖ Loss of interest in starting projects or doing things

Not everyone will experience every symptom and symptoms may occur at different times in different individuals. People with Alzheimer's live an average of 8 years after diagnosis, but may survive anywhere from 3 to 20 years. Through research, we are learning more about how the brain is affected in Alzheimer's. We do not yet know how to



Condition - Alzheimer's

prevent or cure it. If someone close to you has memory loss, it may be Alzheimer's. Forgetting some things can

be a normal part of aging. But it could be an early sign of Alzheimer's when it affects daily life.

About 10 percent
of all people
over 70 have
significant
memory problems
and about half of
those are due to
AD. The number of
people with AD
doubles each
decade past age
70.



ALZHEIMERS IN THE NEWS



Acetylcholine and Galantamine:

A new treatment for Alzheimer's promises the long expected breakthrough. A lack of Acetylcholine has long been implicated in Alzheimer's. Galantamine, an extract of the Daffodil bulb and discovered by Janssen, inhibits the enzyme responsible for the destruction of Acetylcholine. Steven G. Potkin, M. D. of the UCI Neuropsychiatric Center is testing Galantamine for its Efficacy, Tolerability, and Safety.

Rivastigmine

Another new drug, Rivastigmine (ENA-713), was presented at an International Conference on Alzheimer's in Amsterdam. The observed improvements were the largest recorded for an anti-dementia medication.

Bleomycin hydrolase

According to research done at the University of Pittsburgh a naturally occurring enzyme, Bleomycin hydrolase, increases the risk of Alzheimer's by a factor of four. This could have an affect on about 6 % of the population. Published in "Nature Genetics (March, 98)".

Homocystein A

In several studies, the amino acid Homocystein A has also been implicated as an increased risk of Alzheimer's.

Metrifonate

Testing 1,218 clients with mild to moderate Alzheimer's, researchers at the McGill University concluded that the drug Metrifonate significantly improved Alzheimer's.

Anabaseine

The journal "Naturwissenschaften" reports that Anabaseine, a chemical derived from ants, has shown a degree of improvement in Alzheimer clients.

Donepezil

Another drug showing promise is the drug Aricept (donepezil). This research done at the Baylor College of Medicine was published in "Neurology (Febr., 98)".

Anti-inflammatory drugs

Anti-inflammatory drugs and protease inhibitors, which block the production of amyloid beta-peptide, have shown promise in the treatment of Alzheimer's.



Condition - Alzheimer's

Gotu Kola

In related news articles, research has found that Gotu Kola has a positive effect on Alzheimer's. Other natural products helpful in Alzheimer's include anti-oxidants, like vitamin E, and estrogen, found in soy beans and licorice root.

Anti-oxidants and Vitamin E

US studies have shown that cell death caused by an atoxic protein found in Alzheimer clients can be prevented by daily supplements of Vitamin E and other anti-oxidants.

Estrogen / Isoflavones (Soy and Licorice)

There are indications that Estrogen may lower the risk of Alzheimers. Estrogen-like substances are also found in soy beans and licorice root.

Note: When taking licorice root, diet should include potassium. Dr. Tom Thomas of the University of South Florida in Tampa says the explanation for estrogen's action may be found in its prevention of vascular damage caused by amyloid beta-peptides that cause inflammations.

Genes

Researchers have identified at least three genes that appear to be involved in the development of Alzheimer's.

Numbers

Over 2.1 million Americans between 65 and 75 years of age had Alzheimer's in 1995. The amount and quality of research into Alzheimer's looks very promising, especially, when compared with the past.

Sodium Fluoride

A new study, in 1998, done by Julie Varner, Karl Jensen, William Horvath and Robert Issacson of Binghamton University in New York and the EPA Research Triangle Park in North Carolina, shows that an extremely low concentration of Sodium Fluoride displays neurotoxic effects. The same research has shown that Fluoride enhances Aluminum degeneration in rat's brains. Resulting lesions resemble those found in Alzheimer's clients. Chinese studies had already associated lower IQs in children with excessive Fluoridation. In India, more than 10 million people have been crippled by Endemic Skeletal Fluorosis as a result of high content of Fluoride in their drinking water. In Utah, a study compared people with Fluoride in their water with others in Utah who had no Fluoride in their water and found a high level of hip fractures in those areas with Fluoride. Dr. Foulkes, one of the world's leading expert on Fluoride, has held the position as Clinical Professor in UBC's Department of Health Care and Epidemiology, thinks that fluoridating water is unethical because a medical treatment, which might be harmful, is forced upon people.



ALZHEIMER'S

Symptoms

What was the question?

Symptoms may include: Loss of memory, confusion, disorientation, dizziness, agitation, anxiety, depression, childish behavior, regression. Symptoms may have to be recognized by family members.

Nelsonian Homeopathy

Hormetics: Metals.

Combinations: Cephalo-M.

Liquitrophics: G Liquitrophic; Lipid Liquitrophic; Seroto Liquitrophic.

Supplements: Phosphatyl Choline.

Homeopathy

Argentum nitricum, Baryta carbonica, Lycopodium, Phosphorus, Alumina

Herbal Aids

Ginkgo (Ginkgo biloba); Blessed Thistle, Cayenne pepper, Ginseng, Quinoa, Flax, Spirulina, Alfalfa, Speedwell, Garlic, Chinese Club Moss (Huperzia serrata).

Vitamins-Minerals

Vitamin E, C, B-group (esp. Folic acid), Zinc, Selenium

Other Sources

Lethicin, DMAE, Fishfood, Nuts, L-Carnitine, Acetyl-L-Carnitine, (also check Memory / Concentration), Q10, Phosphatidylserine, all of the essential Amino-acids especially Tyrosine.

Fish, nuts, apples, kelp, Spirulina, green foods (wheat grass, barley, etc.) Ginkgo Biloba, garlic and regular walks.

Avoid: Sugars, meat, alcohol, nicotine



Notes

A recent study found that 4-5 daily dosages of vitamin E in combination with a drug for Parkinson's (check with your doctor) helped to slow down the disease by 25%. A study from England suggests that Folic acid may be used in the prevention of Alzheimer's.

Still another study suggests that even mental activity may help prevent Alzheimer's. It was long known that mental activity could increase the number of neurons in the brain.

Ginkgo, Vitamin E, Blessed Thistle and Cayenne pepper increase the blood and oxygen supply in the brain and rest



Remedies - Alzheimer's

of the body (In tests Ginkgo has shown promising results).

Since an excess amount of aluminum and bromine was found in the hippocampus and cerebral cortex, it would be very wise to avoid any further contact with these chemicals.

Note: Some studies are now supporting the claim that Ginkgo Biloba has a positive effect on Alzheimer clients.

Newer studies have shown that Acetyl-L-Carnitine protects brain functions and can even restore more brainpower to

sufferers of Alzheimer's and in the elderly. See Alzheimer's in Sources.

It is important to take Acetyl-L-Carnitine because L-Carnitine does not pass the blood-brain barrier.

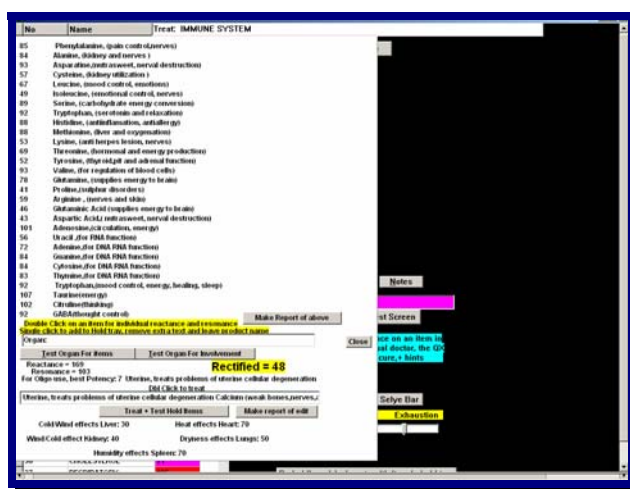




Amino Acids

RISK PROFILE

- Test/Programs/Nutrition/ Calculate Strike this Key First/OK/Amino Acids/Load Current Patient/Double click on items to treat until Rectified is over 85.
- You also have the option to treat several of them at the same time. Single click each item and they will get loaded into the bottom tray. Once you are done loading the ones which you would like to work with, then click Treat + Test Hold Items until Rectification is over 85. (It's ok that you cannot see all of the names loaded. They are all getting loaded!)
- You can also test an organ for involvement. For example, you can type the word "Brain" in the white Organ box and then click on an Amino Acid above, and then click Test Organ for Involvement and see the imbalance and treat.



TEST MATRIX

Amino Acids (Pink tab to the right of the panel)/Click on an item and Treat or Auto Focus Zap/Auto Zap From Filter 5 Min.

GO TO NO

Test Matrix/Type 918 in the small white box to the left of the "Go To No"/Go To No/Treat to Zap the item

AMINO ACID: ADENINE

Benefits



Adenine is one of the two purine bases used in forming nucleotides of the nucleic acids DNA and RNA. In DNA,

adenine (A) binds to thymine (T) to assist in stabilizing the nucleic acid structures. In RNA, adenine binds to uracil (U).

Adenine forms adenosine, a nucleoside, when attached to ribose, and deoxyadenosine when attached to deoxyribose, and it forms adenosine triphosphate (ATP), a nucleotide, when three phosphate groups are added to adenosine. Adenosine triphosphate is used in cellular metabolism as one of the basic methods of transferring chemical energy between reactions. These adenine derivatives perform important functions in cellular metabolism. Adenine is one of four nitrogenous bases utilized in the synthesis of nucleic acids. A modified form of adenosine monophosphate is

thought to be a secondary messenger in the propagation of many hormonal stimuli. Adenine is an integral part of the structure of many coenzymes.

Notes

Adenine is one of the two purine bases used in forming nucleotides of the nucleic acids DNA and RNA. In DNA, adenine (A) binds to thymine (T) to assist in stabilizing the nucleic acid structures. In RNA, adenine binds to uracil (U).

Adenine forms adenosine, a nucleoside, when attached to ribose, and deoxyadenosine when attached to deoxyribose, and it forms adenosine triphosphate (ATP), a nucleotide, when three phosphate groups are added to adenosine. Adenosine triphosphate is used in cellular metabolism as one of the basic methods of transferring chemical energy between reactions.

These adenine derivatives perform important functions in cellular metabolism. Adenine is one of four nitrogenous bases utilized in the synthesis of nucleic acids. A modified form of adenosine monophosphate is thought to be a secondary messenger in the propagation of many hormonal stimuli. Adenine is an integral part of the structure of many coenzymes.



AMINO ACID: ADENOSINE

Benefits

A nucleoside that is composed of adenine and d-ribose. Adenosine or



adenosine derivatives play many important biological roles in addition to being components of DNA and RNA. Adenosine itself is a neurotransmitter.

Action on the heart:

When administered intravenously, adenosine causes transient heart block in the AV node of the heart.

Because of the effects of adenosine on AV node-dependent SVTs, adenosine is considered a class V antiarrhythmic agent.

Adenosine Activates Aromatic L-Amino Acid Decarboxylase Activity in the Kidney and Increases Dopamine

Caution

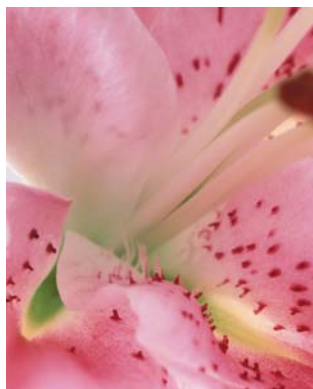
Many individuals experience facial flushing, lightheadedness, diaphoresis, or nausea after administration of adenosine. These symptoms are transitory, usually lasting less than one minute.



AMINO ACID: ALANINE

Deficiency

People on a very low protein diet could risk deficiency.



Benefits

Alanine is a non-essential amino acid and is used by the body to build protein.

It is required for the metabolism of glucose and tryptophan and beta-alanine is a constituent of vitamin B5 (pantothenic acid) as well as coenzyme A. It has also demonstrated a cholesterol-reducing effect.

Sources

Meat, poultry, fish, eggs, dairy products and some protein-rich plant foods like avocado also supply alanine.

Caution

Alanine does not have many side effects, but people with kidney or liver disease should not consume high intakes of amino acids without consulting a health care professional.

Most people do not need to supplement with alanine since it is well provided for in the diet, and can be synthesized from pyruvic acid.

Notes

People suffering from Epstein Barr as well as chronic fatigue syndrome; have been linked to excessively high levels of alanine while having low levels of tyrosine and phenylalanine.

It has been found that alanine is present in prostate fluid.



AMINO ACID: ARGININE

Deficiency

Deficiency is rare, but signs may include impaired insulin production as well as possible hair loss.

Benefits

Enhances the immune system and increases the size and activity of the thymus gland, which is responsible for manufacturing T lymphocytes.

- . In the pancreas it is used to release insulin; in the pituitary gland it is a component of human growth hormone and is used in sexual stimulants.
- . It assists in neutralizing ammonia in the liver, while it is also involved in the skin and connective tissue
- . Arginine is found in seminal fluid and L-Arginine is used in the treatment of male sexual health and has been used in the treatment of sterility.
- . It is required in muscle metabolism – maintaining the nitrogen balance, and helping with weight control since it facilitates the increase of muscle mass, while reducing body fat.

Sources

Whole-wheat, nuts, seeds, peanuts, brown rice, popcorn, soy, raisins, chocolate, carob, oatmeal and raw cereals.

Caution



Symptoms of massive dosages may include skin thickening and coarsening of the skin, weakness, diarrhea, nausea, as well as increasing the activity of some viruses. For this reason people suffering from herpes should avoid high dosage.



AMINO ACID: ASPARAGINE

Deficiency

Low levels of Asparagine may indicate poor metabolism or synthesis of aspartic acid, which can result in the inability to properly synthesize and excrete urea, which is the major waste product of excess dietary protein. The inability to excrete urea can result in buildup of nitrogen-containing toxic metabolites that can lead to confusion, headaches, depression, irritability, or, in extreme cases, psychosis.

Benefits

It is required by the nervous system to maintain equilibrium and is also required for amino acid transformation from one form to the other, which is achieved in the liver.

Sources

It is found in dairy, beef, poultry and eggs.

Asparagine is a nonessential amino acid, which means that it is manufactured from other amino acids in the liver; it does not have to be obtained directly through the diet.





AMINO ACID: ASPARTIC ACID

Deficiency

Deficiency of aspartic acid symptoms may include fatigue and depression.

Benefits

It is of paramount importance in the metabolism during construction of other amino acids and biochemicals in the citric acid cycle.

It is needed for stamina, brain and neural health and assists the liver by removing excess ammonia and other toxins from the bloodstream.

It is also very important in the functioning of RNA, DNA, as well as the production of immunoglobulin and antibody synthesis.

Sources

It is found in dairy, beef, and poultry and sprouting seeds.

Aspartic acid is a non-essential amino acid and is found in abundance in plant proteins, especially in sprouting seeds but can be manufactured in the body from oxaloacetic acid and was first isolated in 1868 from legumin in plant seed.





AMINO ACID: CITRULLINE

Benefits

The amino acid Citrulline is required to detoxify the liver from ammonia, which is a waste product of the body from oxidation.

Citrulline promotes energy and assists with the immune system.

Notes

Citrulline exists primarily in the liver, where it is heavily involved in the urea cycle to detoxify and excrete ammonia. This unusual amino acid is formed in the urea cycle by the addition of carbon dioxide and ammonia to ornithine.



Next, it is combined with aspartic acid to form arginosuccinic acid, which later is metabolized into the amino acid Arginine. Citrulline is not a component of any major proteins or enzymes.



AMINO ACID: CYSTEINE

Benefits

Your skin, as well as detoxification of your body, requires Cysteine. It is found in beta-keratin, the main protein in nails, skin as well as hair. It not only is important in collagen production but also assists in skin elasticity and texture.

Cysteine is also required in the manufacture of the amino acid Taurine and is a component of the antioxidant Glutathione.

It is useful to detoxify the body from harmful toxins and help protect the brain and liver from damage from alcohol, drugs etc.

It has also been found that it may help in strengthening the protective lining of the stomach as well as intestines, which may help prevent damage caused by aspirin and similar drugs.

Cysteine is also critical to the metabolism of a number of essential biochemicals including coenzyme A, heparin, biotin, lipoid acid, and Glutathione.

Sources

Cereals (some), dairy products, eggs, meat, whole grains, high protein foods such as poultry, wheat, broccoli, garlic, onions and red peppers.

Caution

People suffering from diabetes and cystinuria should be careful of cysteine supplements.





AMINO ACID: CYSTINE

Benefits

Required for proper vitamin B6 utilization and is also helpful in the healing of burns and wounds, breaking down mucus deposits in illnesses such as bronchitis as well as cystic fibrosis. Cysteine also assists in the supply of insulin to the pancreas, which is needed for the assimilation of sugars and starches.

- It increases the level of Glutathione in the lungs, liver, kidneys and bone marrow, and this may have an anti-aging effect on the body by reducing age-spots etc.
- Proven as a detoxification agent to protect the body against damage of alcohol and cigarette smoking, and may be effective in preventing hangovers, as well as preventing liver and brain damage.

Caution

Diabetics should be careful when taking supplementation, as it could inactivate insulin.

Notes

Cystine is a crystalline, sulfur-containing amino acid, formed from two molecules of the amino acid Cysteine. It can be converted to Cysteine by reduction. It is particularly abundant in skeletal and connective tissues, hair and digestive enzymes. The steps to form Cystine and Cysteine, is from methionine to Cystathionine, then Cysteine to Cystine.



AMINO ACID: CYTOSINE

Benefits

Cytosine is one of the 5 main nitrogenous bases used in storing and transporting genetic information within a cell. It is a pyrimidine derivative, with a heterocyclic aromatic ring and two substituents attached (an amine group at position 4 and a keto group at position 2). The nucleoside of cytosine is cytidine.

Sources

Cytosine can be found as part of DNA, RNA or as a part of a nucleotide. As cytosine triphosphate (CTP), it can act as a co-factor to enzymes, and can transfer a phosphate to convert adenosine diphosphate (ADP) to adenosine triphosphate (ATP). In DNA and RNA, cytosine is paired with guanine. However, it is inherently unstable, and can change into uracil (spontaneous deamination). Cytosine can also be methylated into 5-methylcytosine by an enzyme called DNA methyltransferase.

Notes

The other names for cytosine are 2-oxy-4-aminopyrimidine and 4-amino-2(1H)-pyrimidinone. It has a chemical formula of $C_4H_5N_3O$ and a molecular weight of 111.10 atomic mass units.

Cytosine was first discovered in 1894 when it was isolated from calf thymus tissues. A structure was proposed in 1903, and was synthesized (and thus confirmed) in the laboratory in the same year.





AMINO ACID: GABA

Deficiency

Suggested that a shortage of GABA may cause panic attacks, since an intake of tranquilizers can increase the level of GABA in the body.

Benefits

As an inhibitory neurotransmitter to block the transmission of an impulse from one cell to another in the central nervous system, which prevents over-firing of the nerve cells.

It is also used for brain metabolism and to treat both epilepsy and hypertension where it is thought to induce tranquility in individuals who have a high activity of manic behavior and acute agitation.

In combination with inositol and nicotinamide it helps with blocking anxiety and stress related impulses from reaching the motor centers of the brain. It has a calming effect without the possibility of addiction.

GABA may also be effective in treating PMS.

Sometimes used as sexual a stimulant because of its relaxing capabilities and with prostate problems.

Sources

Gamma-aminobutyric acid, is the product of a biochemical decarboxylation reaction of glutamic acid by the vitamin pyridoxal and decarboxylase (GAD).

Caution

Toxic levels have not been established, but very high intake of GABA may cause anxiety, tingling of extremities, shortness of breath as well as a numb feeling around the mouth.



AMINO ACID: GLUTAMIC ACID

Benefits

Excitatory neurotransmitter - glutamic acid is also important in the metabolism of sugars and fats.

Assists transportation of potassium across the blood-brain barrier. Potential treatment of neurological conditions, ulcers, muscular dystrophy, epilepsy, Parkinson's, and mental retardation.

People suffering from personality disorders as well as child behavior disorders may benefit from this nutrient.

Glutamic acid can be used as fuel in the brain, and can attach to nitrogen atoms in the process of forming glutamine, and this action also detoxifies the body of ammonia.

The fluid produced by the prostate gland also contains amounts of glutamic acid, and may play a role in the normal function of the prostate.

Sources

Meat, poultry, fish, eggs, and dairy products, as well as some protein-rich plant foods.

Caution

High dosages may include symptoms such as headaches and neurological problems.

Although no major side effects are reported on supplementation of this nutrient, people with kidney or liver disease should not consume high intakes of amino acids without first consulting a medical professional.

Notes

A non-essential amino acid synthesized from a number of amino acids including Ornithine and Arginine.





AMINO ACID: GLUTAMINE

Benefits

Conversion to glutamic acid in the brain, which is essential for cerebral functions, and increases the amount of GABA (gamma-aminobutyric acid), which is required for brain functioning and mental activity.

It is used in the muscles for the synthesis of muscle proteins, and is of use for the treatment of wasting muscles after illness or post-operative care.

Free nitrogen forms ammonia – especially toxic to the brain. The liver normally converts ammonia to urea, excreted in the urine – but glutamic acid attaches itself to nitrogen and forms glutamic acid, while removing ammonia from the brain.

Balances the acid/alkaline level and is also the basis or building blocks of RNA and DNA.

Source of fuel for cells lining the intestines and by white blood cells and is important for immune function.

Benefits sufferers of arthritis, fibrosis, connective tissue disease, peptic ulcers and ulcerative colitis.

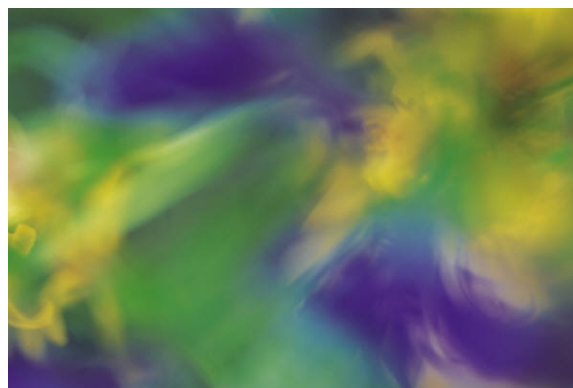
Sources

Fish, meat, beans, and dairy as well as in vegetables such as raw parsley and spinach.

AMINO ACID: GUANINE

Benefits

The nucleotide derivatives of guanine perform important functions in cellular metabolism. GTP acts as a coenzyme in carbohydrate metabolism and in the biosynthesis of proteins; it can readily donate one of its phosphate groups to adenosine diphosphate (ADP) to form adenosine triphosphate (ATP), an extremely important intermediate in the transfer of chemical energy in living systems. GTP is the source of the guanosine found in RNA and deoxyguanosine triphosphate (dGTP) is the source of the deoxyguanosine in DNA, and thus guanine is intimately involved in the preservation and transfer of genetic information. Guanine is said to account for the iridescence of fish scales and the white, shiny appearance of the skin of many amphibians and reptiles.



Notes

One of the four main nitrogenous bases found in nucleic acids (e.g., DNA and RNA). Guanine is a purine derivative and in Watson-Crick base pairing forms hydrogen bonds with cytosine. The nucleoside is called guanosine.

Also the name of a white amorphous substance found in the scales of certain fishes, the guano of sea-birds, and the liver and pancreas of mammals.



AMINO ACID: HISTIDINE

Benefits

Precursor of histamine, a compound released by immune system cells during an allergic reaction.

- Needed for growth and for the repair of tissue, and maintenance of the myelin sheaths that act as protector for nerve cells. It is further required for the manufacture of both red and white blood cells, and helps to protect the body from damage caused by radiation and in removing heavy metals from the body.
- Helps produce gastric juices in the stomach, and people with a shortage of gastric juices or suffering from indigestion, may also benefit from this nutrient.
- It is reported that an increase in the intake of this nutrient helps with the lengthening of orgasms and also more intense sexual enjoyment.

Sources

Dairy, meat, poultry, fish, rice, wheat and rye.

Caution

High levels may lead to stress and mental disorders such as anxiety, schizophrenia or bipolar depression.

Notes

An essential amino acid, manufactured in sufficient quantities in adults, but children may at some time have a shortage of this important vitamin. It is one of the basic (pH factor) amino acids due to its aromatic nitrogen-heterocyclic imidazole side chain. It is metabolized into the neurotransmitter histamine and the set of genes that produce the enzymes responsible for Histidine synthesis.



AMINO ACID: ISOLEUCINE

Deficiency

Deficiency is only found in people deficient in dietary protein - symptoms may include headaches, dizziness, fatigue, depression, confusion and irritability. Symptoms of deficiency may mimic the symptoms of hypoglycemia. This nutrient has also been found to be deficient in people with mental and physical disorders, but more research is required on this.

Benefits

The BCAA promotes muscle recovery after physical exercise and on its own it is needed for the formation of hemoglobin and assisting with regulation of blood sugar levels and energy levels, as well as blood-clot formation.

People involved with strenuous athletic activity under extreme pressure and high altitude may benefit from supplementation of this nutrient.

Sources

Almonds, cashews, chicken, eggs, fish, lentils, liver.

Caution

Consuming higher amounts of isoleucine is not associated with any health risks for most people but those with kidney or liver disease should not consume high intakes of amino acids without medical advice.

Ingesting high amounts elevates urination levels.

Notes

An essential amino acid and is part of the three "branched chain amino acids" (BCAA) - the other two being Leucine and valine. This amino acid cannot be manufactured in the body, and needs to be supplied in the diet and was first isolated in 1904 from fibrin.





AMINO ACID: LEUCINE

Deficiency

Deficiency of this nutrient is rare, since all protein foods contains it, but vegans and vegetarians without adequate protein sources may suffer from deficiency. Hypoglycemia symptoms may appear if deficient, including dizziness, fatigue, headaches, irritability etc.

Benefits

Leucine helps with the regulation of blood-sugar levels, the growth and repair of muscle tissue (such as bones, skin and muscles), growth hormone production, wound healing as well as energy regulation. It can assist to prevent the breakdown of muscle proteins that sometimes occur after trauma or severe stress. It may also be beneficial for individuals with phenylketonuria - a condition in which the body cannot metabolize the amino acid phenylalanine.

Sources

It is found in protein foods, as well as brown rice, beans, nuts and whole wheat.

Caution

High intake could contribute to pellagra as well as increase the amount of ammonia present in the body.

Notes

An essential amino acid, which cannot be manufactured in the body and is part of the three branched-chain-amino-acids.

Supplements and protein powders that contain Leucine are used extensively by bodybuilders and other athletes to promote muscle recovery, although it has not produced significant changes in body composition.



AMINO ACID: LYSINE

Deficiency

Deficiency is rare, since it is found in so many protein foods - symptoms may include anemia, enzyme disorders, lack of energy, hair loss, bloodshot eyes, weight loss and retarded growth as well as reproductive problems, poor appetite and poor concentration.

Benefits

It is required for growth and bone development in children, assists in calcium absorption and maintaining the correct nitrogen balance in the body and maintaining lean body mass. Furthermore it is needed to produce antibodies, hormones, enzymes, collagen formation as well as repair of tissue.

Since it helps with the building of muscle protein, it is useful for patients recovering from injuries and recovery after operations, and there might be use in lysine to help maintain healthy blood vessels. It also seems to assist in fighting herpes and cold sores.

Sources

Good sources of lysine are found in cheese, eggs, lima beans, potatoes, milk, red meat, fish, soy products and brewer's yeast.

Caution

Toxicity has not been determined but animals fed high amounts of lysine, have shown a tendency to gallstones as well as elevated cholesterol - but these tendencies have not been proven in humans.

Diarrhea and stomach cramps may be indicative in high dosage, but these are not consistent symptoms.





AMINO ACID: METHIONINE

Deficiency

Severe deficiency may manifest in dementia, while lesser deficiencies may be known by symptoms like fatty liver, slow growth, weakness, edema and skin lesions.

Benefits

It assists in the breakdown of fats and thereby prevents the build-up of fat in the arteries, as well as assisting with the digestive system and removing heavy metals from the body since it can be converted to Cysteine, which is a precursor to Glutathione, which is of prime importance in detoxifying the liver.

As an antioxidant the sulfur it supplies inactivates free radicals. It may also be used to treat depression, arthritis pain as well as chronic liver disease - although these claims are still under investigation. Some studies have indicated that it might improve memory recall.

It is one of the three amino acids needed to manufacture Creatine monohydrate, a compound essential for energy production and muscle building.

Sources

Found in good quantities in meat, fish, beans, eggs, garlic, lentils, onions, yogurt, milk and seeds.

Caution

High intake, in the presence of B vitamin deficiencies, may increase the risk for arteriosclerosis by increasing blood levels of cholesterol and homocysteine; and that excessive intake, with an inadequate intake of folic acid, vitamin B6 and vitamin B12, may increase the rate of conversion of methionine to homocysteine.



AMINO ACID: PHENYLALANINE

Deficiency

Dietary deficiency is rare but symptoms may include lethargy, edema, weakness, skin lesions as well as liver damage and slow growth.

Benefits

Elevating mood since it is so closely involved with the nervous system, as well as help with memory and learning and has been used as an appetite suppressant.

Used to treat depression and may also be helpful in the treatment of Parkinson's disease and chronic pain in both osteo-arthritis and rheumatoid arthritis.

Increases blood levels of norepinephrine, epinephrine and dopamine - all three required for neurotransmission.

This nutrient could prove of benefit to people suffering from Parkinson's disease, tiredness, and depression, busy with alcohol withdrawal, rheumatoid arthritis, osteo arthritis and vitiligo.

Sources

Dairy products, almonds, avocados, lima beans, bananas, peanuts, and seeds.

It can be converted in the body to tyrosine, which in turn is used to synthesize two important neurotransmitters - dopamine and norepinephrine.

Caution

Toxicity is rare in dietary intake but large amounts in supplement form may play havoc with your blood pressure and cause headaches, nausea and heartburn. Large amounts may also cause nerve damage.





AMINO ACID: PROLINE

Benefits

Proline improves skin texture and aids collagen formation and helps contain the loss of collagen during aging. Collagen in the skin contains hydroxyproline and hydroxylysine, which is formed from Proline and Lysine, in which ascorbic acid seems to be important in this conversion. Collagen contains about 15 % Proline.

It is also thought to be important in the maintenance of muscles, joints and tendons.



Sources

Proline is mostly found in meat sources.

Notes

Unlike any of the other amino acid, Proline is readily soluble in alcohol. It is a nonessential amino acid and can be synthesized from glutamic acid and does not require dietary sources.



AMINO ACID: SERINE

Benefits

Serine is required for the metabolism of fat, tissue growth and the immune system as it assists in the production of immunoglobulins and antibodies.

It is a constituent of brain proteins and nerve coverings and is also important in the formation of cell membranes, involved in the metabolism of purines and pyrimidines, and muscle synthesis. It is also used in cosmetics as a skin moisturizer.

Sources

It Is Found In Meats And Dairy Products, Wheat Gluten, Peanuts As Well As Soy Products.

Caution

Although its toxicity has not been established it has been found that very elevated serine levels may cause immune suppression and psychological symptoms as in cerebral allergies.



AMINO ACID: TAURINE

Benefits

It is a key ingredient of bile, which in turn is needed for fat digestion, absorption of fat-soluble vitamins as well as the control of cholesterol serum levels in the body.

This nutrient is also used in the proper use of potassium, calcium as well as sodium in the body, and for maintaining cell membrane integrity.

It is thought to be helpful with anxiety, hyperactivity, poor brain function and epilepsy as well as hydrating the brain.

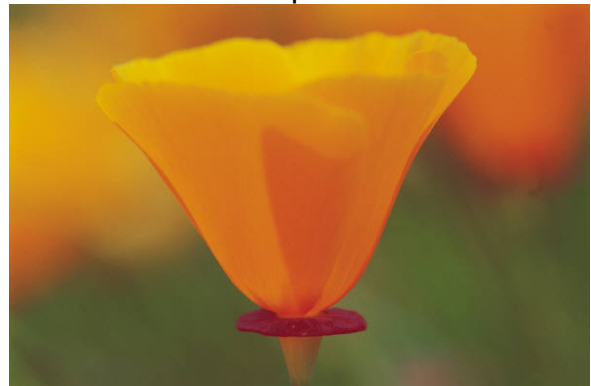
Taurine, together with zinc is also required for proper eye health and vision.

Sources

Taurine is mostly found in meat and fish (especially clams and oysters), breast milk, eggs and the adult body can manufacture it.

Notes

Taurine is a non-essential amino acid and is found in high concentrations in the white blood cells, skeletal muscles, central nervous system as well as the heart muscles. In adults, but not children, this nutrient can be manufactured from methionine in the body and from Cysteine in the liver, but vitamin B6 must be present.





AMINO ACID: THREONINE

Deficiency

In humans, deficiency may result in irritability and a generally difficult personality.

Benefits

It is required to help maintain the proper protein balance in the body, as well as assist in the formation of collagen and elastin in the skin.

It is further involved in liver functioning and assisting the immune system by helping the production of antibodies and promotes thymus growth.

Sources

Most meats, dairy and eggs, as well as in lower quantities in wheat germ, nuts, beans and some vegetables.

Notes

Threonine is an essential amino acid, and cannot be manufactured by the body and is found in high concentrations in the heart, skeletal muscles and central nervous system.



AMINO ACID: THYMINE

Benefits

Thymine is one of the bases of the nucleic acid found in DNA. It can form a base pair with adenine.

Sources

Thymine was the first pyrimidine to be purified from a natural source, having been isolated from calf thymus and beef spleen in 1893–4. The accepted structure of the thymine molecule was published in 1900; this structure was confirmed when several investigators reported the synthesis of the compound during the period 1901 to 1910.



Notes

The analogous nucleosides and nucleotides formed from thymine and ribose occur only very rarely in living systems; such is not the case with the other pyrimidines. The nucleotide derivatives of thymine do not exhibit as much activity as coenzymes, although TTP can readily donate one of its phosphate groups to adenosine diphosphate (ADP) to form adenosine triphosphate (ATP), an extremely important intermediate in the transfer of chemical energy in living systems.

Since the thymine nucleotides contain only deoxyribose and not ribose, TTP is the source of thymidine only in deoxyribonucleic acid (DNA); there is no thymine in ribonucleic acid (RNA).

Thymine combined with deoxyribose creates the nucleoside thymidine.



AMINO ACID: TRYPTOPHAN

Deficiency

A shortage of Tryptophan, combined with a shortage of magnesium may be a contributing factor to heart artery spasms.

Benefits

This amino acid is required for the production of niacin (vitamin B3). It is used by the human body to produce serotonin, a neurotransmitter that is important for normal nerve and brain function. Serotonin is important in sleep, stabilizing emotional moods, pain control, inflammation & intestinal peristalsis.

It is further important in controlling hyperactivity in children, assists in alleviating stress, helps with weight loss and reducing appetite.

It has also been found that people suffering from migraine headaches have abnormal levels of Tryptophan, and in this supplementation may be helpful.

Sources

Good dietary sources for this amino acid is cottage cheese, meat, soy protein and peanuts.

Caution

Supplementation with high dosage of this amino acid could lead to gastrointestinal upsets, headaches, sleepiness and anxiety.

Notes

Tryptophan is an essential amino acid and is needed to maintain optimum health.



AMINO ACID: TYROSINE

Deficiency

Symptoms of deficiency are low blood pressure, low body temperature and “restless leg syndrome”.

Benefits

This amino acid is linked to dopamine as well as norepinephrine, and is also helpful in suppressing the appetite and reducing body fat, production of skin and hair pigment, the proper functioning of the thyroid as well as the pituitary and adrenal gland.

It is used for stress reduction and may be beneficial in narcolepsy, fatigue, anxiety, depression, allergies, headaches as well as drug withdrawal.

It is a parent amino acid for skin, hair, and eye pigments and is involved in oculocutaneous albinism, characterized by the failure to form melanin pigments, resulting in partial or complete albinism.

It is also the precursor amino acid for the thyroid gland hormone thyroxine, and a defect in this may result in hypothyroidism.

Sources

Meat, dairy, eggs as well as almonds, avocados, bananas, canned beans with pork, fish, lima beans, miso, peanuts, pumpkin seeds, shellfish and soybeans are good sources of this nutrient.

Notes

A precursor of the neurotransmitters epinephrine, norepinephrine and dopamine, all of them extremely important in the brain and transmits nerve impulses and prevents depression. Dopamine is also vital to mental function and seems to play a role in sex drive.



AMINO ACID: URACIL

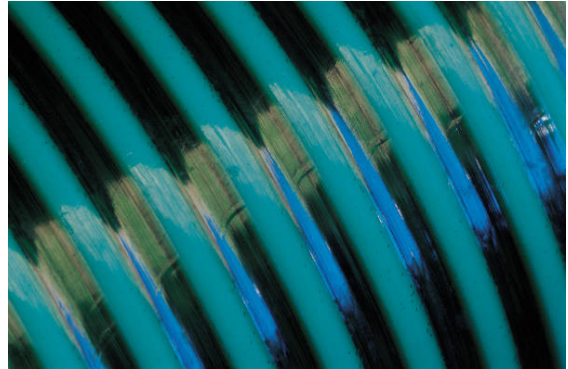
Benefits

The nucleotide derivatives of Uracil perform important functions in cellular metabolism, particularly in carbohydrate metabolism.

Key amino acid in RNA construction and utilization.

Notes

Uracil is one of the four RNA bases, replacing thymine as found in DNA. Just like thymine, uracil can form a base pair with adenine via two hydrogen bonds, but it lacks the methyl group present in thymine. Uracil, in comparison to thymine, will more readily degenerate into cytosine.





AMINO ACID: VALINE

Deficiency

Deficiency may affect the myelin covering of nerves.

Benefits

It has a stimulating effect and is needed for muscle metabolism, repair and growth of tissue and maintaining the nitrogen balance in the body.

It can be used as an energy source in the muscles, and in doing so preserves the use of glucose.

It may also be beneficial in treating or reversing hepatic encephalopathy, or alcohol related brain damage, as well as degenerative neurological conditions.

Sources

Dairy, meat, grain, mushrooms, soy and peanuts.

Caution

Very high levels of valine can cause symptoms such as a crawling sensation on the skin and hallucinations.

Individuals with kidney or liver disease should be careful in consuming high intakes of amino acids without first consulting a doctor.

Notes

Valine is an amino acid obtained by hydrolysis of proteins. It is not only an essential amino acid but is also a branched-chain amino acid (the others



are Isoleucine and Leucine) found in high concentration in the muscles.



ALS - Amyotrophic Lateral Sclerosis (Lou Gehrig's Disease)

Note: The below listed matrix numbers can be loaded throughout the program in the Piggy Back sections!

SCIO BODY VIEWER

- Program Start/Load Individual Movie Program (Start INFO Exchange)
- Program Start/Treat Disease Path of all Old Trauma
 - Organ Systems/Immune System/Thymus
 - Organ Systems/Immune System/Spleen
 - Organ Systems/Immune System/Adenoids, Tonsils, Appendix
 - Organ Systems/Immune System/White Blood Cells
 - Organ Systems/Nerves/ Central Nervous CNS/Motor
 - Organ Systems/Nerves/Central Nervous CNS/Sensory
 - Organ Systems/Nerves/Autonomic ANS/Para Sympathetic
 - Organ Systems/Nerves/Autonomic ANS/Sympathetic
 - Acupuncture/Nerves
 - SCIO Therapy/FOCI Detection Automatic



- Misc/Homeopathic Extras:
 - Nosodes: 5498 5806 (Double space between the numbers.)
 - Isodes: 743 710 704 618 660 672 767 (Double space between the numbers.)
 - Activate (You may have to scroll down to see this button.)/Close the Homeopathic Panel.
- Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Body Viewer program to run in the background simultaneously as your other therapies are running.

DISEASE DICTIONARY

- Test/Disease Probability and Dictionary/Disease Dictionary/Scroll down to "AMYOTROPHIC LATERAL SCLEROSIS"/Electroacupuncture + BioResonance

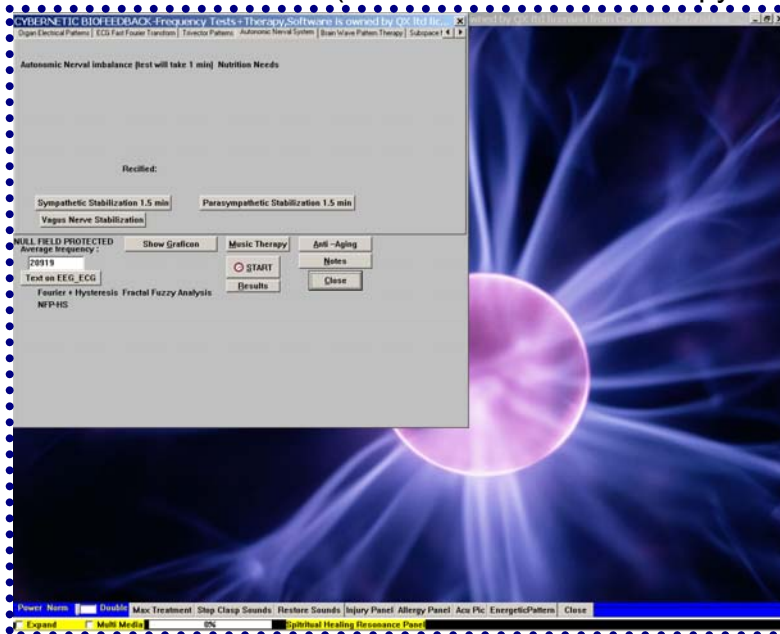


Protocol - ALS

on Right/OK-Reveal Text/Quick Calibrate Patient's Reactivity/Quick Test Patient BioResonance (If this button is missing, go up to the Therapy and you will find it there.)/Long Term Therapy Active/If Checked Mute Dictionary Music/Auto Treat/Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Disease Dictionary module to run in the background simultaneously as your other therapies are running.

THERAPY

- Test/Programs/Therapy/Auto Trivector Therapy/DNA The Book Of Life/Attempt Electrical Repair/DNA Tingle/Scan and Repair Genes (rectify over 85)/DNA Telomere Repair (write down Flaw in Chrom and Energetic Foci numbers and go to the Test Matrix to view descriptions)
- Molecular DNA Pathology Text (Educational Text on DNA Therapy and Molecular Pathology)
- Test/CHROMOS (colored tab to the right of the panel)/Scroll through to locate the one to treat (based on the DNA Therapy Program/Highlight and Treat to Zap



AUTONOMIC NERVOUS SYSTEM

- Test/Programs/EEG ECG FREQ/Autonomic Nerval System/Start/Choose Sympathetic Stabilization 1.5 min, Parasympathetic Stabilization 1.5 min or Vagus Nerve Stabilization based on results

DARK FIELD ANALYSIS

- Test/Programs/Dark Field Analysis/Plio

Morph Panel/Double Click on Mycoplasma/Close/Blood Treatments/Plio Morphic Stabilization/Start

BIOFEEDBACK

- Test/Programs/Biofeedback/Organ Systems/Brain, Tune Brain Function, Nerve Conduction, Synapse Stabilization
- Test/Programs/Biofeedback/Additional/WBC Immunity, Spleen

FREE RADICAL

- Test/Programs/Aging/Anti-Aging Rx/Free Radicals in Tissue/Double click until rectified over 85.



SEARCH

- From the Test Matrix Panel/type (one at a time) “Amyotrophic Lateral Sclerosis”, “Brain”, “Nervous System Lesions”, “Nervousness”, “Neurodermatitis”, “Neurosis”, “Lymes”, “Mycoplasma” or “Twitch” in the white box labeled Search for Item:/Click on Search/Either click on the items individually and click Treat to Zap the item or go up to the Auto Focus Zap Mode menu/Choose Auto Zap from filter for 5 minutes.

GO TO NO

- Test Matrix/Type (one at a time) 5498, 743, 2201, 2178, 966, 8738 in the small white box to the left of the “Go To No”/Go To No/Treat to Zap the item

HOLD TRAY

- Test Matrix/In yellow or pink “Hold” tray type (one at a time) Amyotrophic Lateral Sclerosis, Brain, Nervous System Lesions, Nervousness, Neurodermatitis, Neurosis/Test Item in Hold Tray above/Double click on the items, which appear in yellow below the hold tray to treat.

PATIENT SUPERCONSCIOUS REDUCTION

- Test/Treatments/Patient Superconscious Reduction Panel/Disease of Concern: (one at a time) Amyotrophic Lateral Sclerosis, Brain, Nervous System Lesions, Nervousness, Neurodermatitis, Neurosis/Start Superconscious Link/Close red VARHOPE panel/Double click on all above items in red to begin treatment



- Test/Auto Focus Zap/Auto Zap Infection General – All Top Pathogens (12 min)
- Test/Auto Focus Zap/Auto Zap Infection Emphasis – Top Virus (5 min)
- Test/Auto Focus Zap/Auto Zap Infection Emphasis – Top Worms (5 min)
- Test/Auto Focus Zap/Auto Zap Infection Emphasis – Top Bacteria (5 min)
- Test/Auto Focus Zap/Auto Zap Infection Emphasis – Top Fungus (5 min)
- Test/Auto Focus Zap/Auto Zap Co Q enz + energy Nutrients

- Test/Programs/Nutrition and Homeopathy/Calculate strike this key first/OK/
- Vitamin B Complex Family/Double click on B1-Thiamine to treat/Close
- Nutrienergy Balance/Close/Vitamin D Family/Nutrienergy Balance/Close
- Carbohydrate Digestion/Nutrienergy Balance/Close
- Internal Enzymes/Increase all enzyme Production/Close
- Insert Disease: (one at a time) Brain, Nervous System Lesions, Nervousness, Neurodermatitis, Neurosis, Immune System /Test Disease for best nutritional supplement/Double click on all items appearing in yellow to treat

- Test/Spinal/Timed Therapies: Cerebral Spinal Fluid, Frontal Lobe of Brain, Nerval Puls Stim, Brain Stim, Cerebellum, Temporal, Vagus Nerve, Medulla Oblongata



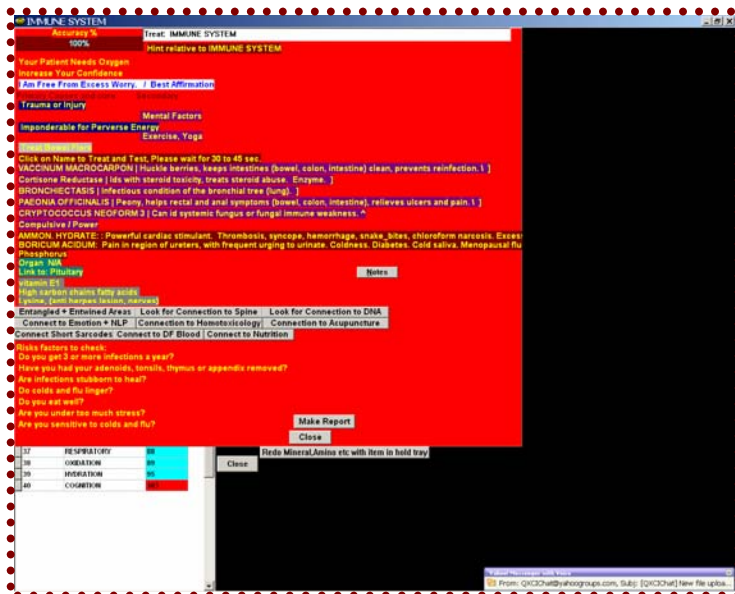
Protocol - ALS

TIMED THERAPY, MUSIC & SUPERLEARNING

- Test/Programs/Timed Therapy, Music & Superlearning/Enable Timed Therapy/Start Auto Neurological Repair/Start Auto Neurological Repair/Chronic Fatigue Syndrome/Overall Immune Stimulation

SHORT SARCODES

- Test/Programs/Short Sarcode RX/Facial+Eye+Gums/Brain/Treat and Scan
- Test/Programs/Short Sarcode RX/Misc Rx/Taste and Brain Fatigue/Double click on picture to treat



SPINAL

- Test/Programs/Spinal/Nerves/Set time and Start Treatment
- Test/Programs/Spinal/Muscles/Treat Clonus or spasm in area/Start Treatment until rectified is 85 or above
- Test/Programs/Spinal/Timed Therapies/ (Do one at a time) Nerval Pulse Stim, Cerebral Spinal Fluid, Spleen/Start

RISK PROFILE

- Test/Programs/Risk Profile/Load Current Patient/Risk Chart Graphic/Therapy/Therapy for bottom and top balance/Choices/Close/Double click on "IMMUNE SYSTEM" to load/Virtual Doctor Test/Click on remedies until Rectified is 100
- Test/Programs/Risk Profile/Load Current Patient/OK/OK/Minerals/Double click on Calcium and Magnesium and rectify each over 85.

ACUPUNCTURE

Test/Programs/Acupuncture Pictures Access/Choose Point/Test+Treat:

POINTS

Gb34_39 = Immune Stim

Gb40_44 = Immune Stim

RIFE GENERATOR

- Test/Programs/Therapy/Rife Generator (blue box, Upper Freq./Enter the following frequencies one at a time, set above timer and Start:



- Neuralgia 5000
- Neuritis, nerve inflammation 10000
- Neurosis 10000

HOMOTOXICOLOGY

- Test/Programs/Homotoxicology/INFO click first (Click on the gray panel once to close.)/Xenobiotics/Double click on Amalgam-Dental until Rectified over 85 and then double click on Heavy Metals until Rectified over 85.

CRANIAL SACRAL

- Test/Programs/Cranial Sacral/Cranial Sacral/Test and Treat All until all items are grayed out.

NLP

Test/Programs/NLP:

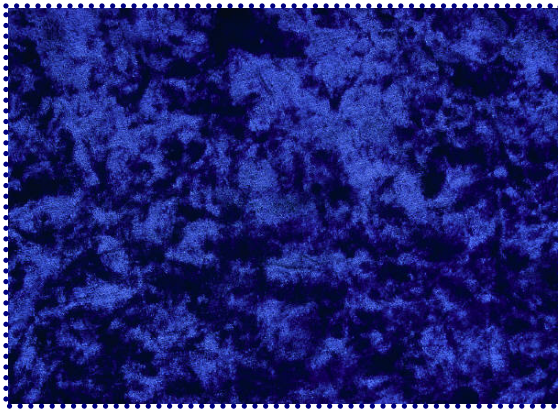
- Brain Scan/Brain Scan For Nutrition/Double click on areas of brain, which need rectification
- Mental Factors + Emotion Chart/Neuro-Peptide Balance/Test + Treat Emotions with Phase Stabilization until the Love Index is twice the Frustration Index/Make Emotion Chart/Show Emotion-Neuro Trans Chart/Therapy/Choose a therapy based on graph/Choices/Therapy/Choose a therapy based on graph
- Test/Programs/NLP/Unconscious Reactivity/Enter the client's age on white box on top/Start/The ages at which traumas occurred will appear/Treat Emotional Profile Above
- Disease Type/Choose one or more diseases/Disease Path/Treat Profile for Time Set at Right



ALS - AMYOTROPHIC LATERAL SCLEROSIS

Understanding ALS

Amyotrophic Lateral Sclerosis (ALS), also known as Lou Gehrig's Disease in the United States, is a progressive degenerative disease of the upper and lower motor



neurons. Motor neurons are nerve cells located in the brainstem, brain and spinal cord. They are what allow the brain to communicate to the voluntary muscles in the body. In ALS, the motor neurons degenerate or die, and the muscles no longer receive messages from the brain. Unable to function, the muscles gradually weaken and atrophy, and complete paralysis results.

Although it can affect anyone, ALS is most often found in the 40 to 70 year age group.

Once thought rare, it is actually quite common, with the same incidence as Multiple Sclerosis. The reason that there appear to be many more cases of Multiple Sclerosis than ALS in our society is that MS patients tend to live much longer - some MS patients have the disease for 30 years or more - whereas only 10% of ALS patients survive beyond 5 years of their diagnosis.

It is estimated that as many as 30,000 Americans have ALS at any one time, and that as many as 300,000 Americans will go on to develop the disease, even though they seem healthy and well today. Therefore, it is imperative that if you or your loved one seems to be experiencing neurological symptoms, which you begin to check into the various protocols, suggested promoting neuroprotection and nerving repair.

Causes of ALS

While the actual cause of ALS remains unknown, there are presently several theories being put forward: **The Glutamate Connection**

Glutamate is one of several neurotransmitters in the brain. Scientists have found that, compared to healthy people, ALS patients have higher levels of glutamate in the serum and spinal fluid. When neurons are exposed to excessive amounts of glutamate, they begin to die off. Scientists are trying to determine what leads to the excessive buildup of glutamate in the spinal fluid, and how this buildup can lead to ALS.

The drug Riluzole is believed to reduce damage to motor neurons by decreasing the release of glutamate. Unfortunately, it has side effects, it's quite expensive, and only results in a 2-3 month increase in life span - hardly the ideal therapy. However, it gives hope that the progression of ALS may be slowed by other glutamate-inhibiting therapies in the near future.



The Infectious Disease Connection

Some scientists believe that there is a viral, bacterial or mycoplasmic component to ALS similar to that of Lyme Disease in Multiple Sclerosis patients. While this has not been clinically proven, it is useful to keep in mind when investigating treatment options. Perhaps ridding the body of infectious agents and/or making the body inhospitable to bacteria and viruses can help to overcome the disease manifestation.

The Environmental Toxin Connection

Studies have shown that ALS patients have higher concentrations of mercury, lead and aluminum in their body tissues. Chemical toxins, such as excessive exposure to pesticides and other toxic agents, have also been implicated. For instance, the very high incidence of ALS on the island of Guam are thought to be caused by environmental toxins, as there are much higher concentrations of heavy metals such as lead, mercury and aluminum found in this Pacific island region than elsewhere.

As well, the incidence of ALS among the personnel of Operation Desert Storm is twice that of the general population - suggesting that chemical toxins such as those found in chemical warfare may be a significant component. In addition, people with a history of exposure to agricultural chemicals, including fertilizers and pesticides used in gardening and lawn care, may be twice at risk for developing ALS.

It may be helpful to examine whether you may have been exposed to excessive amounts of metal or chemical toxins, whether through occupational hazards such as mining, manufacturing, welding, etc., or through recreational pursuits such as excessive exposure to chemically treated lawns (golfing, soccer, etc.), painting, ceramics, and so on.

The Autoimmune Connection

Autoimmunity may play a role in ALS. Some scientists have theorized that the body's immune system attacks its own normal cells, resulting in the impairment of motor neurons. Autoimmune disease is generally a reflection of a malfunctioning immune system, which is thought to be the result of exposure to toxins, bacteria and viruses. Several studies of ALS patients have found the presence of antibodies to motor neurons.

The Trauma Connection

There has been a hypothesis put forward that a head injury or trauma to the brain may be a contributing factor in ALS. It may be helpful to investigate if there was ever an injury to the head or brain in the ALS patient, even going as far back as childhood.

The Dietary Deficiency Connection

Some studies have proposed that a deficiency in certain nutrients, such as thiamin, calcium, magnesium and vitamin D, may be associated with ALS. When dietary intake



Condition - ALS

of calcium and magnesium is low, this results in increased intestinal absorption of toxic metals.

As well, a dysfunction in carbohydrate metabolism is associated with ALS.

The Free Radical Connection

Free radical damage is associated with many degenerative conditions, including neurological disorders. A growing body of research suggests that ALS is associated with a defect in the enzyme called superoxide dismutase (SOD), in which the SOD produced by the body changes from an antioxidant that is protective to nerves, to a pro-oxidant that damages the nerves. Thus, antioxidant therapies might help slow the progression of the disease.

The Implications

In searching for the cause of ALS, it is thought that perhaps a COMBINATION of the above factors, along with a genetic predisposition, are involved in the development of ALS. It would be prudent to test both for heavy metal toxicity, for nutritional deficiencies, and for Lyme disease and mycoplasma infection.

Symptoms of ALS



Initial Symptoms of ALS

The onset of ALS is often very subtle - these are the initial symptoms to watch for:

- Twitching and cramping of the muscles, especially those in the hands and feet
 - Muscle weakness in the arms or legs
 - Loss of motor control in the arms or legs
 - General weakness and fatigue
 - Tripping and falling
 - Dropping things
- Slurred or thick speech
 - Difficulty chewing or swallowing
 - Uncontrollable periods of laughing or crying

The parts of the body affected by early symptoms of ALS depend on which muscles in the body are damaged first. For instance, one person may experience trouble grasping or lifting, another person notices that he is stumbling or tripping more often, and a third person may notice episodes of slurred speech.

Muscle weakness is a hallmark initial sign in ALS, occurring in approximately 60% of patients. About 25% have bulbar (throat) onset, which means that voice and swallowing are first affected. About 50% have arm onset, and 25% leg onset.



Progressive Symptoms of ALS

Regardless of the part of the body where ALS first makes an appearance, muscle weakness and atrophy eventually spread as the disease progresses. Later symptoms may include:

- Shortness of breath
- Difficulty breathing
- Difficulty swallowing
- Difficulty chewing
- Tight and stiff muscles
- Complete paralysis

Although the rate at which the disease progresses varies from person to person, if the disease remains unchecked all ALS patients will eventually succumb to complete paralysis, including needing a ventilator to breathe and a feeding tube for nourishment.



But there is always hope...

Many health care professionals claim that nothing can be done to stop the progression of ALS, and that it is futile to try. They either do not tell you or they are unaware themselves that a number of people have managed to stop the progression of the disease and even reverse some of their symptoms. It is true that some people with ALS progress so rapidly that very little in terms of alternative therapies can

benefit them - but as many others have found, there are combinations of therapies that have, at the very least, substantially improved the quality of their life.

Genetic Testing for ALS

ALS is directly hereditary in only 10% of families. The vast majority of ALS cases are sporadic, meaning that although there is likely a genetic **predisposition** involved, ALS is not directly inherited in a family.

Although there is a genetic test for ALS, it is still quite limited. In 20% of families with inherited ALS, a change in the gene called SOD1 on chromosome 21 has been found, however, 80% of families with inherited ALS do not show a change in their SOD1 gene. Scientists are diligently looking for other genes that may be involved in ALS, but currently, there is no other genetic test that will identify ALS in families. Therefore, the determination that an individual has the inherited type of ALS is typically based on family history rather than a genetic test.



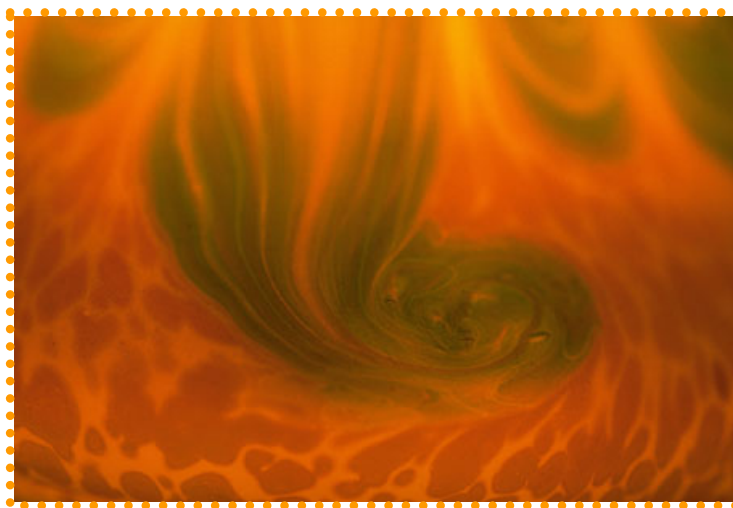
Condition - ALS

If you have some symptoms of ALS and there is someone in your family that has had ALS, such as a parent, grandparent, aunt, uncle, or brother or sister, you may wish to undergo genetic testing. Keep in mind, however, that the SOD1 gene mutation will be present in only about 20% of families with ALS, and that in the other 80% of families there are still other unidentified genes that cause ALS. A positive test means that the genetic cause of ALS has been identified, whereas a negative test means that ALS may still be present in families, but the gene is unidentified.

Some people may wish to be tested if there is someone in their family with ALS, even if they themselves do not show any neurological symptoms. This is called "presymptomatic testing", and can only be done if the family member that has ALS has the mutation in the SOD1 gene. If the family member with ALS does not have this gene, testing cannot be done, since it is an unidentified gene that is causing the ALS.

Also, it is important to know that even if you are diagnosed with the mutated SOD1 gene, this does not mean that you will automatically and definitely get ALS, however, if you do carry the gene, you may wish to use this knowledge to make important lifestyle changes, which may help to defer or even prevent the onset of the disease. It may be wise to start following some of the ALS dietary and supplementary suggestions that have been put forward by various professionals.

The vast majority of cases of ALS are sporadic, meaning they have no clear cause. A current favored theory combines genetics with environmental toxicity, meaning that ALS occurs in those with a genetic predisposition to the disease, and that the disease is then triggered by an environmental insult. In other words, you may be genetically predisposed to the illness, which is then triggered by a combination of environmental factors such as metal or chemical toxins, mycoplasma or viruses, and/or an excess of glutamate.



Dr. Jeffrey Rothstein of Johns Hopkins University found that 42% of sporadic ALS patients have a defect in the gene that controls the protein EAAT2, a protein that helps to regulate the brain's glutamate levels.

With a disease like ALS, the best defense appears to be offense - in other words, if you suspect ALS or any other neurological disorder, it may be wise to check out some of the measures others

have taken.



Diagnosing ALS

ALS is one of those diseases that are very difficult to diagnose. There is no one test that will definitively tell you whether or not you have ALS. Most likely, you will need to have a thorough clinical examination and a series of diagnostic tests before a diagnosis of ALS can be established. Basically, other diseases that mimic ALS are ruled out first before a diagnosis of ALS is given.

Diseases to Rule Out Before Diagnosing ALS

- Multiple Sclerosis
- Parkinson's Disease
- Guillain Barre Syndrome
- Muscular Dystrophy
- Post-Polio Syndrome
- Stroke
- Myasthenia Gravis
- Peripheral Neuropathy
- Spinal Stenosis
- Vitamin B12 deficiency
- Tumor at the base of the spine
- Spinal cord tumor
- Spinal Cord Cyst
- Inflammatory disease of muscle

The following tests are commonly conducted:

- An **electromyography (EMG)** - a special recording device that detects electrical activity in muscles.
- A **nerve conduction velocity (NCV)** - abnormalities may suggest damage to the peripheral nerves or a muscle disease other than ALS.
- A **magnetic resonance imaging (MRI)** - takes a detailed image of the brain and spinal cord.
- A **Chelation challenge test** - measures the output of heavy metals through a 24-hour urine test.
- **Thyroid and parathyroid** tests
- Tests for infectious diseases such as **Lyme Disease** and **Mycoplasma**.

Several ALS organizations recommend that you get a second opinion from an ALS "expert" if you have been given the diagnosis of ALS. The reason is that there are several diseases that have similar symptoms as ALS and most of these conditions are treatable. An ALS expert is someone who diagnoses and treats many ALS patients.

ALS Protocols

This protocol can promote neuroprotection and encourage nerve repair, based upon ease of use, financial considerations, and relevance to your particular condition.

1. Become Informed



2. Eliminate Toxins from Your Environment

This means eliminating preservatives, additives, food colorings, artificial sweeteners, MSG and artificial flavorings. It also means reducing exposure to airborne chemicals, such as perfumes and tobacco smoke, household chemicals, and pesticides and insecticides. Drink only filtered water, and prepare and store food in inert containers only (not plastics).

3. Have Your Amalgam Fillings Removed

Consult a biological dentist to see if removing your amalgams is right for you.

4. Test Yourself for Toxic Metals and Chemicals

Or assume, since you have a neurological disorder, that toxic metals and chemicals are very likely playing a role.

5. Detoxify Your Body

6. Alkalize Your Body

7. Take Antioxidants

CoQ10

Non-denatured whey protein

Alpha Lipoic Acid

8. Protect Against Glutamate Toxicity

Vitamin B12

9. Take Extra Vitamins and Minerals

Vitamin C

Vitamin E

Vitamin D

Magnesium

10. Take Glyconutrients to increase stem cells in your body

11. Regenerate Your Tissues and Organs

ALS and Dental Amalgams

The use of mercury amalgams in dental fillings has been an accepted practice in the United States for more than one hundred years. Therefore, most people assume that their "silver" fillings are safe and non-toxic, posing no threat to their health. However, there are voluminous scientific studies that show that this assumption is not only ignorant, it is blatantly false.

The resulting furor has created a controversy between the dental establishments, lead by the American Dental Association, who claim that mercury amalgams have no adverse effects on the general population, and the scientists, holistic dentists and health activists who believe that mercury amalgams put people at risk of serious health disorders.

This subject is an important one for people with neurological disorders such as ALS, since the mercury levels have been found to be higher than that of the general population. And the most common source of mercury exposure? Dental amalgams, followed by fish like swordfish and tuna, latex paints with mercury as a fungicide, and environmental pollution.



Important Information



According to Dr. Swartzendruber of the University of Colorado at Colorado Springs, "Occupational and environmental exposure to mercury is known to cause neurological disorders, including syndromes that mimic multiple sclerosis and amyotrophic lateral sclerosis. As a result, it is reasonable to consider that the mercury from amalgam may have a similar effect".

Mercury toxicity can cause many symptoms, like peripheral neuropathy (strange numbness and tingling, loss of sensation, loss of nerve control, unusual pain) in arms or legs. The brain is also frequent target. What happens is once the mercury in the amalgams gets into the bloodstream (mercury ions are released every time you chew, drink hot liquids, brush your teeth, or have your teeth professionally cleaned), they leak into the bloodstream and sit in enzymes, displacing minerals that must be there for proper function. Once the mercury has kicked out the good mineral, it severely dampens the action of the enzyme. Scientists have even found that mercury in the body can damage the ability of the body to fight off infection, as is evident by the chronic yeast overgrowth that almost always goes hand in hand with excess mercury.

Is Removing Your Amalgams the Solution?

You may be wondering if you should have all of your amalgam fillings replaced immediately. The answer is that totally depends upon your situation. It is important to realize that for every person who has their amalgams removed and gets great results, like their fatigue lessens or their MS or ALS symptoms improve, there is another person for whom it does nothing or they are worse. Two major mistakes that people make are not having their amalgams removed properly, and not waiting until their "detox system" is healthy enough to handle the overflow of mercury that is released during the removal procedure.

Don't Remove Your Amalgams Until Your Detox Protocol is in Place

If you suspect that your amalgams may be contributing to your health issues, first test your urine with a heavy metal screen test. An at-home test is simple and inexpensive, and it will tell you instantly whether you have any free mercury ions circulating in your body. You may also use a heavy metal screen test to test your saliva, to see whether your amalgams are releasing mercury ions.

Or you can have your physician do a "before and after" chelation challenge test. If there is more mercury in the specimen taken after a two-day trial of a chelating drug to remove hidden mercury, then this means you probably ought to remove the rest of the mercury as well, provided that you are not too sick or weak. But first, **make sure your detox system can handle it** by consulting with a dentist specializing in amalgam



removal, and then taking the proper precautions for effective and safe amalgam removal.

How to Find a Holistic Dentist Trained in Proper Amalgam Removal

Your regular ADA dentist will not be able to help you for two reasons: First, they are not taught the proper procedures for safe amalgam removal, and second, they are not permitted by the American Dental Association to remove amalgams for anything other than cosmetic reasons. If you went to your dentist and told him or her that you wanted your amalgams replaced because you suspected that they were causing your health problems, and the dentist agreed to remove them, he or she could lose his or her license to practice dentistry. The ADA is very firm in maintaining that amalgams are harmless, and they ex-communicate any dentists that maintain otherwise.

First, Test Your Liver and Kidney Function

Before removing any amalgam fillings, which can be a major undertaking both in stress on the body and stress on the pocketbook, make sure your kidney and liver can handle it. Have your health care professional test both of these organs through a simple blood and/or urine test first. If everything looks good, then you can proceed, first by finding a holistic dentist and secondly, by preparing yourself physically for the procedure.

Second, Support Liver and Kidney Function

Releasing mercury into the bloodstream may overload the body's detoxification system, namely the liver and kidneys. Therefore, it is essential that you support the liver and kidney's natural ability to detoxify.

Supplementing the body with glutathione will help the liver detoxify the excess mercury, and drinking a special tea called cornsilk tea will help to clear the kidneys. Cornsilk tea is very inexpensive, and is available in most health food stores. If you can't find the tea, you may substitute cornsilk capsules instead.

Summary of How to Be Safe When Removing Amalgam Fillings

Before removing your amalgams

- Increase the levels of glutathione in your body. One of the best ways to do this is supplementing with a non-denatured whey protein powder.
- Begin a detox program to help remove excess metals and chemicals. Removing metals and chemicals that are presently in the body before having your amalgams replaced will lessen the body burden of metal that will be released during the amalgam removal. We recommend beginning a detox program about a few weeks before beginning the amalgam replacement process.

On the day of amalgam removal

- Take a natural chelator and take extra vitamin C 1000 - 3000 mgs.



Condition - ALS

- Bring a special mouthwash to your dental appointment, and rinse several times with it while you are having your amalgams removed. The special mouthwash will bind and neutralize any free mercury ions so that the body will not absorb the mercury ions.
- Take a clay bath after the dental procedure.
- Continue using the mouthwash on a daily basis for a few weeks after the amalgam removal. The mouthwash accelerates the detoxifying process in the gums and jaw.

If you have a health problem like ALS that defies cure, reconsider that the problem may stem from teeth that are toxic with metals. Remember that for any of the supplements and protocols suggested to have the desired effect, the body needs to be cleared of toxic metals and chemicals. Please consider this carefully before undertaking any of the therapeutic protocols listed, so that they can be maximally effective.

Detoxification Therapy

There is considerable and growing evidence that environmental toxins play a major role in numerous neurological disorders including ALS, Alzheimer's disease, Parkinson's disease, and Multiple Sclerosis. Exposure to environmental toxins, including toxic metals and chemicals, is known to produce Neuro-degeneration. These toxins **MUST** be eliminated in order for the body to begin a regeneration process.

Our Toxic World

We are presently being exposed to hundreds of thousands of toxic compounds in the form of inorganic chemicals and toxic metals. These substances are everywhere, from the air we breathe, the foods we eat, the water we drink, the water we bathe in, the pharmaceuticals we take, the vaccinations we give our children, the smoke we inhale, the cleaning products we use, the pesticides and insecticides we come in contact with – the list goes on.

Our bodies have become virtual dumping grounds for hundreds of these toxic metals and chemicals. Studies indicate that we have between 400 and 800 toxic metal and chemical residues stored in our fat cells, and our tissues and organs.

The Environmental Protection Agency has estimated that we cannot metabolize most of these chemicals and metals. So what happens to them once we have been exposed? They accumulate in our fat cells, in our organs such as the liver, kidneys and brain, in our glands such as the thyroid and adrenals, and in the central nervous system.

Together, these chemicals and metals result in a chronic toxic overload condition in our bodies. As these toxins build up, they block the receptor sites for essential minerals, so that minerals such as iron, calcium and magnesium cannot be utilized and absorbed. This causes enzyme dysfunction, nutritional deficiencies, hormonal imbalances, neurological disorders, damages brain chemistry, and can even lead to auto-immune disorders, cancer, and other debilitating chronic conditions.



A Genetic Predisposition to Toxic Overload?

So why do some people who have been exposed to these toxins go on to develop neurological disorders while others don't? For some, it may be a question of degree - the more toxins you are exposed to in the course of your life, the more they build up in the organs and fatty tissues of the body, until eventually the body experiences a toxic overload.

Others have suggested that some people may have an inborn (genetic) error in "metal metabolism", meaning they cannot detoxify harmful metals like others do, and so these toxins keep accumulating in the body. Ninety-five percent of autistic children, for instance, lack the protein metallothionein, which detoxifies heavy metals, and without this protein, the toxins build up in their tissues. It is conceivable that other people may have this metal-metabolism disorder as well, resulting in neurological challenges and other disorders.

The Most Common Sources of Metal and Chemical Toxicity

The heavy metals that most commonly cause poisoning are iron, lead, cadmium (found in cigarettes), arsenic and mercury.

Others include aluminum, antimony, chromium, cobalt, copper, manganese, nickel, selenium, tin, thallium and uranium.



Other sources of poisoning include pesticides, insecticides, fungicides, chemical warfare, radiation and common chemicals such as benzene, carbon dioxide, chloroform, dichlorobenzene, DDT, formaldehyde, hexane, toluene, trichloroethylene (TCE) and xylene.

Take Control of Your Environment

In this report I focus on a common, but not well understood, phenomenon of the toxic effects of environmental chemicals and pollutants, and how they can affect your body's health.

So if you are experiencing neurological symptoms, check out the common toxins that you may be exposed to, both at home and at work, and take steps to reduce your exposure. And last but not least, detoxify your body of these heavy metals, chemicals and other toxins that may be lurking in your body tissues. By following these steps, you will go a long way in saving your health.

Stay Away From Toxins



If you are experiencing symptoms of ALS or any other neurological disorder, from this point on:

1. Don't smoke.
2. Don't use recreational drugs.
3. Don't drink alcohol.
4. Use environmentally safe household cleaners and pesticides.
5. Use protective equipment to reduce exposures to workplace hazards.
6. Detoxify your body.

Where Do Environmental Toxins Come From?

Sources of Metal and Chemical Toxicity

Mercury, besides leaking from teeth fillings, is also found in fish, cosmetics, pesticides, paint, plastics, fungicides, fabric softeners and contact lens solutions.

Aluminum is found in soft drink cans, cookware, cheeses, baking powder, deodorants, white flour, tap water, stomach antacids, toothpaste and laxatives.

Cadmium is contained in cigarette smoke, coffee, gasoline, and steel cooking pans, metal pipes, tap water, rubber, fertilizers and "computer dust".

Arsenic may be present in tap water, coffee, industrial pollution and automobile exhaust, pesticides, and salt.

Lead is found in dyes, gasoline, paint, plumbing, pottery, insecticides, tobacco smoke, textiles and scrap metal.

Copper is found in supplements, hard water, hot tubs and swimming pool chemicals, cookware, the birth control pill and other estrogen medications, copper IUD's, and dental materials.

Nickel is found in dental crowns, and jewelry.

Carbon Monoxide of course, comes from auto exhaust, cigarette smoke and smog.

Formaldehyde is found in nearly all-indoor environments - foam insulation, particleboard, pressed wood products, backings on carpet and grocery bags.

DDT is still found in soil and other substances, including carpeting.

Benzene is found in cigarette smoke, gasoline, inks, paints, plastics, detergents, pharmaceuticals and dyes.



Condition - ALS

Chloroform is found in cleaning solvents, floor polishes, artificial silk and lacquers.

Toluene is found in petroleum products, copy paper, carpet glue, and perfumes.

Trichloroethylene(TCE) is used primarily in dry cleaning and metal degreasers.

Xylene is found in rubber, photo-processing products, and paint and petroleum products.

Toxins in the Work Place

There are several occupations that can be termed as "high risk" when it comes to health. The following is a list of occupations and the risks they entail:

Military Personnel

Environmental Risk: Chemical warfare, numerous vaccinations

Observed Effects: Military personnel are 60 percent more likely to get ALS

Pharmacists, health care workers

Environmental Risk: Cancer treatment drugs (ie. Methotrexate)

Dry cleaning personnel

Environmental Risk: Solvents used in cleaning (ie. Methylene Chloride)

Medical workers

Environmental Risk: Exposure to ethylene oxide (used to sterilize instruments)

X-Ray Technicians

Environmental Risk: Repeated exposure to radiation

Agricultural workers

Environmental Risk: Pesticides, herbicides, fungicides

Observed Effects: Agricultural workers are twice as likely to get ALS

Forestry workers

Environmental Risk: Pesticides and chlorinated hydrocarbons

Factory workers

Environmental Risk: Numerous chemical and heavy metal exposure

Firefighters

Environmental Risk: Solvents used in firefighting

Pottery Workers

Environmental Risk: Lead



Dental Personnel

Environmental Risk: Mercury vapors, nitrous oxide

Operating Room Personnel

Environmental Risk: Anesthetic gases

Garment workers

Environmental Risk: Exposure to Carbon disulfide

Battery makers, welders, solderers

Environmental Risk: Lead, mercury vapors

Home remodelers, painters

Environmental Risk: Solvents (ie. Tuolene) used in paints, glues and varnishes

Office workers

Environmental Risk: Video display terminals (computers)

Other Sources of Toxic Exposure

There are numerous sources of toxins we are exposed to on a daily basis, both at home and through our lifestyle choices. The following is a list of exposures that are known to have a negative effect on our health:

- Tap water
- cigarette smoking
- marijuana
- other illicit drugs, including cocaine
- alcohol (even moderate drinking can affect health)
- household cleaners
- pesticides and insecticides
- second hand smoke
- old microwaves
- electric blankets or heating pads

Treatments for Toxic Overload

The primary treatment for most heavy metals is **chelation therapy**. Chelating agents are substances that go through the body to attract and bind heavy metals. The metals are then excreted. Chelating agents are usually given in pill form but may also be given intravenously, by suppository, or by injection. It usually takes from many months to many years for chelation therapy to remove toxic metals, and can cost several hundred to several thousand dollars.

Though chelation therapy has been considered to be generally safe for most people, new information has surfaced that suggests these substances may not be as benign



Condition - ALS

as once believed. The chelating agents used by the medical profession are drugs, and they do have side effects, sometimes-severe ones.

Two of the most important factors in determining chelation safety are dosage and frequency. Too much can be extremely dangerous, and too little is ineffective. Respected toxicologists have stated that synthetic chelators should be used only in cases of acute metal poisoning, or as a last resort when other methods have been exhausted. Natural methods should be tried first.

Natural chelating agents include combinations of herbs, amino acids and other nutritional supplements. The drawback to most of these is the time it takes to really clear the body of toxic metals and chemicals. For instance, certain toxic elements can be removed by taking specific combinations of minerals and vitamins. A daily regimen of six magnesium oxide tablets plus one teaspoon of calcium/magnesium powder taken with fresh lemon juice is said to rid the body of arsenic - eventually. But at this rate, it could take years to clear all the chemicals and metals from the body. Chemicals and heavy metals are not removed by fasting!

Anti-Oxidants for ALS

Most of you have heard of antioxidants and that they are good for you. **Antioxidants** are substances that neutralize free radicals. Free radicals are highly reactive chemicals produced in our bodies that indiscriminately attack and destroy tissue causing aging, inflammation and disease.

Oxidative stress is a condition that arises when our cells cannot adequately destroy the free radicals we make. Oxidative stress results primarily from environmental toxins such as toxic metals and chemicals, alcohol, smoke, smog, prescription drugs, emotional stress, too much exercise and a poor diet. Since we are exposed to more environmental toxins than ever before, degenerative diseases are appearing earlier, more often, and to a much more severe degree.

Free radical damage is associated with many degenerative disorders including diabetes, autoimmune disorders, many cancers, heart disease, and neurological disorders, including ALS. All of these diseases share in massive production of free radicals over a long period of time and a depletion of the body's antioxidant defenses. In a study published by Neurochemical Research, ALS patients had significantly higher levels of oxidative stress compared to controls. And virtually every team of scientists investigating ALS world-wide agree that the free radicals play a central role in the destruction of brain neurons.

Anti-Oxidant Protection

Reducing free radical damage in the body is critical for ALS patients. Anti-oxidants combat free radicals by providing protection from oxidative stress. Several studies have shown that increasing anti-oxidants in the diet slows the course of neuro-degenerative disorders and may prevent these diseases in some cases.



The most important antioxidants include detoxification enzymes such as glutathione, vitamins such as vitamin C and vitamin E, and nutritional supplements such as coenzyme Q10.



Coenzyme Q10

Coenzyme Q10 (CoQ10) is a fat-soluble natural vitamin-like substance produced by the body, and serves two major functions. CoQ10 is a powerful anti-oxidant that protects cells against free radical damage, and is also a natural compound that acts inside the mitochondria, the "powerhouse" of the cell, where it's involved in cell energy production.

Researchers have found that people with a number of

conditions, including Parkinson's disease, heart disease, cancer, and others, have low levels of CoQ10 in their bodies. There is some preliminary evidence from ALS and other neurodegenerative animal studies that CoQ10 may be beneficial:

Herbal Therapy for ALS

Turmeric

It has been discovered that people in India have a very low incidence of neurological diseases. Researchers have identified turmeric as a spice, which may be of benefit for Multiple Sclerosis, Alzheimer's disease, Parkinson's disease and ALS.

Curcumin, the active component of turmeric, works to thwart the progression of demyelination. It is also a potent anti-inflammatory agent. While the work remains preliminary, it doesn't hurt to add this spice to the daily diet.

Ginseng

In experiments with mice, ginseng was given to mice with a defect in the SOD gene. Compared to controls, there was a delay in the onset of signs of motor impairment. These experiments lend support to the use of ginseng root in ALS.

Ginkgo Biloba

In another experiment with mice, ginkgo biloba increased the lifespan of mice with ALS. Ginkgo is a potent antioxidant, and it protects the mitochondria (energy producing cells).



Vitamins and Minerals

The following vitamins and minerals are important:

Vitamins

Vitamin B1 (Thiamin)

Several studies have proposed that a deficiency of thiamin (Vitamin B1) may be associated with ALS. A thiamin deficiency is characterized by a non-inflammatory degeneration of the myelin sheaths.

Suggested dose: 25 mg a day

Vitamin B12 (Methylcobalamin)

A double-blind, controlled study showed that Vitamin B12 improved muscle response after a month of treatment.

In a study published in the Journal of Neurological Science, scientists postulated that Vitamin B12 could help regenerate nerves. The scientists stated that very high doses of Vitamin B12 produced nerve regeneration in rats. The human equivalent dose to duplicate this study would be about 40 mg of sublingually administered Vitamin B12.

Vitamin C

A recent paper has proposed that Vitamin C deficiency may be the underlying mechanism for the development of ALS. Vitamin C plays an important role in the transmissions of signals between neurons. It is an important brain antioxidant, and serves to support the activity of other brain antioxidants including vitamin E and glutathione. The Linus Pauling Institute uses high doses of Vitamin C in their ALS protocol.

The best form of Vitamin C is Ester-C, a non-acid form of Vitamin C.

Suggested dose: 1000 mgs, 3-x day

Vitamin D

Researchers have postulated that a deficiency in Vitamin D may play a causative role in neurodegenerative disorders. A Vitamin D deficiency has been noted in Multiple Sclerosis, Parkinson's disease and now ALS.

Suggested dose: 400 to 800 IU

Vitamin E

Vitamin E is currently the focus of extensive study in the treatment of Multiple Sclerosis, Alzheimer's disease, Parkinson's disease, as well as ALS. Studies have noted low levels of vitamin E in the cerebrospinal fluid of PALS, as much as 31% lower than normal.

Vitamin E is a potent antioxidant. Deficiency is associated with progressive neurologic deterioration. Researchers at Northwestern Medical School have now concluded that Vitamin E both delayed the onset and slowed the progression of ALS. However, it does not prolong survival, though function is preserved for a longer period of time.



Condition - ALS

The best form of Vitamin E is a Vitamin E complex, which includes alpha, beta and gamma tocopherol, as well as tocotrienols. Most Vitamin E on the market is alpha tocopherol. The problem with taking only alpha tocopherol is that it can create a deficiency in the other tocopherols.

Suggested dose: 400 IU

Minerals

Magnesium

A deficiency in this mineral has been noted in ALS, which is really not surprising, since ninety to ninety-five percent of the population is below healthy magnesium levels. Without sufficient magnesium the nerve cells cannot give or receive messages.

Magnesium can help with the following symptoms: muscle spasms, cramps, tics, jerks, backaches, low energy, inability to sleep, anxiety, nervousness, weakening bones, and heart-related difficulties.

Calcium needs magnesium in order to assimilate into the body. However, when too much calcium is consumed, it will pull magnesium out of body parts. So calcium can actually rob the body of magnesium.

The solution to restoring healthy magnesium levels is to take a magnesium supplement that is highly absorbable. Most magnesium capsules and tablets are not completely absorbed by the body.

Additional Supplements

Here is a list of supplements that may also be helpful:

For muscle weakness and to regain strength:



Creatine

Creatine is being used by some PALS to help maintain muscle mass and strength. It is a protein made from amino acids, and is found naturally in the body. Studies have suggested that people with neuromuscular diseases may have lower creatine levels. Supplementing with extra creatine may also increase the available energy for brain nerve cells.

Dosage - Take 2 to 5 grams daily

Human Growth Hormone

HGH is also being used by some PALS to improve energy levels and to reduce fatigue. HGH also maintains lean body mass, counteracts insulin, and enhances immunity. Many people have low levels of HGH, including individuals with autoimmune disorders.



Condition - ALS

Dosage - HGH is available by prescription and is injectable. You or your caregiver can learn to give the injections yourself.

For overall immune system support:

Colostrum

Colostrum is the component of breast milk that is formed during the first 48 hours after birth. Supplemental colostrum is generally derived from bovine (cow) colostrum. It is rich in natural immune agents including Immunoglobulins IgG, IgA and IgM, in various growth and transfer factors. Transfer factors dramatically increase the ability of the immune system to fight infections and disease. Colostrum supplements help to regulate the immune response and they inhibit the growth of a wide variety of harmful pathogens, including bacteria, viruses, yeasts, and other microorganisms.

When choosing a colostrum, look for a product from pasture fed cows that is free of pesticides, antibiotics and hormones, and that has been low-heat processed to preserve the vital growth factors.

Dosage - 1000 - 5000 mg daily

Suggested Dietary Regimen for ALS

This part of the **ALS** protocol, that is, following a very specific dietary regime, may be one of the most challenging aspects. This is because the suggested dietary regime is quite different from what you may be used to - but extreme conditions require extreme measures. Here is what some nutritionists have put forward as the ideal diet for neurological disorders, to promote neuroprotection and encourage nerve repair:

1. Eliminate all processed foods, all manufactured foods, and all foods with additives, such as artificial colors, artificial flavors, artificial sweeteners, and preservatives.

One of the *most dangerous* food ingredients is monosodium glutamate (MSG). Dietary intake of **MSG** is associated with an increased risk of ALS, because ALS patients already have an excess of glutamate in their bodies.

There is a difference between naturally occurring L-glutamic acid that is found in many natural and unprocessed foods and processed free glutamic acid. L-glutamic acid is an amino acid that has a necessary function in the human body, and it will not typically cause any adverse reactions in people. Manufactured free glutamic acid, on the other hand, is glutamic acid that has been freed from protein through a manufacturing process. It is a neurotoxin, which can be very dangerous for those with neurological disorders and otherwise sensitive individuals.

There are over 40 ingredients in which MSG will be found. Some of these include:
Label ingredients that always contain MSG:



- autolyzed yeast
- hydrolyzed protein (any and all)
- glutamate
- glutamic acid
- calcium caseinate
- sodium caseinate
- gelatin (yes, even jello)
- textured protein
- yeast food

Ingredients that often contain MSG, or create it during processing:

- carrageenan
- soy protein isolate
- whey protein concentrate
- whey protein (except non-denatured)
- soy sauce
- malt flavoring
- barley malt
- ultra pasteurized
- bouillon and broth
- soup stocks
- maltodextrin
- enzyme modified
- natural flavoring

There are so many foods that MSG is added to that it can be quite overwhelming. The basic rule of thumb is to try to avoid any and all processed foods as much as possible. Stick to organic fruits and vegetables, even organic meats and eggs. Avoid commercial salad dressings, soy sauce, whey protein powders (except non-denatured whey protein) and manufactured foods, basically anything that comes out of a package.

Aspartate is another potent neurotoxin that should be avoided in neurological disorders. It is found in artificial sweeteners such as Aspartame and NutriSweet, and in many protein powders. Again, l-aspartate is a naturally occurring amino acid that is necessary for proper brain function. It is only in its adulterated state that it becomes a potent neurotoxin.

Vitamin B12 (Methylcobalamin) was found in some studies to protect brain cells from glutamate and aspartate toxicity. The scientists who conducted these studies found that daily consumption of vitamin B12 was necessary to protect against neurotoxicity. The appropriate dose for PALS is 20 to 60 mg a day taken sublingually.

2. Eliminate all foods containing gluten from the diet.

Gluten is a protein that is found in wheat, barley and rye. Gliadin a protein fraction of gluten. A study at the Hallamshire Hospital in Sheffield, England, found that 57% of their patients with undiagnosed neurological problems had antibodies to gliadin, and



16% of them had a disease called Celiac Sprue. This is well above the general population, where 20% have gluten intolerance and 3% have Celiac Sprue.

What is interesting to note is that monosodium glutamate (MSG) is derived from the protein gluten of sugar beets and wheat. Many people who are sensitive to MSG find that they are also gluten intolerant as well.

Gluten intolerance can result in both glucose intolerance and inflammation in the brain. Inflammation in the brain is closely associated with neurological disorders such as Alzheimer's disease, Parkinson's disease, Multiple Sclerosis, and dementia.

Gluten-free foods include rice, buckwheat, soy, potatoes, arrowroot, and corn. There are now gluten-free baked goods available in many grocery stores and health food stores, and they can also be found on-line.

3. Eliminate processed dairy foods from the diet.

Amazingly, many dairy products contain monosodium glutamate, or MSG. As you know by now, MSG is a potent neurotoxin. According to the Truth in Labeling Campaign, powdered milk contains MSG as a result of the way the product is manufactured. "Ultra pasteurized" dairy products are processed with a higher heat, resulting in a break-down of more of the milk protein, which then contains free glutamic acid (MSG). Domestic cheeses that use pasteurized milk in place of raw milk are also a problem, as are any dairy products with carrageenan added to them, such as whipping cream, chocolate milk, buttermilk, cream cheese, cottage cheese, sour cream, and ice cream.

This is a long and exhaustive list, those of you who do not have an actual allergy to casein (milk protein) and lactose (milk sugar), may be able to use raw unpasteurized dairy products. There are companies that sell these products on-line.

4. Eat alkaline foods as often as possible.

Alkaline foods are foods that create an alkaline residue; acidic foods create an acidic residue. Most fruits and vegetables are alkaline in nature, and most grains and meats are acidic. The importance of balancing your body's pH cannot be over-estimated.

Eating a strictly alkaline diet can be quite restrictive and difficult for many people. Our solution has been to eat as natural and unprocessed diet as possible, with lots of fresh veggies and fruits and good oils, and to take alkalizing supplements and drink alkaline water.

4. Eat lots of good oils.

"Good" oils are oils that are rich in omega 3 and omega 9 essential fatty acids. Good choices are cold-pressed olive oil, sesame oil, flax oil, or "Udo's Choice", a combination of several different oils that is available in health food stores.



5. Eat lots of nuts and seeds (except peanuts).

Peanuts are usually filled with mold and aflatoxins, and not recommended.

6. Eat seafood, with caution.

Fish is a wonderful source of DHA, which protects and nurtures the brain. However, seafood can be high in mercury, a potent neurotoxin. The safest fish at this time appears to be pacific wild salmon and tilapia.

7. Eliminate sugars from the diet.

There is a wonderful sweetener called xylitol that is chemically almost identical to sugar, but has none of sugar's harmful effects on the body. It looks and tastes just like regular sugar. Remember, you must avoid all chemical and artificial sweeteners. Instead use stevia, a natural herb, or xylitol. Both are widely available in health food stores or on-line.

The above-suggested regimen is commonly known as the Paleolithic or "Stone Age" diet because it emphasizes good proteins and fats, and avoids carbohydrates and dairy products. It also avoids any processed foods, and emphasizes fresh, unadulterated foods as much as possible. This diet has been identified as one that can help quell inflammation and promote nerve repair in various neurodegenerative and neuroinflammatory diseases and disorders.



ZAP

GO TO NO

SEARCH

HOMOTOXICOLOGY

DARK FIELD ANALYSIS

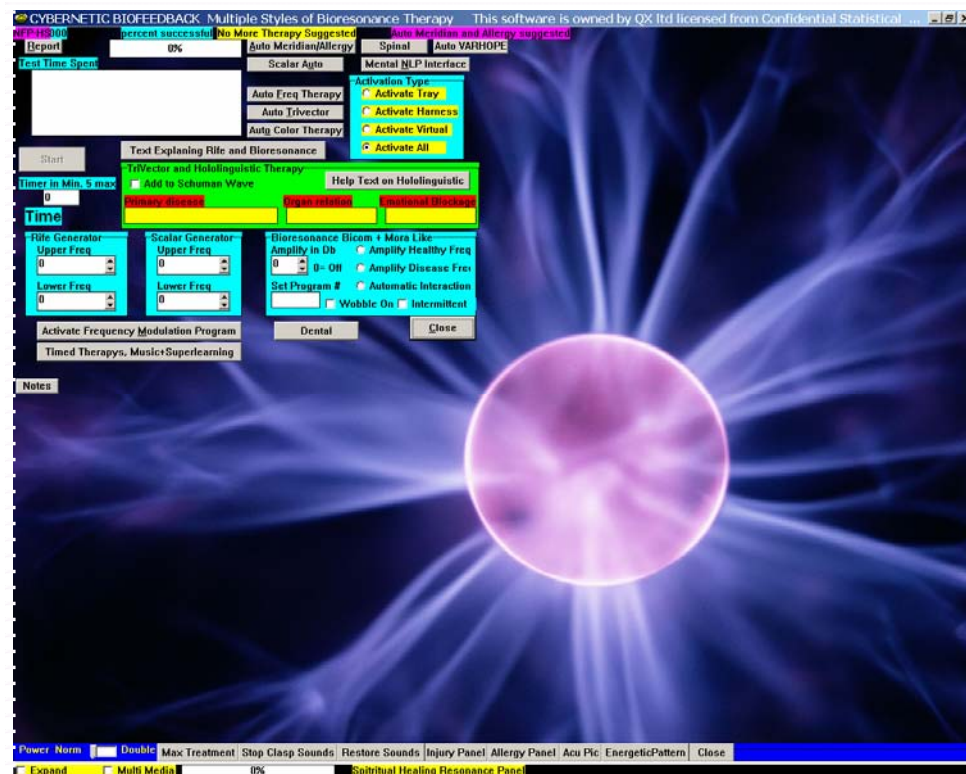
[illegible]



Protocol - Amoeba

RIFE GENERATOR

Test/Programs/Therapy/Rife Generator (blue box, Upper Freq./Enter the following frequencies one at a time, set above timer and Start: 310, 333, 532, 732, 769, 827, 1522



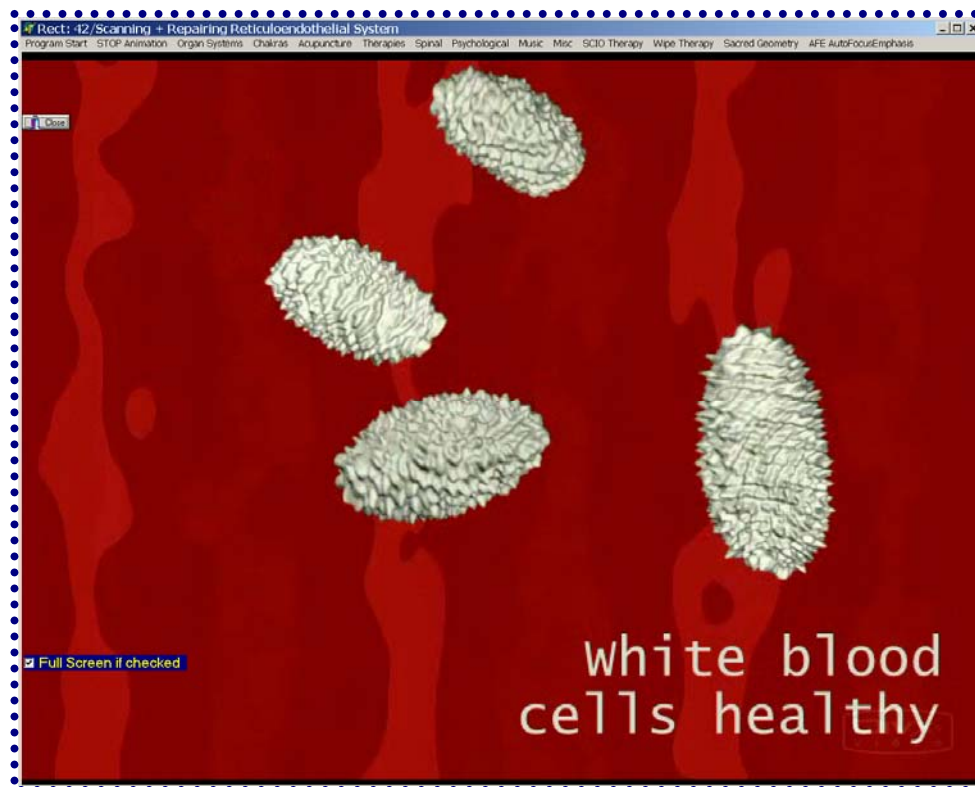


Anemia

Note: The below listed matrix numbers can be loaded throughout the program in the Piggy Back sections!

SCIO BODY VIEWER

- Program Start/Load Individual Movie Program (Start INFO Exchange)
- Program Start/Treat Disease Path of all Old Trauma
- Organ Systems/Immune System/Thymus
- Organ Systems/Immune System/Spleen
- Organ Systems/Immune System/Adenoids, Tonsils, Appendix
- Organ Systems/Immune System/White Blood Cells



- Organ Systems/Digestive System/Small Intestine
- Organ Systems/Digestive System/Large Intestine
- SCIO Therapy/Energy Boost
- Misc/Homeopathic Extras:
 - Nosodes: 2822 5504 (Double space between the numbers.)
 - Isodes: 767 704 660 790 702 672 604 617 728 (Double space between the numbers.)
 - Misc.: Anemia



Protocol - Anemia

- Activate (You may have to scroll down to see this button.)/Close the Homeopathic Panel.
- Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Body Viewer program to run in the background simultaneously as your other therapies are running.

DISEASE DICTIONARY

Test/Disease Probability and Dictionary/Disease Dictionary/Scroll down to "ANEMIA"/Electroacupuncture + BioResonance on Right/OK-Reveal Text/Quick Calibrate Patient's Reactivity/Quick Test Patient BioResonance (If this button is missing, go up to the Therapy and you will find it there.)/Long Term Therapy Active/If Checked Mute Dictionary Music/Auto Treat/Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Disease Dictionary module to run in the background simultaneously as your other therapies are running.

ACUPUNCTURE

Test/Programs/Acupuncture Pictures Access/Choose Point/Test+Treat:

POINTS

Bl11_35=Anemia

St41_45

NUTRITION

Test/Programs/Nutrition & Homeopathy/Calculate, strike this key first/Insert Disease: (in white box type Anemia)/Double click on items in yellow below to treat

NUTRITION

Test/Programs/Nutrition & Homeopathy/Calculate, strike this key first/Click on Vitamin B Complex Family/Double click on the following items to treat: B2-Riboflavin/B6-Pyridoxine/B7-Folic Acid/B10-Biotin/B12-Dibencozide

RIFE GENERATOR

Test/Programs/Therapy/Rife Generator (blue box, Upper Freq./Enter the following frequencies one at a time, set above timer and Start: 5,000

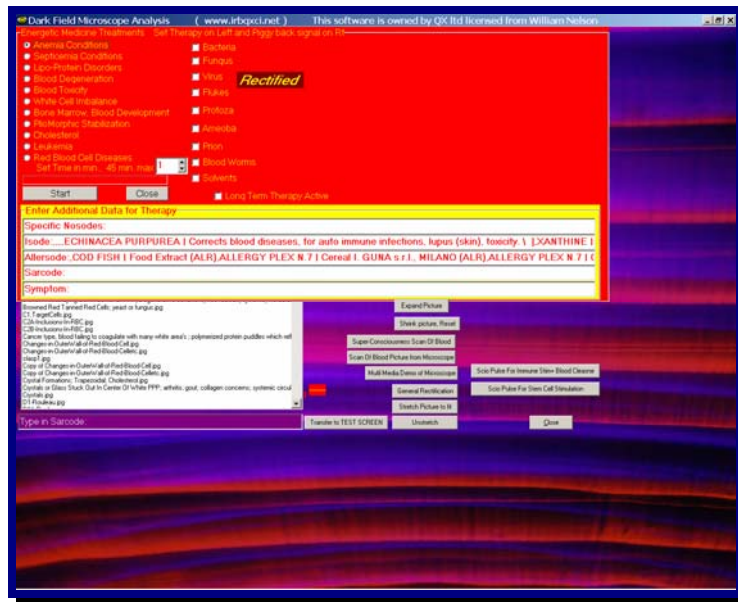
RISK PROFILE

Test/Programs/Risk Profile/Load Current Patient/Minerals/Double click on the following items to treat: Iron/Cobalt

DARK FIELD ANALYSIS

Test/Programs/Dark Field Analysis/Blood Treatments/
Anemia Conditions/Start/Treat until Rectified is over 85

Protocol - Anemia



SEARCH

From the Test Matrix Panel/type “Anemia” in the white box labeled Search for Item:/Click on Search/Either click on the items individually and click Treat to Zap the item or go up to the Auto Focus Zap menu/Choose Auto Zap from filter for 5 minutes.

AUTO VARHOPE

Test>Programs>Therapy>Auto VARHOPE

THERAPY

Test>Programs>Therapy>Auto Aggressive Immune Dysfunction

Also, see page on DNA Therapy Panel.



Anemia



If you have anemia, people may say you have tired blood. That's because anemia - a condition in which there aren't enough healthy red blood cells

to carry adequate oxygen to your tissues - can make you feel tired. Many types of anemia exist, each with its own cause. The cause may be an iron or vitamin deficiency, blood loss, a chronic illness, or a genetic or acquired defect or disease. It may also be a side effect of a medication. Anemia can be temporary or long-term. It can range from mild to severe. Initially, anemia can be so mild it goes unnoticed. But signs and symptoms increase as the condition progresses. The main symptom of most types of anemia is fatigue. Other signs and symptoms of anemia include:

- ❖ Weakness
- ❖ Pale skin, including decreased pinkness of your lips, gums, lining of your eyelids, nail beds and palms
- ❖ A rapid heartbeat
- ❖ Shortness of breath
- ❖ Chest pain
- ❖ Dizziness
- ❖ Irritability

- ❖ Numbness or coldness in your hands and feet
- ❖ Headache
- ❖ These factors place you at increased risk of anemia:
- ❖ Poor diet. Anyone - young or old - whose diet is consistently low in iron and vitamins, especially folate, is at risk of anemia. Your body needs iron and vitamins to produce sufficient numbers of red blood cells.
- ❖ Intestinal disorders. Having an intestinal disorder that affects the absorption of nutrients in the small intestine - such as Crohn's disease or celiac disease - puts you at risk of anemia. Surgical removal of or surgery to the parts of the small intestine where nutrients are absorbed can lead to nutrient deficiencies and anemia.
- ❖ Menstruation. In general, women are at greater risk of iron deficiency anemia than are men. That's because women lose blood - and with it, iron - each month during menstruation.
- ❖ Pregnancy. Pregnant women are at an increased risk of iron deficiency anemia because their iron stores have to serve the increased blood volume of the mother as well as be a source of hemoglobin for the growing fetus.
- ❖ Chronic conditions. For example, if you have cancer, kidney or liver failure, or another chronic condition, you may be at risk of anemia of chronic disease. These conditions can lead to a

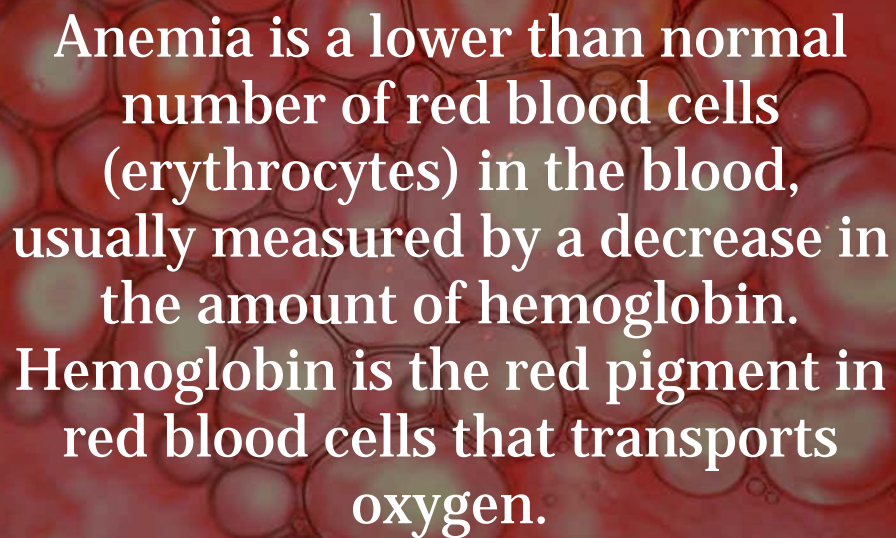


Condition - Anemia

shortage of red blood cells. Slow, chronic blood loss from an ulcer or other source within the body can deplete your body's store of iron, leading to iron deficiency anemia.

- ❖ Family history. If your family has a history of an inherited anemia, you also may be at increased risk of the condition.
- ❖ Certain infections, blood diseases and autoimmune disorders, exposure to toxic

chemicals and the use of some medications can affect red blood cell production and lead to an anemia. Other people at risk of anemia are people with diabetes, people who are dependent on alcohol (alcohol interferes with the absorption of folic acid) and people who adhere to a strict vegetarian diet, who may not get enough iron or B-12 in their diets.



Anemia is a lower than normal number of red blood cells (erythrocytes) in the blood, usually measured by a decrease in the amount of hemoglobin. Hemoglobin is the red pigment in red blood cells that transports oxygen.



ANEMIA

Definition



Anemia is a deficiency in the number of red blood cells, hemoglobin or both.

Symptoms

The condition is marked by varying degrees of pallor and palpitation.

Symptoms include: Pale under eyelids, nails and lips; fatigue, dizziness, nervousness, loss of appetite, shortness of breath, loss of memory and concentration. It may take some digging to narrow down one of the many possible causes.

Anemias include: Anemia caused by iron deficiency. Anemia caused by Vitamin B12 or Folic acid deficiency. (Megaloblastic anemia) Anemia caused by genetic defect (Hemolytic anemia or Thalassemia). Aplastic anemia is caused when the bone marrow fails to produce sufficient red blood cells.

For proper diagnosis see your doctor.

Cause

When we have a good bloodstream we have a good, healthy life. It would be wise to take time to learn the principles of building good blood in the body.

Carbon dioxide and other waste gases are re-absorbed into the life-giving oxygen. Everyone knows that two atoms of oxygen unite with one atom of

carbon to form dioxide. But when there is insufficient oxygen, only one atom unites with carbon, to produce carbon-monoxide, and that is where most of our trouble begins--anemia, low blood pressure, or where there is an abundance of calcium, high blood pressure; because calcium thickens the blood. It requires a great deal more pressure to pump thick blood than it does to pump thin blood; and please make special note, that all this is brought about because there is not sufficient iron in the blood, to carry enough oxygen to the cells, to enable them to breathe, and throw off their waste products. New cells are not produced fast enough to replace the decaying and dead ones. Pus is formed only when cells decay.

Therefore, it requires no great stretch of the imagination to see how vitally necessary it is to have enough iron in the blood stream to convey sufficient oxygen to all parts.

Nearly every food we eat, or a large percentage of it, contains iron and oxygen. Wheat and most of the grains and cereals (in their whole state) contain iron in the form of iron phosphate, as do many vegetables, such as beets, turnips, tomatoes, spinach, lettuce, cabbage, celery, carrots, squash, parsley, mustard greens, dandelion leaves, watercress, etc., but our principal source of organic iron and oxygen is the fruit. The apple is loaded with these two elements, particularly the winesap. All berries, plums, prunes, grapes, raisins, dates, figs, cherries, etc., contain organic iron



in abundance, and the citrus fruits, such as oranges, lemons, limes, etc., are principally composed of citric acid, which is one third oxygen.

Nelsonian Homeopathy

Hormetics: Ameba-Fuge; Vermi-Fuge.

Restoratives: Large and Small Intestine.

Combinations: Immunopoie; Entero-B.

Liquitrophics: Hemo Liquitrophic; Amino Liquitrophic; C Liquitrophic; Hepato Liquitrophic.

Oriental Herbs: Blood.

Supplements: Chelated Iron.

Homeopathy

Natrum muriaticum, China and Arsenicum.

Herbal Aids

1. Use a formula with sarsaparilla, yellow dock, yellow parilla and sassafras.

2. Use a formula with yellow dock, buckbean and comfrey.

3. Comfrey: Another great aid in anemia is comfrey. This herb can be used in the form of comfrey tea, tablets, and capsules, in salads and in comfrey green drink. Make the green drink by blending into apple juice (or some pleasant-tasting vegetable juice, such as fresh carrot), comfrey, marshmallow root (mallow), parsley, spinach, and other greens. Sweeten with honey and use a cup morning and night (children in proportion). The use of grapes, grape juice and raisins in abundance is excellent in rebuilding an iron-deficient bloodstream. Each mouthful of the juice should be "chewed" thoroughly

(swished in the mouth) and mixed well with saliva before swallowing.

4. Use a formula with comfrey and garlic.

5. Barberry Berries: This is one of nature's greatest and most valuable medicinal herbs and is a famous Indian remedy. It is probably unequaled as a corrector of liver secretions (causes the bile to flow more freely), and it expels and removes morbid, waste matter from the stomach and bowels. It is an excellent tonic for delicate and weakly people (particularly good for delicate and weak children), building from anemia and general malnutrition to complete recovery in just a few weeks.

6. Use a formula with European centaury, thyme, horehound and hyssop.

7. General Instructions: Whenever the child or adult has anemia, which is a deficiency of blood in quantity as well as quality, the overall treatment should be sunshine, fresh air (plus deep breathing), and a well balanced diet including a quantity of fresh, green vegetables and the daily use of good tonics, as listed here.

8. Pregnancy Anemia: Anemia may be caused by iron deficiency or other problems. Iron supplements are commonly given to expectant mothers, yet these are usually made of ferrous sulphate and cannot be utilized by the body. Being inorganic, they are absorbed but not assimilated and can cause problems in the system. In addition, they destroy vitamin E that may be taken at the same time. You



Remedies - Anemia

can build up the iron in your system by taking yellow dock or the Yellow Dock Combination. Some midwives say that yellow dock alone doesn't help for very long; its effect sometimes wears off. I have had excellent results combining yellow dock root and dandelion root; dandelion contains an excellent spectrum of minerals that enhance the 40% iron content of the yellow dock. Some good iron-containing foods include apricots, sunflower seeds, black molasses, raisins, prunes, brewer's yeast, kelp, egg yolk, grains, beets and their greens, turnip greens, dulse, and walnuts. If you do not respond to the dietary additions here, suspect folic acid anemia. Many pregnant women are woefully under-supplied with folic acid, and although you can get a prescription for folic acid supplements, this fragmented source may not be well absorbed by your body. Better to obtain this important nutrient in foods; some important sources are whole grains, leafy greens, watercress, parsley, chicory, dandelion, amaranth, and lambs quarters. Some of these can be taken in the green drink; lambs quarters is especially valuable, as it also contains a large amount of vitamin A, which helps prevent infections.

9. Aloe Vera: Other interesting claims for Aloe Vera include curing anemia.

10. Onions: You should be careful about overeating onions, however. Research has shown that anemia can be induced by doing so. A group of volunteer medical students consumed over two pounds of cooked onions every day for five days in addition to their regular diet. At the end of this period all showed symptoms of anemia, which was

confirmed by laboratory examination. Within one week after ending this binge, all experimenters successfully recovered.

11. Juices high in chlorophyll. Vegetarians can more than meet their requirement of B-12 by ingesting several cups of sprouts a day.

12. Chaparral for Copper Deficiency: A copper deficiency manifests as general weakness, slow healing, hair, loss of hair, low blood pressure, disorders of the liver and gall bladder, splenic weakness, acne, eczema, anemia. Chaparral can help this.

13. Juices for Anemia: Carrot & spinach, celery & parsley and beet.

14. Cabbage: This has been found to be of infinite value for pregnant women, and for patients with anemia. Drink one or two glasses of cabbage juice daily.

15. Apricot: The Apricot, perhaps because of its high iron and other mineral content, is helpful in cases of anemia.

16. Dandelion is extremely high in nutritive salts which purify the blood and destroy the acids in the blood. Anemia is caused by the deficiency of nutritive salts in the blood and really has nothing to do with the quantity of good blood. Dandelion contains these nutritive salts.

17. Yarrow / Milfoil (*Achillea millefolium*); Spirulina, Codonopsis, Stinging Nettle, Yellow Dock and Angelica.



Remedies - Anemia

Vitamins-Minerals

Vitamin C, E, B12, B-group, Paba, Copper, Iron (normally more for woman), Folic acid, Pantotenic acid. Flax oil & Hemp oil.

Other Sources

Food: Raw liver extract, red beets, green powder (wheat grass, barley, Spirulina, kelp, etc.)

Notes

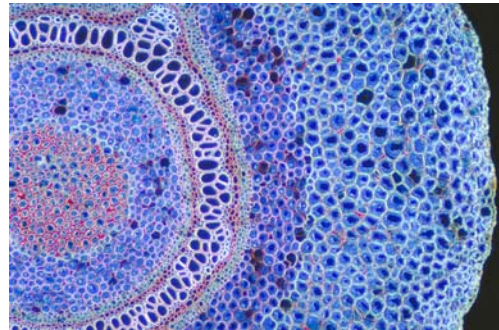
Yarrow increases production of red blood cells in bone marrow. Angelica also increases blood cell production. Spirulina has the highest known content of Vitamin B12, which is necessary for blood building.

B12 deficiencies can occur in vegetarians, old age, and in case of poor digestion. Lacking B12 is only one possible reason for Anemia. The body may also lack Iron or Folic acid. The

best way to find out is through a blood test. Iron loading, just in case, is not anymore recommended since too much Iron may lead to other health problems.

(Note: Caffeine prevents iron absorption while Vitamin C enhances iron absorption.)

Apart from these nutritional deficiencies, there might also be a genetic reason for anemia or an underlying disease. Codonopsis roots have increased; both, red blood cells and hemoglobin count in rabbits.



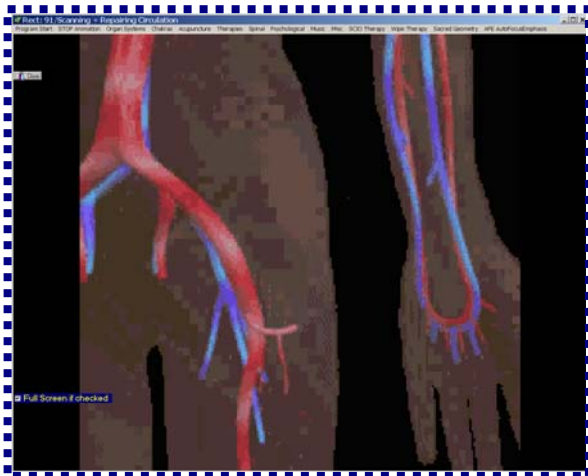


Aneurysm

Note: The below listed matrix numbers can be loaded throughout the program in the Piggy Back sections!

SCIO BODY VIEWER

- Program Start/Load Individual Movie Program (Start INFO Exchange)
- Program Start/Treat Disease Path of all Old Trauma
- Organ Systems/Circulation System/Arteries
- Therapies/Circulatory Stress Auditory
- Misc/Homeopathic Extras:
 - Nosodes: 5505 (Double space between the numbers.)
 - Isodes: 637 704 728 723 717 790 788 798 3999 (Double space between the numbers.)
 - Misc.: Aneurysm
 - Activate (You may have to scroll down to see this button.)/Close the Homeopathic Panel.
- Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Body Viewer program to run in the background simultaneously as your other therapies are running.



DISEASE DICTIONARY

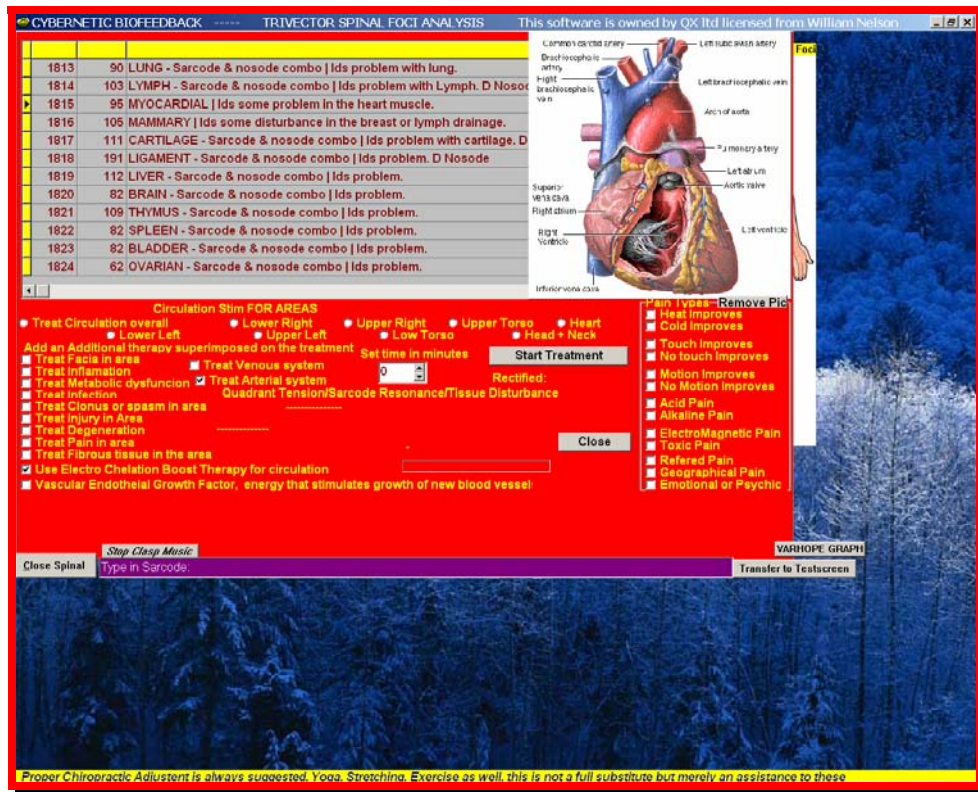
Test/Disease Probability and Dictionary/Disease Dictionary/Scroll down to "ANEURYSM"/Electroacupuncture + BioResonance on Right/OK-Reveal Text/Quick Calibrate Patient's Reactivity/Quick Test Patient BioResonance (If this button is missing, go up to the Therapy and you will find it there.)/Long Term Therapy Active/If Checked Mute Dictionary Music/Auto Treat/Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Disease Dictionary module to run in the background simultaneously as your other therapies are running.

SPINAL

Test/Programs/Spinal/Circulation/Do you wish to use the questions-No/Start Treatment



Protocol - Aneurysm



NUTRITION

Test/Programs/Nutrition and Homeopathy/Calculate strike this key first/OK/Insert Disease: Aneurysm/Test Disease for best nutritional supplement/Double click on all items appearing in yellow to treat

SEARCH

From the Test Matrix Panel/type "Aneurysm" in the white box labeled Search for Item:/Click on Search/Either click on the items individually and click Treat to Zap the item or go up to the Auto Focus Zap menu/Choose Auto Zap from filter for 5 minutes.

HOLD TRAY

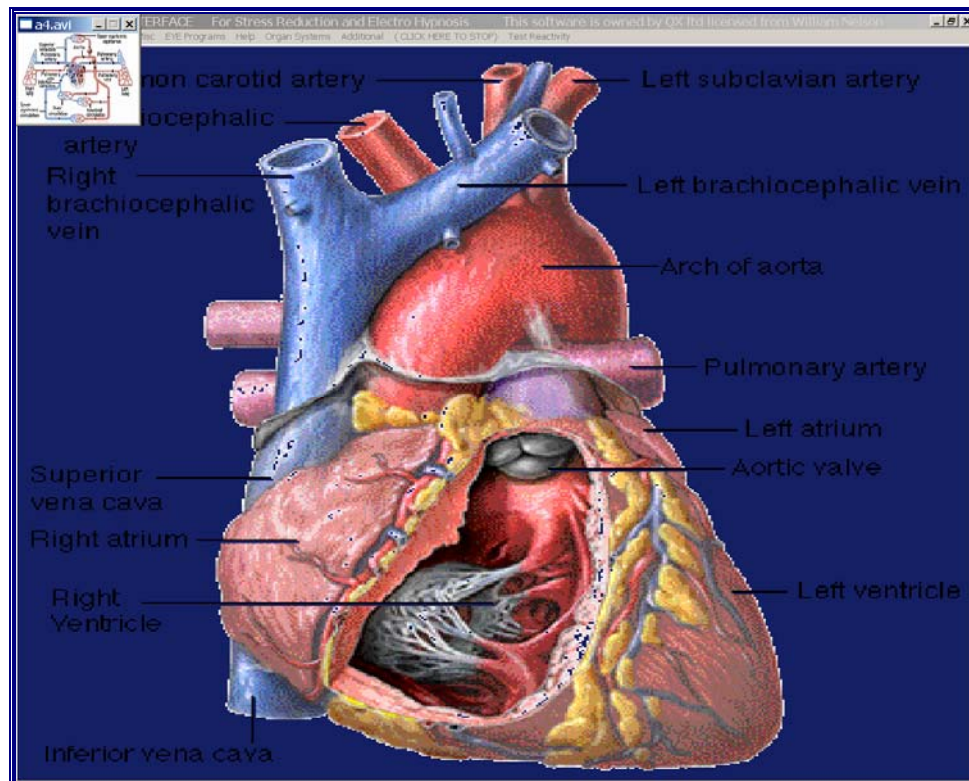
Test Matrix/In yellow or pink "Hold" tray type Aneurysm /Test Item in Hold Tray above/Double click on the items, which appear in yellow below the hold tray to treat.

BIOFEEDBACK

Test/Programs/Biofeedback/Misc./Add Piggy Back Therapies/Load/OK/Hide File/Additional/Circulation



Protocol - Aneurysm



PATIENT SUPERCONSCIOUS REDUCTION

Test/Treatments/Patient Superconscious Reduction Panel/Disease of Concern:
Aneurysm /Start Superconscious Link/Close red VARHOPE panel/Double click on all
above items in red to begin treatment

RIFE GENERATOR

Test/Programs/Therapy/Rife Generator (blue box, Upper Freq./Enter the following
frequencies one at a time, set above timer and Start:

Aneurysm - 880, 787, 760, 727, 465, 125, 95, 72, 444, 1865, 20, 727



Aneurysm

Definition

An aneurysm is an abnormal widening or ballooning of a portion of an artery, related to weakness in the wall of the blood vessel. Some common locations for aneurysms include:

- Aorta (the major artery from the heart)
- Brain (cerebral aneurysm)
- Leg (popliteal artery aneurysm)
- Intestine (mesenteric artery aneurysm)
- Splenic artery aneurysm

Causes, incidence, and risk factors

Aneurysms are either congenital (present before birth) or acquired. It is not clear exactly what causes aneurysms. Defects in some of the components of the artery wall may be responsible. In certain cases (abdominal aortic aneurysms), high blood pressure is thought to be a contributing factor.

Atherosclerotic disease (cholesterol buildup in arteries) may contribute to the formation of certain types of aneurysms. Pregnancy is often associated with the formation and rupture of aneurysms of the splenic artery (an artery leading to the spleen).

Symptoms

The symptoms vary depending on the location of the aneurysm. Swelling with a throbbing mass at the site of an aneurysm is often seen if it occurs near

the body surface. Aneurysms within the body or brain often have no symptoms. In the case of rupture, low blood pressure, high heart rate, and lightheadedness may occur. The risk of death after a rupture is high.

Signs and tests

Physical exam, ultrasound examination, and CT scan are used to evaluate aneurysms.

Treatment

Surgery is generally recommended. The timing and indications for surgery differ depending on the type of aneurysm.

Some people are candidates for stent placement. This procedure involves the use of a tube placed inside the vessel and can be performed without an incision, with specialized catheters that are introduced through arteries at the groin. This is called an endovascular repair, a new technique, which should only be performed by experienced physicians. Not all patients with aneurysms are candidates for stenting, however.

Expectations (prognosis)

With successful surgical repair, the outlook is often excellent.

Complications

The main complications of aneurysm include rupture, infection, and compression of local structures. Rupture of some types of aneurysms can cause massive bleeding, which is



Condition - Aneurysm

often fatal. This is commonly seen with abdominal aortic aneurysms, mesenteric artery aneurysms, and splenic artery aneurysms.

Rupture of aneurysms in the brain can cause stroke, disability, and death. Brain surgery for aneurysms can also result in these complications, if the aneurysm ruptures during surgery and bleeding cannot be controlled.

Infection of the aneurysm, which sometimes follows infection at other sites of the body, can lead to systemic illness and rupture. Clotting of the aneurysm occurs when blood stops moving inside the aneurysm, blocking further blood flow past the site of the aneurysm and depriving the tissues beyond of blood.

In certain cases, aneurysms can compress neighboring structures such as nerves, leading to neurologic problems, such as weakness and numbness. This can occur with popliteal artery aneurysms.

Calling your health care provider

Call your physician for if you develop any new mass on your body, whether or not it is throbbing.

Prevention

Control of high blood pressure may help prevent some aneurysms. Control of all risk factors associated with atherosclerotic disease (diet, exercise, cholesterol control) may help prevent aneurysms or their complications.

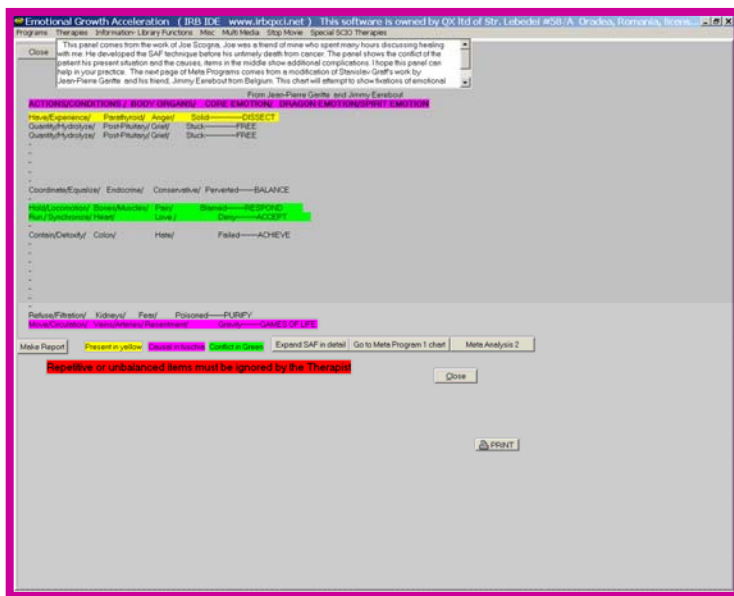


Anger

Note: The below listed matrix numbers can be loaded throughout the program in the Piggy Back sections!

SCIO BODY VIEWER

- Program Start/Load Individual Movie Program (Start INFO Exchange)
- Program Start/Treat Disease Path of all Old Trauma
- Organ Systems/Brain/Limbic
- Acupuncture/
- Psychological/Emotions
- SCIO Therapy/Aura Cleanse
- Misc/Homeopathic Extras:
 - Nosodes: 2772 (Double space between the numbers.)
 - Isodes: 7128 8584 2013 7460 1086 (Double space between the numbers.)
 - Misc.: Anger (FE) (Double space between the entries.)
 - Activate (You may have to scroll down to see this button.)/Close the Homeopathic Panel.
- Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Body Viewer program to run in the background simultaneously as your other therapies are running.



NLP

- ❖ Test/Programs/NLP/Therapies/Anger and Aggression Control 2, for excessive conditions
- ❖ Test/Programs/NLP/Therapies/Anger Control 1, for slight disorders of impulse control
- ❖ Test/Programs/NLP/Mental Factors + Emotion Chart/Test+Treat Emotions with Phase Stabilization/Double click on the word Anger in the top matrix to load into white box/10 second zap of emotion/Make Emotion

Chart/Show Emotion-NeuroTrans Chart/Therapy/Therapy for bottom and top balance

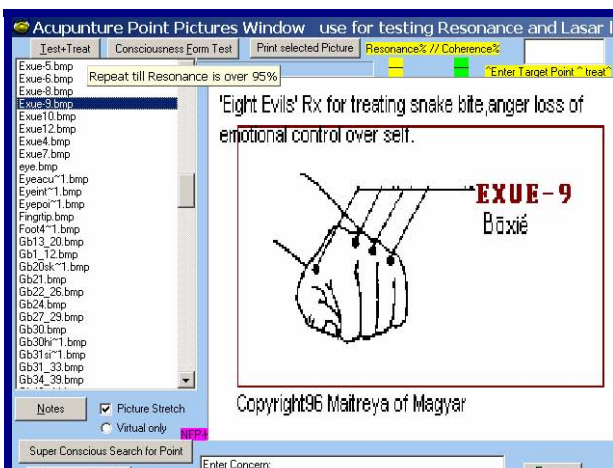


Protocol - Anger

- ❖ Test/Programs/NLP/Survival Awareness Form/Expand SAF in Detail/Double click on Anger/Go to Meta Program 1 Chart/Double click on anger to treat/Close/Meta Analysis 2/Treat Color Items
- ❖ Test/Programs/NLP/Individual NLP/Complete top white boxes/Start NLP Interface

SPINAL

Test/Programs/Spinal/Neuro emotional Complex NEC/Have the client answer the questions on the bottom/Test + Treat Emotions with phase stabilization (run until Love Index is twice the Frustration Index)



ACUPUNCTURE

Test/Programs/Acupuncture Pictures Access/Choose Point/Test+Treat:

POINTS

Exhn-3 = Irritability
Exue_9 = Anger
Exue_12 = Excess Anger

SEARCH

From the Test Matrix Panel/type "Anger" in the white box labeled Search for Item:/Click on Search/Either click on the items individually and click Treat to Zap the item or go up to the Auto Focus Zap menu/Choose Auto Zap from filter for 5 minutes.



Protocol - Anger

ZAP:

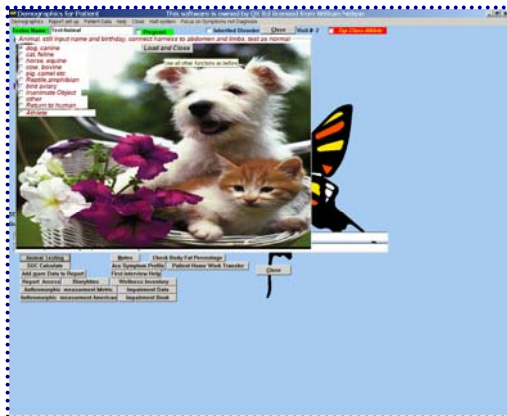
Test/Auto Focus Zap/Auto Zap Emotions

Also, see pages on Relaxation & Stress Reduction

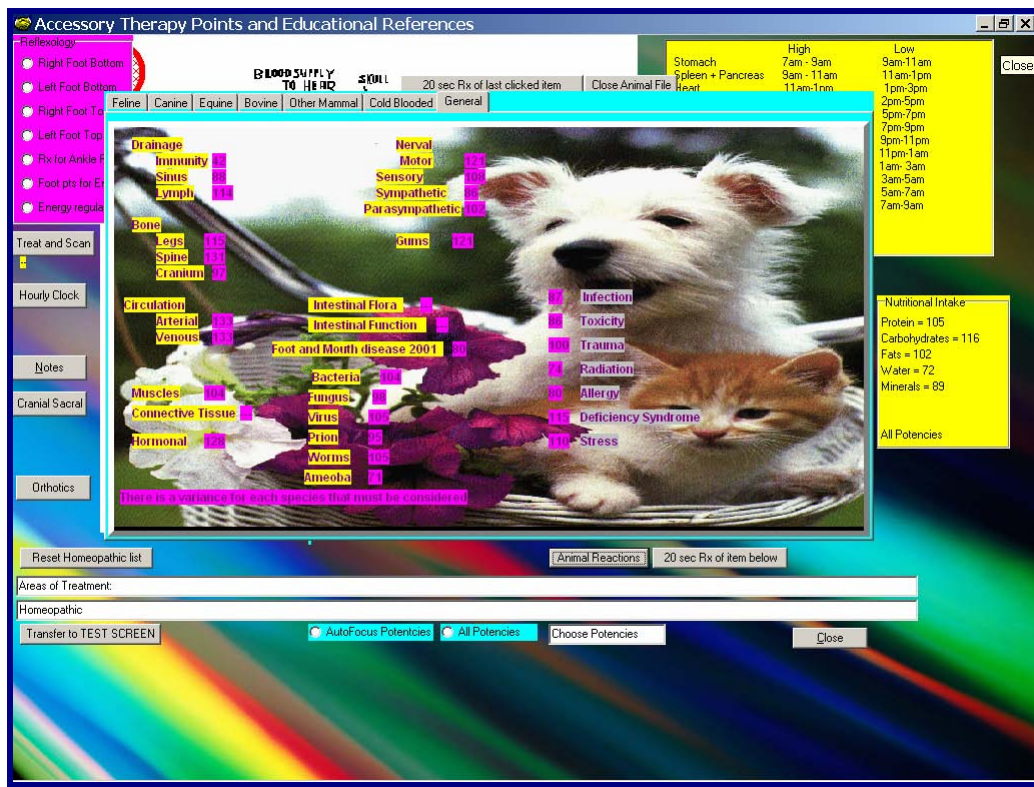


Animals

Go to the green SOC panel/Click on Animal Testing (bottom left side of the panel)/Choose the animal by clicking an item on the left/Load and Close/Proceed with Demographics, Calibration and Test as you would normally do.



- ∞ Test/Programs/Cranial Sacral-Reflexology-Animal/Choose Animal Therapies from this panel.





Ankles



SPINAL

- ❖ Test/Programs/Spinal/Bones/Either Click on Lower Left or Lower Right/Choose the option to the right of the panel which relate to your client /Choose the options on the right of the panel which relate to the type of pain/Set timer/Start Treatment until Rectified is 85 or above
- ❖ Test/Programs/Spinal/Bones/(in the top matrix) Double click on Bones of Ankle/Treat Bones Indicated/Set timer/Start Treatment until Rectified is 85 or above
- ❖ Test/Programs/Spinal/Bones/(in the top matrix) Double click on Bones of Ankle to load into the purple panel on the bottom called Type in Sarcodes:/Transfer to Test Screen/Search Harmonic/Double click on the items in yellow to treat (You can do the above steps for Muscles or Nerves)

ACUPUNCTURE

Test/Programs/Acupuncture Pictures
Access/Choose Point/Test+Treat:
POINTS
Exle-8=Ankle Disease

DISEASE DICTIONARY

Test/Disease Probability and Dictionary/Disease Dictionary/Scroll down to "ANKLE INJURIES or ANKLE, SOFT TISSUES"/Electroacupuncture + BioResonance on Right/OK-Reveal Text/Quick Calibrate Patient's Reactivity/Quick Test Patient BioResonance (If this button is missing, go up to the Therapy and you will find it there.)/Long Term Therapy Active/If Checked Mute Dictionary Music/Auto Treat/Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Disease Dictionary module to run in the background simultaneously as your other therapies are running.

CRANIAL SACRAL

Test/Programs/Cranial Sacral/RX for Ankle Pain/Treat and Scan

SEARCH

From the Test Matrix Panel/type "Ankle" in the white box labeled Search for Item:/Click on Search/Either click on the items individually and click Treat to Zap the item or go up to the Auto Focus Zap menu/Choose Auto Zap from filter for 5 minutes.



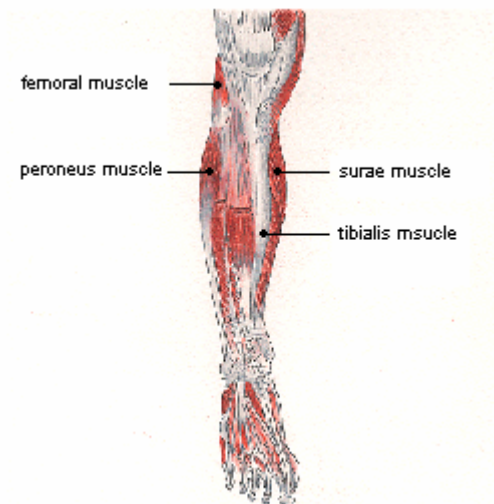


Muscles of the lower limbs

The **anterior hip muscles** raise the thigh and rotate it outwards.

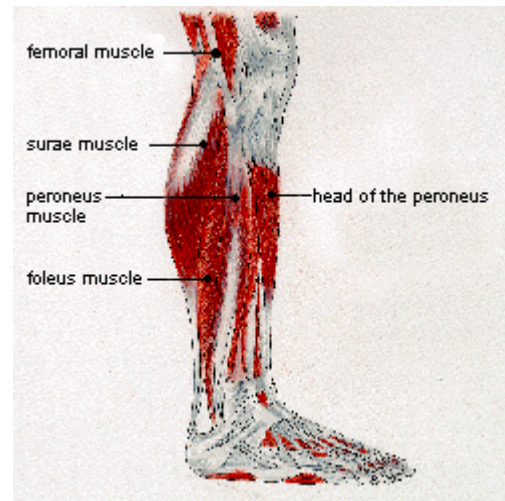
Together with the **abdominal muscles**, they raise the trunk out of the supine position.

The **gluteus maximus muscle** (*m. gluteus maximus*) supports and raises the trunk when the body is bent forwards.



The **fascial tensor** (*m. tensor fasciae latae*) and the **gluteus medius muscle** (*m. gluteus medius*), together with the upper section of the **gluteus maximus muscle**, draw up the leg. When standing on one leg, they support the trunk so that it does not fall over on the side the leg is being lifted.

The **outer rotation muscles**, as the name suggests, rotate the leg outwards.



The upper and lower leg muscles can be divided into flexors and extensors. A sub-category is also the group of adductors. Adductive movements include crossing one's legs or bringing the legs together when swimming breaststroke. This muscle group does not exist for the arm.

The **crural muscles** extend the knee (e.g. when playing football). They support the body when the knees are bent and bring it back up out of this position. They are used when getting up from chairs, etc.

The **lower leg muscles** are responsible for moving the foot and the toes. The extensor group is relatively weak and can tire when walking (causing one to stumble). They support the body when the foot is held rigid (e.g. when ice skating). This causes pain in skaters who are new or out of practice.

The **calf muscles** flex the lower leg and lower the foot. They are responsible for swinging the leg back when walking and for pushing the foot off the floor. The bone-free lower section of the



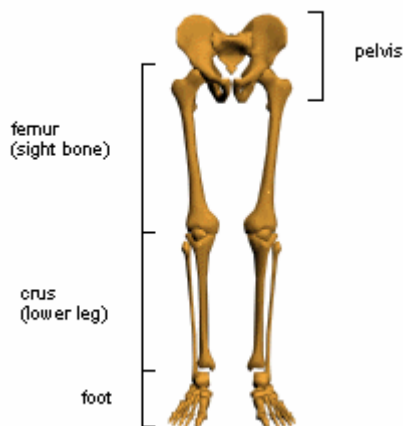
pelvis ends in two muscle plates, supporting the weight of the intestines.

The two **pelvic muscles** are the **pelvic floor muscle** (*m. levator ani*) and the **transverse perineum muscle** (*m. transversus perinei profundus*).

Passing through the pelvic floor muscle are the rectum and the urethra, and the vagina in women. The urethra, and the vagina in women, also passes through the transverse perineum muscle. During labor, these muscles have to enlarge wide enough for the head of a baby to emerge.

Lower extremities

The **lower limbs** are responsible for forward movement and also provide the human body with an additional support.



They can be divided into four sections:

1. **Pelvic girdle** with sacrum and hipbone
2. **Thigh** with femur
3. **Lower leg** with shinbone and calf bone

4. **Foot** with tarsus, metatarsus and toes

The **pelvic girdle** is connected to the spine. Its rigidity and stability lend the human body a steady position and an upright posture.

It consists of two **hip bones** (*os coxae*) and the **sacrum** (*os sacrum*). The sacrum is connected to the hipbone by a closely fitting joint.

The **hipbone** comprises three different bones:

Ilium (*os ilium*)

Ischium (*os ischii*)

Pubic bone (*os pubis*).

These three bones meet in the so-called "acetabular fossa" (*acetabulum*).

The "acetabular fossa" is a cavity resembling a bowl, which is surrounded by an eminence (protrusion of bone). The "acetabular fossa" forms the articular cavity of the hip joint.

The **thigh bone** (*femur*) is the largest and longest tubular bone in the human body. With advancing age, bone tissue tends to lose some of its strength, frequently leading to the neck of the femur being broken in the leg: a femoral neck fracture.

The **lower leg** consists of two bones:

Calf bone (*fibula*)

Shin bone (*tibia*).

The **shinbone** superficially begins on the anterior side and ends in the inner malleolus (inner part of the ankle).



The **calf bone** is connected with the shinbone region, is able to move and ends in the outer malleolus (outer part of the ankle).

Foot bones

The **foot**, in contrast to the hand, has only seven **tarsal bones** (*ossa tarsi*). Like the hand, these tarsal bones can be divided up into two rows.

The first (*proximale*) row contains:

Navicular bone (*os naviculare*)

Ankle bone (*talus*)

Heel bone (*calcaneus*)

The second (*distal*) row contains:

Inner cuneiform bone (*os cuneiforme mediale*)

Middle cuneiform bone (*os intermedium*)

Outer cuneiform bone (*os cuneiforme laterale*)

Cuboid bone (*os cuboideum*)

The longitudinal arching of the foot, tensed by ligaments and tendons forms the plantar arch. It distributes the weight of the body both to the rear, onto the heel bone eminence, and to the front, onto the metatarsus and toe bones (chiefly onto the first metatarsal bone), absorbing the shock of each step,

which can be about three times as much as our actual weight.

Analogous to the hand, the foot has 5 **metatarsal bones** (*ossa metatarsi*), which can each be divided into three sections:

Base (*basis metatarsalis*)

Shaft (*corpus metatarsale*)

Head (*caput metatarsale*).

The base is arched. The shaft (*corpus*) is slightly bent to the rear. The head (*caput*) displays small furrows in which round epical bones (*sesamoid bones*) are contained as deflection points for the tendons.

Like the fingers of the hand, the toe bones (*phalanges* or *ossa digitorum*) can be divided into three sections:

Proximal phalanx (*phalanx proximalis*)

Medial phalanx (*phalanx media*)

Distal phalanx (*phalanx distalis*)

Like the thumb, the big toe has no middle section. The proportions of the foot are very different from those of the hand. Compared with the fingers, the toe region is considerably diminished; compared with the ball of the thumb; the heel bone is much more developed. Overall, the foot bones are more stable and wider than the hand bones, due to the fact that they have to bear the entire weight of the human body.



Ankles

The ankle is the most common joint injury reported in the United States on a daily basis. The ankle is a stable joint made up of several bones including the shin bones (tibia and fibula) and an ankle bone (talus). There are also several ligaments crossing the joint on the outside (lateral) and inside (medial) side of the joint.

Direct injuries to the ankle can cause bones to fracture and are treated by casts or surgery depending on their seriousness. Ankle sprains are more common and involve the ligaments on either the outside or the inside of the ankle. Injuries or sprains of the low ankle joint (subtalar joint) can also occur in athletic type sprains.

Several tendons exist around the ankle joint. Three large tendons are located on the inner part of the ankle and two on the outer part. The largest tendon in the body, the Achilles tendon, exists behind the ankle and attaches to the heel bone. The Achilles tendon is sprained in younger people during athletic participation and results in Achilles' tendinitis. Older individuals tear or rupture their Achilles tendon and these tears need to be aggressively treated to allow sporting and day-to-day activities to continue.

A sprained ankle occurs following a sudden sideways or twisting movement of the foot. The most common mechanism of a sprained ankle occurs when a person lands from jumping or

running on to an uneven surface. For example, sprained ankles are often seen when basketball players come down from a jump and land on another player's foot. Other people sustain sprains with much more routine daily activities such as stepping off a curb or slipping on ice. A sprained ankle results when the ligaments of the foot are either stretched too far or tear due to the twisting injury.

Usually these sprains occur stepping down onto uneven ground or onto another player's foot. The foot rolls inward injuring the ligaments on the outside. If there is enough force or the injury is recurrent, ligaments in the back of the ankle or even the inside (medial) ankle can be injured. These types of sprains are more dramatic and harder to heal.

- ❖ Pain over torn ligaments
- ❖ Swelling
- ❖ Erythema
- ❖ Loss of motion
- ❖ Treatment

They are treated conservatively in most cases with a splint or brace and recovery is usually complete. When these sprains do not heal within six (6) weeks it may indicate that there are other problems. These ankles need to be evaluated with x-rays, an examination, and often an MRI to determine if other associated problems exist.

Non-operative Treatment Protocol:
R.I.C.E.

Rest – Ice – Compression – Elevation

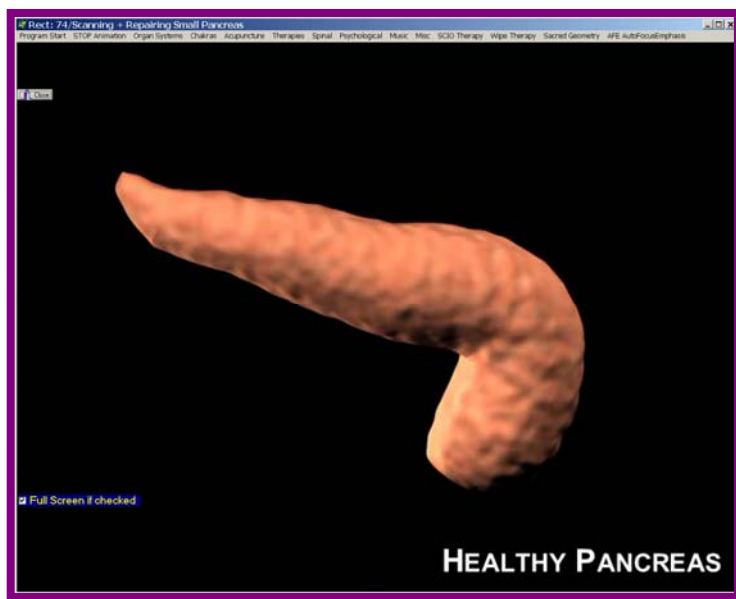


Anorexia

Note: The below listed matrix numbers can be loaded throughout the program in the Piggy Back sections!

SCIO BODY VIEWER

- Program Start/Load Individual Movie Program (Start INFO Exchange)
- Program Start/Treat Disease Path of all Old Trauma
- Organ Systems/Digestive System/Stomach
- Organ Systems/Digestive System/Pancreas



- Psychological/Emotions
- Therapies/Stimulate Nutritional Absorption
- SCIO Therapy/Aura Cleanse
- Misc/Homeopathic Extras:

- Nosodes: 5514 5515 (Double space between the numbers.)
- Isodes: 630 710 3183 790 717 704 702 747 (Double space between the numbers.)

- Misc.: Anorexia
- Activate (You may have to scroll down to see this button.)/Close the Homeopathic Panel.
- Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Body Viewer program to run in the background simultaneously as your other therapies are running.

DISEASE DICTIONARY

Test/Disease Probability and Dictionary/Disease Dictionary/Scroll down to "ANOREXIA"/ Electroacupuncture + BioResonance on Right/OK-Reveal Text/Quick Calibrate Patient's Reactivity/Quick Test Patient BioResonance (If this button is missing, go up to the Therapy and you will find it there.)/Long Term Therapy Active/If Checked Mute Dictionary Music/Auto Treat/Click on your Claps32 Icon on the bottom



Protocol - Anorexia

of your toolbar and this will allow the Disease Dictionary module to run in the background simultaneously as your other therapies are running.

SEARCH

From the Test Matrix Panel/type "Anorexia" in the white box labeled Search for Item:/Click on Search/Either click on the items individually and click Treat to Zap the item or go up to the Auto Focus Zap menu/Choose Auto Zap from filter for 5 minutes.

GO TO NO

Test Matrix/Type 6409 in the small white box to the left of the "Go To No"/Go To No/Treat to Zap the item (This item: Jaleakind is a tonic which stimulates appetite.

HOLD TRAY

Test Matrix/In yellow or pink "Hold" tray type Anorexia/Test Item in Hold Tray above/Double click on the items, which appear in yellow below the hold tray to treat.



The biggest challenge in treating anorexia is having the person recognize that their eating behavior is itself a problem, not a solution to other problems. However, most people who suffer from anorexia nervosa deny that they have an eating disorder.



Anorexia Nervosa

The relentless pursuit of thinness.



Essentially self-starvation, this disorder involves a refusal to maintain

a minimally normal body weight. In severe cases, anorexia can be life threatening. Person refuses to maintain normal body weight for age and height.

- ❖ Weighs 85% or less than what is expected for age and height.
- ❖ In women, menstrual periods stop. In men levels of sex hormones fall.
- ❖ Young girls do not begin to menstruate at the appropriate age
- ❖ Person denies the dangers of low weight.
- ❖ Is terrified of becoming fat.
- ❖ Is terrified of gaining weight even though s/he is markedly underweight.
- ❖ Reports feeling fat even when very thin.

In addition, anorexia nervosa often includes depression, irritability, withdrawal, and peculiar behaviors such as compulsive rituals, strange eating habits, and division of foods into "good/safe" and "bad/dangerous" categories. Person may have low tolerance for change and new situations; may fear growing up and assuming adult responsibilities and an adult lifestyle. May be overly engaged

with or dependent on parents or family. Dieting may represent avoidance of, or ineffective attempts to cope with, the demands of a new life stage such as adolescence.

The most serious health risk from anorexia is death, either because of the effects of severe weight loss or by suicide.

People who become anorexic often were good children -- eager to please, conscientious, hard working, and good students. Typically they are people pleasers who seek approval and avoid conflict. They may take care of other people and strive for perfection, but underneath they feel defective and inadequate. They want to be special, to stand out from the mediocre masses. They try to achieve that goal by losing weight and being thin.

Some clinicians believe that the symptoms of anorexia are a kind of symbolic language used by people who don't know how to, or are afraid to, express powerful emotions directly, with words. For example, making one's body tiny and thin may substitute for, "I'm not ready to grow up yet," or "I'm starving for attention." Refusing to eat may translate to "I won't let you control me!"

People who develop anorexia often feel stressed and anxious when faced with new situations. Many are perfectionists who have low tolerance for change (including the normal physical changes their bodies experience at puberty), feeling that it represents chaos and loss of control. Some set rigid, unrealistic standards for themselves and feel they have failed totally when they cannot achieve and maintain the degree of



Condition - Anorexia

excellence they demand of themselves.

Although people with eating disorders don't want to admit it, many fear growing up, taking on adult responsibilities, and meeting the demands of independence. Many are

overly engaged with parents to the exclusion of peer relationships. They use dieting and weight preoccupations to avoid, or ineffectively cope with, the demands of a new life stage such as adolescence, living away from home, or adult sexuality.



Psychotherapy, Autosuggestions, Color Therapy and Regular walks.

Changes may be necessary (friends, family, etc.; anything that may contribute in depressing a person's self-esteem).

Appetite stimulants: Peppermint, Ginger and Ginseng.



Anti Aging

Note: The below listed matrix numbers can be loaded throughout the program in the Piggy Back sections!

BODY VIEWER



- Activate the Body Viewer: Test Matrix/SCIO/SCIO 3D Body Viewer
Activate/Click on Body Viewer on the bottom of your toolbar.
- Program Start/Load Individual Movie Program (This will allow the movie files to run.)
- Organ Systems/Muscles/Muscles of Head/Organ Systems/Digestive System/Liver
- Acupuncture/Skin
- Therapies/Adipose Tissue Dissolve Auditory (optional)
- Psychological/Addiction Therapy Auditory (optional, if addicted to food)
- Misc/Homeopathic Extras/(Use your gray bar to scroll to the bottom of this module.)/Enter the following items: (Nosode: Aging) – (Isodes: 3879 5479 3873 2469 1766 6193 3052 5280) Be sure to double space between the numbers./Activate/Close
- Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Body Viewer program to run in the background simultaneously as your other therapies are running.

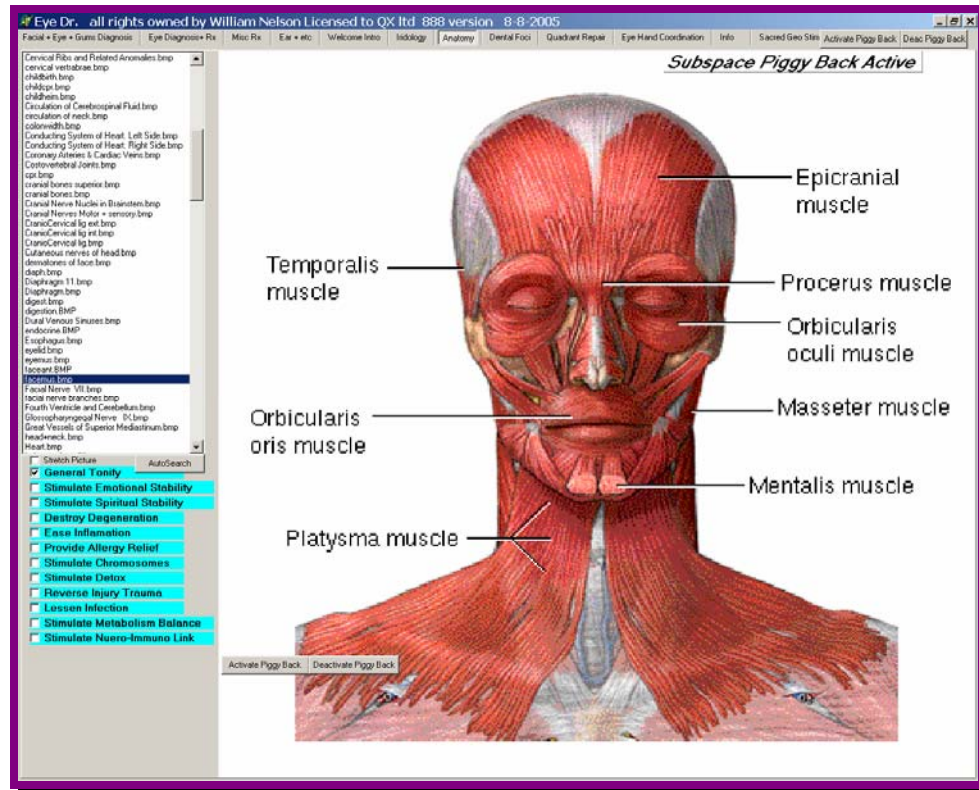
IRIDOLOGY

- Click on your Iridology tab on the bottom of your toolbar if you have not already done so in the previous step and you will be in the Anatomy tab. Click on General Tonify in the bottom left hand side of the module/Click on Activate Piggy Back on the upper right hand side of the module./Alphabetically locate the file named facemus.bmp and then double click anywhere on the picture to start this therapy. This will continue to run for the rest of the session.



Protocol - Anti Aging

- Click on the Facial+Eye+Gums Diagnosis tab in the upper tabs/Face Muscles or Face Female/Double click on the picture to begin.



DISEASE DICTIONARY

Test/Disease Probability and Dictionary/Disease Dictionary/Scroll down to "AGING"/Electroacupuncture + BioResonance on Right/OK-Reveal Text/Add to Therapy/(Nosode: Aging) – (Isodes: 3879 5479 3873 2469 1766 6193 3052 5280) Be sure to double space between the numbers. – (Sarcodes: Skin Liver)/Enter any emotional concerns such as tension, frowning, etc./Load/Close (blue box)/Quick Calibrate Patient's Reactivity/Quick Test Patient BioResonance (If this button is missing, then repeat the Quick Calibrate Patient's Reactivity until it appears.)/Long Term Therapy Active/If Checked Mute Dictionary Music/Reduce the Time of Therapy to one minute/Auto Treat/

Tip: Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Disease Dictionary module to run in the background simultaneously as your other therapies are running.

- SCIO Therapy/Foci Treatment Manual/Woman Face (or men!)/SCIO Therapy/Foci Treatment Manual/Woman Neck
- SCIO Therapy/Sky -/- 100-120 Hz for Skin, Face and Neck
- Sacred Geometry/Methusala's Aging Reversal



Protocol - Anti Aging

Tip: Click on your Iridology Icon on the bottom of your toolbar and this will allow the Body Viewer module to run in the background simultaneously as your other therapies are running.

FEED THE CLIENT

Test/Information/Info Report (or Info View depending on your Clasp32 version)/Information/Empty INFO to Start New/Are you sure, Empty Info Table?/Yes/Return to Main/Enter the numbers listed below in the white box located on the left side of the GoToNo box below the pink hold tray one at a time. For example: 3879/GoToNo/(This function will take you to the specific matrix number on the Test Matrix)/Drag and drop this matrix item in your blue Info report/(Imagine that you are making a plate of food for your client and then feeding them with it.)/Repeat this process until all of the numbers listed below have been searched for and placed in your client's plate of food./Load Report (below the pink hold tray) If this button is missing, then you can locate it by clicking on Treatments and then Load Report Items/Now this button has turned into Load Report Items – click on it/Now you will notice that the pink hold tray has "Report Items Loaded"/Test Report and Zap Item for 3 Minutes until the client has reached high rectification over 85/

GoToNo Aging numbers:

- 3879 - ELASTIN | Major component of the connective tissue in the skin, ids premature aging or aging of skin.
- 5479 - AGING - GROWING OLD
- 3873 - COLLAGEN | Major component of the connective tissue in the skin, ids premature aging or aging of skin.
- 2469 - NELSON FATTY ACID REMEDY | For anti aging, only source of total fatty acids.
- 1766 - PREMATURE AGING SYNDROME | From toxicity and dehydration.
- 6193 - ANTI- RADICALAIRE | Anti oxidant, anti aging, (vitamins E, C, PP, Zn). VITAMIN
- 3052 - NELSON ANTI AGING REMEDY | Ayurvedic
- 5280 - TELOMERES | Antiaging part of DNA at the end of the genes to stop aging.



Protocol - Anti Aging

SHORT SARCODES

- Test/Programs/Short Sarcode Rx/Add Additional Therapy/(Nosode: Aging) – (Isodes: 3879 5479 3873 2469 1766 6193 3052 5280) Be sure to double space between the numbers. – (Sarcode: Skin Liver)/Enter any emotional concerns such as tension, frowning, etc./Load/Close/Facial + Eye + Gums Diagnosis/Face Muscles/Treat and Scan

Note: Also, open some channels of elimination through the Short Sarcodes.

CYBERNETIC BIOFEEDBACK 10--10-2005 This software is owned by -QX Ltd /Confidential Statistical Science Program www.irbqxci.net

Programs Information Auto Focus Zap Retest Order of Remedies Treatments HELP Research+(Library)Reports Disease Probability and Dictionary System Power settings --SCIO

No Value Name Expand Name Prepare Test

6422 0.00 OROFER I For immune system, anemia, EuroNatur

2094 0.00 STEPHANURUS DENTATUS PARASITE (Can of intestinal (bowel, colon, intestine) parasites of various kind

5083 0.00 DYS CO 200C Homeopathy Japan

6135 0.00 ULTRA GHRM (Chromium picolinate to metabolize glucose, VITAMIN

6555 0.00

1189 0.00

6218 0.00

7656 0.00

8615 0.00

210 0.00

7611 0.00

2061 0.00

2602 0.00

4565 0.00

7813 0.00

9113 0.00

9253 0.00

74 0.00

7883 0.00

1036 0.00

812 0.00

1081 0.00

121 0.00

5728 0.00

5552 0.00

6365 0.00

8764 0.00

635 0.00

967 0.00

7178 0.00

40 0.00

462 0.00

2533 0.00

5403 0.00

754 0.00

140 0.00

2491 0.00

35 0.00

2500 0.00

458 0.00

5 0.00

2161 0.00

434 0.00

1818 0.00

2219 0.00

Naturopathic and Oriental Diagnosis This software is owned by QX Ltd licensed from William Nelson IRB IDECentro ...

0%

Facial + Eye + Gums Diagnosis Eye Diagnosis+ Rx Misc Rx Ear + etc Child + CPR More Anatomy

Brain

Face

Anatomy

Brain

Face Muscles

Face Female

Diagnosis

Additional Patterns Loaded

Nosodes: Aging

Isode: 3879 5479 3873 2469 1766 6193 3052 5280

Allersode: Skin Liver

Symptom: PREMATURE CELLULAR AGING|improper treatment old pharmaceutical.Error catastrophe deterioration in the me

Load Close Un Load

0% 0% 0% 0% 0%

REPAIRED % INFLAMMATION INFECTION DEGENERATION TOXIC

Stop Sounds Scan and Treat Ideology Notes Zoom

Transfer to TEST SCREEN

Type in Sarcode:

Hold Acute item:

Empty Below

Harmonic Coupling of two items:

When Done with data Go To Therapy

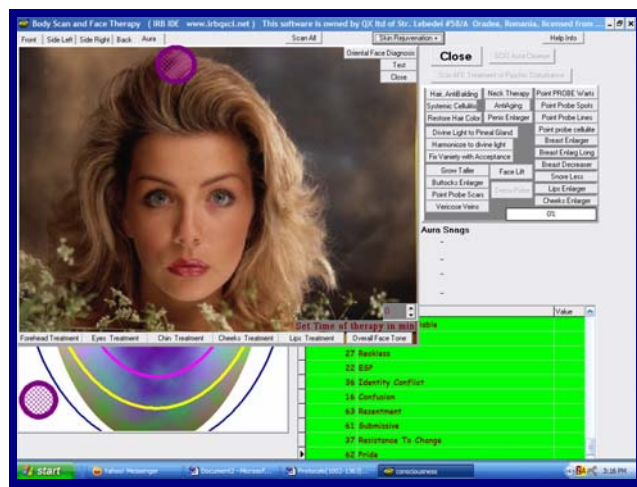


Protocol - Anti Aging

BODY SCAN

- Test/Programs/Body Scan and Face Therapy/Skin Rejuvenation
- Click on Test and a purple circle will appear on area, which needs treatment.
- Set timer by increasing the minutes and click on any of the desired list of therapies listed below. (Break up the number of minutes based on your session time. For example, set the timer in 5 minute increments to work on Eyes, Chin, Cheeks, Neck and then setting a longer number of minutes on Face Lift.) This would be a good time to use your roller or point probe on the face. You can activate your point probe on the Test Matrix under the System Power Settings.

- | | |
|--------------------------------|---|
| ▪ Anti-aging | ▪ Lips Treatment |
| ▪ Breast Enlarger | ▪ Neck Therapy |
| ▪ Breast Decreaser | ▪ Oriental Face Diagnosis |
| ▪ Buttocks Enlarger | ▪ Overall Face Tone |
| ▪ Cheeks Enlarger | ▪ Penis Enlarger |
| ▪ Cheeks Treatment | ▪ Point Probe Cellulite |
| ▪ Chin Treatment | ▪ Point Probe Lines |
| ▪ Detox Pulse | ▪ Point Probe Scars |
| ▪ Divine Light to Pineal Gland | ▪ Point Probe Spots |
| ▪ Eyes Treatment | ▪ Point Probe Warts |
| ▪ Face Lift | ▪ Restore Hair Color |
| ▪ Fix Vanity with Acceptance | ▪ SCIO Aura Cleanse |
| ▪ Forehead Treatment | ▪ SCIO AFE Treatment of Psychic Disturbance |
| ▪ Grow Taller | ▪ Snore Less |
| ▪ Hair, Anti Balding | ▪ Systemic Cellulites |
| ▪ Harmonize to Divine Light | ▪ Varicose Veins |
| ▪ Lips Enlarger | |





Protocol - Anti Aging

BIOFEEDBACK

- Test/Programs/Biofeedback/Additional Anti-Aging
- Test/Programs/Biofeedback/Organ Systems/Skin Stabilize

AGING

- Test/Programs/Aging/Anti-Aging Rx/Double click on high numbers until Rectified is over 85
- Test/Programs/Aging:
 - Anti Aging Belief Therapy
 - Anti Aging Relaxation Training
 - Anti Aging Therapy
 - Anti Aging DNA Teliomere Repair
 - SCIO Interactive Anti Aging Pulse (Gradually raise the Voltage in the SCIO Working box until the patient feels the tingle in the head. Raise the Voltage after each minute until the tingle is felt equally all around, then click Stop after 5 Min. is over.)/Stop Aging Therapy/Close

TIMED THERAPIES

- Test/Programs/Timed Therapy, Music, Superlearning/Timed Treatments/Enable Timed Therapy/Add Additional Therapy/(Nosode: Aging) – (Isodes: 3879 5479 3873 2469 1766 6193 3052 5280) Be sure to double space between the numbers. (Sarcode: Skin Liver)/Set the Timer/Reverse Lines and Skin Aging or Start Adipose Dissolve Treatment depending on the need.

NLP

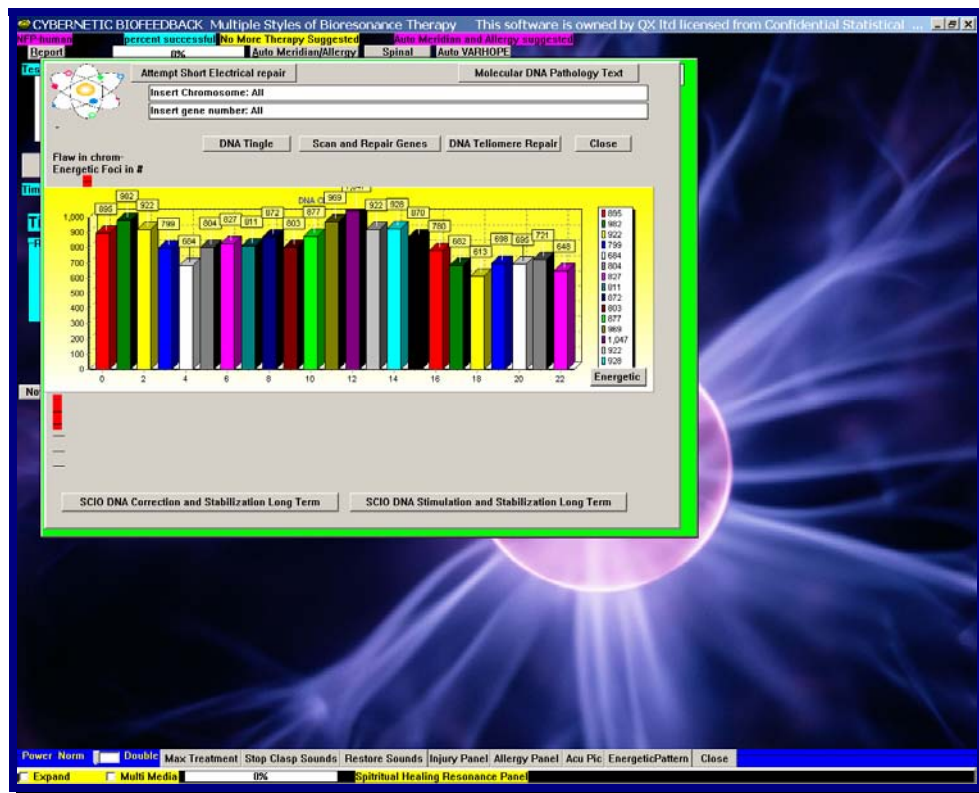
- Test/Programs/NLP Emotional Growth/Therapies/Anti Aging

NUTRITION

- Test/Programs/Nutrition and Homeopathy/Calculate, strike this key first/OK:
- Vitamin A Family/Nutrienergy Balance
- Vitamin B Complex Family/Close/Nutrienergy Balance
- Vitamin C Complex Family/Nutrienergy Balance
- Vitamin E Family/Nutrienergy Balance
- Vitamin F Family/Nutrienergy Balance
- Internal Enzymes/Increase All Enzyme Production
- Stress & Cortisol/No to questions/Click on Cortisol and Growth Hormone to balance
- Mineral and Amino Acids (balance)
- Insert Disease: Aging/Test Disease for best nutritional supplement/Double click on all items appearing in yellow to treat

DNA Therapy Panel

- Test/Programs/Therapy/Auto Trivector Therapy/DNA The Book Of Life (or click on the yellow atom if it's not visible)/Attempt Electrical Repair/DNA Tingle/Scan and Repair Genes (rectify over 85)/DNA Teliomere Repair (write down Flaw in Chrom and Energetic Foci numbers and go to the Test Matrix to view descriptions)



AUTO MERIDIAN

- Test/Programs/Therapy/Auto Meridian-Allergy/Start Meridian Therapy/Retest All

OXYGENATION

- Test/Programs/Timed Therapy, Music, Superlearning/Timed Treatments/Enable Timed Therapy/Sport Program-Oxygen Stim
- Test Matrix/Type 937 in the small white box to the left of the "Go To No"/Go To No/Treat to Zap the item
- Test/Programs/Therapy/Auto VARHOPE

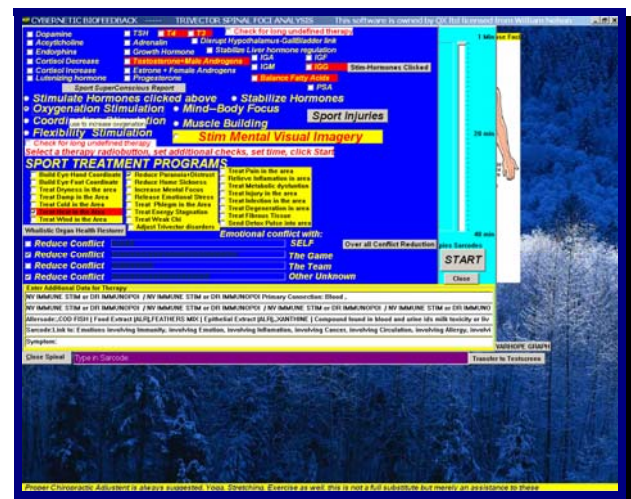


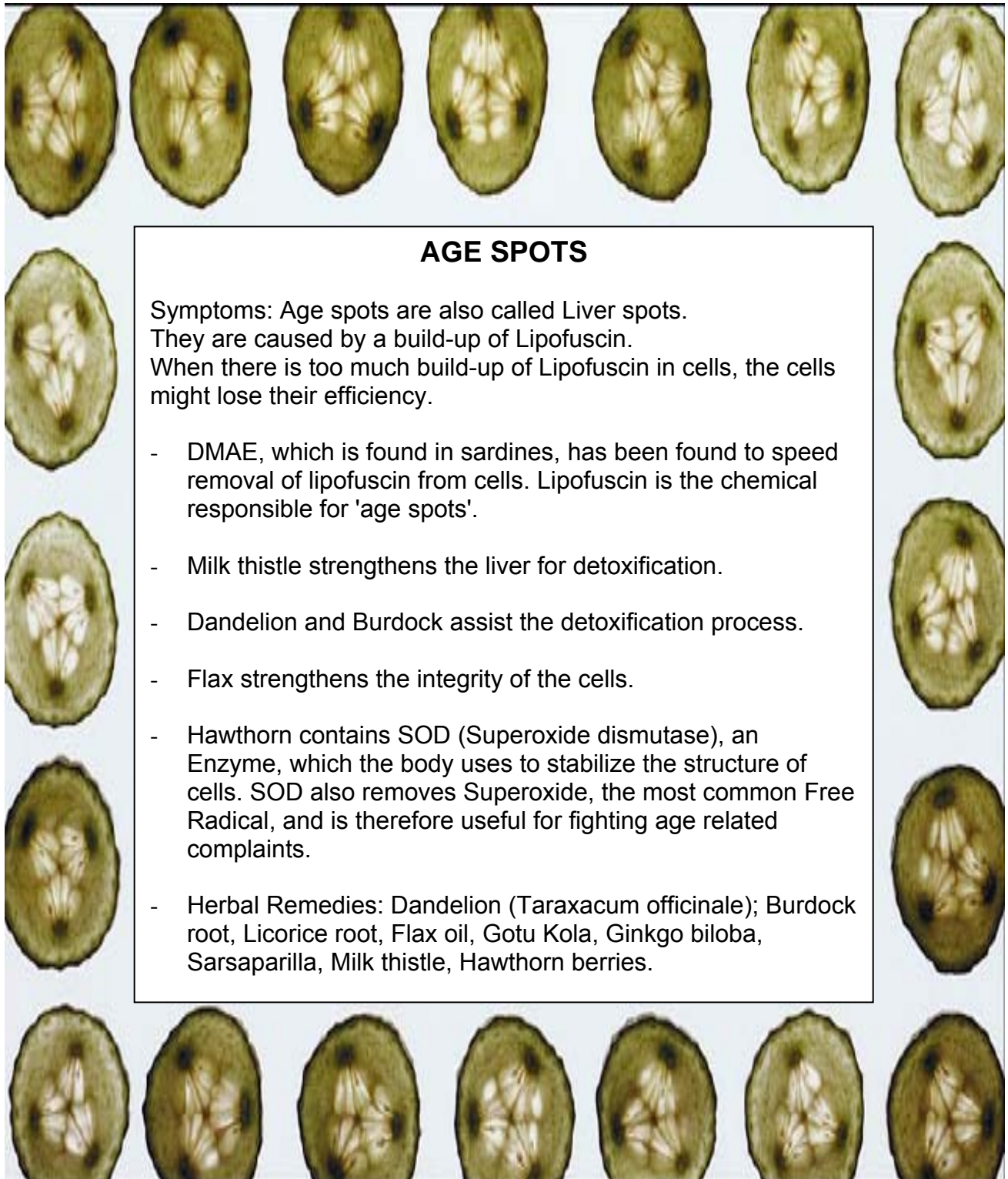
BIOFEEDBACK

- Test/Programs/Biofeedback/Misc./Add Piggy Back Therapies/(Nosode: Aging) – (Isodes: 3879 5479 3873 2469 1766 6193 3052 5280) Be sure to double space between the numbers. (Sarcode: Skin Liver)/Load/OK/Hide File/Relaxation/Oxygen Stimulation
 - Additional/Anti Aging

SPORT PROGRAMS

- Test/Programs/Sport Programs/Oxygenation Stimulation/Start





AGE SPOTS

Symptoms: Age spots are also called Liver spots. They are caused by a build-up of Lipofuscin. When there is too much build-up of Lipofuscin in cells, the cells might lose their efficiency.

- DMAE, which is found in sardines, has been found to speed removal of lipofuscin from cells. Lipofuscin is the chemical responsible for 'age spots'.
- Milk thistle strengthens the liver for detoxification.
- Dandelion and Burdock assist the detoxification process.
- Flax strengthens the integrity of the cells.
- Hawthorn contains SOD (Superoxide dismutase), an Enzyme, which the body uses to stabilize the structure of cells. SOD also removes Superoxide, the most common Free Radical, and is therefore useful for fighting age related complaints.
- Herbal Remedies: Dandelion (*Taraxacum officinale*); Burdock root, Licorice root, Flax oil, Gotu Kola, Ginkgo biloba, Sarsaparilla, Milk thistle, Hawthorn berries.



Anti-Aging

Aging is the continuous changes in an organism, organ, tissue, or cell leading to a decrease in function. In humans, aging is characteristic of degeneration in the skin, bones, heart, blood vessels, lungs, nerves, and other organs and tissues. Biologists have tried to explain the theory as to why people age. However, most agree that aging is largely determined by genes.

Looking behind the scenes, especially at the cellular level, it has been discovered that the life spans of cells in the human body are determined by strings of DNA (genetic material) called telomeres, which are located at the ends of the chromosomes. Each time a cell divides, the telomere becomes shorter; until the cell dies at which the telomere is reduced to a certain critical length. Cell division is important because many cells in our body must be replaced over time. When a cell's telomeres reach a critically short length, however, that cell can no longer replicate.

What are telomeres?

Telomeres are bits of DNA on the ends of our chromosomes. Picture the hard ends of your shoelaces and you'll understand where they are in relation to the chromosome. While they do not contain genes, telomeres are important for replication or duplication of the chromosomes during cell division. They are made up of 1,000 to 2,000 copies of a repeated DNA sequence. Think about it this way, when we are born, we don't have every cell our bodies will ever need. But as we grow, we need new skin, bone, blood and many other kinds of cells. Even as adults, we need to make new cells. For example, skin cells and certain cells in our intestinal track are constantly replaced. All of these cells that reproduce need their telomeres to divide properly. Without their telomeres, the cells wouldn't reproduce at all. Telomeres also protect our cells. Their presence on the tips of chromosomes prevents important genetic material from being lost during cell division. They also help to keep the chromosome ends from appearing broken. This is an important function, because broken chromosomes trigger biological responses.

What are telomeres made of?

Telomeres are made of double strands of DNA, except for the very ends, which are single-stranded. Many telomeres, including those from humans, appear to form t-loops, special folded structures where the single-stranded



tail of the telomere is tucked into the more internal double-stranded part of the telomere.



How do telomeres work in the aging process?

The process of cell division is called mitosis. Each time mitosis occurs, the telomeres of the dividing cells get just a bit shorter. Once a cell's telomeres have reached a critically short length, that cell can no longer divide. Its structure and function begins to fail. Some cells even die. In the laboratory, most human cells can only divide 30 to 50 times before they stop reproducing, reaching a stage called senescence. Cells taken from older persons and persons with premature aging syndromes undergo even fewer divisions before reaching senescence.

One important point to remember about **telomeres** is that they serve as protective caps on the ends of chromosomes. Unfortunately, every so often, the capping function can become defective, which can cause the ends of the telomeres to unwind. This capping function can become defective if the telomere becomes too short or is deleted entirely. If this happens the body will think the uncapped chromosome is a broken DNA end. When this occurs the broken DNA ends spark one of two repair mechanisms.

The first mechanism is called recombination, where a broken DNA end is fixed by taking a known good DNA molecule and copying that to the broken one. In some situations, recombination can work for a long time. In the second mechanism, two broken ends are simply joined together. Under most circumstances, this end joining is an effective and useful DNA repair process. But if there are two malfunctioning human telomeres, this end joining can be devastating.

If two different chromosomes are fused together from end joining of **telomeres**, they cannot separate properly during replication. During cell division, a tug of war between the two daughter cells over the fused chromosome usually results in it being broken in two uneven pieces. Each daughter cell then inherits a chromosome with missing or extra DNA and with one (newly broken) end missing a telomere. That end is free to potentially cause another round of chromosome fusion and breakage.



Condition - Anti Aging

Through this mechanism, uncapped telomeres can wreak havoc, killing cells and rendering those that survive genetically abnormal.

In addition to causing DNA repair in the form of recombination or end joining, broken DNA ends can trigger other cellular responses. Because broken chromosomes are a severe form of DNA damage, if left broken DNA ends will often keep cells from growing and dividing as long as the broken ends persist. In some human cells, broken DNA ends can trigger cellular suicide, a process known as apoptosis. This process, if continued causes cells in the body to continue to die. When no more cells are replaced, the cells that are left eventually deteriorate and die. When this happens, we die.

Because of this process, as we grow older we start facing symptoms we never encountered before including arthritis, having more accidents, reduced eyesight, a bigger chance at diabetes, a bigger risk at cardiovascular diseases, Parkinson's Disease, Alzheimer's Disease, and Cancer, to name a few. We feel aches we never felt before in places we never knew we would hurt.

Recommendations:

1. Purchase a shower filter, which neutralizes chlorine, fluoride, and other toxic chemicals. A 15-minute hot shower is the equivalent of drinking 7 glasses of tap water. Also consider a water filtration system for your home.
2. Purchase Full Spectrum Lighting for your home and work place. Benefits include: Reduction of glare, which in turn reduces eyestrain, headaches, fatigue, and irritability and thereby increases productivity. Reduces levels of cortisol, the stress hormone, thereby reducing physical and emotional stress at home, school and the work place. Can actually reduce allergic skin reactions or dermatitis. Slows down the aging process of the retina, reduces skin cancer and generally improves overall mood and feeling of well-being. Reducing stress helps lower high blood pressure. This special lighting enhances color and environment by stimulating natural sunlight. Lasts two to three times longer than most fluorescent lamps. People using full spectrum lighting are less hyperactive, dehydrated and depressed.
3. Purchase a cellular phone chip and computer chip to protect your brain and body against the harmful radiation and microwave energy. It has now been proven that the electromagnetic radiation emitted from cellular phones and computers has a direct effect on our cells.



Condition - Anti Aging

4. Limit the amount of time you spend watching television. It is a waste of precious time and energy. Today, television is 90% negative. Your body and mind need positive, uplifting messages.
5. Wash as needed, but avoid long hot baths or showers, which deplete the body of needed minerals.
6. Use cosmetics and cleaning products that are made from natural, non-toxic ingredients. Avoid chemically perfumed products. For care of the teeth, brush with natural toothpaste preparations, free of fluoride.
7. As much as possible, wear cotton or silk clothing, especially for under-garments. Avoid wearing synthetic or woolen clothing directly on the skin. Avoid wearing excessive accessories on the fingers, wrists, neck, or any other part of the body.
8. Spend time outdoors. Walk on the grass, beach, or soil up to one half hour every day. Spend 15 minutes daily in direct sunlight at dusk or dawn.
9. Include some large green plants in the home to freshen and enrich the oxygen content of the air. Open windows daily to permit fresh air to circulate, even in cold weather.
10. Keep your home in good order and clean, especially the areas where food is prepared and served.
11. Look in the mirror every day and tell yourself that you love yourself!
12. Live, love, laugh, learn, forgive, sing praises, and seek peace. Give thanks and focus on what you have spiritually, emotionally, and physically.
13. Use all natural soaps, shampoo, conditioner, and deodorant.
14. Very Important - Do not use a microwave oven. Sell it or throw it away! It kills and radiates your food.
15. Daily Exercise - Aging is accelerated by a lack of exercise. A 30-40 minute daily walk will up-lift the spirit and keep weight at an optimum level.
16. Sleep - Use lavender essential for relaxation. The body does the most repairs between the hours of 10:00 p.m. and 2:00 a.m. Make sure that you are in bed by 10:00 p.m. in order to allow your body to take full advantage of this repair time.

Skin Care

Your skin is your armor, your shield from the elements. Yet when was the last time you really thought about what you need to do to take care of it? Throughout your life, genetic and environmental factors will cause a lot of wear and tear to your skin. But you are never too young or too old to



start taking care of your skin. In fact, skin care and protection should be an essential part of your health, fitness, and beauty regime. If you take care of your skin, your skin will take care of you! If your stuck in a skin care rut, or if you are just looking to learn a bit more about the basics of skin care, read on to learn more about this important step in your daily activities.

The Essentials of Skin Care

The first step to taking care of your skin is preventing damage. Sun, wind, pollutants, and simply aging can degrade the condition of your skin. Common complaints include dry and itchy skin, wrinkles, sagging, color changes, and age spots. There are steps that you can take to keep your skin looking and feeling its best.



Exercise, rest, and good nutrition lay the foundation for beautiful, healthy skin, inside and out. A proper diet is not only good for your overall health, it also helps to ensure that your skin will receive all of the vitamins, minerals, and nutrients that it needs to maintain and repair cells. Drinking purified water is another good way to keep your skin healthy. Water helps to hydrate the skin and move waste and nutrients through the system. It is very effective mixing a teaspoon or capful of Organic Apple Cider Vinegar in with your water. Do not drink Tap Water.

The most important way to care for your skin is to protect it from the damaging rays of the sun. Ultraviolet radiation damages the skin and can lead to wrinkles, premature aging, age spots, and cancer. Take extra precautions to make sure your skin is not exposed to the sun's rays. Use a natural sunscreen, or a moisturizer that contains sunscreen (at least SPF 15) everyday. Your skin does need some sunlight – 10-15 minutes of direct exposure daily.

Dry skin is very common, especially with age. Older skin has fewer sweat and oil glands than younger skin. Dry skin may be caused by frequent baths, certain cosmetics or medications. But whatever the cause, there



are ways to alleviate the itchiness associated with it. Avoid using harsh soaps when bathing, and if possible, cut back on the number of baths or showers each week. A sponge bath with warm water may help to clean and revive skin without stripping the skin of its valuable moisturizers. When you do use soap, try using a natural very mild soap that does not contain any dyes, parabens or perfumes. Follow up the bath with a moisturizing lotion, concentrating on problem dry areas. A good all-natural moisturizer is one of the foundations for a healthy skin care regimen. Continue moisturizing throughout the day to keep skin healthy. Your hands and face are particularly susceptible to daily damage, and may need to be moisturized several times.

A Skin Care Routine

A skin care routine does not have to be elaborate in order to be effective. But you should develop some kind of skin care routine based on your skin type, daily activities, and nutritional needs so that you can be sure you are taking the very best care of your skin. Following a daily skin care regime will also allow you to more closely evaluate your skin for abnormalities. Here's a simple routine that you can adapt to fit your needs:

1. Cleanse: Wash your skin thoroughly on a daily basis to remove the dirt, debris, pollutants, and perspiration that accumulates on a daily basis. If you have dry or sensitive skin, use only warm water to wash your skin and use a mild natural cleanser every few days. If you have normal or oily skin, be sure to wash with a gentle cleanser on a daily basis. Be sure to brush your teeth before washing your face, as toothpaste residue can irritate sensitive facial skin.

2. Moisturize: Unless your skin is very oily, you will want to use a moisturizer everyday to keep your skin hydrated and healthy. Your skin needs moisturizer all year long as both the indoor winter heat, and summer sun can be equally damaging to your skin.

3. Protect: Use a natural sunscreen when possible, regardless of whether or not you plan on spending much time in the sun. The sun's rays are very damaging and if you get in the habit of applying sunscreen everyday, you will never be left without protection. The sun's most beneficial rays occur at sunrise and sunset.



Skin Care Products

There are several types of skin care products that may make a useful addition to your daily skin care. These include cleansers, sunscreens, moisturizers, exfoliants, facial cleansers, toners, retinoids, herbal and nutrient supplements, and cosmetics.

Holistic Skin Care



The body is amazing in its ability to heal and rejuvenate itself, and the largest organ of the body, the skin is no exception. Using the vitamins and minerals that nourish the body as a whole, the skin can promote tissue growth, repair damage and provide added protection against environmental toxins. Many traditional skin care products aim to conceal, rather than correct damaged or blemished skin. But holistic skin care works by using the body's own resources to heal skin and promote its natural beauty.

Vitamins, minerals, herbs, and other nutrients are wonderful aides in cleansing, moisturizing, protecting, and healing the skin. A holistic skin care program, not only creates youthful radiant skin, but it can also benefit the overall well being of the body. The anti-inflammatory benefits of a holistic program decrease the aches and pains of the body and help to create a more balanced emotional state. A holistic skin care regime can also help to heal common skin conditions such as acne, sun damage, and other blemishes.

Protection From The Sun

There are several vitamins that can help reduce and reverse the effects of the sun. Vitamins A, B, C, D and E are all wonderful for the health of the skin. Vitamins B, C and D play an especially important role in preventing skin damage caused by the sun.

- Vitamin A helps reverse the aging effects of the sun on the skin by reducing wrinkles and decreasing the number and size of age spots. It also improves the skin's texture and helps decrease pore size.



- Vitamin B can be found in topical ointments and applied directly to the skin. It is an anti-inflammatory, which minimizes puffiness and redness, constricts pores and strengthens capillary walls. It also improves the condition of the skin and aids in the regeneration of DNA.
- Vitamin C is a potent antioxidant that protects the skin from the ultraviolet rays of the sun and neutralizes free radical damage. It also helps to stimulate the production of collagen to keep skin supple and smooth.
- Vitamin D can also be used topically applied to preserve a more youthful complexion. The body can produce vitamin D naturally when exposed to sunlight. Hence, the consistent use of sunscreen may block vitamin D production. Look for an organic sunscreen or moisturizer that contains a vitamin D supplement as a necessary precaution.

Turning Back The Clock

Whether we like it or not, we are all getting older. And no matter how hard we try to protect and nourish our skin, we cannot avoid all exposure to the culprits that cause our skin to become dry, wrinkled and pigmented. Sun, smoke, pollution, aging, stress, nutrition, dehydration, environmental changes, and allergies all contribute to the health or detriment of our skin. If your skin is starting to show the signs of aging, it's important to identify the underlying causes of damage so that you can develop a plan for healing your skin. The following vitamins and nutrients can help turn back the clock.

- Vitamin C helps to stimulate collagen production while providing antioxidant protection from free radicals that develop in the cells.
- Vitamin E helps to slow down the aging process, smooth the skin, and protect it from photosensitivity and photo-damage.
- Bioflavonoids are potent antioxidants protect the skin while neutralizing damaging free radicals. The lipids, proteins, and DNA are all susceptible to free radical attack. While Vitamins C and E are good antioxidants that can help protect the skin, studies show that bioflavonoids may be even more powerful in scavenging free radicals and protecting the skin.
- Alpha Lipoic Acid is another powerful antioxidant that works both internally and externally. This nutrient occurs naturally within the body. Supplementation can help to enhance the abilities of other antioxidants such as Vitamin C and E. Alpha Lipoic Acid is also great when applied topically as it improves the overall skin condition, and helps to reduce



Condition - Anti Aging

wrinkles, under-eye puffiness, enlarged pores, acne scars, and sallow or dull skin.

- Herbs such as Bearberry, Licorice, Yeast, Rice Extract, Paper Mulberry, and Yellow Dock help to improve the skin by brightening the skin and evening out pigmentation.

Internal Skin Care

Stress and anxiety can take their toll on the health of our skin. It is difficult for the body to maintain a glowing and youthful outward appearance when it is consumed with emotional struggles. By reducing stress and anxiety, you can improve your overall health, as well as the natural ability of your body to repair and renew its tissues. Here are a few tips for reducing stress and improving the condition of your skin:

- Facials are beneficial for the mind and the skin. A facial will make you feel relaxed and instantly improve the condition of your skin.
- Exercise helps to reduce stress and move waste and nutrients through the body.
- Stress reduction practices such as Yoga, Tai Chi, Pilates and Meditation can help to ease stress and return the body and mind to a state of balance.
- Rest is also good for the body as well as the mind.
- A healthy diet is important for the skin as well as the mind. Nourish both by making sure that you get enough vitamins and minerals throughout the day to handle any physical or emotional stress that will come your way.



ANTI-AGING



Theories of Aging

My own combined theory of aging is that stagnation is the key—stagnation of bioenergy circulation and stagnation of

the digestive tract and bowels. Good colon function (preventing toxin buildup), regular exercise to stimulate energy production and circulation of the blood and lymph, dealing properly with extreme

emotions and stresses, and maintaining a positive attitude all help to support vitality and circulation on all levels. Chemical irritants and nutritional deficiencies accelerate the aging process. We need to maintain proper food acquisition, digestion, assimilation and elimination to have long-term health and minimize the aging process. We also need to have all the nutrient building blocks available to the cells and tissues when they need them. This requires eating wholesome, nutritious food, as well as proper digestion and assimilation.

Aging Theories

Stagnation and toxicity
Aging clock and hormones

Cross-linking of proteins
Free radicals
Errors in DNA
Changes in brain
Autoimmunity
Stress

The aging clock theory regards the aging process as programmed by an inherent, preset number of possible cellular divisions. Our individual set of cell divisions and the time between them determines our life span. Different cells have different division rates. Lifestyle factors such as stress and nutrition, degenerative changes, and immunological and hormonal health can affect our inherent cell division potential or the length of time between cell divisions. Our genes are most closely influenced by nucleic acids, RNA and DNA. When RNA is affected, it may influence cell activity, protein building, and tissue repair and healing. Basic wear and tear and random insults to our genes can speed up our aging process. Chemicals, microorganisms, random toxins, and nutritional or functional deficiencies



Condition - Anti Aging

(such as reduced digestive enzyme production) all affect this important cellular process.

As far as we know, at present there is no hormone or code that causes death or self-destruction. But there are many subconscious, self-destructive tendencies such as not taking care of ourselves in the best ways possible. As we age, we must attend to minimizing internal aging to maintain vitality and tissue health. This is accomplished in part by eating light and staying light, but eating well. It is the synergy of nutrient and emotional deficits and depletions that contributes to both aging and the subsequent dying process.



The cross-linking theory suggests that molecular changes occur in the protein molecules of body tissues that cause microfibers to be laid down against the normal direction of other tissue fibers. This creates aging through loss of elasticity, stiffness, and degeneration.

This may always be going on as the underlying mechanism for tissue change, inflammation, and degeneration, but it is more likely a result of the biochemical process of free-radical formation.

The free-radical theory, currently the most accepted aging hypothesis, offers an explanation of the basis of degenerative disease. It suggests that free radicals—unstable, reactive molecules with a free electron—seek to latch onto whatever they can find. When they are not countered by antioxidant nutrients, they may attack cell membranes, fat molecules, or tissue linings. Free radicals are generated by the metabolism of oxygen and other chemicals. Singlet oxygens, hydroxyl ions, peroxides, and superoxide molecules are some of the products of oxidation. Unsaturated fats, certain reactive chemicals, both inhaled and consumed in food or water, microbes, and smoking cigarettes all generate free radicals.

The antioxidants, also termed "free-radical scavengers," protect us by binding the free radicals. When we get sufficient levels of these antioxidants, such as vitamins E and C, selenium, and beta-carotene (vitamin A precursor) in our diet or as supplements, we can neutralize the free radicals and prevent cellular and tissue damage. Our body produces superoxide dismutase (SOD) and glutathione peroxidase (GP), enzymes



that also counteract free radicals. These enzymes, however, are themselves unstable and are not specifically helpful as supplements because they are metabolized very rapidly and are not readily absorbed. By keeping our liver and its cells functioning well, we can support the production and function of these important antioxidant enzymes.

Other aging theories include errors in DNA (which could be generated by free radicals), chemical exposure, general toxicity, and basic genetic tendencies. Changes in brain function and the regulation of balance in the hormonal and nervous systems may also be at the core of the aging process. Autoimmunity and a general breakdown of immune function is another theory of degeneration; stress, which likely increases free-radical formation, may itself be at the heart of the aging process, as well as diminishing other vital physiological processes. The general process of aging probably involves combinations of all of the above theories working together in varying ways within each individual.



Diet and Supplements

The diet and supplement plan that will best provide us with the basic and special nourishment we need to maintain health and prevent aging includes the following guidelines:

- **Regularly under eat.** Avoid obesity; eat more low-calorie foods, such as vegetables, especially those high in beta-carotene.
- **Minimize fat intake.** The diet should be low in saturated and animal fats, with only moderate intake of vegetable-oil foods and cold-pressed vegetable oils and very low intake of fried fats or oils. Overall, not more than 25 percent of the calories in the diet should come from fat.
- **Focus the diet on complex-carbohydrate-containing foods** to acquire more fiber and sustained energy without over consumption and congestion. Complex carbohydrates such as whole grains (specifically, brown rice, millet, oats, barley, buckwheat, and whole wheat), legumes, potatoes, and other starch vegetables and squashes are the key to any diet for longevity.



Condition - Anti Aging

- **Protein intake should be moderate**—no more than 50–70 grams daily—with an increase in vegetable proteins such as nuts, seeds, and whole grain/legume combinations to about 75 percent of the dietary protein intake.
- **Eat a chemical-free diet** as much as possible. Most chemicals have some toxic properties, and many generate free-radical production. Some, such as certain pesticides and the nitrates and nitrites in cured meats, can even be carcinogenic in the body.
- **Moderate salt, sugar, alcohol, nicotine, and caffeine.** Each of these has specific irritating properties; however, regular nicotine use is the worst in regard to aging.
- **Drink plenty of good drinking water**, free of toxic pesticides and other chemicals. Proper hydration is important to skin health, digestive function, proper elimination, and all bodily functions.
- **Follow the Anti-Aging program** for micronutrients and antioxidants presented in the table below.
- **Use periods of detoxification**, or cleansing, to balance and rest the body's systems. Fasting or cleansing, I feel, is the missing link in Western nutrition. It is very important to regenerate optimum function and to enhance elimination. It helps improve many body functions, including the important digestion-assimilation-elimination cycle



Supplements are important to the Anti-Aging program. First, a general and complete multivitamin-mineral formula is recommended. There are now more high quality multivitamins that contain additional antioxidants; because these extra nutrients counteract so many disease processes as well as stress, likely the underlying cause of many problems. In addition to a general formula, the following nutrients are specific to the Anti-Aging program (the first seven are antioxidants):

- **Vitamin E** is an important antioxidant nutrient when taken in doses well above the RDA, usually at least 400–1,000 IUs daily. Vitamin E protects cell membranes and in particular prevents lipid irritation and breakdown. It also counteracts some of the negative effects of air pollution chemicals and metals.



Condition - Anti Aging

- **Selenium** is an antioxidant mineral that works synergistically with vitamin E; that is, together they have a better effect than each separately. The selenium-containing enzyme, glutathione peroxidase, protects cellular membranes and irritation from metals. Selenium deficiency is associated with an increased risk of cancer, and adequate selenium intake is correlated with a reduced incidence of malignancy, particularly of the breasts, colon, and lungs, common sites of cancer.
- **Beta-carotene** is another cancer-preventing antioxidant nutrient. As an antiaging nutrient, this form of vitamin A is better than retinol (from animal sources). Beta-carotene is a dual vitamin A molecule that can be split easily in the small intestine or liver. Vitamin A deficiencies are associated with an increased risk of cancer, particularly cervical and lung cancer. Beta-carotene specifically protects smokers from lung cancer (it reduces but does not eliminate the risk) in amounts of 25,000–40,000 IUs daily taken in one or two doses.
- **Vitamin C** is a crucial antioxidant nutrient. It is also an anticancer nutrient, as it has been shown to reduce cervical dysplasia, an early stage of cancer, and to prevent the conversion of nitrites to the carcinogenic nitrosamines. Ascorbic acid specifically protects cell membranes from viruses and may prevent chemical irritations. It also helps to lower blood fats, thus decreasing cardiovascular disease risk, and reduces irritation from cigarette smoke and air pollution. Bioflavonoids, found in many vitamin C foods, may also have antioxidant properties. Adequate amounts of bioflavonoids in the diet can help strengthen and protect blood vessels, improve enzyme activity, and may even help reduce the incidence of cataracts. Vitamin C supplements should contain some bioflavonoids.



Condition - Anti Aging

- **L-Cysteine** is a sulfur-containing amino acid that acts as a free-radical scavenger, binding and neutralizing those irritating molecules. It aids detoxification, in part by supporting the liver in producing and storing glutathione, a tripeptide (protein) that is part of an important antioxidant enzyme system. L-cysteine gives cellular and tissue protection from chemicals as well. This amino acid is usually taken with vitamin C to protect the kidney from forming stones made of cystine (a by-product of cysteine metabolism). The recommended dose is 250 mg. of L-cysteine with 1 gram of vitamin C twice daily. If this amino acid is taken regularly, it is wise to also take a general formula containing the other required amino acids.



- **Zinc** also has mild antioxidant effects through its function in the enzyme superoxide dismutase, a free-radical scavenger. Zinc also contributes to immune support. A daily dose of 30–60 mg., including diet, is part of the Anti-Aging plan.
- **Manganese and copper** act as mild antioxidants, mainly as support, along with zinc, of the superoxide dismutase (SOD) enzymes, which metabolize the superoxide free radicals.
- **Fiber** is necessary as part of the diet and as a supplement. It helps colon elimination and may reduce the likelihood of cancer, especially in the breast and colon. Low-fiber, high-fat diets have been associated with an increased incidence of colon cancer.
- **Water** is a vital part of the "fountain of youth" program. It helps all the body functions, nourishes the skin, and is necessary for good elimination.
- **Calcium** protects against carcinogenic changes of the cells in the colon lining. It is also important to energy (ATP) production, heart and nerve function, good teeth, and bone health, protecting against osteoporosis.



- **Magnesium** protects the cardiovascular system by supporting heart function and preventing vascular spasms. It also aids in relaxation by reducing nervous tensions, an important part of staying healthy. Magnesium is also necessary for amino acid metabolism and energy (ATP) production.
- **Chromium** supports glucose tolerance, often-reducing sugar cravings and possibly the incidence of diabetes, and also helps to lower blood cholesterol, thereby helping to prevent the main degenerative disease, atherosclerosis.
- **Molybdenum** is another trace mineral that may play a role in inhibiting cancer.
- **Niacin** is the active circulatory stimulant form of vitamin B3. This nutrient helps improve circulation and also lowers cholesterol, two factors that reduce the risk of cardiovascular disease.
- **Vitamin B12** helps keep energy up and protects nerve coverings. B12 is needed in the production of red blood cells and in the synthesis of DNA and RNA, important rebuilding processes in the body.
- **Folic acid** also helps in RNA and DNA (and red blood cells) production, but only in dosages higher than the 400 mcg. RDA. A dose of 1–2 mg. twice daily is commonly prescribed in Canada for this supportive function.
- **RNA**, as is found in foods such as the blue-green algae, chlorella, spirulina, and wheatgrass, all high in chlorophyll as well, help slow the aging process. RNA supplements have not been shown, however, to be very effective in actually increasing RNA in the tissues.
- **Choline**, as is found in lecithin, supports production of cell membranes and the important neurotransmitter acetylcholine.



Condition - Anti Aging

- **Omega-3 fatty acids**, such as EPA and DHA, help reduce cholesterol and cardiovascular disease risk. Flaxseed oil contains both these omega-3 and omega-6 essential fatty acids.



- **L-carnitine** is a nonessential amino acid that helps to balance fat metabolism (utilization) and support energy production within the cell and in the muscles. L-carnitine may also reduce body fat and weight, which is important to longevity.
- **Coenzyme Q10**, also called ubiquinone, improves the function of the cardiac muscle; our body's most important pump for longevity. It also may enhance specific immune functions.
- **Lactobacillus acidophilus** and other intestinal bacteria are also important at times to support the normal colon ecology and for the breakdown of food and production of colon vitamins. Reimplanting healthy bacteria may also help reduce other organisms, yeasts, or parasites.
- **Organic germanium** (trace mineral complex, germanium sesquioxide) is an oxygenating nutrient that I am sure future research will demonstrate to possess antiaging properties.
- **Mucopolysaccharides**, or chondroitin sulfates, may have a role in reducing inflammation, which can be a culprit in aging, and in reducing the risk of cardiovascular disease and arthritis. These substances, found in mussels and oysters, also help keep the collagen tissues and cells strong. Though the research so far has not substantiated the usefulness of mucopolysaccharides, the clinical responses have been favorable.



Condition - Anti Aging

- **Hydrochloric acid** and digestive enzyme support may be helpful, particularly if these substances are deficient in our bodies. Proper breakdown and utilization of food nutrients are essential to staying healthy. Poor digestion can lead to many problems, including increased incidence of allergy; furthermore, improper assimilation of undigested foods can ultimately lead to increased nutrient deficiencies as well as free-radical formation from food reactions.

Herbs

Herbs have long been known for their benefits in cleansing the body and blood, protecting us from irritants and cancer cells, and supporting longevity. Those that I think are best for these purposes are garlic, ginseng root, and capsicum, also known as red or cayenne pepper, and gotu kola.



- **Garlic** has some antiviral, antifungal, and antibacterial properties. It also probably has some anticancer function. Garlic helps to stimulate liver and colon detoxification and aids in reducing both blood pressure and cholesterol levels, which reduces the risk of cardiovascular disease.

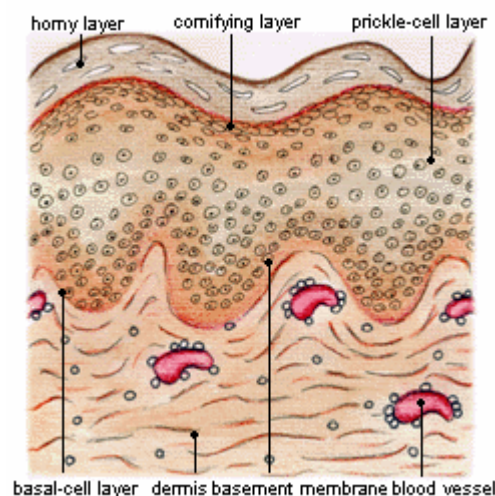


Condition - Anti Aging

- **Ginseng root**, known as the "longevity herb," has been used for centuries in the Orient to improve energy, especially in the elderly. Ginseng seems to support the adrenal glands and the immune function, though further tests are needed to confirm this. There are many kinds of ginseng; the red may lead to a mild increase in blood pressure, while the white varieties may help reduce it. Ginseng should not be used regularly in an antiaging program unless there is fatigue. It may be used three or four times a year, with a few capsules taken daily for a week or two or a tea prepared from the root, drunk over several days.
- **Capsicum** is a very interesting herb. A spicy bush-berry, cayenne helps to stimulate both the circulation and elimination. It also acts as a mild diuretic, increasing kidney cleansing. Cayenne is a natural energy stimulant that, unlike coffee, helps to reduce the blood pressure as well as the cholesterol level. **Gotu kola** has long been used by the East Indians for a variety of conditions. It is used in an antiaging program as a memory and brain stimulant and has been known as a longevity herb, likely for its effect on mental and physical vitality. Gotu kola has a diuretic effect and has been used as a glandular tonic in both men and women.

Anatomy - Skin System

The skin (integumentum commune) covers the entire body and acts as a protective layer between the body and the environment. The total surface layer of the skin ranges between 1.6 m² (17.2 sq.ft.) and 2.0 m² (21.5 sq.ft). Its thickness varies, depending on the part of the body, and measures from 1mm (0.04 in) to 4mm (0.16 in). The skin is a vital organ and, together with its appendages the nails, hair and glands, constitutes the skin system. The external skin merges at the body orifices with mucous membranes, for example, at the mouth.



The mucous membrane is a type of skin that covers all body cavities, such as the oral cavity, the nasal cavity and the digestive tract. The main functions of the skin are:

- Protection of the body from harmful influences
 - Participation in the control of body temperature (by means of the sweat glands)
 - Conveyance of sensory impressions



To ensure the performance of these manifold tasks, a special tissue structure has formed.

Besides epithel cells and connective tissue cells, the skin also contains delicately entwined nerves and blood vessels. The skin is subdivided into three layers:

- The outer skin (epidermis)
- The inner, or true, skin (corium)
- The hypodermis (subcutis)

The upper skin and the inner skin are classed under the general term of cutis.

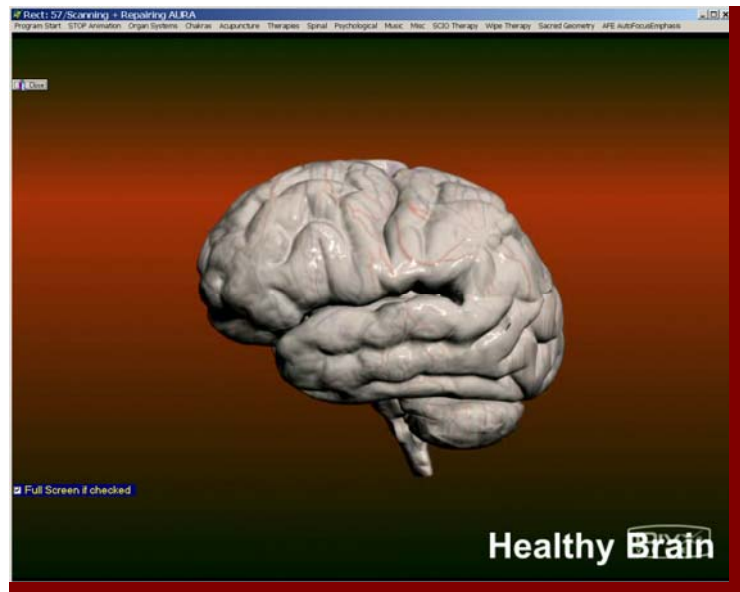


Anxiety

Note: The below listed matrix numbers can be loaded throughout the program in the Piggy Back sections!

SCIO BODY VIEWER

- Program Start/Load Individual Movie Program (Start INFO Exchange)
 - Program Start/Treat Disease Path of all Old Trauma



- Psychological/Anxiety Therapy Auditory
- Psychological/Emotions
- Chakras/Long Scan Chakra
- SCIO Therapy/Aura Scan
- Sacred Geometry/Unconscious Selection
- Misc/Homeopathic Extras:
 - Nosodes: 5324 2773 (Double space between the numbers.)
 - Isodes: 2884 7460 8759 8652 9112 4933 7522 3360 6224 2866 7809 6229 2889 7597 1083 4544 7812 (Double space between the numbers.)
 - Misc.: Anxiety
 - Activate (You may have to scroll down to see this button.)/Close the Homeopathic Panel.



Protocol - Anxiety

- Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Body Viewer program to run in the background simultaneously as your other therapies are running.

ACUPUNCTURE

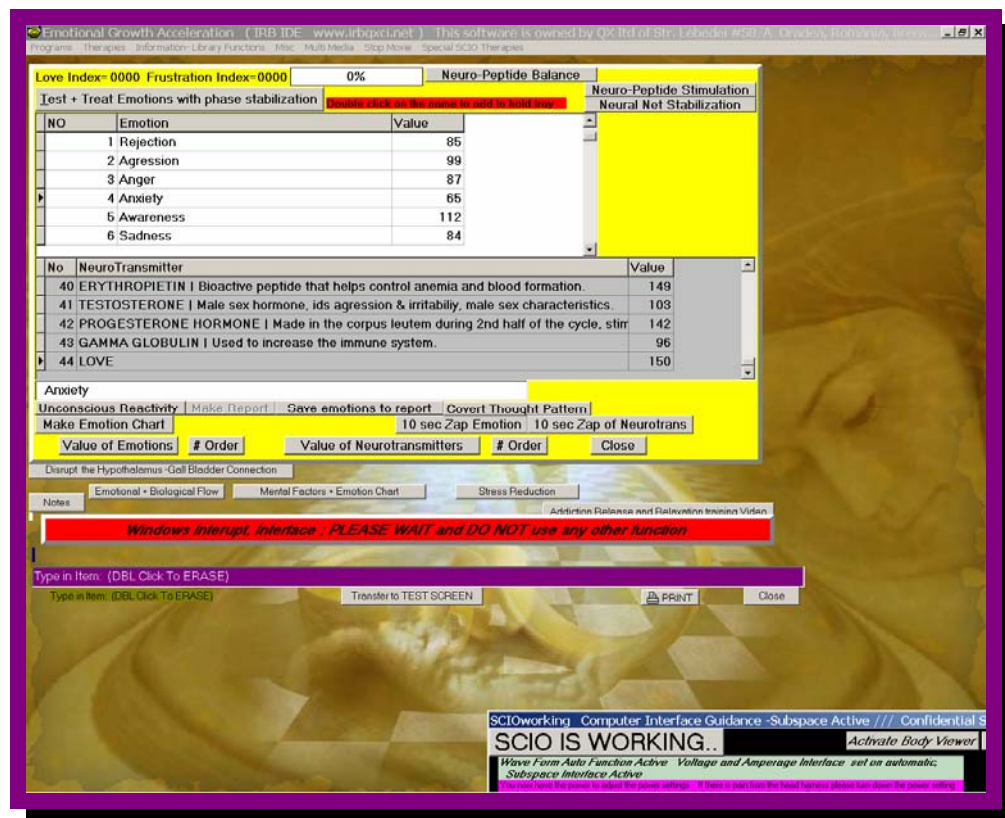
Test/Programs/Acupuncture Pictures Access/Choose Point/Test+Treat:

POINT

Li5=Anxiety

MENTAL FACTORS

Test/Programs/NLP/Mental Factors+Emotion Chart/Double Click on Anxiety/10 Sec Zap Emotion



BIOFEEDBACK

- ❖ Test/Programs/Biofeedback/Misc./Add Piggy Back Therapies/Load/OK/Hide File/Biofeedback/Reduce Stress in Nerves/Release Spiritual Attack or Oppression/Body to Soul Connection
- ❖ Test/Programs/Biofeedback/Misc./Add Piggy Back Therapies/Load/OK/Hide File/Relaxation/Deep Muscle Relaxation/Oxygen Stimulation/Relax Mind/Reverse Psychic Attacks



Protocol - Anxiety

- ❖ Test/Programs/Biofeedback/Misc./Add Piggy Back Therapies/Load/OK/Hide File/Organ Systems/Emotional Trauma

SEARCH

From the Test Matrix Panel/type “Anxiety” in the white box labeled Search for Item:/Click on Search/Either click on the items individually and click Treat to Zap the item or go up to the Auto Focus Zap menu/Choose Auto Zap from filter for 5 minutes.

DISEASE DICTIONARY

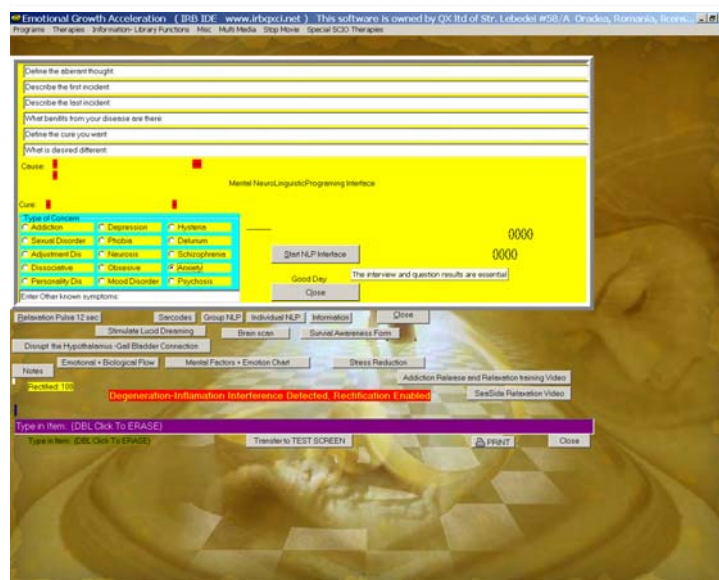
Test/Disease Probability and Dictionary/Disease Dictionary/Scroll down to “STRESS”/Electroacupuncture + BioResonance on Right/OK-Reveal Text/Quick Calibrate Patient’s Reactivity/Quick Test Patient BioResonance (If this button is missing, go up to the Therapy and you will find it there.)/Long Term Therapy Active/If Checked Mute Dictionary Music/Auto Treat/Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Disease Dictionary module to run in the background simultaneously as your other therapies are running.

SPINAL

Test/Programs/Spinal/Neuro Emotional Complex NEC/Test & Treat Emotions

INDIVIDUAL NLP

Test/Programs/NLP/Individual NLP/Anxiety/Start NLP Interface



RIFE GENERATOR

Test/Programs/Therapy/Rife Generator (blue box, Upper Freq./Enter the following frequencies one at a time, set above timer and Start: 3.5, 800

Also, see Stress Reduction and Relaxation.



Anxiety



When you feel anxious, your body releases hormones that prepare you to react to a threat. This is called the fight-or-flight response. When anxiety gets out of control, this response can occur almost continuously, even at times when you seem calm. Doctors and researchers don't fully understand why this happens.

The term for persistent anxiety that affects your day-to-day life is an anxiety disorder. Along with phobias, panic attacks and obsessive-compulsive disorder, GAD is among the most common anxiety disorders, affecting approximately 4 million people in the United States each year. More women than men experience GAD.

Living with GAD can be difficult, but treatment is available. Medications and professional counseling or therapy can help you cope with the effects of GAD.

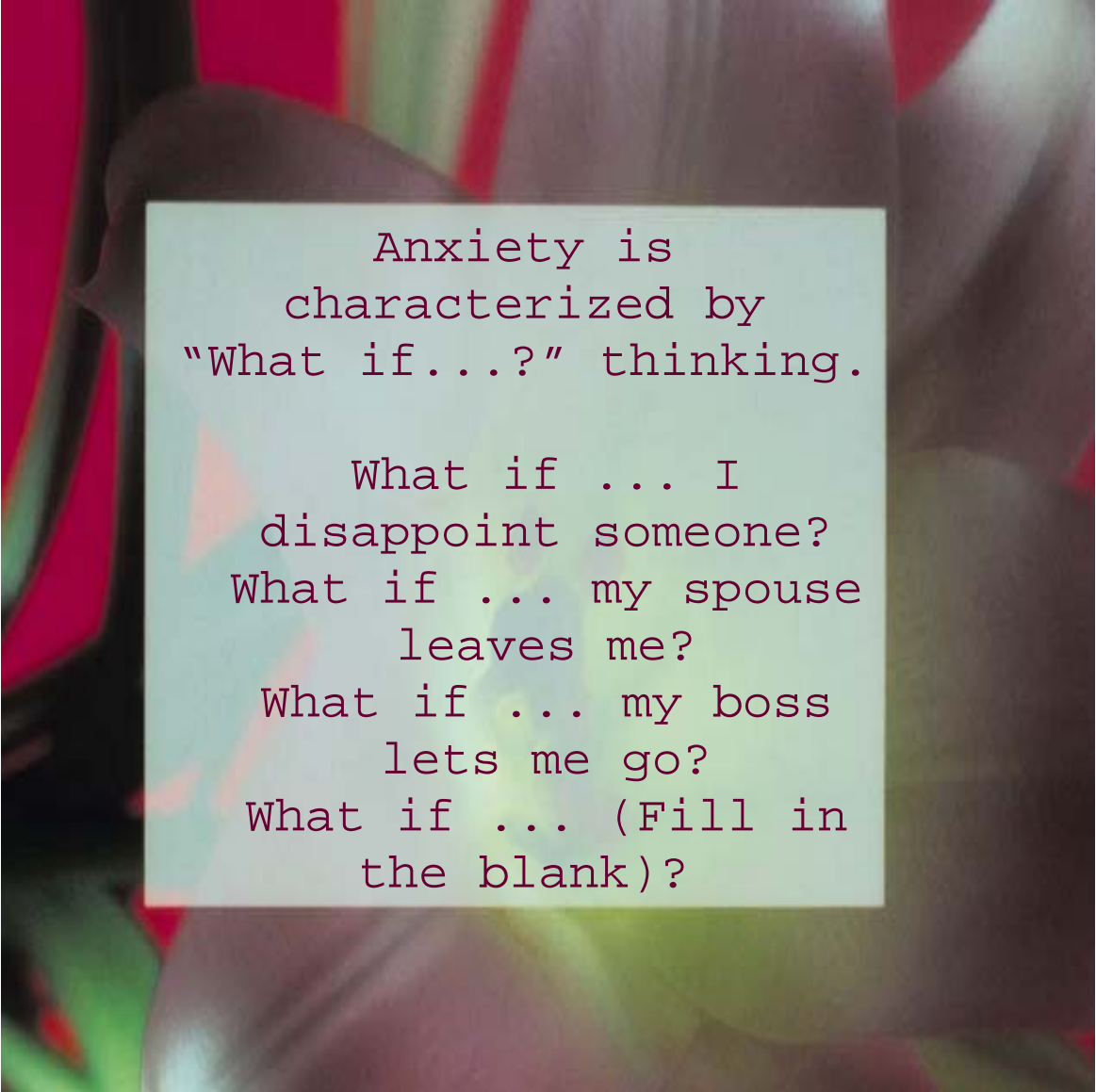
Certain factors may increase your risk of GAD. These include:

- ❖ A buildup of stress
- ❖ A serious or prolonged physical illness
- ❖ A personality type or disorder that is more prone to anxiety
- ❖ An anxiety disorder in your family

- ❖ Although the cause of GAD is unknown, certain factors may contribute to the disorder:
- ❖ Specific medical conditions. Certain disorders, such as an overactive thyroid gland (hyperthyroidism), can produce anxiety, among other signs and symptoms.
- ❖ Coping with illness. Having a serious physical illness, such as cancer, can make you anxious. Worrying about the implications of your diagnosis and possible treatment can become excessive and overwhelming.
- ❖ Stress. A buildup of stressful life situations may trigger excessive anxiety. For example, having a physical illness, along with the stress of missing work or losing pay, may combine to cause GAD.
- ❖ Personality. People with some personality types are more prone

to anxiety disorders. People with unmet psychological needs, such as having a close relationship that isn't fulfilling, may feel less secure and be more at risk of GAD. In addition, personality disorders, such as borderline personality disorder, can also bring about GAD.

- ❖ Heredity. Some research suggests that GAD may run in families.



Anxiety is
characterized by
"What if...?" thinking.

What if ... I
disappoint someone?
What if ... my spouse
leaves me?
What if ... my boss
lets me go?
What if ... (Fill in
the blank)?



ANXIETY

Symptoms

Anxiety is quite often simply a reaction to the realization how fragile and short our life is. If that is the case, Meditation is the best possible remedy for someone who could be interested in Meditation. Those who are not interested will find help in some of the newer drugs including Kava Kava and St. John's wort.

If there is another underlying conflict, the services of a psychiatrist should be sought.

In a small number anxiety may be the result of an underlying disease which may include:

1. Cardiac neurosis
2. Intestinal obstruction
3. Hyperventilation
4. Menopause
5. Tetanus
6. Impotence etc.

Contact your physician to make sure these possibilities can be ruled out.

Herbal Aids

Ginger (*Zingiber officinale*); Kava Kava, Borage, St. John's Wort, Garlic, Valerian.

Homeopathy

Ignatia, Aconite, Lycopodium, Gelsemium, Argentum nitricum, Arsenicum, Phosphorus, Nux vomica.

Vitamins-Minerals

Calcium, B-group, Tyrosine, Lecithine, GABA, Magnesium.

Other Sources

Avoid alcohol and other stimulants like coffee. Avoid dehydration, drink lots of water. Move attention. Phenylalanine, Tryptophan, Glycine, Taurine, Valine. Consider Psychotherapy.

Notes

Research found Ginger to contain a substance that binds to receptors in the brain responsible for anxiety.

Kava Kava, Borage and St. John's wort are helping to take off the edge and maybe more. Kava Kava is known to alleviate fears, St. Johnswort is known as Nature's Prozac, and Borage is known for its exhilarating effect.

Move your attention into a different direction (watch a comedy, read a funny book, talk to someone). Try Yoga and Meditation.

The idea behind Garlic is that it apparently increases production of Serotonin, which calms the nerves. Sometimes anxiety and depression may be the result of an overproduction of Serotonin. A Negative-ion generator may be used to reduce Serotonin. In case of hyperventilation breath into paper bag to increase carbon dioxide levels which may become depleted by rapid breathing.



Remedies - Anxiety

Avoid: Alcohol, nicotine, sugar, food and color additives, drugs, bad company.



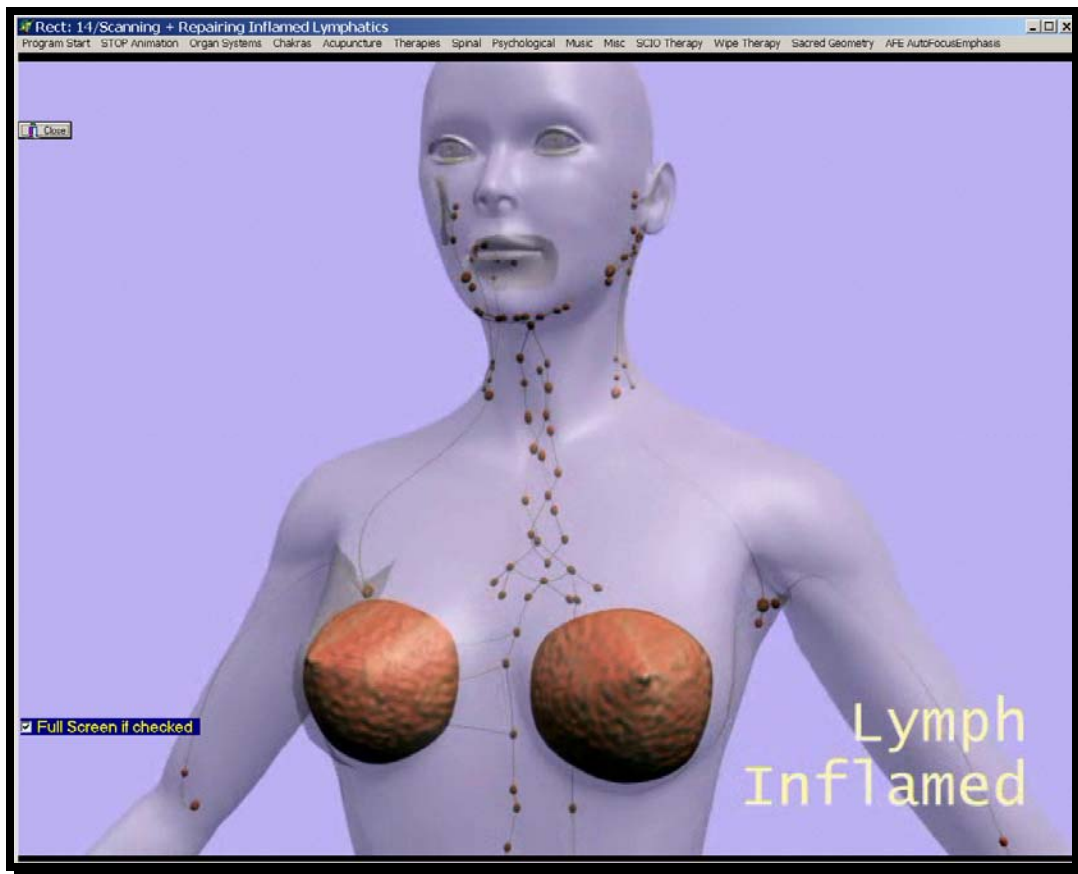


Appendix

Note: The below listed matrix numbers can be loaded throughout the program in the Piggy Back sections!

SCIO BODY VIEWER

- Program Start/Load Individual Movie Program (Start INFO Exchange)
- Program Start/Treat Disease Path of all Old Trauma
- Organ Systems/Immune System/Adenoids, Tonsils, Appendix



- Misc/Homeopathic Extras:
 - Isodes: 1040 756 (Double space between the numbers.)
 - Misc.: Appendix
 - Activate (You may have to scroll down to see this button.)/Close the Homeopathic Panel.
- Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Body Viewer program to run in the background simultaneously as your other therapies are running.



Protocol - Appendix

DISEASE DICTIONARY

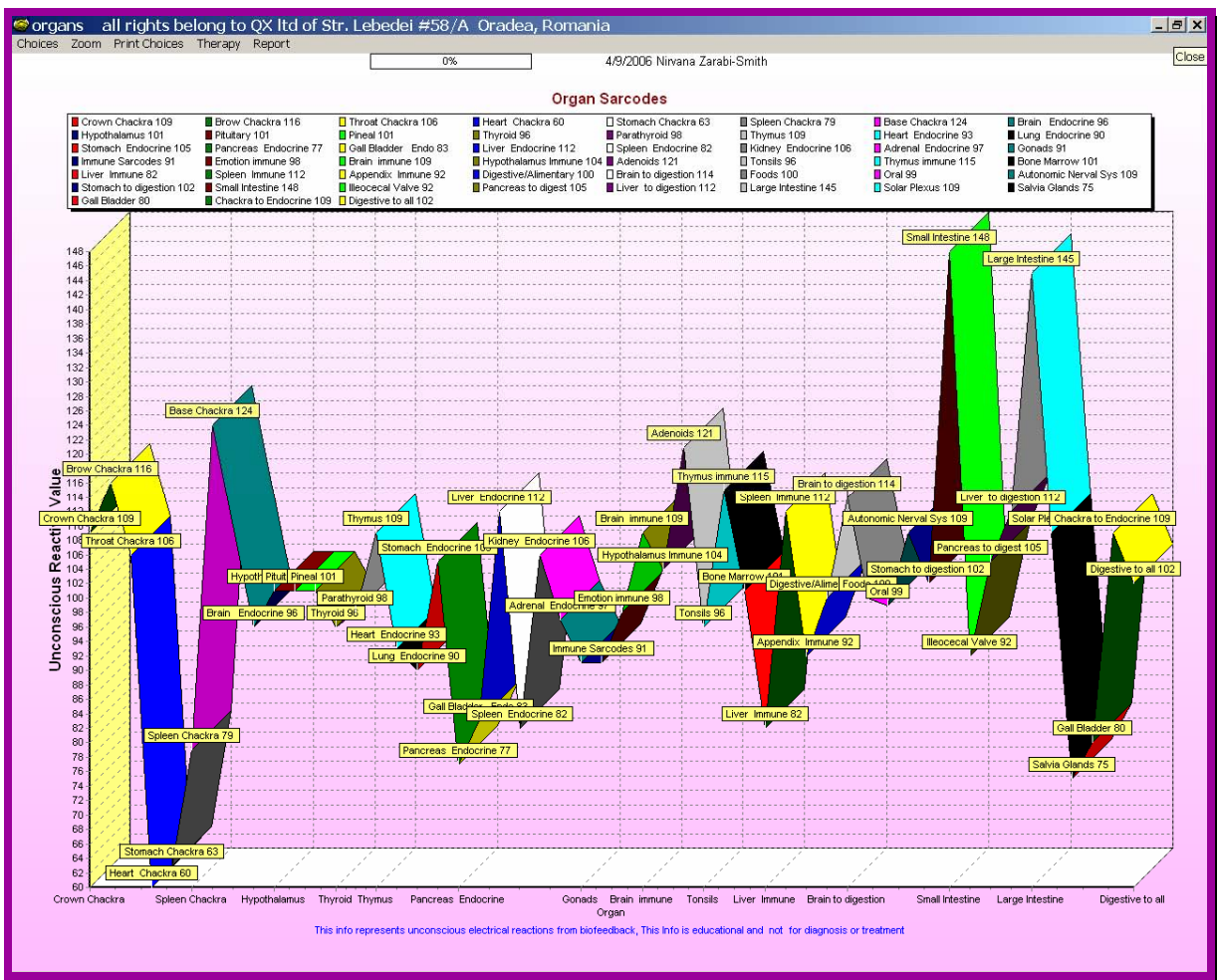
Test/Disease Probability and Dictionary/Disease Dictionary/Scroll down to "APPENDICITIS"/Electroacupuncture + BioResonance on Right/OK-Reveal Text/Quick Calibrate Patient's Reactivity/Quick Test Patient BioResonance (If this button is missing, go up to the Therapy and you will find it there.)/Long Term Therapy Active/If Checked Mute Dictionary Music/Auto Treat/Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Disease Dictionary module to run in the background simultaneously as your other therapies are running.

SEARCH

From the Test Matrix Panel/type "Appendix" in the white box labeled Search for Item:/Click on Search/Either click on the items individually and click Treat to Zap the item or go up to the Auto Focus Zap menu/Choose Auto Zap from filter for 5 minutes.

SPINAL

Test/Programs/Spinal/Original Sarcodes Results/Organ Chart/Therapy/Therapy for Bottom and Top Balanced





SHORT SARCODES

- ❖ Test/Programs/Short Sarcode Rx/Add Additional Therapy/Load/Close/Ear+Etc/Large Intest & Small Intest/Double click on Appendix to begin therapy, repeat until Repaired is 85 or above.
- ❖ Test/Programs/Short Sarcode Rx/Add Additional Therapy/Load/Close/MiscRx/Digestion/ In white box enter the Area of Treatment: Appendix/Double click on Appendix to begin therapy, repeat until Repaired is 85 or above.

BIOFEEDBACK

Test/Programs/Biofeedback/Misc./Add Piggy Back Therapies/Load/OK/Hide File/Organ Systems/Digestion, Large Intestine, or Small Intestine (Run until rectified)

ACUPUNCTURE

Test/Programs/Acupuncture Pictures Access/Choose Point/Test+Treat:

POINTS

Digest1=Digestive System

Exle-7=Appendix Disease

St35_40=Appendicitis

HOMOTOXICOLOGY

(Before any detox, open the channels of elimination.)

Test/Programs/Homotoxicology/Click once on the word "Appendix" under the LYMPHODERMAL type/Continue Test Nosode + Isode on Specific Organ/Either Treat Top Five or click on items in yellow to begin treatment/double click on panel to close/Detox Access/Stimulate Detox



Appendix / Appendicitis

Your appendix is a small, finger-shaped pouch that projects out from your colon on the lower-right side of your abdomen. The appendix has no known purpose, but that doesn't mean it can't cause problems. Appendicitis is a condition in which the appendix becomes inflamed and filled with pus. Appendicitis can cause a variety of symptoms that may change over time. The most common early symptom is an aching pain around your navel that often shifts later to your lower-right abdomen. As the inflammation in your appendix spreads to nearby tissues, especially the inner lining (peritoneum) of your abdomen, the pain may become sharper and more severe.

Eventually, the pain tends to settle in your lower-right abdomen - just above your appendix at what's known as McBurney's point. This point is about halfway between your navel and the top of your right pelvic bone. But the location of your pain may vary, depending on your age and the position of your appendix. Young children, especially, may have appendicitis pain in different places.

If you apply gentle pressure to the area that hurts, it will feel tender. As you release the pressure, appendicitis pain often will feel worse (rebound tenderness). It will also tend to get worse if you cough, walk or make other jarring movements. This is particularly true if the inflamed appendix is touching

the peritoneum. The pain may lessen somewhat if you lie on your side and pull your legs up beneath you.

In addition to pain, you may have one or more of the following signs and symptoms:

- ❖ Nausea and sometimes vomiting
- ❖ Loss of appetite
- ❖ A low-grade fever that starts after other signs and symptoms appear
- ❖ Constipation
- ❖ An inability to pass gas
- ❖ Diarrhea
- ❖ Abdominal swelling

It's not always clear why appendicitis occurs. Sometimes it's the result of an obstruction when food waste or a hard piece of stool (fecal stone) becomes trapped in an orifice of the cavity that runs the length of your appendix.

Appendicitis may also follow an infection, such as a gastrointestinal viral infection, or it may result from other types of inflammation. In both cases, bacteria may subsequently invade rapidly, causing the appendix to become inflamed and filled with pus. If not treated promptly, your appendix eventually may rupture.

If you have acute appendicitis, you'll need to have your appendix surgically removed (appendectomy). Your surgeon may perform traditional open surgery, using a single long abdominal incision, or choose laparoscopic surgery, which requires only a few small abdominal incisions.



APPENDICITIS

Symptoms

Symptoms may include a severe, constant pain in the lower right quadrant of the abdomen. A telltale symptom is tenderness and rigidity in this area (see sudden release pain in notes). Other symptoms include: nausea, vomiting, loss of appetite, indigestion, fever, a pulse rate of about a 100/minute, and a higher white blood cell count.

Rising fever and pain indicate that a rupture has occurred or is imminent. At this point the person should already be in a hospital.

Appendicitis is sometimes difficult to pinpoint since in about twenty-five percent of the cases, the appendix is not even located in the lower right quadrant.

Cause

It may be caused by a faulty digestion, intestinal catarrh, and fecal concretions and, in comparatively rare cases, by foreign particles being lodged in the appendix. Constipation is one of the causes of appendicitis to an extent, and of course, wrong diet, which diet would include the use of devitamized foods such as white flour products, cane sugar, and cane sugar products (all refined sugars), greasy and fried foods, tea, coffee, chocolate, and wrong combinations of foods. These must be strictly avoided in appendicitis, as must alcoholic drinks, tobacco, and all stimulating food and drink.

Nelsonian Homeopathy

Hormetics: Vermi-Fuge.

Anodynes: Abdominal Anodyne.

Restoratives: Large and Small Intestine.

Combinations: Immunopoie; Purative.

Liquitrophics: Propepsia Liquitrophic.

Herbal Aids

1. Cleansing the Colon: Cleanse the colon thoroughly with an enema, preferably herb, take as much water as possible, as hot as possible. The treatment is of great value and will often relieve the pain immediately. If using an herb enema, use either spearmint, catnip, white oak bark, bayberry or wild alum root. When herbs are not available, use plain water. If the pain continues after the colon has been cleansed, then use a very warm enema of catnip alone. Then apply hot and cold fomentations to the region of the appendix and the full length of the spine. This will aid in the cleaning process and relieve pain. At night prepare a poultice as follows: Combine a tablespoon of granulated or powdered lobelia with a large handful of granulated or crushed mullein leaves, and sprinkle with ginger. Mix the herbs into a paste by adding powdered slippery elm or corn meal. Apply the poultice as warm as the client can stand, leave on cool, then repeat. When suffering an attack of appendicitis, go on a liquid diet, drinking alkaline broths, fruit juices, and drink several glasses of slippery elm (or comfrey) every day. Traditional Chinese medicine advocates Chinese Rhubarb (a mild laxative) and lightly



stroking the painful area. Alternating hot and cold castor oil fomentations brings tremendous relief.

2. Constipation: This condition generally could not happen if we were not constipated. Mucus forming foods can also bring it on. Take a hot herb enema of spearmint, catnip, white oak bark, bayberry bark, or wild alum root. Plain water may also be used if necessary. Catnip enemas will relieve the pain. Apply hot and cold fomentations to the appendix area and the full length of the spine. At night, apply a poultice of mullein and lobelia, sprinkling with ginger or cayenne. Mix the dried and ground herbs with boiling water to make a paste, thickening with slippery elm or cornmeal. Apply as warm as the client can stand, leave until cool, then repeat. Go on a liquid diet, using fruit juices, potassium broth, and slippery elm gruel. Watch the symptoms closely. This approach should relieve them, but if not, be sure to see a physician.

3. Juices: For chronic appendicitis are celery, carrot, carrot & cucumber.

4. Echinacea: It has been used in inflammation of the intestinal tract, especially satisfactory in the case of appendicitis, as it quickly overcomes local blood stasis, prevents or cures ulceration and retards pus formation.

5. Blackberry leaves (*Rubus fruticosus*); Bur Marigold, Turmeric, Devil's claw.

Vitamins-Minerals

Vitamin C, A, E, D, Zinc.

Other Sources

Acupuncture, enema (Careful with added pressure).



Notes

Even doctors find this Condition & Natural Remedies often difficult to diagnose. For example, my mother ended up having a ruptured appendix while more than one doctor suggested she should see a psychotherapist. Appart from that experience it is simply generally known that the appendix, more than any other organ in the body, has fooled many doctors. However, if the appendix has ruptured it needs to be removed instantly which cannot be done with any herb. A doctor might try to quickly determine if there is appendicitis by carefully and slowly pushing his fingers down over the appendix area. If the pain is not getting more severe, he would then led go quickly and wait for the tell-tale sign for appendicitis which is a sudden sharp pain following immediately. Another sign, maybe even more accurate, comes to us from Chinese Acupuncture. In cases of appendicitis a point just below M16 (but not quite on



Remedies - Appendix

this meridian) gets very painful when pressed.

The area on the right leg would be more sensitive. This point is located on the M. tibialis anterior, the width of two fingers below the angle of tibia and fibula. If someone believes in, or wants to try acupuncture, this is also the point to

address with the appropriate gold or silver needles.

For slight inflammations the above herbs have shown to be effective in the past. Try Blackberry Leaves and Bur Marigold for chronic appendicitis.



Appetite

INCREASE APPETITE

SEARCH

From the Test Matrix Panel/type "Appetite" in the white box labeled Search for Item:/Click on Search/Either click on the items individually which relate to increasing appetite and click Treat to Zap

GO TO NO

Test Matrix/Type 3859, 157, 6750, 6409 and 148 (one at a time) in the small white box to the left of the "Go To No"/Go To No/Treat to Zap the item



Acupuncture Point Pictures Window use for testing Resonance and Lasar like Coherence This software is owned by QX ltd licensed from Will...

Test+Treat Consciousness Form Test Print selected Picture Resonance% // Coherence% Enter Target Point "treat"

Points: 2.bmp
Points: 1.bmp
selfheal.bmp
SI1.bmp
SI11_15.bmp
SI16_19.bmp
SI1_5.bmp
SI6.bmp
SI7_8.bmp
SI810.bmp
Simuse"1.bmp
Sp1.bmp
Sp10.bmp
Sp11.bmp
Sp12_18.bmp
Sp19_21.bmp
Sp2_6.bmp
Sp7_9.bmp
Spleen"1.bmp
SI10_11.bmp
SI12_18.bmp
SI19_30.bmp
SI1_4.bmp
SI31_34.bmp
SI35_40.bmp
SI41_45.bmp

Repeat till Resonance is over 95%

Rx: bronchitis, asthma, hicups, chest fullness, mastitis, TB, lymph dis, loss of appetite

Empty Basin

① ST12 Quèpén
② ST13 Qǐhù
③ ST14 Kǔfáng
④ ST15 Wǔyì
⑤ ST16 Yīngchūāng
⑥ ST17 Rùzhōng
⑦ ST18 Rǔgān

'Breast's Root'

copyright197 Maitreya of Magyar

Notes Picture Stretch Virtual only 10/95

Super Conscious Search for Point Enter Concern:

Pregnancy Check Close

ACUPUNCTURE

Test/Programs/Acupuncture Pictures Access/Choose Point/Test+Treat:

POINTS

St12_18=Loss of Appetite
St19_30=Loss of Appetite



Protocol - Appetite

DECREASE APPETITE (Also, see the weight loss protocol.)

SEARCH

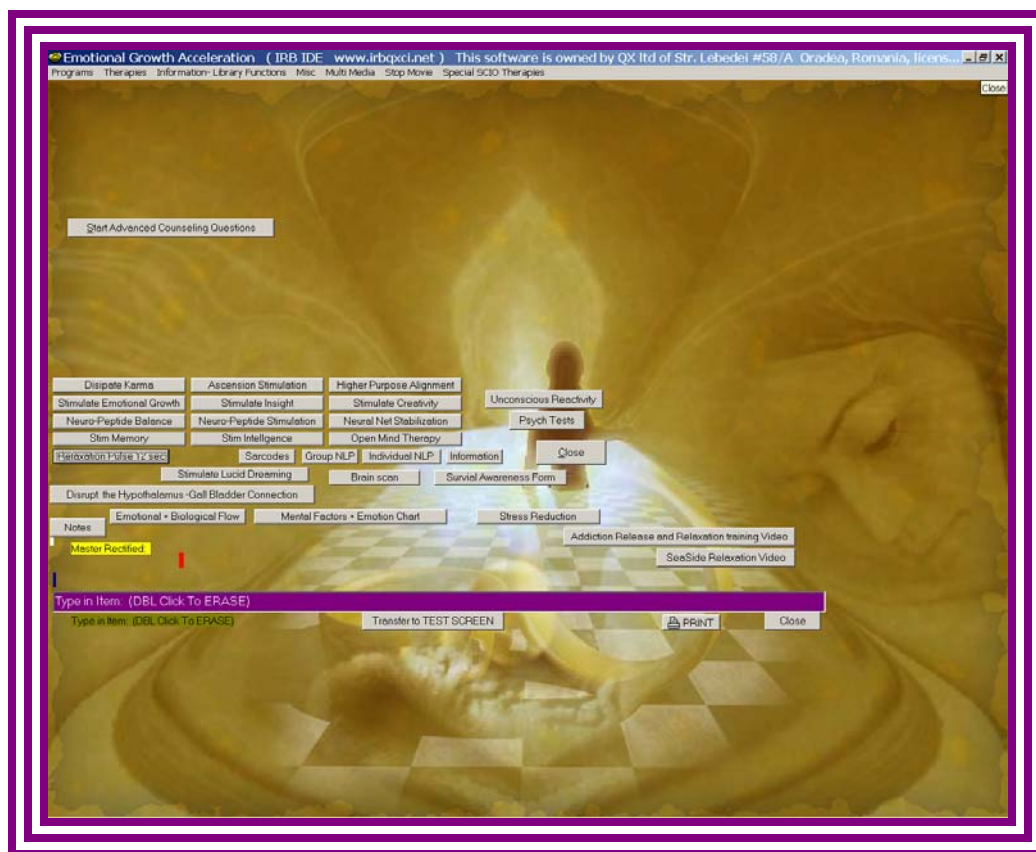
From the Test Matrix Panel/type “Appetite” in the white box labeled Search for Item:/Click on Search/Either click on the items individually which relate to decreasing appetite and click Treat to Zap

GO TO NO

Test Matrix/Type 700, 8649, 6564, 7453, 31 and 6222 (one at a time) in the small white box to the left of the “Go To No”/Go To No/Treat to Zap the item

NLP

Test/Program/NLP/Disrupt the Hypothalamus-Gall Bladder Connection



Also, see Addiction and Weight Loss.



APPETITE (EXCESSIVE)

Herbal Aids

Chickweed (*Stellaria media*); Spirulina, Psyllium husks.

Vitamins-Minerals

B-group

Other Sources

Lots of water



Notes

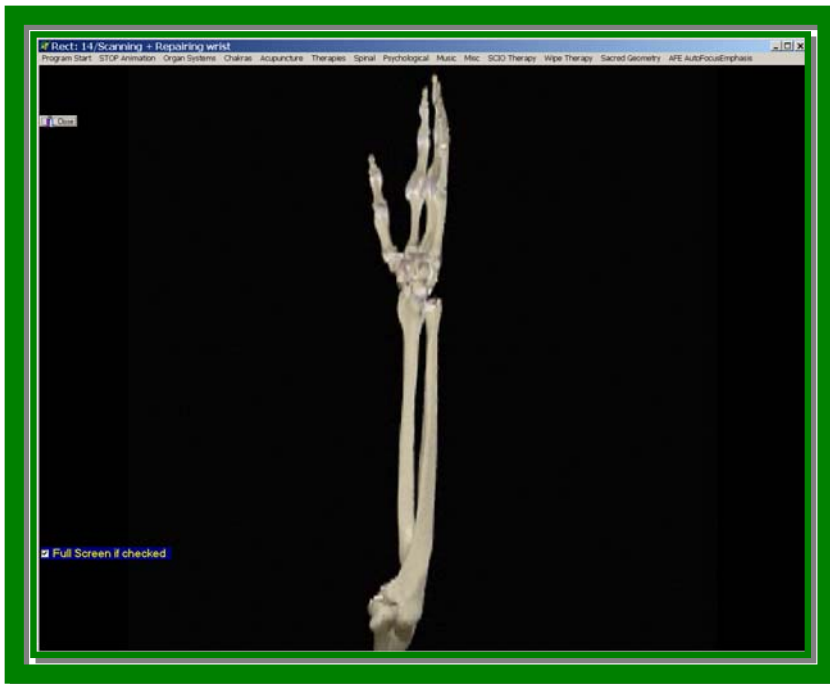
Depress your appetite and get nutrients, cleansing and intestinal soothing at the same time with the herbal remedies listed above.





Arm

SCIO BODY VIEWER



- Program Start/Load Individual Movie Program (Start INFO Exchange)
- Program Start/Treat Disease Path of all Old Trauma
- Organ Systems/Bones/Arms
- Organ System/Muscles/Muscles of Arms + Wrist
- Spinal/Arms
- Click on your Claps32 Icon on the bottom of your

toolbar and this will allow the Body Viewer program to run in the background simultaneously as your other therapies are running.

ACUPUNCTURE

Test/Programs/Acupuncture Pictures Access/Choose Point/Test+Treat:

POINTS

Exue-2 = Metacarpal
EXUE7 = Metacarpal Tunnel
Exue_11 = Numbness of fingers
Exue-_12 = Hands & Fingers
Largei-1 = Arm
Li2_4 = Metacarpal Tunnel
Li5_11 = Arm Disorders
Li5_7 = Arm
Lu3_5 = Arm Pain
Lu5_9 = Wrist Pain
Lungar-1 = Arm
Lungme-1 = Arm
Metaca-1 = Tennis Elbow/Metacarpal Tunnel

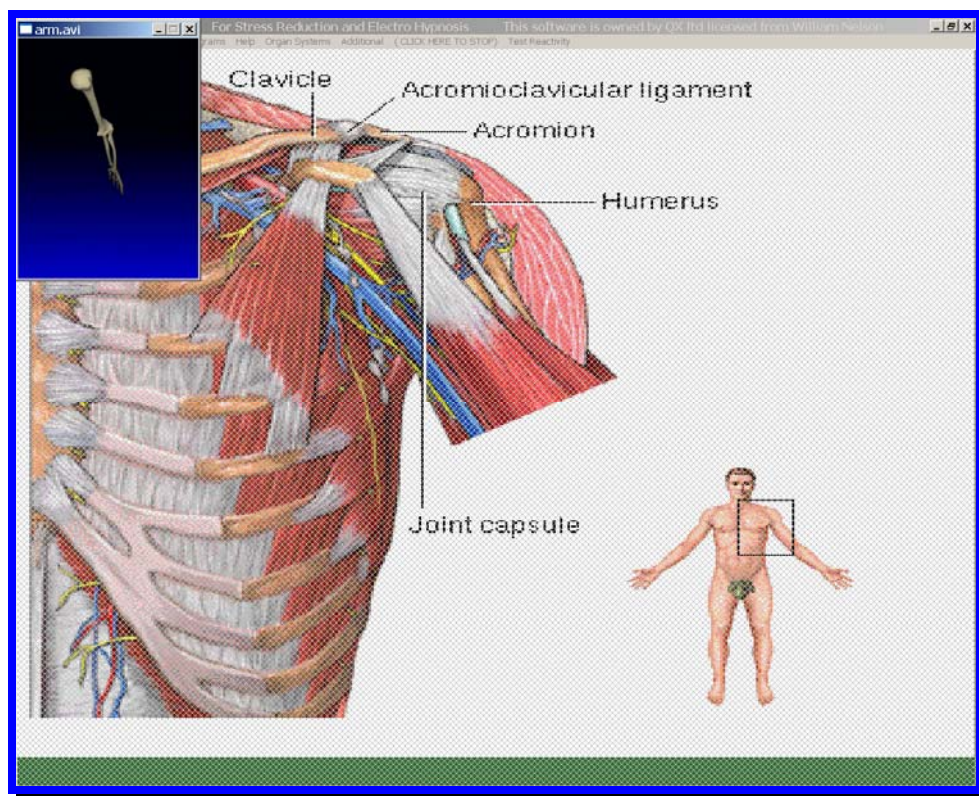


Protocol - Arm

N12 = Arm
N13 = Arm
O1b = Arm
O2b = Arm
Pc2_3 = Tremor in Hands
Sp12_18 = Weakness of limbs
St5_9 = Muscle Stiffness
Te4_9 = Wrist problems
Triple_2=Arm
U10=Arm, U15=Arm, U16=Arm

BIOFEEDBACK

Test/Programs/Biofeedback/Misc./Add Piggy Back Therapies/Load/OK/Hide
File/Organ Systems/Arm Therapy



SPINAL

(Remove head harness from head and place around the arm. Increase the Power Settings to Maximum)

- ❖ Test/Programs/Spinal/Click on the Dermatomes to the right of the screen
- ❖ Test/Programs/Spinal/Bones/Place your cursor in the upper matrix/Scroll up or down to find the bone you want to treat/Double click on it/Treat Bones Indicated/Set Timer/Start Treatment until Rectified is above 85



Protocol - Arm

- ❖ Test/Programs/Spinal/Muscles/Place your cursor in the upper matrix/Scroll up or down to find the muscle you want to treat/Double click on it/Treat Muscle Indicated/Set Timer/Start Treatment until Rectified is above 85
- ❖ Test/Programs/Spinal/Nerves/Place your cursor in the upper matrix/Scroll up or down to find the Nerve you want to treat/Double click on it/Treat Nerve Indicated/Set Timer/Start Treatment until Rectified is above 85

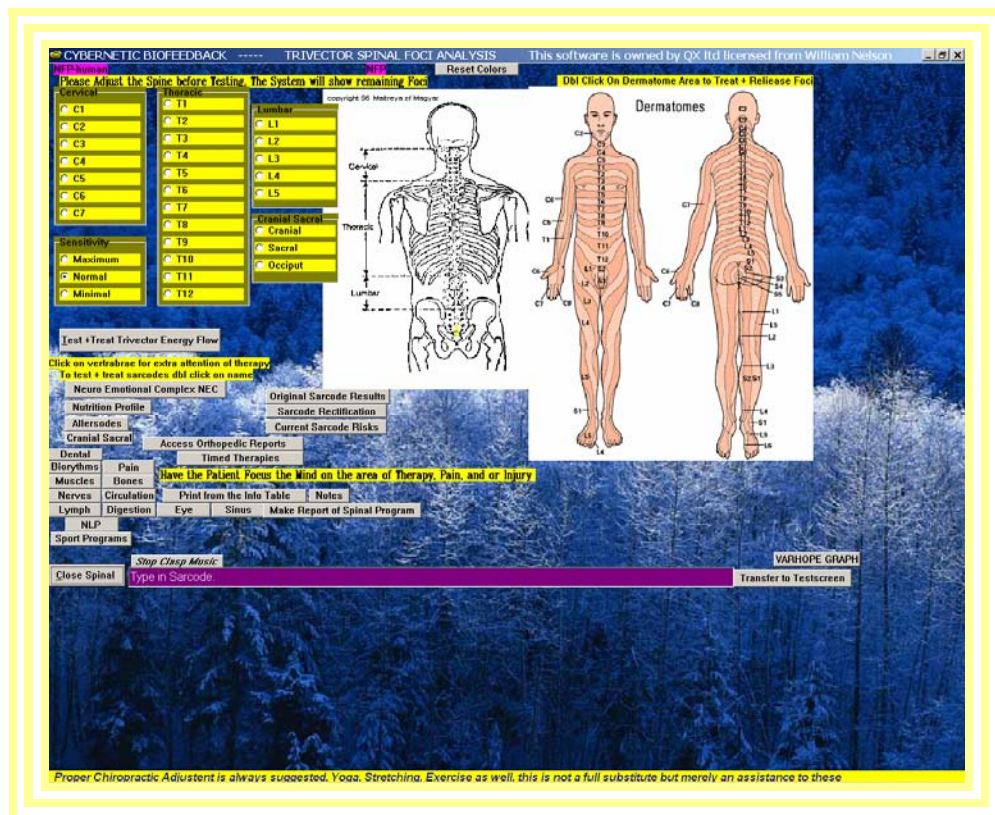
SEARCH

From the Test Matrix Panel/type "Arm" in the white box labeled Search for Item:/Click on Search/Either click on the items individually and click Treat to Zap the item or go up to the Auto Focus Zap menu/Choose Auto Zap from filter for 5 minutes.

HOMOTOXICOLOGY

(Before any detox, open the channels of elimination.)

Test/Programs/Homotoxicology/Click once on the word "Osteodermal"/Continue Test Nosode + Isode on Specific Organ/Either Treat Top Five or click on items in yellow to begin treatment/double click on panel to close/DetoxAccess/StimulateDetox
Also see pages on Sports Program and Bones

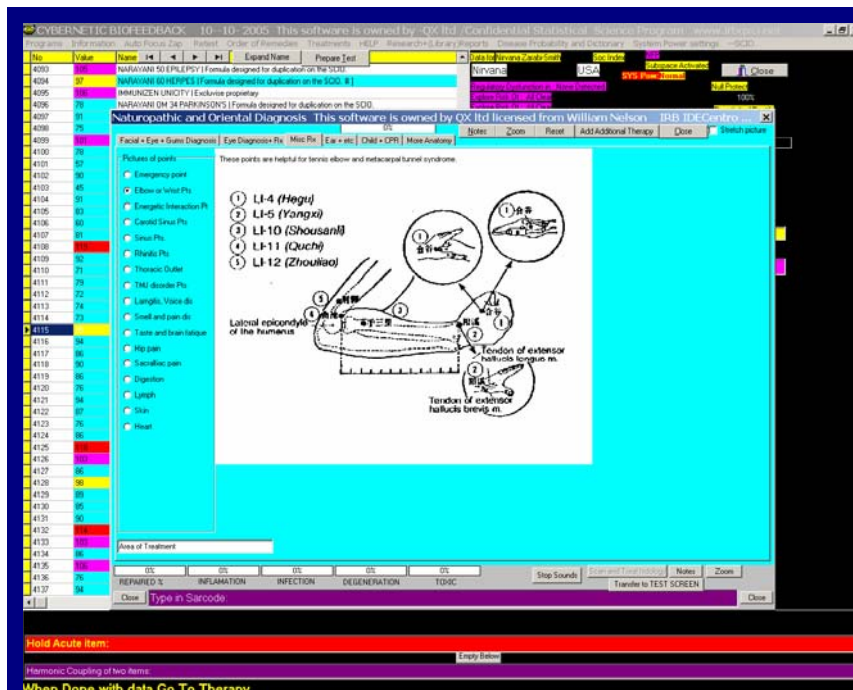




Protocol - Arm

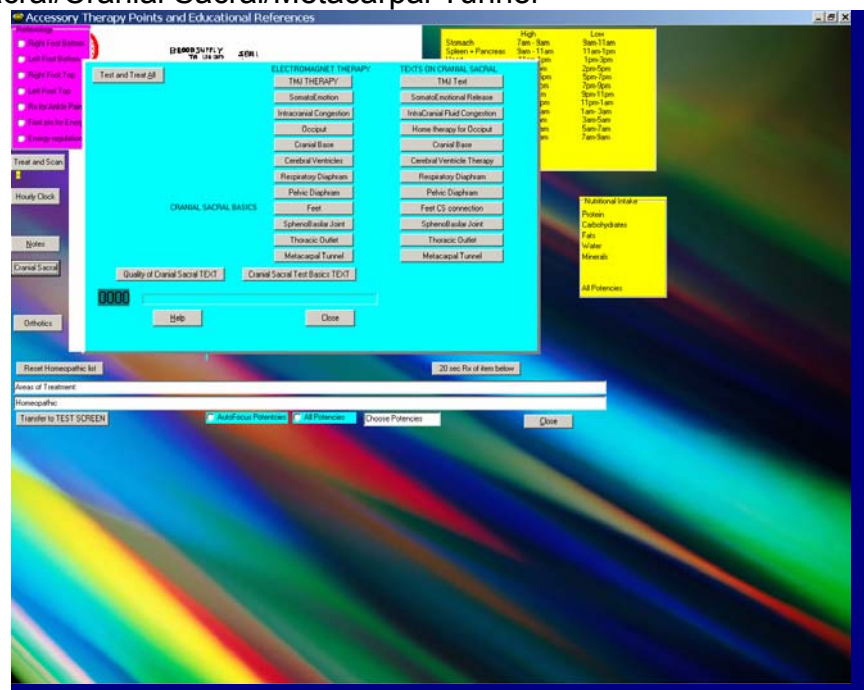
SHORT SARCODES

Test/Programs/Short Sarcode RX/Add Additional Therapy/Load/Close /Misc RX/Elbow or Wrist Pts/Double Click on Picture to treat



CRANIAL SACRAL

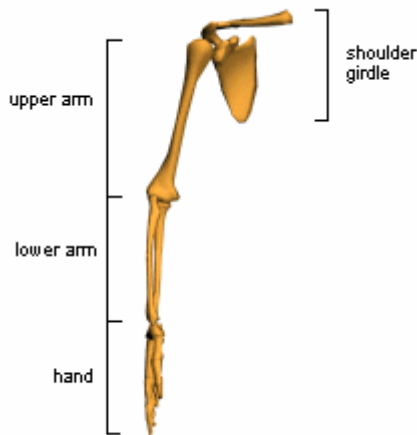
Test/Programs/Cranial Sacral/Cranial Sacral/Metacarpal Tunnel





Upper Extremities

The upper extremities are connected to the trunk via the shoulder girdle.



The **upper limbs** include:

1. **Shoulder girdle** with shoulder blade and collarbone;
2. **Upper arm** with humerus;
3. **Lower arm** with ulna and radius;
4. **Hand** with carpus;
5. **Metacarpus** and **fingers**.

The **shoulder girdle** (*cingulum membri superioris*) consists of the collar bone (*clavicula*) and the shoulder blade (*scapula*).

The **collarbone** can be felt below the skin along its entire length and, together with the radius in the arm, is the bone most frequently broken in the human body.

The **shoulder blades** are located behind the thorax.

They are articulate to the collarbone by means of a bone extension. Their tops form the flat articular cavities joining up

with the articular heads in the upper arms to form ball-and-socket joints.

The **upper arm** (*humerus*) is connected at the elbow joint to the two **lower arm bones** ulna (*ulna*) and spoke bone (*radius*), the ulna to the little finger side and the spoke bone to the thumb side. The elbow joint permits stretching and flexing movements of the lower arm.

The **hand** (*manus*) can be divided up into three sections:

Carpus (wrist bone)

Metacarpus (five bones connecting wrist to fingers)

Finger bones (*ossa digitorum manus*)

The eight **carpal bones** (*ossa carpi*) are ordered in two rows.

The first row (proximal), situated between the radius and ulna on one side and the second row on the other comprises:

Scaphoid bone (*os scaphoideum*)

Lunate bone (*os lunatum*)

Triquetral bone (*os triquetrum*)

Pisiform bone (*os pisiforme*)

The second row (*distal*), situated between the metacarpal bones on one side and the first row on the other, comprises:

Trapezium (*os trapezium*)

Trapezoid bone (*os trapezoideum*)

Capitate bone (*os capitatum*)

Hamate bone (*os hamatum*)

The **metacarpal bones** consist of five tubular bones arranged like a fan, whereby only the first one is connected with complete mobility via a saddle joint to the carpus (thumb saddle joint).



The other four are connected to the carpus via sprung, taut joints.

The 14 **finger bones** (*phalanges*) are extremely mobile compared with the metacarpal bones, made possible by a series of muscles.

Apart from the thumb (which has no middle joint) all of the **fingers** can be divided into three sections:

Proximal phalanx (*phalanx proximalis*)

Medial phalanx (*phalanx media*)

Distal phalanx (*phalanx distalis*)

The Latin terms for the fingers are as follows:

Thumb (*pollex*)

Index finger (*index*)

Middle finger (*digitus medius*)

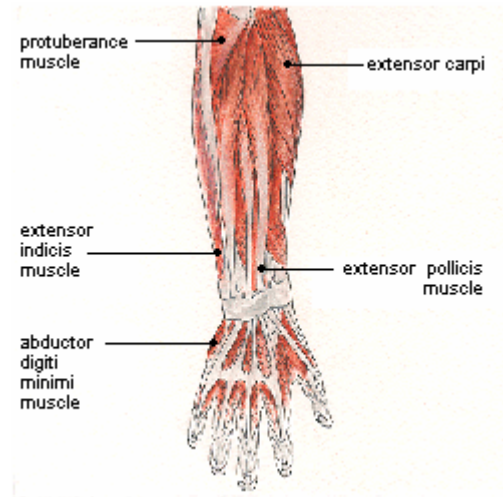
Ring finger (*digitus anularis*)

Little finger (*digitus minimus*).

Muscles of the Upper Limbs

The **posterior shoulder muscles** raise and lower the shoulder girdle, as well as rotating and guiding the arm backwards.

The lower part of the **trapezius muscle** (*m. trapezius*) is responsible for supporting the shoulder girdle when propping oneself up (e.g. on the parallel bars). Its middle section, which is the strongest, supports the shoulder girdle when under strain, e.g. when carrying things.



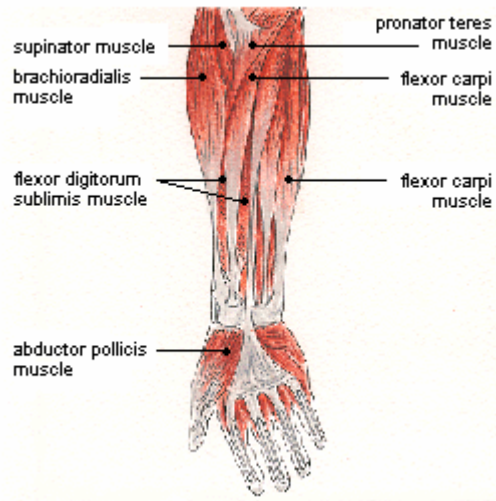
An additional posterior shoulder muscle, the **wide back muscle** (*m. latissimus dorsi*), rotates and guides the arm backwards, e.g. when tying an apron behind one's back. The lateral shoulder girdle muscles are responsible (amongst other things) for arm movements.

One of them, the **serratus muscle** (*m. serratus anterior*) supports the shoulder girdle under resistance, e.g. when doing press-ups. It can also pull the shoulder blade forwards. This brings the shoulder joint up and the arm is raised horizontally.

The **deltoid muscle** (*m. deltoideus*) is involved in all of the movements of the shoulder joint. It moves the arm forwards and backwards and its lateral part raises the arm sideways to the horizontal position.



Anatomy - Arm



An important muscle within the lateral region of the shoulder girdle is the **large pectoral muscle** (*m. pectoralis major*). It enables the arm to be rotated inwards and the arms to be crossed. It moves the arm forwards, e.g. when throwing, swimming or boxing.

Together with the **wide back muscle**, it pulls the arm down very powerfully, e.g. when chopping wood.

The **supraspinatus and infraspinatus muscles** (*m. supraspinatus* and *m. infraspinatus*) are responsible, together with the **teres minor muscle** (*m. teres minor*), for rotating the upper arm outwards, e.g. when writing.

The arm muscles can be divided into flexors and extensors. The most well known and most important are the **biceps** and **triceps**. They chiefly flex and extend the lower arm.

The lower arm muscles can also be divided into flexors and extensors. Their range of impact extends as far as the hand and fingers.

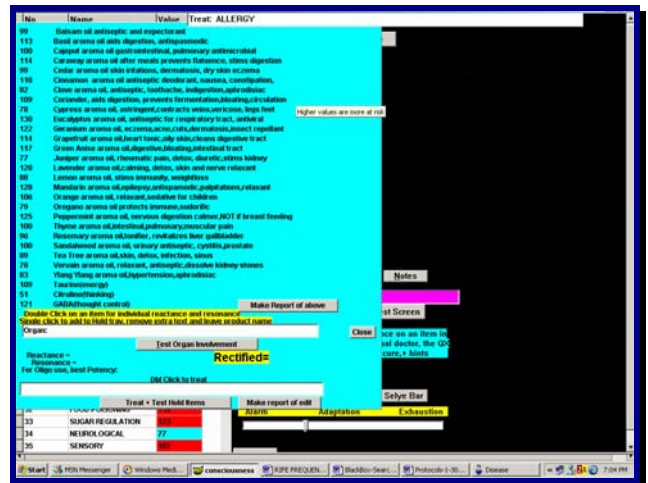


Protocol - Aroma Therapy

Aroma Therapy Panel



- ❖ Organ: (type name of organ) ie: Stomach/Test Organ
Involvement/Double click on an item from Aroma Therapy list above – ie: Basil/Treat + Test Hold Items



SEARCH

From the Test Matrix Panel/type “Aroma Therapy” in the white box labeled Search for Item:/Click on Search/Either click on the items individually and click Treat to Zap the item or go up to the Auto Focus Zap menu/Choose Auto Zap from filter for 5 minutes.

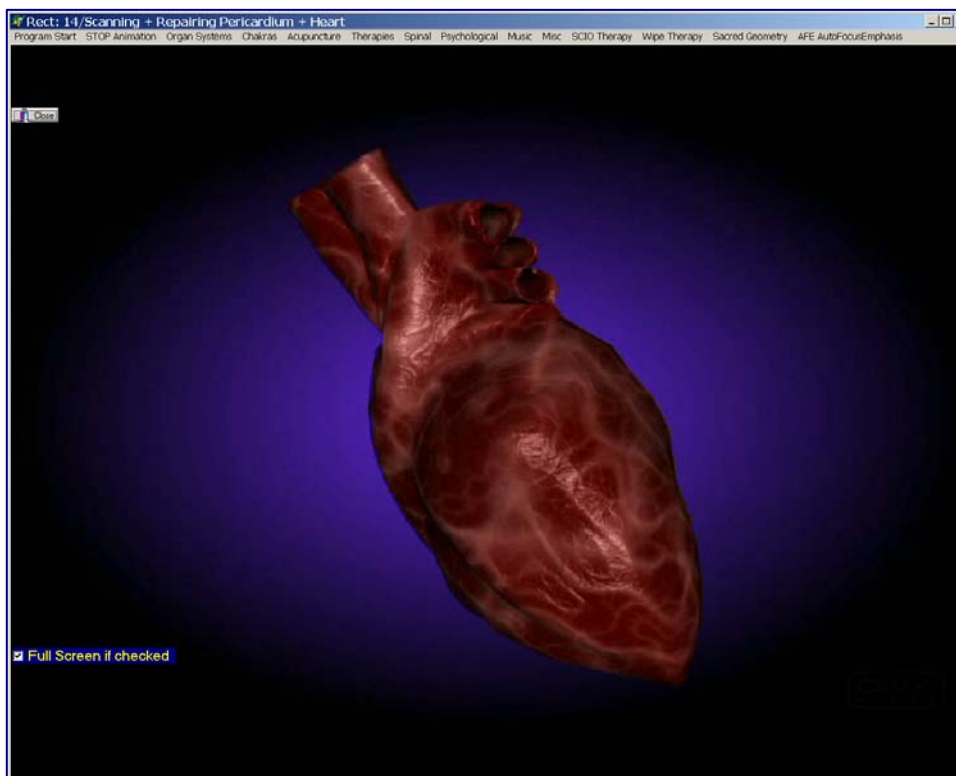
RISK PROFILE

Test/Programs/Risk Profile/Load Current Patient/Aroma Therapy/Double click on an item for individual reactance and resonance/Single click an item to add to hold tray, remove extra text and leave product name/Test+Treat Hold Items



Arteries & Veins

Note: The below listed matrix numbers can be loaded throughout the program in the Piggy Back sections!



SCIO BODY VIEWER

- Program Start/Load Individual Movie Program (Start INFO Exchange)
- Program Start/Treat Disease Path of all Old Trauma
- Organ Systems/Circulation System/Arteries
- Organ Systems/Circulation System/Veins
- Therapies/Circulatory Stress Auditory
- SCIO Therapy/Sky/- 100-120 Hz for skin
- Wipe Therapy/Arteriosclerosis
- Misc/Homeopathic Extras:
 - Isodes: 3316 1583 5087 834 6761 9152 7775 (Double space between the numbers.)
 - Misc.: Arteries Veins (Double space between the words.)
 - Activate (You may have to scroll down to see this button.)/Close the Homeopathic Panel.



Protocol - Arteries & Veins

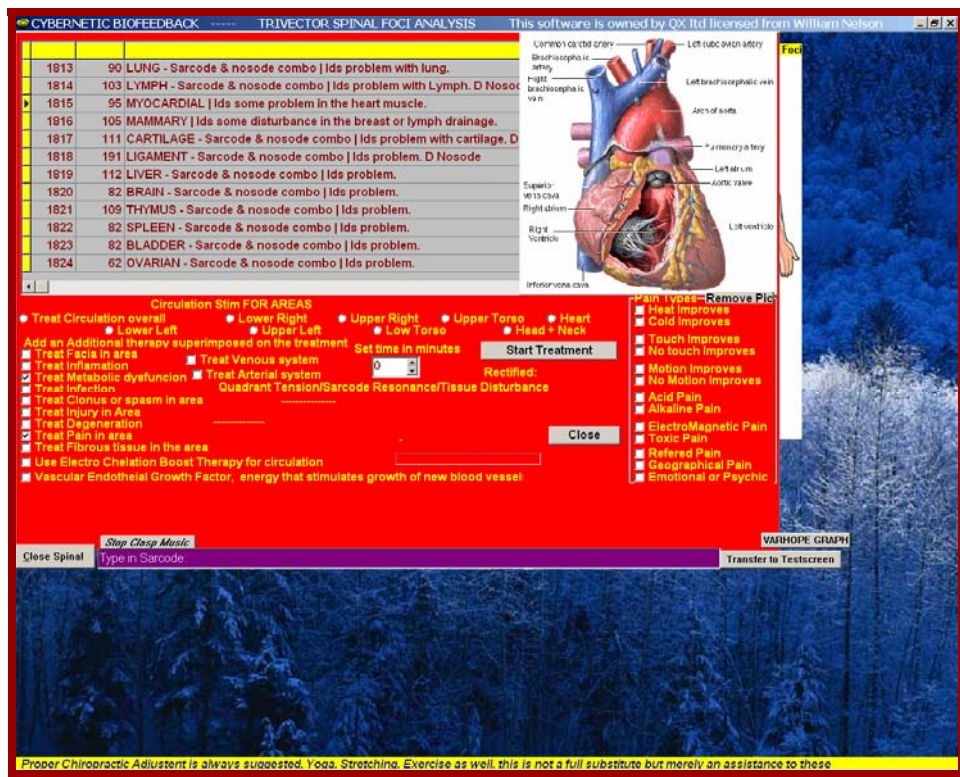
- Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Body Viewer program to run in the background simultaneously as your other therapies are running.

DISEASE DICTIONARY

Test/Disease Probability and Dictionary/Disease Dictionary/Scroll down to "ARTERIOLES, DISORDERS or ARTERIOLOSCLEROSIS"/ Electroacupuncture + BioResonance on Right/OK-Reveal Text/Quick Calibrate Patient's Reactivity/Quick Test Patient BioResonance (If this button is missing, go up to the Therapy and you will find it there.)/Long Term Therapy Active/If Checked Mute Dictionary Music/Auto Treat/Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Disease Dictionary module to run in the background simultaneously as your other therapies are running.

SPINAL

Test/Programs/Circulation/No to questions/Start Treatment until rectified is above 85



RISK PROFILE

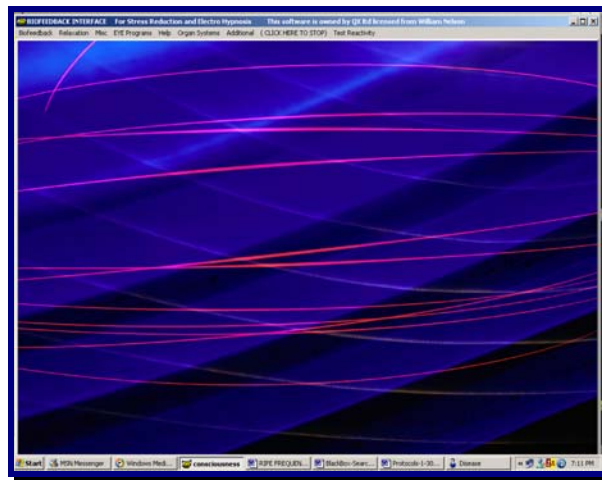
Test/Programs/Risk Profile/Load Current Patient/OK/Double Click on Circulation/Treat Areas Above/Virtual Doctor Test/Click on the remedy names individually to treat



Protocol - Arteries & Veins

BIOFEEDBACK

- ❖ Test/Programs/Biofeedback/Misc./Add Piggy Back Therapies/Load/OK/Hide File/Additional/Arteries & Veins
- ❖ Test/Programs/Biofeedback/Misc./Add Piggy Back Therapies/Load/OK/Hide File/Additional/Heart
- ❖ Test/Programs/Biofeedback/Misc./Add Piggy Back Therapies/Load/OK/Hide File/Additional/Circulation



SEARCH

From the Test Matrix Panel/type “Arter” in the white box labeled Search for Item:/Click on Search/Click on the items individually and click Treat to Zap the item

SHORT SARCODES

Test/Programs/Short Sarcodes/Add Additional Therapy/Load/Close/Misc Rx/Click on Heart/In the white box below “Area of Treatment” type the word heart and click on Treat

TIMED THERAPIES

Test/Programs/Spinal/Timed Therapies/Circulation Stimulation/Start

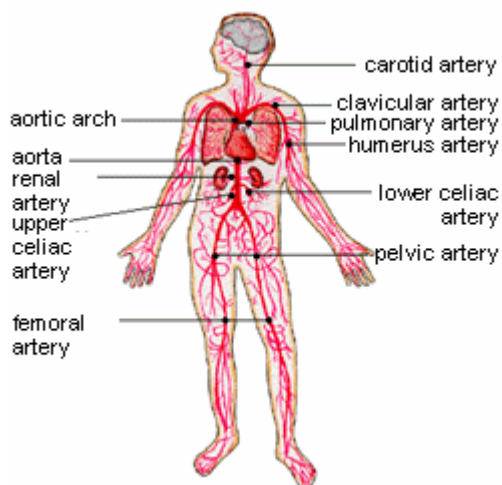
Also, see pages on Heart & Circulation.



Arteries

The arteries (*arteriae*) are blood vessels (*vasa sanguinea*), which transport blood away from the heart (*cor*). They are different in construction from the veins (*venae*) in that they have an additional layer of elastic membrane (*membrana elastica interna*) situated between the inner and middle wall layers. Depending on the task and location of the artery, its middle layer may be dominated by smooth muscle or elastic fibers.

Arteries with a predomination of elastic fibers are mainly to be found in the proximity of the heart, e.g. the *aorta*. When the heart pumps blood into the arteries during the expulsion phase (*systole*), their high proportion of elastic fibers permits them to distend.



During the relaxation phase (*diastole*) of the heart, they contract once more, transporting the blood on further and thus facilitating a constant flow of blood (air chamber function). Arteries with muscles predominating are able to widen (*vasodilatation*) or narrow

(*vasoconstriction*) their diameter through contraction, thus enabling the amount of blood contained within them to increase or decrease.

Veins

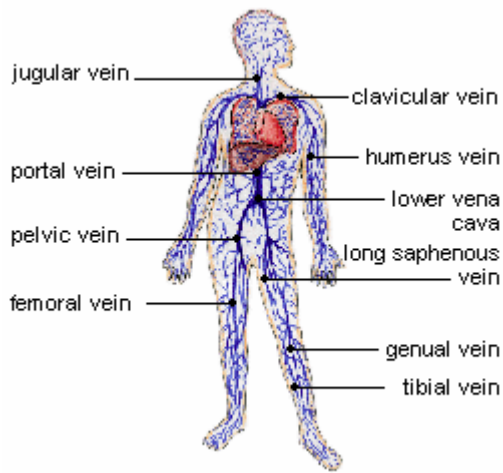
The veins (*venae*) are the blood vessels (*vasa sanguinea*), which transport blood towards the heart (*cor*). The wall layers of the veins (*venae*) are thinner than those of the arteries (*arteriae*), yet contain more connective tissue. The muscle layer is less marked. The diameter of the veins is larger than that of the arteries. Blood travels through the smallest veins, the venules (*venula*), which are connected to the capillaries, into the veins and ultimately the heart.

As a result of the thin layer of muscle, the veins are not able to transport the blood themselves.

They are therefore aided by the muscles surrounding them. These muscles have a pump-like effect on the veins during contraction (muscle pump). The vascular diameter of the veins diminishes, thus pressing the blood forwards.



Anatomy - Arteries & Veins



In order to prevent the blood from flowing back, some of the veins, especially those within the extremities, are equipped with so-called venous valves (*valvula venosa*). When the blood is flowing towards the heart, the venous valves lie flat against the venous wall. If the blood congests or starts to flow back, the venous valves inflate. The blood is pressed against the closed venous valves and thus prevented from flowing any further.



ARTERIOSCLEROSIS

Symptoms

A hardening of the arterial tubes occurs when layers of cholesterol and other fats have been added to the walls of the vessels, which might become so narrow that proper circulation may be compromised.

The condition of the vessels may be judged somewhat by pressing down on them with fingers to test their springiness and to see if the pulse can easily be felt.

Diagnosis may be made with Coronary angiography or Doppler ultrasound scanning.

Other symptoms may include: Cramps and pains in legs; Chest pain.

Nelsonian Homeopathy

Combinations: Theracirculo.

Liquitrophics: Hemo Liquitrophic; Cardio Liquitrophic; Propepsia Liquitrophic; C Liquitrophic.

Supplements: Calcium.
Intestinal Cleanse Program.

Herbal Aids

Buckwheat (*Fagopyrum esculentum*);
Rose hips, Flax seed oil, Olive oil,
Cayenne, Styrian Pumpkin, Chickweed,
Devils Claw, Corn silk.

Vitamins-Minerals

Vitamin E and C, Lecithin

Other Sources

Juice diet, no animal fat, no smoking or drinking, plants or drugs containing salicylic or acetylsalicylic and Chelation therapy.

Notes

This one should be worked out by a complete change of life-style. Next to diet, regular extensive walks are beneficial, maybe more so than jogging.

Vitamin E does not only improve the oxygen supply but acts as a blood thinner.

Garlic, Reishi, Shiitake, Cayenne pepper, Ginger, Gingko Biloba, Black Cohosh.

Fresh vegetables, apples, fruits, nuts, seeds, berries; green powder (wheat grass, barley, Spirulina, kelp)

Avoid: Sugar, saturated fats, hydrogenated fats, junk food and drinks, nicotine, alcohol.



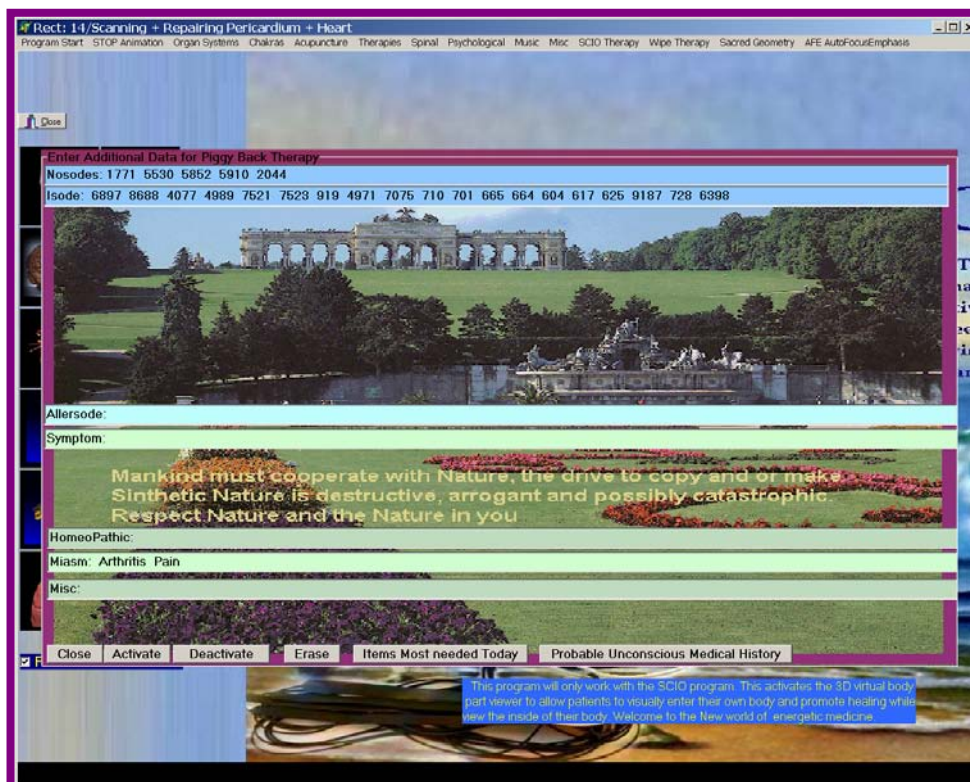


Arthritis

Note: The below listed matrix numbers can be loaded throughout the program in the Piggy Back sections!

SCIO BODY VIEWER

- Program Start/Load Individual Movie Program (Start INFO Exchange)
- Program Start/Treat Disease Path of all Old Trauma
- Organ Systems/Spinal/Scan Spine
- Acupuncture/Connective Tissue
- Therapies/Anti-Inflammation Auditory
- Therapies/Pain Release Auditory
- SCIO Therapy/Sky/- 300-333 Hz for bone
- Misc/Homeopathic Extras:



- Nosodes: 1771 5530 5852 5910 2044 (Double space between the numbers.)
- Isodes: 6897 8688 4077 4989 7521 7523 919 4971 7075 710 701 665 664 604 617 625 9187 728 6398 (Double space between the numbers.)
- Misc.: Arthritis Pain (Double space between the words.)



Protocol - Arthritis

- Activate (You may have to scroll down to see this button.)/Close the Homeopathic Panel.
- Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Body Viewer program to run in the background simultaneously as your other therapies are running.

DISEASE DICTIONARY

Test/Disease Probability and Dictionary/Disease Dictionary/Scroll down to “ARTHRITIC DISORDERS”/Electroacupuncture + BioResonance on Right/OK-Reveal Text/Quick Calibrate Patient’s Reactivity/Quick Test Patient BioResonance (If this button is missing, go up to the Therapy and you will find it there.)/Long Term Therapy Active/If Checked Mute Dictionary Music/Auto Treat/Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Disease Dictionary module to run in the background simultaneously as your other therapies are running.

ACUPUNCTURE

Test/Programs/Acupuncture Pictures Access/Choose Point/Test+Treat:

POINTS

BL55_59=Arthritis

Ht1_3=Arthritis of Shoulder

St_32=Arthritis of Limbs

St31_34=Arthritis

SEARCH

From the Test Matrix Panel/type “Arthritis” in the white box labeled Search for Item:/Click on Search/Either click on the items individually and click Treat to Zap the item or go up to the Auto Focus Zap menu/Choose Auto Zap from filter for 5 minutes.

PATIENT SUPERCONSCIOUS REDUCTION

Test/Treatments/Patient Superconscious Reduction Panel/Disease of Concern: Arthritis/Start Superconscious Link/Close red VARHOPE panel/Double click on all above items in red to begin treatment

NUTRITION

Test/Programs/Nutrition and Homeopathy/Calculate, strike this key first/OK/Insert Disease: Arthritis/Test Disease for best nutritional supplement/Double click on all items appearing in yellow to treat

RIFE GENERATOR

Test/Programs/Therapy/Rife Generator (blue box, Upper Freq./Enter the following frequencies one at a time, set above timer and Start: 10000

SPINAL

- ❖ Test/Programs/Spinal/Bones/Set Timer/Start Treatment until Rectified is above 85



Protocol - Arthritis

- ❖ Test/Programs/Spinal/Muscles/Set Timer/Start Treatment until Rectified is above 85
- ❖ Test/Programs/Spinal/Nerves/Set Timer/Start Treatment until Rectified is above 85

ZAP

- Auto Zap Infection General – All Top Pathogens (12 min)
- Auto Zap Infection Emphasis – Top Virus (5 min)
- Auto Zap Infection Emphasis – Top Worms (5 min)
- Auto Zap Infection Emphasis – Top Bacteria (5 min)
- Auto Zap Infection Emphasis – Top Fungus (5 min)

HOMOTOXICOLOGY

(Before any detox, open the channels of elimination.)

Test/Programs/Homotoxicology/Click once on the word “Osteodermal”/Continue Test
Nosode + Isode on Specific Organ/Either Treat Top Five or click on items in yellow to
begin treatment/double click on panel to close/Detox Access/Stimulate Detox

Also, see the following pages based on the client’s needs:

Arm, Ankles, Bones, Bones Panel, Elbow, Foot, Hand, Hip Bones, Inflammation, Knee,
Knuckles, Lower Back, Leg, Neck, Shoulder, Wrist Pain.



Arthritis

Many people use the word "arthritis" to refer to all rheumatic diseases. However, the word literally means joint inflammation; that is, swelling, redness, heat, and pain caused by tissue injury or disease in the joint. The many different kinds of arthritis comprise just a portion of the rheumatic diseases. Some rheumatic diseases are described as connective tissue diseases because they affect the body's connective tissue--the supporting framework of the body and its internal organs. Others are known as autoimmune diseases because they are caused by a problem in which the immune system harms the body's own healthy tissues. Arthritis causes pain and loss of movement. It often is a chronic disease, which means that it can affect you over a long period of time. The more serious forms can cause swelling, warmth, redness, and pain. There are more than 100 different kinds of arthritis and many different symptoms and treatments. Scientists do not know what causes most forms of arthritis.

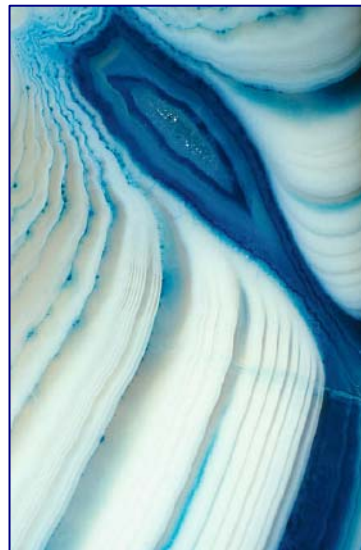
The warning signs of arthritis are:

- ❖ Swelling in one or more joints,
- ❖ Stiffness around the joints that lasts for at least 1 hour in the early morning,
- ❖ Constant or recurring pain or tenderness in a joint,
- ❖ Difficulty using or moving a joint normally,
- ❖ Warmth and redness in a joint.

The most common kinds of arthritis are Osteoarthritis, Rheumatoid arthritis,

Fibromyalgia, Scleroderma, Juvenile rheumatoid arthritis, and Gout.

Osteoarthritis (OA) is the most common type of arthritis in older people. It mostly affects cartilage—the tissue that cushions the ends of bones



within the joint. OA often affects the hands and the large weight-bearing joints of the body, such as knees and hips. OA occurs when cartilage begins to fray, wear, and decay.

In some cases, all of the cartilage may wear away between the bones of the joint, leaving bones that rub against each other. Symptoms can range from stiffness and mild pain that comes and goes, to severe joint pain. OA can cause: joint pain, less joint motion, and sometimes, disability. Scientists think there may be several causes for OA in different joints. OA in the hands or hips may run in families. OA in the knees is linked with being overweight. Injuries or overuse may cause OA in joints such as knees, hips, or hands.

Rheumatoid Arthritis (RA) is an inflammatory disease that causes pain, swelling, stiffness, and loss of function in the joints. People with RA often have a wide range of other symptoms such as feeling tired, running a fever, or generally not feeling well. RA may



Condition - Arthritis

occur in a balanced pattern throughout the body. For example, if one knee or hand is involved, the other one is too. The disease often affects wrist and finger joints closest to the hand.

Gout is one of the most painful rheumatic diseases. It is caused by deposits of needle-like crystals of uric acid in the connective tissue, joint spaces, or both. These deposits lead to

inflammatory arthritis, which causes swelling, redness, heat, pain, and stiffness in the joints. Gout affects the toes, ankles, elbows, wrists, and hands. Swelling may cause the skin to pull tightly around the joint and make the area red or purple and very tender. Medicines can stop gout attacks and prevent further attacks and joint damage.

The Facts about Arthritis

Number of Americans with arthritis or chronic joint symptoms:

- 1985 - 35 million
- 1990 - 37.9 million
- 1998 - nearly 43 million (1 in 6 people)
- 2002 - 70 million (1 in 3 adults)
- Arthritis is one of the most prevalent chronic health problems and the nation's leading cause of disability among Americans over age 15.
- Arthritis is second only to heart disease as a cause of work disability.
- Arthritis limits everyday activities such as walking, dressing and bathing for more than 7 million Americans.
- Arthritis results in 39 million physician visits and more than a half million hospitalizations.
- Cost to the U.S. economy totals more than \$86.2 billion annually.
- Arthritis affects people in all age groups including nearly 300,000 children.
- Baby boomers are now at prime risk. More than half those affected are under age 65.
- Half of those Americans with arthritis don't think anything can be done to help them.
- Arthritis refers to more than 100 different diseases that affect areas in or around joints.



ARTHRITIS

Definition

Inflammation of the joints. Arthritis is an ailment of the body that is an old chronic condition. There are many forms: such as gout or rheumatoid arthritis, which are different from the common variety of arthritis. The joints become enlarged and painful, being very tender to any movement or pressure (the pain may be constant or intermittent). Often the hands draw back or to one side, and in chronic conditions, the muscles shrink and will eventually wither away. This affliction may have a decided effect on childbirth, both to the mother and the newborn child.

Symptoms

Symptoms include:

Stiffness and pain in joints, fatigue, weight loss and deformations. This disease needs to be differentiated from other diseases with similar symptoms.

The three major types of Arthritis:

1. Rheumatoid arthritis
2. Osteoarthritis
3. Infectious arthritis

Cause

Arthritis is caused by acids and waste matter in the body, which eventually become solidified and lock the joint. This condition is caused and aggravated by improper diet. Some of the worst intakes are eggs, bread, milk,

meat, salt, sugar, etc., because they cause arthritic calcification. The use of extremely hard water (generally of twelve or more grains in hardness) will often accentuate an arthritic condition where softer water will help relieve it. Sometimes an individual with a good inherent structure can throw off the hardest water without arthritic effect. The weaker person may drink water that is not very hard and absorb from it relatively larger quantities of the inorganic minerals.

Nelsonian Homeopathy

Hormetics: Ameba-Fuge; Vermi-Fuge.

Anodynes: Small Joint Anodyne; Large Joint Anodyne.

Combinations: Sarcoesis; Arthro 1.

Liquitrophics: Lipid Liquitrophic; Adreno Liquitrophic; C Liquitrophic.

Oriental Herb: Anti-Rheumatic.

Miasms: Miasm-TET.

Supplements: Pantothenic Acid; Vitamin E.

Homeopathy

Rhus toxicodendron, Cimicifuga, Bryonia, Dulcamara, Solanum, Calcarea phos, Ledum, Rhododendron, Apis, Colocynthis and Arnica.



Herbal Aids

1. Bowels: For eliminating toxic substances from the bowels, one may use a high enema of slippery elm or white oak bark tea. The system should be cleansed by a daily sweat bath with pleurisy root; massage (except the inflamed joints) with angelica, black cohosh, buckthorn bark, colombo, gentian root, skullcap, or valerian root. One may use poultices such as cayenne, lobelia, mullein, slippery elm for relieving pain of the swollen joints; liniments of oils, such as cayenne, coconut, lobelia, origanum are also good.

2. Arthritis, Painful and Swollen Joints: Cover a small quantity of mullein with boiling hot vinegar, cover closely and simmer for 20-30 minutes. Strain and add a little tincture of cayenne (powerful stimulant and rubefacient) and a tincture or fluid extract of lobelia (as a relaxant). Foment this on the affected area.

3. Cayenne: It is an old standby and is used in modern medicine yet today. It is used in counter-irritant ointments, for sore muscles, arthritis, etc.; in liniments, back plasters and in many other ways. You will see it listed as capsicum in the ingredients.

4. Apple Cider Vinegar: A fomentation of apple cider vinegar alone will often take the pains out of arthritis, rheumatism and similar conditions. Soak a Turkish towel or gauze or similar material in hot tea, lightly wring (just enough that the water will not run off the body), and place as hot as possible without causing blistering. Generally keep the fomentation moist and warm by placing plastics, oilcloth, etc. over fomentation.

5. Eggs: These are one of the main contributors to arthritis.



6. Milk and Milk Products: These are harmful to many

people, both adults and infants. Milk is a contributing factor in constipation, chronic fatigue, arthritis.

7. Alfalfa: Some people wishing to treat arthritis or rheumatism take a tea made of the Alfalfa seeds, but we consider this a waste of the germinating power of the seeds. It is better to sprout them and eat the sprouts. Alfalfa tea made from leaves purchased in the health food stores may have an insipid taste or even taste like nothing at all. If you wish to obtain the best results from Alfalfa leaf tea, you should go and gather your own from the very common plants all around.

8. Aloe Vera: Interesting claims for Aloe Vera include ...relieving the pain of arthritis.



Remedies - Arthritis

9. Yucca: Among the Southwestern Indians, Yucca fibers were used to ease many illnesses. A client with a cold, rheumatism, or a wound would crush Yucca leaves into fibers. Then he would enter the sweathouse where he induced vomiting to expel the poisons by inhaling large quantities of steam and chewing the leaf fibers.

In recent times the Yucca saponin, which is extracted from the root, has been used to treat arthritis. At the National Arthritis Medical Clinic in Desert Hot Springs, California, many clients have found relief from arthritis symptoms by taking the tablets. The doctors made no therapeutic claims in the tests on the herb, only asking clients to test it to see if it would have any beneficial effects along with other treatments including diet and vitamin therapy.

About 20 percent of the clients, chiefly those with joint pains alone or joint pains and minimal swelling and inflammation, showed complete remission of symptoms. About 30 percent showed improvement and relief of some of their joint pain, stiffness and swelling. About 50 percent said they could not detect any change in their arthritic symptoms from taking Yucca extract but this included many who tried it for only two weeks. The clients most helped seemed to be those who had early symptoms of arthritis or rheumatism in their joints, with pain, stiffness and swelling which had been present for less than one year. Clients with symptoms from one year or longer seemed to have less response. Clients with stiffness alone, enlarged joints and limitation of motion but without much

pain and inflammation did not seem to notice any benefit from the product.

Yucca works by purifying the intestinal tract, improving the bacterial digestion and absorption of foods with a reduction in the production of inflammatory toxins. These inflammatory toxins from certain types of bacteria are the cause and aggravating agents in certain types of arthritis, particularly those related to and including rheumatoid arthritis. The saponins improve circulation by lubricating the joints, which gives them greater flexibility.

11. Juices: These help arthritis: Celery & cucumber, carrot, endive, apple.

12. Devils claw (*Harpagophytum procumbens*); Chaparral, Garlic, Turmeric, Hydrangea, Black Cohosh, Laserwort, Yucca, Ash tree, Poke root, Chestnut leaves, Comfrey, Meadowsweet, Alfalfa, Stinging nettle.

Vitamins-Minerals

Vitamin C, A, E, B group (B2, B3), Zinc, Copper and Boron.

Other Sources

Glucosamine sulfate, Bromelain, Pineapple juice, check for food and juice therapy. Histidine and Cysteine; Glucosamine and Chondroitin.

Notes

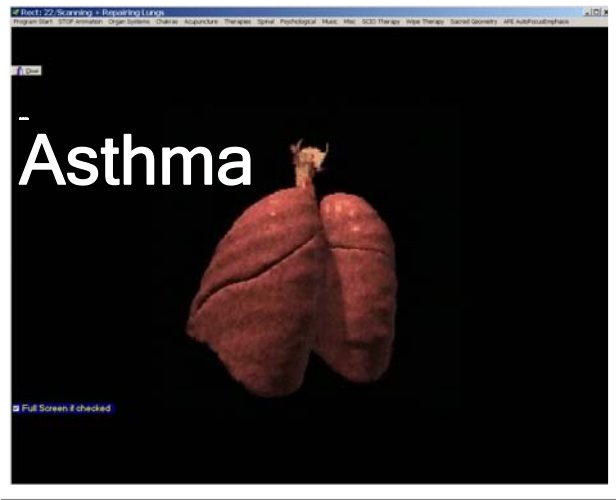
Glucosamine sulfate is now recognized by a number of doctors. Dietary measures are very important. One must avoid animal fats and refined sugars and strengthen the body's



Remedies - Arthritis

immunity. Devils claw and Chaparral should not be underestimated for their effect on Arthritis. Good results have been made with the Amino acids: Histidine and Cysteine. Infectious arthritis (see Symptoms) requires treatment with antibiotics (see your doctor). Tests have shown Glucosamine and Chondroitin to be effective in reducing inflammation and rebuilding tissue. Garlic, Devils Claw, Turmeric, Cats Claw, Ginger, Cayenne pepper; Fresh vegetables, pineapple, fruits, nuts, seeds, berries, unsweetened juices. Avoid: Sugar, meat, alcohol, animal fat, hydrogenated fats.





Note: The below listed matrix numbers can be loaded throughout the program in the Piggy Back sections!

SCIO BODY VIEWER

- Program Start/Load Individual Movie Program (Start INFO Exchange)
- Program Start/Treat Disease Path of all Old Trauma
- Organ Systems/Lungs/Lungs
- Acupuncture/Lung
- Chakras/Long Scan Chakra
- Psychological/Anxiety Therapy Auditory
- Psychological/Emotions
- Phobia Release Auditory
- Therapies/Stress Release Auditory
- Sacred Geometry/Throat Chakra
- Misc/Homeopathic Extras:
 - Nosodes: 1756 5533 (Double space between the numbers.)
 - Isodes: 1042 625 631 977 718 705 660 720 701 (Double space between the numbers.)
 - Misc.: Asthma
 - Activate (You may have to scroll down to see this button.)/Close the Homeopathic Panel.
- Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Body Viewer program to run in the background simultaneously as your other therapies are running.

DISEASE DICTIONARY

Test/Disease Probability and Dictionary/Disease Dictionary/Scroll down to "ASTHMA"/Electroacupuncture + BioResonance on Right/OK-Reveal Text/Quick Calibrate Patient's Reactivity/Quick Test Patient BioResonance (If this button is missing, go up to the Therapy and you will find it there.)/Long Term Therapy Active/If Checked Mute Dictionary Music/Auto Treat/Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Disease Dictionary module to run in the background simultaneously as your other therapies are running.



Protocol - Asthma

ACUPUNCTURE

Test/Programs/Acupuncture Pictures Access/Choose Point/Test+Treat:

POINTS

Adamsa-1=Asthma, 16_21=Asthma, 22_24=Asthma
Exb1=Asthma, Exue-3=Asthma, Gb13_20=Asthma
Ki2_6=Asthma, Ki22_27=Asthma, Lu8_10=Asthma
Lu1_2=Asthma, Lu5_9=Asthma, St10_11=Asthma
St12_18=Asthma

SEARCH

From the Test Matrix Panel/type "Asthma" in the white box labeled Search for Item:/Click on Search/Either click on the items individually and click Treat to Zap the item or go up to the Auto Focus Zap menu/Choose Auto Zap from filter for 5 minutes.

RIFE GENERATOR

Test/Programs/Therapy/Rife Generator (blue box, Upper Freq./Enter the following frequencies one at a time, set above timer and Start: 880, 787, 727

NUTRITION

Test/Programs/Nutrition and Homeopathy/Calculate, strike this key first/OK/Insert Disease: Asthma/Test Disease for best nutritional supplement/Double click on all items appearing in yellow to treat

PATIENT SUPERCONSCIOUS REDUCTION

Test/Treatments/Patient Superconscious Reduction Panel/Disease of Concern: Asthma/Start Superconscious Link/Close red VARHOPE panel/Double click on all above items in red to begin treatment

AUTO VARHOPE

Test>Programs>Therapy>Auto VARHOPE

THERAPY

Test>Programs>Therapy>Auto Aggressive Immune Dysfunction

Also, see the following based on the client's needs: Lungs, Oxygen and Allergy.

Asthma

Asthma is a chronic condition that occurs when the main air passages of your lungs, the bronchial tubes, become inflamed. The muscles of the bronchial walls tighten and extra mucus is produced, causing your airways to narrow. This can lead to everything from minor wheezing to severe difficulty in breathing. In some cases, your breathing may be so labored that an asthma attack becomes life threatening.

Asthma signs and symptoms can range from mild to severe. You may experience only occasional episodes of asthma with moderate, short-lived symptoms such as wheezing. You might also cough and wheeze most of the time or find that your symptoms become much worse after exposure to an asthma trigger such as pollen, mold or tobacco smoke. In severe cases, an asthma attack leaves you gasping for air. All asthma attacks give a warning. Learning to recognize warning signs and treating symptoms early can help prevent attacks or keep them from becoming worse.

❖ Warning signs and symptoms for adults can include:

- ❖ Increased shortness of breath or wheezing
- ❖ Disturbed sleep caused by shortness of breath, coughing or wheezing
- ❖ Chest tightness or pain

HOME REMEDY TIPS

Drink mixture of 2 parts of carrot juice and 1 part of spinach juice. Take this mixture 3 times a day.

Soak 30 to 40 basil leaves in a half gallon of water. Strain out the leaves and drink throughout the day.

Drink a glass of warm water with 10 or 15 drops of garlic juice.

Drink 1/4 cup of onion juice with a tablespoon of honey and 1/8 tablespoon of black pepper.

Avoid dairy products as much as possible.

- ❖ Increased need to use bronchodilators - medications that open up airways by relaxing the surrounding muscles
- ❖ A fall in peak flow rates as measured by a peak flow meter, a simple and inexpensive device that allows you to monitor your own lung function
- ❖ Warning signs and symptoms for children may include:
 - ❖ An audible whistling or wheezing when your child exhales
 - ❖ Coughing, especially if the cough is frequent and occurs in spasms
 - ❖ Waking at night with coughing or wheezing
 - ❖ Shortness of breath, which may or may not occur when your child exercises
 - ❖ A tight feeling in your child's chest



Condition - Asthma

- ❖ Asthma can develop at any age. If you're younger than 30, your asthma is probably triggered by allergies. Many people older than 30 with asthma are also allergic to airborne particles. For some people with asthma, particularly older adults, respiratory allergies don't seem to play a role. Instead, exposure to any irritant - such as a virus, cigarette smoke, cold air, and even emotional stress - can trigger wheezing. The best way to prevent asthma attacks is to identify and avoid indoor and outdoor allergens and irritants. That's easier said than done because thousands of outdoor allergens and irritants - ranging from pollen and mold to cold air and air pollution - can trigger your attacks. A number of indoor allergens, including dust mites, cockroaches, pet dander and mold, can do the same. A common asthma irritant is tobacco smoke. You're more likely to develop asthma if you have an inherited predisposition to the condition and are sensitive to allergens or irritants in your environment. In fact, the inflammation that causes asthma makes your airways overly sensitive to a wide range of environmental triggers.

In sensitive individuals, asthma symptoms can be triggered by inhaled allergens, such as pet dander, dust mites, cockroach allergens, molds, or pollens.

Asthma symptoms can also be triggered by respiratory infections, exercise, cold air, tobacco smoke, food, pollutants and stress.



ASTHMA

Definition

Asthma is a chronic respiratory disease, which affects the bronchial tubes.

Symptoms

In Asthma the system is filled with waste matter and mucus. Asthma is characterized by labored breathing (dyspnea), wheezing with dry and painful coughing, which is often due to an extreme irritation of the mucous membranes in the nasal passages or bronchial tubes. The symptoms are accompanied by constriction of the chest (bronchiolar spasm) and expectoration of mucus (mucoid sputum). Asthma may result in an excessive development (hypertrophy) of the glandular elements. This affliction is commonly believed to be due to hypersensitivity to inhaled or ingested substances such as odors, pollen, dust, smoke, etc.

Cause

Asthma is caused by malnutrition. Only by diligent and consistent effort to change embedded habits will one get permanent relief. The cough is a result of nature's effort to expectorate mucus from the lungs, after which breathing becomes easier. Of times the cause of asthma is basically a nervous condition because the nerves are irritated.

Nelsonian Homeopathy

Restoratives: Heart/Lung.

Combinations: Pulmo-A, Mucouslysis; Immunopoie.

Liquitrophics: Adreno Liquitrophic; Osteo Liquitrophic; Pulmo Liquitrophic.

Oriental Herbs: Anti-Asthmatic.

Supplements: Calcium.

Homeopathy

Aconite, Ipecacuanha and Kalium carbonicum.

Herbal Aids

1. Convulsions: When a person is in a convulsion there are certain herbs that will give very fast relief. One of these is tincture of lobelia, and a valerian decoction with a little cayenne added to relieve spasms. If such an attack comes after a meal one should use an emetic, such as a large dose of lobelia or use the Yoga finger method. (See # 2 below)
2. Yoga Finger Method: Drink several cups of warm water, then place the middle finger deep down the throat and press the tongue until regurgitation starts. Mustard is also good to clean the stomach and lungs. Prior to the emetic a peppermint or spearmint tea should be used to soothe the area and alleviate the discomfort of continual vomiting. Hot fomentation of castor oil, comfrey, lobelia, mullein, etc., may be placed over the stomach, liver, spleen and lung areas. Frequent hydrotherapy baths or lengthy sweat baths are



beneficial, followed by a cold shower or sponging.

3. Vapor Bath: Another helpful method is to take a vapor bath twice a week, inhaling steam from a decoction of cudweed ragwort, wormwood, or a decoction of the following herbs, taken warm, (equal parts) will prove very beneficial: elecampane root, horehounds, hyssop, skunk cabbage root, vervain, wild cherry bark (and to this preparation add tincture of lobelia or antispasmodic tincture. Clear the bowels with an injection of catnip or barberry bark. This affliction also calls for plenty of outdoor exercise, deep breathing, and good ventilation while sleeping. The whole body system should be built up with tonic herbs such as chickweed, comfrey, marshmallow, mullein, etc. Diet should be mostly fruits and vegetables, avoiding all processed devitalized foods.

4. Elder: The inner bark is used, although it should be aged before used. The fresh bark is violently irritating and poisonous to children. It is specifically used for spasmodic asthma with copious phlegm and stringy mucus. For asthma, take a tablespoonful whenever an attack threatens. Powdered Cloves can alleviate excessive vomiting when using the bark. To avoid bowel cramps, add a tablespoonful of powdered Ginger to the infusion.

5. Lobelia: Most people agree that Lobelia is a specific treatment for asthma, as well as other bronchial or spasmodic troubles. Because the herb removes obstructions, giving it when an attack comes on will often cause vomiting; matter will accumulate in the

stomach, which will cause obstructions. When the person vomits, it removes the intestinal blockage and often removes the mucus accumulations in the bronchial system as well.

6. Lobelia: It is one of the best plant expectorants, but as it is a stimulant to the vagus nerve it can easily produce nausea and vomiting when taken in excess. If a teaspoonful of the tincture produces nausea, cut down; it can easily be overdone. The leaves and flowers have strong antispasmodic effects on the bronchials when smoked, and certain individuals with asthma can find it a reliable herb to smoke at the first signs of spasms.

7. Mullein: This herb soothes the lungs and helps bring up the phlegm. It can be combined with sage and plantain for use in asthma. Sometimes a vapor treatment of Mullein is good for asthma, which is made by simmering a strong pot of Mullein tea and inhaling the steam with a towel over your head. This is also good for bronchial troubles of various kinds.

8. Skunk Cabbage: Because of its antispasmodic properties, is well known in many coughing problems. Foremost in this use is its application in asthma. It can help control the coughing and sneezing in hay fever. Many claim that it is useful in cases of tuberculosis. For people who have chronic dry coughing spells, skunk cabbage can offer relief. It will also clear up a chronic cold, with a cough, which will not leave because of mucus accumulations and bronchial problems of all kinds.



9. Milk Products: One of the best ways to prevent and therefore treat Asthma is not to use milk products. Cow's milk is probably the most mucus-forming food used by human beings. The casein content of cow's milk is exceedingly high, being about 300% more than is contained in mother's milk. Carrot juice is one of the greatest aids in the elimination of mucus!

10. General Program for Clearing Up Asthma: Hay fever may end in an attack of bronchial asthma, and those two are often associated, as both are based upon a nervous predisposition and an unusual susceptibility to small amounts of albumins.

To get to the root of the matter, the system must be cleared of toxins and the nerve energy restored to normal; then the cause does not exist.

The cause starts with the customary unclean bowel.

Eggs: No eggs should be eaten in any form.

Sugar and all sugar products: You may use honey, sorghum molasses or blackstrap molasses, but no sugar of any type.

Meat: Eliminate all red meats from the diet. A little white fish once a week, or a bit of young chicken that has not been fed commercial food or inoculated with formaldehyde and other anti-spoilage serums, would be all right (as these are the higher forms of edible flesh), but do not use them too often.

Milk: Eliminate all dairy products, which include butter, cheese, cottage cheese, milk, yogurt, etc. These are all mucus-forming substances and, in most cases, are extremely high in cholesterol. As a substitute for butter or margarine (hardening vegetable oils, etc.), you can train your taste buds to enjoy a good, fresh, bland olive oil on vegetables, salads, and other foods and you will discover this is one of the choicest foods there is.

Flour and flour products: When flour is heated and baked in high temperatures, it changes to a mucus-forming substance. This is no longer a food, which means it has no life remaining



therein. All wholesome food is organic, where unwholesome food or dead

food is inorganic.

11. Ephedra (all species), Coltsfoot, Ajmud, Lobelia, Ox-eye Daisy, Skunk Cabbage, Milkweed (*Asclepias syriaca*), Black Cohosh, Marshmallow, Burnet, Kantikari, Pleurisy root, Saw Palmetto, Honeyplant, Senega, Slippery Elm, Lungweed and American Hellebore.

Vitamins-Minerals

Calcium, Magnesium and Vitamin E.

Other Sources

Agrimony, Barberry, Blood root, Cayenne, Coltsfoot, Comfrey, Elderberry, Evening Primrose, Gumweed and Larkspur.



Remedies - Asthma

Notes

Most cases of asthma are caused by allergies. Therefore, anything that is good for allergies can be considered helpful in treating asthma. Oils found in Flax seed, Borage and Evening primrose are helpful. Feverfew reduces production of histamine. Ginkgo Biloba, Ginger, and Licorice have shown to interrupt the process leading to inflammation and allergies.

Lobelia, too, works, as a relaxant and Cayenne pepper is another herb that helps to restore breathing. Bee pollen, desert tea, stinging nettle tea, green tea.

Fresh vegetables, fruits, berry, nuts (not peanuts). Check allergies! Remove carpets and dust. Avoid: Sugar, meat, nicotine, alcohol, milk, dairy products.





CRYSTAL ENERGY FROM THE MATRIX

ARIES - MARCH 21 TO APRIL 20

DIAMOND: 3729 - Master healer, dispels negativity, and purifies the body and spirit; amplifies energy.

TAURUS - APRIL 21 TO MAY 22

EMERALD: 3731 - Unconditional love stone of great power helps heart, liver, kidney, immune systems, and patience

GEMINI - MAY 23 TO JUNE 21

AGATE: 3718 - Fire stone, gives fire to the loins, sense of courage and fortitude helps to discover truth.

CANCER - JUNE 22 TO JULY 21

PEARL: 488 - Emotional problems with mother and paternal instinct.

LEO - JULY 22 TO AUGUST 22

RUBY: 3752 - The servant of servants, preserves the body and mind, promotes strength, tranquility, immunity.

VIRGO - AUGUST 23 TO SEPTEMBER 22

SAPPHIRE: 3753 - The loyalty stone, helps the heart + stomach, while stimulating pituitary and the glandular system.

LIBRA - SEPTEMBER 23 TO OCTOBER 23

OPAL: 3747 - Rainbow stone, stimulates pituitary + pineal, enhances eyesight + intuition.

SCORPIO - OCTOBER 24 TO NOVEMBER 22

TOPAZ: 3759 - The abundant stone, antidotes the 20th century life, inspires peace.

SAGITTARIUS - NOVEMBER 23 TO DECEMBER 21

TURQUOISE: 3761 - The ecology stone, helps absorption and stimulation of nutrients, helps in tissue renew.

CAPRICORN - DECEMBER 22 TO JANUARY 21

GARNET: 3733 - Daydreamer stone regenerates the body after stress and the sexual trauma of love lost.



AQUARIUS - JANUARY 22 TO FEBRUARY 20

AMETHYST: 3716 - Elevates the spirit, strengthens immune + endocrine, affects the right side of the brain, cleans blood.

PISCES - FEBRUARY 19 TO MARCH 20

AQUAMARINE: 3717 - The serene one, calms nerves, reduces fluid retention, stimulates creativity and clarity of mind.



MARCH 21 TO APRIL 20 **ACTIVE * AMBITIOUS * POWERFUL**

ARIES PERSONALITY: "ME FIRST"

- Try to tell a ram to follow the leader. Then run! They'll stomp around, fume, and waive their arms angrily. Rams don't follow; they are leaders. Better remember that.
- They know what they want, and they go get it. When they don't they throw a temper tantrum. Like a spoiled child.
- Driven Aries put hurricanes to shame.
- Spend time with an Aries, you'll need a vacation, they whirl around like a tornado, watching them will wear you out. No point in trying to keep up, it's just impossible.
- Aries will tell you exactly where they stand; you won't have to ask them. They'll tell you all about themselves and then inquire about what you think about them. They are into themselves.
- Don't think they don't care if you're listening. They need to be loved by everybody; deep down they worry about you not liking them.

THE ARIES FRIEND:

- Aries are loud they know everyone and make sure everyone knows them. They want the world to be their friend. They will like anyone that listens to them; they are far from picky.
- They like spectacular and successful friends that help them look good.
- They will ask for big favors, and will return the same if they're around. They may disappear for years and drop back into your life when you least expect it.

AN ARIES LOVER:

- They love to fall madly in love, want to be swept off their feet. The more bells and whistles, the better! It's not the love for that person that gets them; it's the excitement of the fall that takes over.
- They love the thrill, better keep up the excitement, when it's gone so are they.
- They are hard to live with; they marry late or not at all. Divorce is routine; they believe in themselves more than anyone else.



APRIL 21 TO MAY 22 **POSSESSIVE * ENTERPRISING * DETERMINED**

TAURUS PERSONALITY: "COUNT ON ME"

- Strong, reliable and steady, bulls have no glamour they are almost boring and the term doesn't offend them. They finish what they start, keep promises and have common sense.
- Taurus is the sign you turn to when the wife ran out, the car is wrecked or the bills are stacking up. They give sound advice and have a big shoulder to cry on.
- They build solid careers, quality homes and a strong family. They fill their house with only the best and make it plush velvet so they can feel warm inside.
- Bulls are the mothers and fathers of the earth. Their only weakness is they overindulge on food, sex and relaxation; they just can't ever get enough.
- They charm in a sensual, slow way. They can be funny and don't mind making fun of them to get you to laugh.
- Don't let it fool you. They are stubborn, don't like new ideas and they will not be pushed.
- They don't get mad easy, but when they do, back up or you won't forget it.
- They hold a grudge for a long time.

THE TAURUS FRIEND:

- They don't trust people, don't tell them your deepest secrets when you meet, they will run. They slowly make friends and keep a circle of close, intimate friends.
- They are friends for life and you want to become part of their circle. They tell you when you're being dumb and invite you to their luxurious place. They spoil you and will do anything legal to make you happy.

THE TAURUS LOVER:

- They have a need to love and protect the marrying kind. They size you up the moment they meet you. Treat you to quiet, candlelit evenings in their nest. They are very sexual and get you between their fine linen sheets.
- They are never afraid to say, "I love you." Love to snuggle and cuddle. At times they give too much and forget to take back. Don't cheat on them; they are fiercely possessive and merciless when betrayed. They paw the ground and charge.



MAY 23 TO JUNE 21 **ADAPTABLE * CURIOUS * ADVENTUROUS**

GEMINI PERSONALITY: "TALK TO ME"

- The easiest place to meet a twin is at a party; watch them stop in on every conversation. They'll agree it's the republican's fault on one end, and then agree that the democrats have got us into the mess on the other. They want to sit in with the band, flirt with the waitress and discuss mixed drinks with the bartender.
- They spin faster than you can follow.
- Try to ask a twin to concentrate on one thing at a time, they just can't. They have to show off the little knowledge they have about every subject and find out what you know, and why and where and how you got the information.
- They are talkers; they spread their talent around the world. They love to receive new interesting information, and they will scatter it around.
- Don't forget there are two people inside a twin and both want constant change, variety and mental stimulation. It's almost like the two are fighting within the twin. They chain smoke and rip papers to shreds.
- A twin will be gone in a flash. Someone new showed up and they may have something fascinating to tell.

THE GEMINI FRIEND:

- People always surround Gemini. They charm and flirt. It's hard to get near them. You have to get through the crowd. They have few true friends. Gemini's are shallow; they pull out when it gets too deep.
- They need stimulating people who share their strange interests. They hard to keep up with!
- They hang around spirited folks that understand why they are always late. They are just so busy. Join them on spur of the moment road trips.

THE GEMINI LOVER:

- Why love? And what is love anyway? That a Gemini will question and put off answering when the next, more interesting person comes along.
- Twins can't shut off their minds long enough for the heart to take over.
- Matters of the heart are not all that important to fickle Gemini. They confuse monogamy with boredom; they need their freedom. You must constantly entertain them, seduce them and give them constant mental stimulation. Boredom is their biggest fear; let them be what they are, "confusing".



JUNE 22 TO JULY 21 **EMOTIONAL * NURTURING * LOVING**

CANCER PERSONALITY: "LOVE ME"

- "You're tired, your poor, you're down...." yep. The good old U.S. of A. is a cancer, and the motherly statue of liberty says it all. Crabs want to protect and save the world. Don't mess with them. They're fierce. They defend their rights, and the rights of their friends and family, at any cost.
- Male and female, crabs are the ultimate mothers. Cancer is the sign of home, mom, and apple pie.
- Crabs are intuitive (even psychic) and wear their emotions like a set of clothes. They're ruled by the moon.
- Cancer moods change as it waxes and wanes. They're laughing one minute, crying and sentimental the next.
- Don't ever suggest that a crab get rid of some of that stuff that's been in the attic for decades. Why, that is the thread left from what granny used to make her wedding dress. Have you no feeling for history? Cancers adore history, and they remember everything. Ask them about their first day of school (if you have a lot of time to spare). They'll remember every detail, down to the cute little socks they wore and the moment when their mom (sob) actually left them there.
- Cancers have an unnatural attachment to their mothers. The fact that mom left them alone at school may be the reason they're so emotional and sensitive today.

THE CANCER FRIEND:

- A friend in need is a friend indeed. Cancers will always come to your rescue. Crabs can't say no, even if you ask them to carry 150 pounds through the desert. They smother their pals, but that's only because they care so much. Everyone should have a cancer friend or two.
- In return, crabs expect their friends to be there when their funky depression hit. If you're not around when they need you, they feel personally rejected.

A CANCER LOVER:

- Cancer mates for life. Their natural instinct is to have kids-lots-so marriage is a must. Over your first date, a crab will ask if you prefer June or December weddings.
- Crabs are cuddly and sensual. But they withdraw into their shell and snap with their claws when they feel slighted (and they feel slighted more than most). They need to be no.1. Treat them gently.
- Crabs are soft when it comes to love.



Leo

JULY 22 TO AUGUST 22
POSITIVE * POWERFUL * PROTECTIVE

LEO PERSONALITY: "WORSHIP ME"

- King of the jungle? No lion would settle for that, king of the universe is more like it.
- They expect to rule the world and demand that everything revolves around them. They have superior organization and leadership.
- They are generous and affectionate; they spread sunshine wherever they go. They have a lot to teach about art, movie, fine cuisine and literature, and the list goes on and on. Lions need to be admired and want to be recognized. They get what they want.
- Some play the pussycat, don't let it fool you, a fierce lion lurks in all of them. Try to cross one, they are frightening, their temper is an explosion, it's a good thing they rarely hold a grudge.

THE LEO FRIEND:

- They have a need for a huge circle of admirers. Normal people call those friends; in the lion world it's called a pride.
- They win hearts with big extravagant gifts. It's great having a loyal lion friend. Just be open to their constant advice on how to improve everything and anything. Their advice isn't unselfish. If you look good, they look good. Looking good is what life is all about. < Leo >
- Want to win over a lion? Fly him to a dinner in Paris, and on to an opera in Rome. They want champagne and caviar. You sure you can afford one?
- They must be wined and dined, seduce them with nothing but the best. Their lovers need to have "the look", and they already look better than most. They need to be adored and worshipped, diamonds, satin and gold. That's what love is about; you get the picture.



AUGUST 23 TO SEPTEMBER 22 RECEPTIVE * LOGICAL * THOUGHTFUL

VIRGO PERSONALITY: "PUT ME TO WORK"

- Want to really upset a Virgo? Pick your nose or curse in public. Throw your clothes in the corner and watch them cringe.
- They are meticulous, nit-picky, constantly worried about their delicate sinuses.
They have a deep need for order. When everything's not just right, they get nauseous.
- Virgos didn't earn their reputation as finicky perfectionists for nothing. They nag! Deep down they know they aren't perfect, and that's what really bugs them. They try to make up for their own shortcomings by making you perfect.
- They're shy at first, but get to know them and they won't stop talking. Their inquiring minds want to know it all, and they won't forget anything. They love to show off their mental and verbal skills in a good discussion, of course it has to be a polite one. The Virgo loves to say, "please," "thank you," and "excuse me."
- Virgins have a deep need to be of service to the world in order to feel useful. They don't easily take the lead, but anything you need them to take care of will be done completely, neatly and perfectly. They would be mortified to do it any other way.
- The word relaxation is foreign to them. Even their free time is carefully structured-rest from 7:00-7:30, paper from 7:30-8:00, 8:00-9:00 TV. Oh and for fun the laundry at 10:00.

THE VIRGO FRIEND:

- If you don't take their helpful criticism personally, Virgos are perfect pals. They're snooty and won't hook up with just anybody. Their friendship is worth earning. A Virgo will bail you out of jail at 3 in the morning and pick up your cousin at the bus. They don't break a promise.
- They are gentle and quiet and don't have many enemies. They stay polite even if you aggravate them. They don't expect much from anyone, if you're inconsiderate and rude they chalk it up to your basic human defect.

A VIRGO LOVER:

- Of course a virgin is shy when it comes to love. They take it very seriously.
- They want to love more than anything else; it's just hard to meet their extremely high standards. Should you come close, they may overlook a few minor imperfections. They will gently remind you that it isn't proper behavior. They really can't help that.
- Virgos have a hard time expressing their feelings. They fear the word I***. They don't use it lightly!



SEPTEMBER 23 TO OCTOBER 23
GIVING * RESTLESS * TRUSTWORTHY

LIBRA PERSONALITY: "BE FAIR WITH ME"

- Got time? Ask a Libra if he would like chocolate or vanilla ice. They'll consider. Chocolate is great, but if you have vanilla you can put fudge on top and have both. It would be twice as bad for you so, and Liberians are known for a sweet tooth and have to watch the pouch. Then again, only chocolate is boring, not as boring as plain old vanilla so... Better not ask a Libra what they want, just tell them what kind to have.
- Libra just can't make up their minds. It comes from their need to see justice done and the ability to see both sides to every issue. They think things through to the very last detail. You get the picture.
- Libra is the natural judge of the zodiac. They are fair to all people at all costs. Injustice of any kind offends them greatly. They argue, naturally, because they can see both sides. But they never get ugly about it.
- Ugliness upsets the balance of Libra's delicate scales. They appreciate fine art and music and beautiful people. They have pretty dimples and beautiful smiles, and they're always dressed to perfection. Takes them long enough to decide what to wear.
- Libra is often accused of being lazy. That's just not fair and Libras are always fair. They do tend to put off tasks for as long as possible, but once they start they work quickly and efficiently.

THE LIBRA FRIEND:

- Libras hate to be alone. They need someone by their side to share with. They need someone to take the other side in those philosophical discussions they love so much. They have lots of friends.
- Libra friends are loyal and true, always fair. They're charmers. They throw great parties and spoil their buddies with the best. They baby-sit for you and look forward to it, talk on the phone for hours when you can't sleep, and take care of your pets when you're gone, even if they don't like them.

A LIBRA LOVER:

- Libra is ruled by Venus; the goddess of love. If you have a Libra lover, look to the heavens and be thankful for this gentle, affectionate creature.
- They're sentimental and romantic. They buy you roses and fix breakfast in bed; they love to be in love. They live for it. On occasion they start petty little arguments just to make sure you still love them.



OCTOBER 24 TO NOVEMBER 22
SECRETIVE * INQUIRING * CONFIDENT

SCORPIO PERSONALITY: "DON'T TREAD ON ME"

- C'mon, admit it. When someone tells you they're a Scorpio, you get a little scared. A slight chill takes over you. You back away, slowly. You're careful about what you say. You don't want to offend them.
- Maybe it's those deep, penetrating Scorpio eyes, or that reserved, chilly exterior they wear so well. Whatever it is, you don't want to mess with a scorpion. You're sure to lose-painfully.
- Scorpio's magnetism is majestic and powerful. It's the only sign in the zodiac that has two symbols - the stinging scorpion and the soaring eagle. More U.S. presidents were born under Scorpio than any other sign.
- They get what they want, and they use any means to get it. It's not in your best interest to get in their way.
- They're sharp. They're shrewd. They're sly. Be careful what you tell them. If you offend them, they'll use it later-years to get even. They like to watch others suffer. It makes them feel powerful.
- A Scorpio is mysterious and seductive. You just know they're guarding some incredible secret. Don't even think about trying to dig it out. Scarps don't share secrets. Ever!
- Scorpions have a weakness. They overindulge in food, sex, drugs and alcohol. It's the one thing they can't control. It makes them crazy. (The enlightened ones - the eagles - overcome this through spiritual awakening.)

THE SCORPIO FRIEND:

- No one is a better friend or a worse enemy than a scorpion. They either love you or hate you - immediately. They screen and scrutinize before they grant friendship.
- They like sharp people who stimulate their minds.
- If you make the cut, loyal Scorpio is yours for life (and it's good to have them on your side). They expect total trust. They want to know where you'll be at what time and with whom. They won't tell you their own plans. Don't ask.
- If you betray them, they will cut you off immediately. Don't bother to seek forgiveness. It won't be granted.

A SCORPIO LOVER:

- Scorpions get what they want. If they've fixed those sexy, penetrating eyes on you, just lie down and enjoy. They will have you.
- Quite frankly, you should feel honored. Scorpions hate to lose control, and usually hide their emotions under a cool mask. They'll assess the odds and assess you quite thoroughly before making a move.



Education - Astrology

- They're highly sexual and passionate. They're secretive, possessive and jealous. Don't even look at another. When scorned, scorpions are vindictive and cruel.



NOVEMBER 23 TO DECEMBER 21 ENTHUSIASTIC * OPTIMISTIC * EXUBERANT

SAGITTARIUS PERSONALITY: "PLAY WITH ME"

- Sagittarius has a funny looking symbol, half horse and half man. It resembles a man trying to rise above his lower nature. Imagine how hard a figure like that would be to keep a balance. Well goes without saying Sagittarius are clumsy.
- They'll always stick a foot in their mouth. "Oh I'm not saying you are getting fat" they'll say, "actually the extra weight looks good on you, you are built for it."
- Not much of an apology, but give the Sagittarius a break, they can't help that they are brutally honest. They don't know when to shut up. They don't mean to hurt you; they just tell it like it is, some call it tactless.
- They boast a lot and like to exaggerate. Take what they say with a grain of salt and get them talking about important things. Philosophy and religion might be great subjects. They are wise and will make you want to listen for hours.

THE SAGITTARIUS FRIEND:

- They love to have a ball and don't mind picking up the tab. How can anyone not like them?
- They are always searching for new horizons. Make friends anywhere they go, from the office to the fast-food joint.
- If you can keep up, they are a blast to be around. They'll drag you do the newest dance club and the hottest concert in town and plan a trip to New York over shots of tequila. They'll belch and fart and think it's funny. Well admit it; it was funny when his spouse turned bloody red.

THE SAGITTARIUS LOVER:

- Straight up, no Sagittarius will put up with any type of restriction on personal freedom. Try to pin one down, watch them run to never land. They are terrified of responsibility, don't want to commit, and marriage isn't on their preference list.
- You still want a Sagittarius? Get ready for a wild ride, they want someone smart and on the go like themselves. Someone that's a travel companion as well as a lover. They love adventure, flirt and sometimes they cheat. When they do their honest nature takes over, and they'll let you know about it. That hurts.



DECEMBER 22 TO JANUARY 21 DETERMINED * PERFECTIONIST * ORGANIZED

CAPRICORN PERSONALITY: "DO THE RIGHT THING"

- Try to tell a Capricorn to skinny-dip in public, he'll turn red, will shudder and look at you like you've lost your mind.
- It's not right, not legal and just doesn't make any sense, that's the way they see it.
- They do everything moral, legal and it has to make sense. That's their secret to success. A corporate dream, shrewd, driven and methodical. They like tradition. What worked fine for dad works fine for them.
- They are determined to get to the top and don't make mistakes. Their lives are carefully planned, from what to be next week to what stock to buy. They save money and have it to invest. They are cheap and save the tin foil from the carryout food.
- They talk about important things like stock markets and get upset if you know something about it that they don't. They have to be the best at what they do and usually they are.
- When they age they finally learn to relax. When they finally get where they want to be, they start growing younger. They love music, art and nature; it nurtures their own creativity. They get a little sentimental under that tough shell and may even get a pet.

THE CAPRICORN FRIEND:

- They tend to be loners, are afraid to have friends, they don't want to get hurt. They carefully pick a few special friends that deserve their undying loyalty.
- Friendship is taken just as serious as everything else in their lives. They lend a strong shoulder and keep promises. If you disappoint them, you'll be out of their life for good. They don't believe in second chances.
- They can be opportunists and use people in the name of friendship. Beware of a goat on the way to the top.

THE CAPRICORN LOVER:

- They do have a heart under that cold, reserved exterior. They have to have one, everybody does. They are shy and cautious when it comes to love, that mushy stuff turns their stomach.
- They can be blinded by status, money and power and many marry for the wrong reasons. Many marriages are less from happy, but when the commitment is made, most stay married. They are determined to work things out.



JANUARY 22 TO FEBRUARY 20 **INDEPENDENT * INTENSE * INTELLECTUAL**

AQUARIUS PERSONALITY: "LIVE AND LET LIVE"

- Aquarians are not from here they are from another planet or something. They are not like the rest of us, they're weird, and they like it like that.
- Aquarians know how the moon affects animal psychology and can predict upcoming scientific discoveries. They can converse with animals and the stars, know things than us humans don't. Believe it.
- People think Aquarians are crazy, but that's because geniuses are always accused of being insane. They don't care what you think and don't take the time finding out.
- They think it's quite inventive to make a cozy home out of a cardboard box. Then they'll buy you a cup of coffee and explain how to get energy from the sewer system to make heat. Garbage might be the next big thing, always a step ahead.
- They leave you feeling welcome and wacky; they are the sign of brotherly love.

THE AQUARIUS FRIEND:

- Aquarius loves to meet new people. They might learn something-or pass along some theories. They find something wonderful in everybody. They'll give you the shirt off their back.
- Aquarians have lots of friends and few enemies. Their most intimate friends are radical or bohemian, like they are, and give them the space they need to explore the universe.
- Don't get offended if they can't recall their name. With all that stuff in their head they tend to be a little absent-minded.

AN AQUARIUS LOVER:

- Aquarians are intrigued by the glamour of romance. But when it comes down to it, friendship is far more important to them.
- All that sweet talk seems to be a waste of time. Affection in public is embarrassing to them and they don't embarrass easy. While you are trying to get them to notice you, they're thinking about the seasons on the moon.
- Since they need the space to explore, many never marry. Give them space. The more you give them, the more faithful they will be.



FEBRUARY 19 TO MARCH 20 **IMAGINATIVE * IMPULSIVE * INTUITIVE**

PISCES PERSONALITY: "LET ME HELP YOU"

- The Pisces symbol is two fish, the soul one and one for the personality. They swim in the opposite direction, Pisces feel like both of them swim upstream.
- They are troubled. Sharp words or bad weather can leave them depressed for weeks.
- Pisces don't expect much out of life; they know they are meant to come in last. They believe they deserve it because they've done something wrong.
- They are martyrs and saints. Care about everyone's problems very deeply. They are psychic; vibes around them make them nervous. They'll do anything to help you, but they don't know how to help themselves. They wallow in self-pity and indulge in food, alcohol and drugs. That makes them more depressed. A cycle hard to break.
- They need time to themselves to build up their squeamish energies. Pisces love poetry, art and mystical things. They are very deep and believe in magic.

THE PISCES FRIEND:

- They'll never forget your birthday; listen to your love stories all night when no one else wants to hear them any longer. They'll drive you to the doctor and won't leave you side getting a tooth pulled.
- Pisces live to help others. Don't take advantage of these gentle souls; it's easy to do. They are always there for you, make friends for life. They will never hurt you.

A PISCES LOVER:

- Pisces dreams and knows there is a soul mate out there that will accept their adoring gestures, love poems and roses. Somewhere there is.
- That person won't mind being put on a pedestal while the fish gazes at them through rose-colored glasses. They love to be in love. They'll bring gifts just because it's Monday, and appreciate unexpected little things in return.
- They want to retain past lovers as friends forever. They know eventually they'll realize what a good thing they had.



Athlete's Foot

Note: The below listed matrix numbers can be loaded throughout the program in the Piggy Back sections!

SCIO BODY VIEWER

- Program Start/Load Individual Movie Program (Start INFO Exchange)
- Program Start/Treat Disease Path of all Old Trauma
- Organ Systems/Endocrine/Thyroid
- Organ Systems/Immune System/Thymus
- Organ Systems/Immune System/Spleen
- Organ Systems/Immune System/Adenoids, Tonsils, Appendix
- Organ Systems/Immune System/White Blood Cells
- SCIO Therapy/Sky/-/ 100-120 Hz for skin
- Misc/Homeopathic Extras:
 - Nosodes: 5535
 - Isodes: 611 660 719 672 790 (Double space between the numbers.)
 - Misc.: Athlete's Foot
 - Activate (You may have to scroll down to see this button.)/Close the Homeopathic Panel.
- Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Body Viewer program to run in the background simultaneously as your other therapies are running.

DISEASE DICTIONARY

Test/Disease Probability and Dictionary/Disease Dictionary/Scroll down to "ATHLETE'S FOOT"/Electroacupuncture + BioResonance on Right/OK-Reveal Text/Quick Calibrate Patient's Reactivity/Quick Test Patient BioResonance (If this button is missing, go up to the Therapy and you will find it there.)/Long Term Therapy Active/If Checked Mute Dictionary Music/Auto Treat/Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Disease Dictionary module to run in the background simultaneously as your other therapies are running.

Test/Disease Probability and Dictionary/Disease Dictionary/Scroll down to ""/Choose Therapy Option on Right/OK-Reveal Text/Set Time and Treat

SEARCH

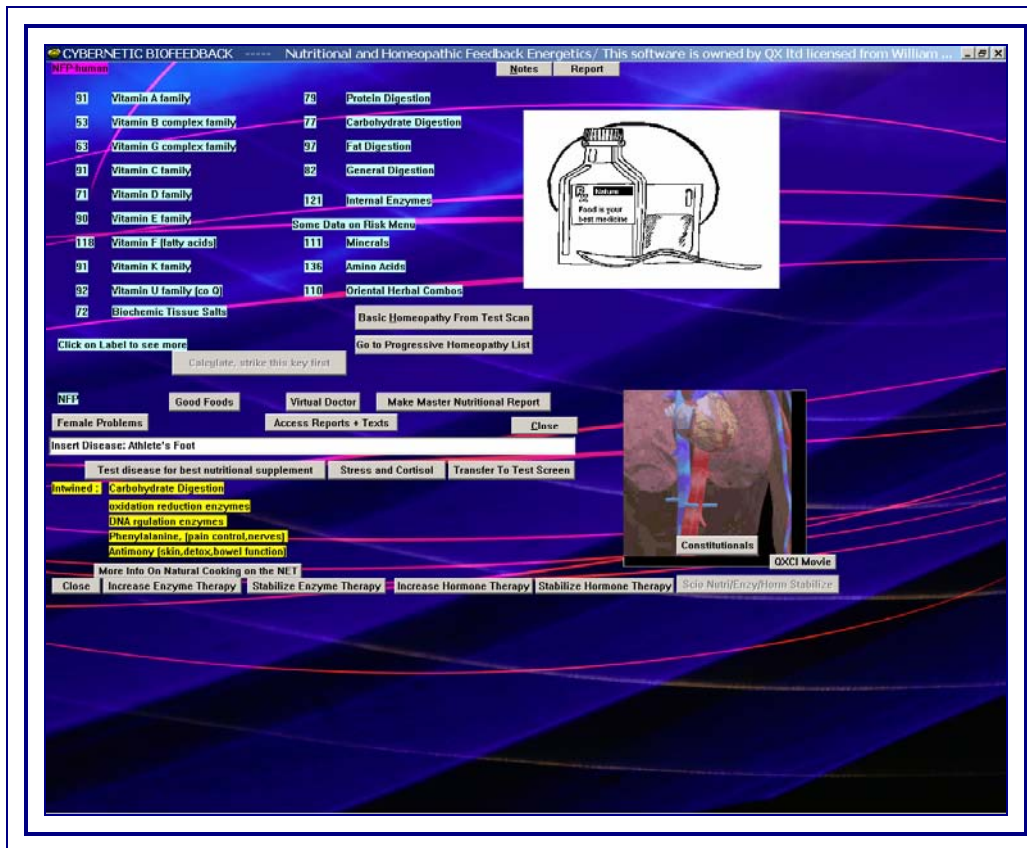
From the Test Matrix Panel/type "Athlete's Foot" in the white box labeled Search for Item:/Click on Search/Either click on the items individually and click Treat to Zap the item or go up to the Auto Focus Zap menu/Choose Auto Zap from filter for 5 minutes.



Protocol - Athlete's Foot

NUTRITION

Test/Programs/Nutrition and Homeopathy/Calculate, strike this key first/OK/Insert Disease: Athlete's Foot/Test Disease for best nutritional supplement/Double click on all items appearing in yellow to treat



PATIENT SUPERCONSCIOUS REDUCTION

Test/Treatments/Patient Superconscious Reduction Panel/Disease of Concern: Athlete's Foot/Start Superconscious Link/Close red VARHOPE panel/Double click on all above items in red to begin treatment

AUTO VARHOPE

Test>Programs>Therapy>Auto VARHOPE

THERAPY

Test>Programs>Therapy>Auto Aggressive Immune Dysfunction

Also, see Fungus & Infection.



Athlete's Foot

Athlete's foot is a common fungal infection in developed countries, affecting many people at some time in their lives. The condition easily spreads in public places such as communal showers, locker rooms and fitness centers. Usually the condition affects the spaces between your toes, but it can spread to your toenails and the soles and sides of your feet. The infection can also involve your palms, groin or underarms. Although it occurs primarily in adults, athlete's foot can also affect children.

- ❖ The signs and symptoms of athlete's foot can be numerous, but you probably won't have all of them:
- ❖ Itching, stinging and burning between your toes, especially the fourth and fifth ones
- ❖ Itching, stinging and burning on the soles of your feet
- ❖ Blisters
- ❖ Cracking and peeling skin, especially between your toes and on the soles of your feet
- ❖ Foul odor
- ❖ Thickened skin
- ❖ Nails that are thick, crumbly, ragged, discolored or pulling away from the nail bed
- ❖ The organisms that cause athlete's foot thrive in damp, close environments created by thick, tight shoes that can pinch the toes together and create warm, moist areas in between. Damp socks

increase the risk. The infection isn't found as often in areas of the world where shoes aren't worn. Warm, humid settings that promote heavy sweating favor its spread.

- ❖ The fungus is carried on fragments of skin or other particles that contaminate floors, mats, rugs, bed linens, clothes, shoes and other surfaces. Plastic shoes in particular provide a welcoming environment for fungal growth and infection. Person-to-person contact is another means of transmission. Although transmission can occur within a household, the infection is more commonly passed along in public areas - locker rooms, saunas, swimming pools, communal baths and showers. Not everyone who carries the fungus develops signs and symptoms of athlete's foot.
- ❖ Those who are vulnerable include people with weakened immune systems, for example people with diabetes or HIV/AIDS. People with atopic dermatitis, a chronic, inherited skin disease characterized by itchy, inflamed skin, also are more susceptible than others are. Fungal infections of the foot become more common with age. There also may be a genetic predisposition for athlete's foot.
- ❖ These tips can help you avoid athlete's foot or ease the symptoms if infection occurs:



Condition - Athlete's Foot

- ❖ Keep your feet dry, especially between your toes.
 - ❖ Wear socks that are made of natural material, such as cotton or wool.
 - ❖ Change socks and stockings regularly. If your feet sweat a lot, change your socks twice a day.
 - ❖ Wear light, well-ventilated shoes. Avoid shoes made of synthetic material, such as vinyl or rubber.
 - ❖
- Alternate pairs of shoes so that they can dry over 2 to 3 days.
 - ❖ Wear waterproof sandals or shower shoes in communal showers, pools, fitness centers and other public areas.
 - ❖ Use an antifungal powder daily.
 - ❖ Don't borrow shoes.

Of the fungal infections, Athlete's foot is the most common. It may occur at the same time as other fungal skin infections such as ringworm or jock itch. These fungi thrive in warm, moist areas. Your risk for getting athlete's foot increases if you:

- Wear closed shoes, especially if they are plastic-lined
- Keep your feet wet for prolonged periods of time
- Sweat a lot
- Develop a minor skin or nail injury



ATHLETE'S FOOT

Symptoms

Athlete's foot might affect up to 90% of the people. Symptoms consist of itching, scaling and cracking of skin and redness underneath. It usually starts in between the toes but the infection might spread across the foot and involve even the nails.

Nelsonian Homeopathy

Hormetics: Fungi-Fuge.

Combinations: Entero-B; Immunopoie; Purative.

Liquitrophics: Lympho Liquitrophic; Hepato Liquitrophic.

Miasms: Miasm-FNG.

Homeopathy

Graphites and Calendula ointment.

Herbal Aids

Tea-Tree Oil (*Melaleuca alternifolia*); Caprylic acid and Garlic.

Vitamins-Minerals

Vit C, Carotene and Zinc.

Other Sources

Tea-Tree oil

Notes

Foot needs to be kept dry; change socks often; expose to fresh air often; insert tissue between toes and change frequently or use powder (containing Zinc) to keep foot dry. Wash with soap, disinfect with Tea-Tree Oil, then add Caprylic acid. Take Garlic to fight from the inside. Once the infection has involved the nails, it might be best to simply have the nails removed (check with your doctor) and continue with disinfecting treatment.

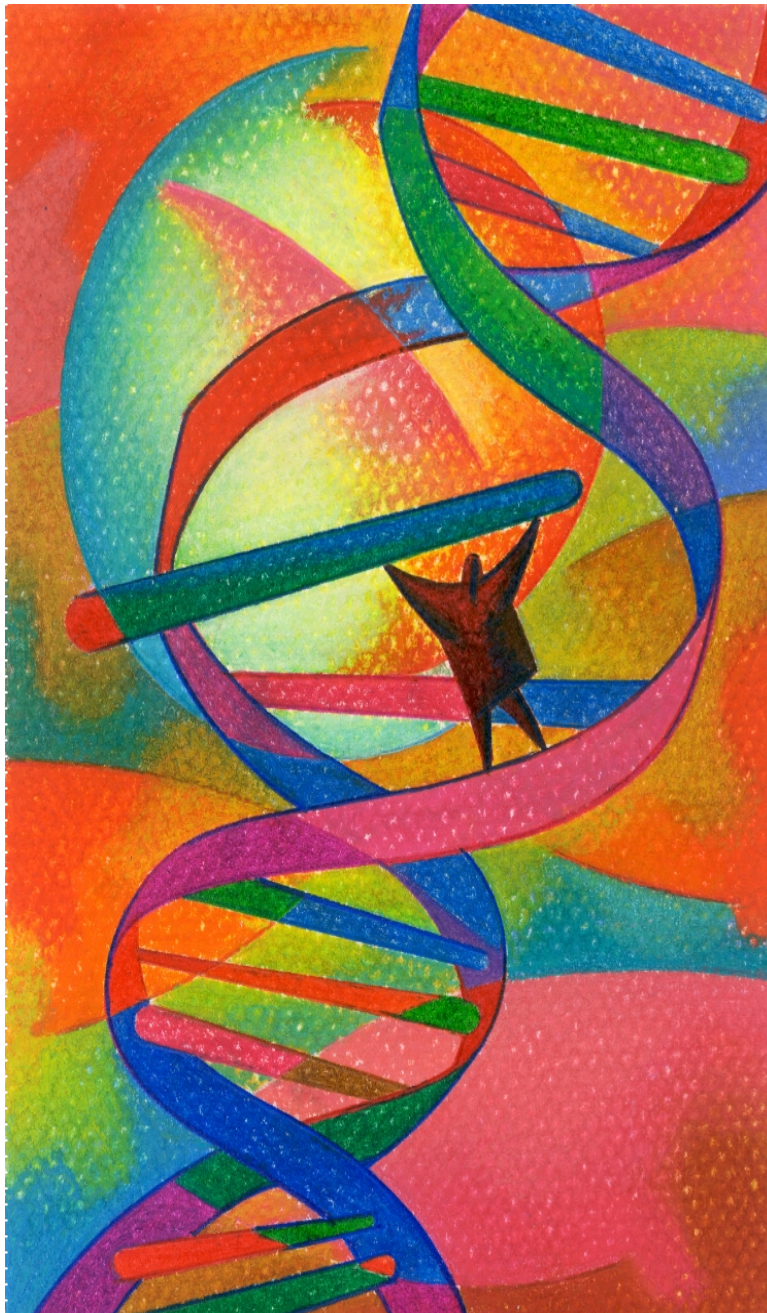
External application: Tea tree oil, Caprylic acid oil; Wash often with soap and rinse with hydrogen peroxide but keep affected area dry otherwise. Internal: Pau d'arco, Licorice root, Garlic. Avoid: Sugars, alcohol, white bread.



ADD & ADHD

(Attention Deficit Disorder & Attention Deficit Hyperactivity Disorder)

See section on: “Learning Disabilities”





AURA: BLUE



Blues are some of the most loving, nurturing and supportive personalities of the colors. They live from their heart and emotions. Their purpose for being on the planet is to give love, to teach love and to learn that they are loved. Their priorities are love, relationships, and spirituality.

Blues are traditionally teachers, counselors, and nurses---basically the loving, nurturers and caretakers on the planet. Blues are constantly helping others. People are always turning to Blues for comfort and counsel because Blues will always be there for them.

Blues are the most emotional personalities in the aura spectrum. Blues cry when they are happy, hurt, angry, sad, or for no apparent reason at all.

AURA: CRYSTAL

Crystal is a rare color. Crystals have clear auras and are known as the “aura chameleons.” Like chameleons, their auras will change colors to match those of the people they are connecting with at the time. They then take on the characteristics, behavior patterns, emotions and thoughts of that color.

However, the Crystals’ inconsistencies can also confuse people. One minute Crystals think and behave like Greens. A short while later, they can act like Blues. The more they connect and bond with others, the more their personalities change.

Because Crystals tend to absorb the colors of other people’s auras, people can, at times, feel an energy drain when they are in the presence of Crystals. In power, Crystals can be a clear conduit or channel for healing energy.

While healing, balanced Crystals are able to keep their thoughts and emotions out of the way, making the healing more pure. Crystals do not always understand their healing abilities. These rare souls are often physically fragile and delicate.

Because of their unusual sensitivity, they can only heal one person at a time. They then need to go to a peaceful place to cleanse their aura. Working with too many people can short-circuit their system.



AURA: GREEN

Greens are some of the most powerful and intelligent people in the aura spectrum.



Greens are extremely bright. They process information and ideas quickly. They do not like dealing with all the steps and details in between.

Greens are some of the most powerful. A project that is too detailed is tedious and boring for Greens.

Greens are very drawn to money, power, and business. These quick-thinkers are very organized and efficient. Greens recognize patterns and discover solutions very quickly.

When Greens are in their power, they can accomplish anything, to achieve them. Greens are “movers and shakers” when it comes to taking action. They are also typically the workaholics on the planet.

Greens are highly competitive and enjoy challenges. Gambling is common for Greens.

Being strong-willed, these powerful personalities are determined to have their own way, which they usually feel is the right way.

AURA: INDIGO

Indigo is the most recent aura color to arrive on the planet. Indigos are ushering in a new energy, a new consciousness, and a new age of peace and harmony. Whereas Violets feel driven to help save the planet, to educate the masses, and to improve life here, Indigos are here to live as examples of a new higher awareness.

At this writing, most of the Indigos are children, although there are a few Indigos who came as forerunners years ago. The words used to describe Indigos include honest, aware, highly intuitive, psychic, independent, fearless, strong-willed, and sensitive.

Indigos are old souls who know who they are and where they’ve come from. Parents also report that these children can read their minds and seem to have amazing psychic abilities. Parents are often at a loss as to how to raise these amazing little beings.

An unusual characteristic of Indigos is that they frequently appear androgynous. It is often difficult to tell if Indigos are male or female, homosexual, heterosexual, bisexual, or asexual.



AURA: LAVENDER



Fantasy, enchantment, dreams, myths, spiritual beings, angels, fairies are all concepts which fill the Lavenders' mind. Lavenders tend to live in a fantasy world. They prefer to spend their time out of their bodies, where life is pretty and enchanting.

Lavenders prefer imaginary pictures of the world, seeing butterflies, flowers and wood nymphs rather than dirt, concrete and large cities. Physical reality seems cold and harsh to them. These sensitive creatures are fragile and frail, and their physical appearance is often weak and pale.

Lavenders' skin is often alabaster white because they don't like being outdoors, unless it is to be gently surrounded by beautiful flowers and gardens. These child-like personalities are sensitive and simple.

The Lavenders behavior tends to frustrate others who may expect them to be dependable and responsible. Lavenders have no understanding of what it means to hold a responsible job or to earn money.

Lavenders even have a difficult time relating to or connecting with the concepts of time, space and physical matter.

AURA: MAGENTA

Magentas are rare and not commonly found on the planet these days. Magentas are the nonconformists in the aura spectrum. They are usually seen as bizarre loners. They see life from a different and unusual perspective. They follow the beat of their own drummers.

Magentas love to shock people, to shake them from their ordinary, humdrum existence. For example, Magentas will walk down the street donning wild clothes and purple Mohawk haircuts. Other people don't usually have the nerve or the desire to live the lifestyle of the Magentas.

Because of their outrageous behavior, Magentas prefer to live in large, crowded cities where they don't stand out as much and aren't pressured to conform. These free spirits aren't usually concerned about what others think, but in large cities they are more apt to have the freedom to express themselves.



AURA: ORANGE



Oranges are the thrill-seekers and daredevils of the aura spectrum. They love the challenge and excitement of physical danger. They love to challenge their environment and go beyond any accepted physical limits.

Oranges put their lives on the line just to feel alive; the stakes must actually be life and death for Oranges to feel a sense of accomplishment and satisfaction. They love the adrenaline rush of excitement in the face of danger.

For Oranges, thrills, cunning skill, and excitement are the essentials in life. Everything else is just passive existence.

AURA: RED

Reds are physical and sexual. They love expressing themselves through their sensuality and their physical bodies. They live their lives in the here-and-now with zest, strength, courage and self-confidence.

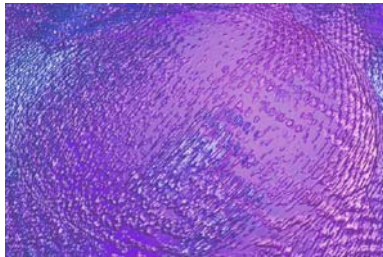
Reds love to live in physical reality, to manipulate their environment. Reality must be tangible to them. They must be able to see, touch, hear, taste and smell it. Reds are not abstract thinkers. A wall is a wall and there is no need for further discussion or speculation. Reality is literal, not ethereal or complicated.

Reds require proof that something exists. It must have a concrete and tangible substance. Reds remind us that we have bodies that we are matter — flesh and blood. These robust personalities enjoy the physical aspect of life. They don't try to see life as an illusion or try to escape from it into a fantasy world.



AURA: VIOLET

Violets are the inspirational visionaries, leaders and teachers who are here to help save the planet. Most Violets feel drawn to educate the masses, to inspire higher ideals, to improve the quality of life on the planet, or to help save people, animals and the environment.



All Violets have an inner sense that they are here to do something important, that their destiny is greater than that of the average person. Most Violets have felt this way since childhood. As children, many Violets imagined becoming famous, or traveling the planet, possibly joining humanitarian causes such as the Peace Corp. Many of these charismatic personalities take on roles as leaders and teachers, while other Violets prefer to reach people through music, film or other art form.

Inner forces seem to push Violets to move into action, to fulfill their life purpose. Violets know they are here to do something significant. However, they aren't always sure what that something is or how to accomplish it.

Many Violets were taught as children that their dreams and aspirations were unrealistic, so they have lost touch with their original visions. It's important for Violets to reconnect with their life purpose and vision, and to take action. Otherwise they will always feel unfulfilled. They will always sense something is missing from their lives. Violets need to learn to slow down long enough to listen to their inner voice and to connect with their higher vision.

AURA: YELLOW

Yellows are the most fun-loving, free-spirited, energetic, and childlike personalities in the aura spectrum. Yellows are wonderful, sensitive, optimistic beings, whose life purpose is to bring joy to people, to have fun, and to help heal the planet.

Yellows can either be very shy and sensitive, or they can be the life of the party. These playful characters have a great sense of humor. They love to laugh and to make others laugh. Yellows believe life is to be enjoyed. They like to live life freely and spontaneously. With a perpetual smile on their face, they remind people to not take themselves or their problems too seriously.

Yellows would prefer not to work at all, unless their work was fun, playful, or creative. They love nature, and often have concerns for the survival of wildlife and the environment. In cities they are more apt to have the freedom to express themselves.



Autism

Note: The below listed matrix numbers can be loaded throughout the program in the Piggy Back sections!

SCIO BODY VIEWER

- Program Start/Load Individual Movie Program (Start INFO Exchange)
- Program Start/Treat Disease Path of all Old Trauma
- Organ Systems/Brain/Frontal Lobe
- Organ Systems/Brain/Parietal
- Organ Systems/Brain/Temporal
- Organ Systems/Brain/Occipital
- Organ Systems/Brain/Limbic
- Organ Systems/Brain/Medulla
- Organ Systems/Brain/Cerebellum
- Organ Systems/Kidney/Kidney
- Psychological/Relaxation Auditory
- SCIO Therapy/Aura Cleanse
- SCIO Therapy/Learning Disability or Difference 1 Auditory
- SCIO Therapy/Learning Disability or Difference 2 Auditory
- SCIO Therapy/Autism and ADD repair 1 Auditory





Protocol - Autism

- SCIO Therapy/Autism and ADD repair 2 Auditory
- Misc/Homeopathic Extras:
 - Nosodes: 2774
 - Isodes: 684 715 706 667 (Double space between the numbers.)
 - Misc.: Autistic
 - Activate (You may have to scroll down to see this button.)/Close the Homeopathic Panel.
- Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Body Viewer program to run in the background simultaneously as your other therapies are running.

DISEASE DICTIONARY

Test/Disease Probability and Dictionary/Disease Dictionary/Scroll down to "AUTISM"/Electroacupuncture + BioResonance on Right/OK-Reveal Text/Quick Calibrate Patient's Reactivity/Quick Test Patient BioResonance (If this button is missing, go up to the Therapy and you will find it there.)/Long Term Therapy Active/If Checked Mute Dictionary Music/Auto Treat/Click on your Claps32 Icon on the bottom of your toolbar and this will allow the Disease Dictionary module to run in the background simultaneously as your other therapies are running.

ZAP

- Auto Zap Infection General – All Top Pathogens (12 min)
- Auto Zap Infection Emphasis – Top Virus (5 min)
- Auto Zap Infection Emphasis – Top Worms (5 min)
- Auto Zap Infection Emphasis – Top Bacteria (5 min)
- Auto Zap Infection Emphasis – Top Fungus (5 min)

GO TO NO

Test Matrix/Type 667 in the small white box to the left of the "Go To No"/Go To No/Treat to Zap the item

BIOFEEDBACK

Test/Programs/Biofeedback/Misc./Add Piggy Back Therapies/Load/OK/Hide File/Additional/
Autism & Dyslexia Repair

NLP

- ❖ Test/Programs/NLP/Mental Factors+Emotion Chart/Double Click on Autism/10 Sec Zap Emotion
- ❖ Test/Programs/NLP/Mental Factors+Emotion Chart/Make Emotion Chart/Show Emotion-Neuro Trans Chart/Therapy/Therapy for bottom and top balance/Choices/Neurotransmitter/Therapy/Therapy for bottom and top balance.
- ❖ Test/Programs/NLP/Therapies/Neuro-Peptide Balance



Protocol - Autism

SPINAL

Test/Programs/Spinal/Neuro Emotional Complex NEC/Test + Treat Emotions with phase stabilization

SEARCH

From the Test Matrix Panel/type "Autism" in the white box labeled Search for Item:/Click on Search/Either click on the items individually and click Treat to Zap the item or go up to the Auto Focus Zap menu/Choose Auto Zap from filter for 5 minutes.

NUTRITION

Test/Programs/Nutrition and Homeopathy/Calculate, strike this key first/OK/Insert Disease: Autism/Test Disease for best nutritional supplement/Double click on all items appearing in yellow to treat

PATIENT SUPERCONSCIOUS REDUCTION

Test/Treatments/Patient Superconscious Reduction Panel/Disease of Concern: Autism/Start Superconscious Link/Close red VARHOPE panel/Double click on all above items in red to begin treatment



Also, see Learning Disabilities, EEG ECG FREQ., Brain, ANS and NLP.



Autism

Impairment in social interaction

1. Lack of eye contact, facial expression and social gestures
2. Failure to develop peer relationships
3. Does not seek out social interaction
4. Lack of social or emotional reciprocity

Impairment in communication skills

1. Language delay or absence
2. Inability to initiate and sustain conversation
3. Stereotyped or 'strange' use of language
4. Lack of make believe or social play

Restricted, stereotyped and repetitive behavior, interests and activities

1. Abnormally intense preoccupation with certain activities or areas of interest
2. Inflexible insistence on certain nonfunctional rituals or routines
3. Stereotyped and repetitive movements e.g. hand flapping, preoccupation with parts of objects

To make the diagnosis at least 6 of the above must be noted, as well as developmental delays in at least ONE of the following areas:

1. Delayed or abnormal social interaction
2. Delay or abnormal use of language in social interaction
3. Delay or absence in symbolic or imaginative play

The delays or impairment described above can vary from mild to severe.

Remember that **many healthy children** will display some of the above symptoms. **This does not make them autistic!**

It is important that the full cluster of symptoms described above be present. Some of these symptoms may be present from early infancy, but usually become more obvious by 2 - 4 years of age.

What causes Autism?

There is **no known single cause** of autism. It is known that autism is a neurological disorder and that there may be differences in the **shape** and the **structure** of the brain of autistic children as opposed to non-autistic children.

It is thought that, in certain cases, there might be a **genetic predisposition** to autism, which may run in families. Whether the predisposition to autism is **genetic or not**, there may be several '**triggers**' which can precipitate the disorder.

These could include **problems in pregnancy and birth, viral infections**, exposure to certain environmental **chemicals** or **pollutants, digestive abnormalities** or even **allergies** to certain foods (e.g. milk and dairy products).

There are also suggestions that autism may be caused by a reaction to childhood vaccines.



Condition - Autism

It is important for parents to note that autism is **not a mental illness** and is **not caused by bad parenting** or problems in the home. All too often parents are made to feel guilty and as if they have done something wrong, which is not the case.

Parents of autistic children need as much **support and help** as possible and should not be made to feel that they are the cause of their child's problem.



What are the natural treatment options?

While there are many different theories about the best course of treatment for autism, most professionals agree that the **earlier** treatment begins, the better the chances are that the child will be helped.

Educational and therapeutic approaches

These include **specialized** education as well as physiotherapy, occupational therapy, music therapy, sensory integration, behavior modification and speech therapy. Depending on the **symptoms** and the areas of **developmental delay**, these therapies can be extremely effective and can be

combined into the overall treatment plan. The **earlier** they are begun the better the chances of improvement. It is important to realize that none of these therapies are 'quick fixes' and need perseverance over a long period of time.

Dietary intervention

There are indications that certain vitamins and mineral supplements may **improve functioning** in autistic people. While there is some disagreement regarding this amongst medical professionals, many parents have reported marked improvements after a program of nutritional supplements. There are also a number of clinical studies, which **strongly support** the use of **vitamin** and **mineral supplementation** in the treatment of autism and have demonstrated significant improvement.

As nutrition is such a vital ingredient in **brain development**, it stands to reason that supplementation may have a positive benefit, although this would vary from individual to individual. Some experts have gone as far as to suggest that certain cases of autism could be as a result of **nutritional deficiencies** or malabsorption of nutrients from the diet.



Condition - Autism

There are also suggestions that autistic symptoms can be caused as a result of malabsorption and intolerances to certain foodstuffs, especially **dairy** products and **gluten** contained in wheat and grain products. Some parents have reported remarkable changes after the **elimination** of these foodstuffs from the diets of their autistic children.



Ginkgo Biloba, Garlic; Regular exercise;
Fresh fruits, vegetables, seeds, nuts, high-fiber
diet.

Avoid: Alcohol, sugar, caffeine, soft drinks, food
additives, food colors, animal fats, hydrogenated
fats, high copper levels.



Auto Color Therapy Panel

- ❖ Test/Programs/Therapy/Auto Color Therapy/Start Color Therapy
- ❖ This program utilizes and tests the reactions to 256 healing colors.

CYBERNETIC BIOFEEDBACK Multiple Styles of Bioresonance Therapy This software is owned by QX Ltd licensed from William Nelson

Start Color Therapy
Close Color Therapy
Scalar

FG BG

Red for Genital, Sacral, Kidney, Lower Ails Yellow for Spleen, Intestine, Lymphatic Ails
Blues for Cervical, Brain, Sensory, Emotional Green for Liver Stomach Lumbar, Thoracic
Black for Grounding, White for Cleansing, Purple for stimulation, Gray for Sedation

Use right click to change colors

Nirvana Zarabi-Smith, This program detects reaction to healing colors

Colored Light is an old form of medicine that has long been used to heal and protect the body. Light energy has different wavelengths according to its color. For example, Violet has a shorter wavelength, and red has a long one. The longer the wave, the slower it vibrates. Each of us is made up of electromagnetic waves and particles. When light and color touch and penetrate our body, they influence our vibration and the way our body functions.

Scientists who have studied color have found that hormones are color sensitive; their molecular structure is actually

Expand Multi Media 0% Spiritual Healing Resonance Panel

Start MSN Messenger sandra46@exc... Windows Medi... consciousness W 3 Microsoft ... Yahoo! Mail - ni... Disease 7:41 PM



COLOR THERAPY

DEFINITION: Color Therapy applies color to restore physical, mental and emotional afflictions. Color is a form of radiation, which can have a subtle but also a persistent influence on our emotional and physical health. Color Therapy is somewhat related to other therapies like Sound because we are trying to restore health on a vibrational level. Healthy cells have a certain frequency and Colors have their own frequencies. Choosing Colors can even reveal certain aspects of our personality.

Afflictions, which are most commonly treated with Color Therapy include:

Anxiety	Complementary	Eczema
Aggression	Depression	Insomnia
Asthma	Emotional problems	Stress

RED REPRESENTS:

Fire, heat, activity, movement, life-force, growth, energy, action, excitement, libido, hate, destruction and stimulates the senses (sight, taste, etc.)

ASSOCIATED ACTIVITY:

Works as a Tonic and Diuretic; increases pulse and heart rate; improves circulation; may increase pain.

ORANGE REPRESENTS:

Positive, cheerful, strengthening, health improvement, mediates between red and yellow.

ASSOCIATED ACTIVITY:

Speeds metabolism, lymph system, kidney functions, anti-allergic, anti-depressive, stimulates lungs, bones, and tissues.

YELLOW REPRESENTS:

Cheerfulness, positive attitude, optimism and stimulation.

ASSOCIATED ACTIVITY:

Stimulates lymph system; strengthens nervous system, liver, anti-depressive, tonic, stimulates digestion and intestines.



Auto Color Therapy

GREEN REPRESENTS:

Recovery, regeneration, strengthening and positive attitude.

ASSOCIATED ACTIVITY:

To speed recovery from any disease and stimulates pituitary.

PURPLE REPRESENTS:

Calming; mystic; intuition.

ASSOCIATED ACTIVITY:

Insomnia, hypnotic, relaxing, cataleptic, lowers body temperature and reduces pain.

BLUE REPRESENTS:

Introspective, calming, dulling and loneliness.

ASSOCIATED ACTIVITY:

Insomnia, laughing fits, diaphoretic, fever, inflammation and a sedative.

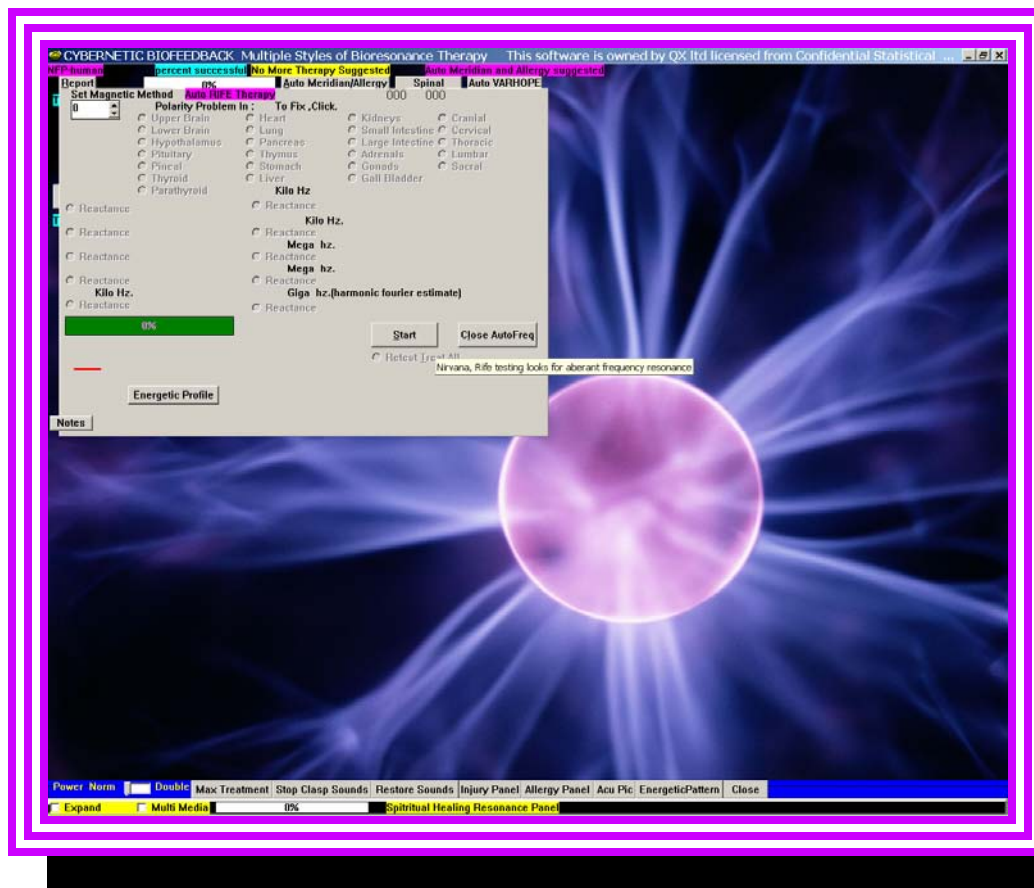


Auto Frequency Therapy

THERAPY

Test/Programs/Therapy/Auto Freq. Therapy/Start/Retest Treat All/Click on the items which say Can Not Fix until Corrected

- 1+10 is universal
- 2 for metabolic correction & for energy stim
- 3 for injury
- 4 for immune stim
- 5 for inflammation
- 6 for infection
- 7 for detox
- 8 for regrowth of new tissue
- 9 for psych stress





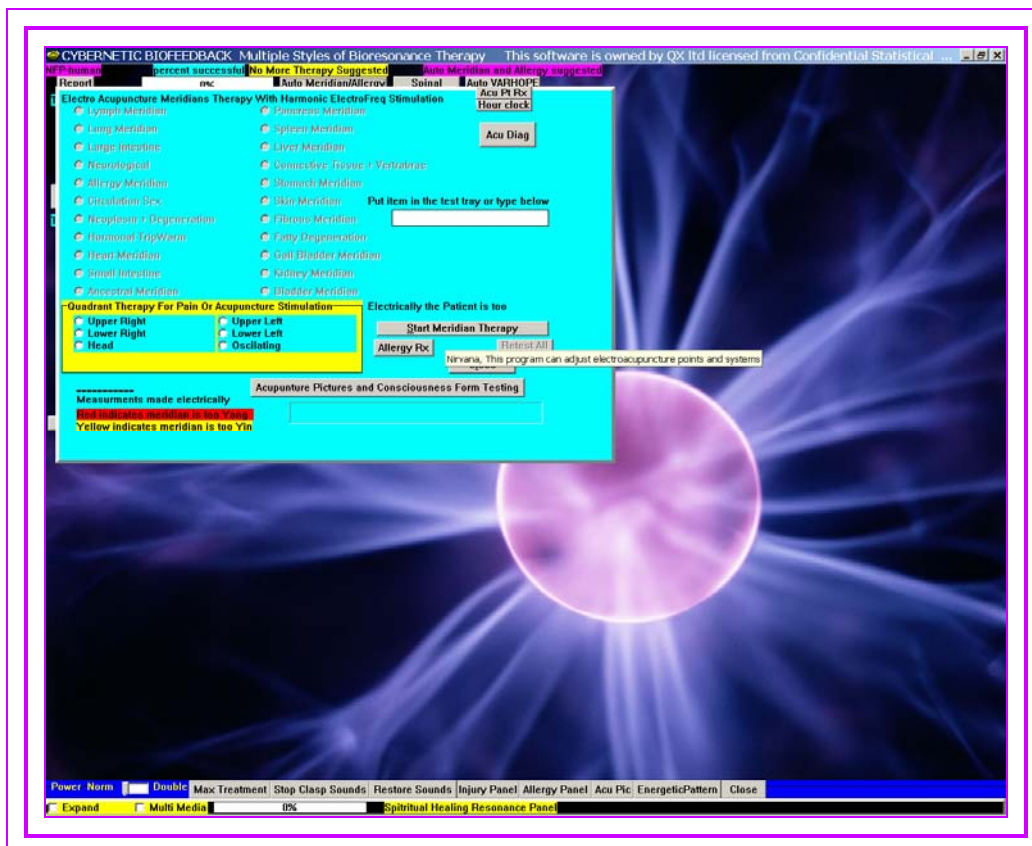
Auto Meridian Therapy

Test/Programs/Therapy/Auto Meridian-Allergy/Start Meridian Therapy/Acu Puncture Pictures/Consciousness Form Test/Take Acu Points From Acu Screen/Start/Close/Close/Retest All/Repair All/Close

The acupuncture meridian system is a discretely organized network of microscopic ducts, which connects the physical to the Etheric body. The Etheric and Physical bodies, being of different frequencies, overlap and coexist within the same space.

The Meridian system relays nutritive subtle energy, known as ch'i, from the environment to the nerves, blood vessels, and deeper organs of the body via energetic portals in the skin called acupuncture points.

The items appearing in red indicates Meridian is too Yang and yellow indicates Meridian is too Yin.





Auto Meridian Therapy

Test/Programs/Therapy/Auto Meridian-Allergy/Hour Clock

- Biorhythm cycles of the Meridians. The time at which energy flow is the greatest through a particular meridian may define the time of day at which it is best to treat a disease in the associated organ system.

	High	Low
Stomach	7am - 9am	9am-11am
Spleen + Pancreas	9am - 11am	11am-1pm
Heart	11am-1pm	1pm-3pm
Small Intestine	1pm-3pm	2pm-5pm
Bladder	3pm - 5pm	5pm-7pm
Kidney	5pm- 7pm	7pm-9pm
Circulation	7pm-9pm	9pm-11pm
Energy Accum	9pm-11pm	11pm-1am
Gall Bladder	11pm-1am	1am- 3am
Liver	1am-3am	3am-5am
Lungs	3am- 5am	5am-7am
Large Intestine	5am-7am	7am-9am
Over activity or sensitivity can result from the time of the day.		

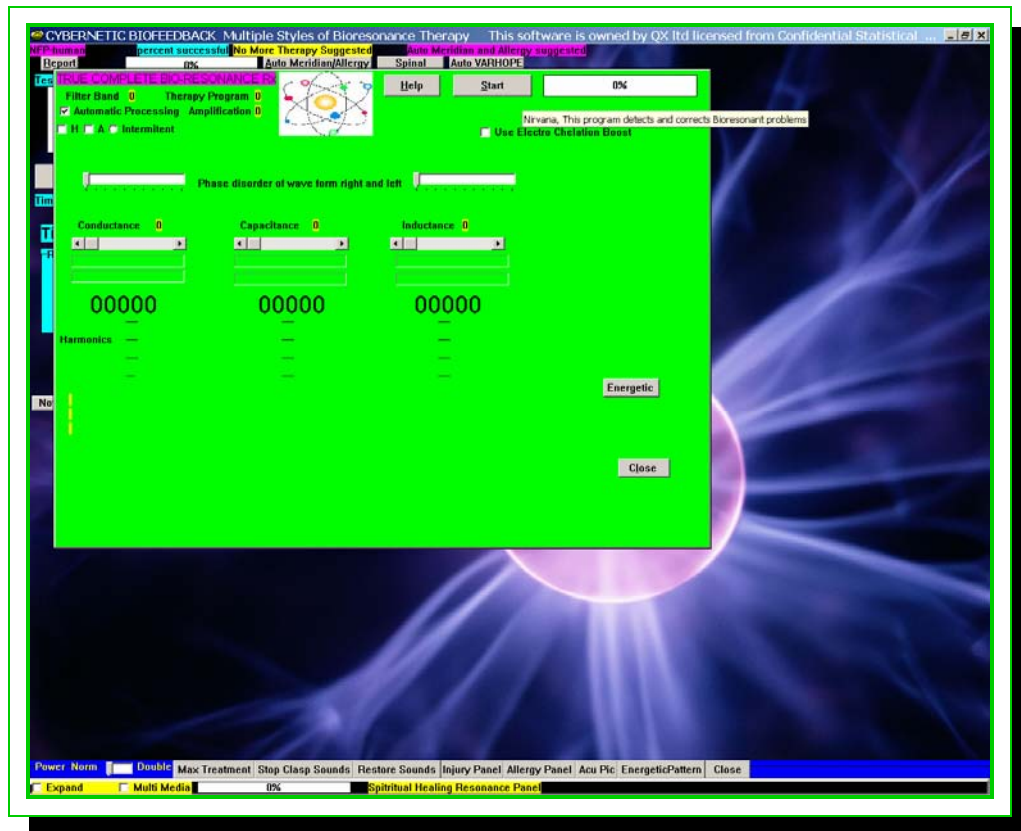


Auto Trivector Therapy

THERAPY

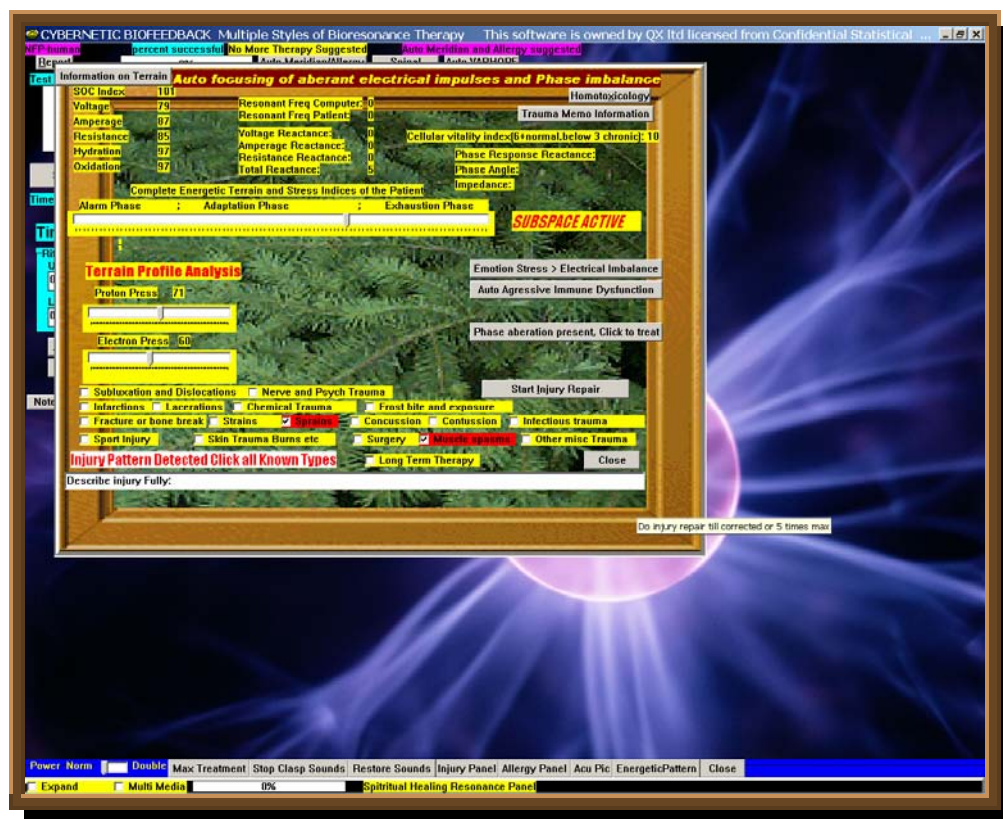
Test/Programs/Therapy/Auto Trivector Therapy/Start/If Trivector therapy not complete, then, Prepare for special treatment, Click to do more Trivector (this will only activate the Start button!)/Start and repeat until "Improvement is Excellent"

- ❖ At the bottom of the panel deficiencies will appear in yellow.
- ❖ Energetic/This will begin therapy automatically and begin correction the VARHOPE values
- ❖ DNA The Book of Life will access the DNA Program (See page on the DNA Therapy Panel)



Auto VARHOPE Therapy Panel

Test/Programs/Therapy/Auto VARHOPE/(This will automatically begin the program)/Emotion Stress/Auto Aggressive Immune Dysfunction/Cellular Vitality Disorder/Phase Aberration Present/Close





Auto Zap & Auto Zap from Filter

- ❖ Test Matrix/Locate item in the Test Matrix to zap/Place cursor on item to highlight/Auto Focus Zap (from top drop down menu)/Auto Focus Zap/Auto Focus Zap (to zap for 3 minutes)/"Treat" (right-middle side of panel)
- ❖ Test Panel/Auto Focus Zap (from top drop down menu)/Choose Auto Zap item to begin a 5 minute zap for example: "Auto Zap Infection Emphasis - Top Virus (5 min)" **Note: This option appears on the Auto Focus Zap menu once you have done a word search for an item.**
- ❖ Test Panel/In the larger white box on the right side of panel type in a word to search in the Test Database

(ie: Infection)/Search/Auto Focus Zap/Auto Zap From Filter 5 Minutes

Zap Functions

AUTO FOCUS ZAP

Test/Auto Focus Zap:

- Auto Focus Zap 3 min
- Auto Focus Zap 9 min
- Unzap (**Note: This function changes the 3 minutes zap back to a "Treat" which is a 3 second zap.**)
- Auto Zap Aids Virus Family
- Auto Zap Amoeba
- Auto Zap Allergy Relief
- Auto Zap Auto Aggressive Dysfunction
- Auto Zap Candida
- Auto Zap Cavities
- Auto Zap Cellulite
- Auto Zap Chronic Fatigue Virus
- Auto Zap Co Q Enz. + Energy Nutrients
- Auto Zap Cranial Bones
- Auto Zap Dental Disease
- Auto Zap Dental Sarcodes
- Auto Zap Emotions
- Auto Zap Flu Virus
- Auto Zap Gingivitis
- Auto Zap Hepatitis
- Auto Zap Herpes



Protocol - Auto Zap

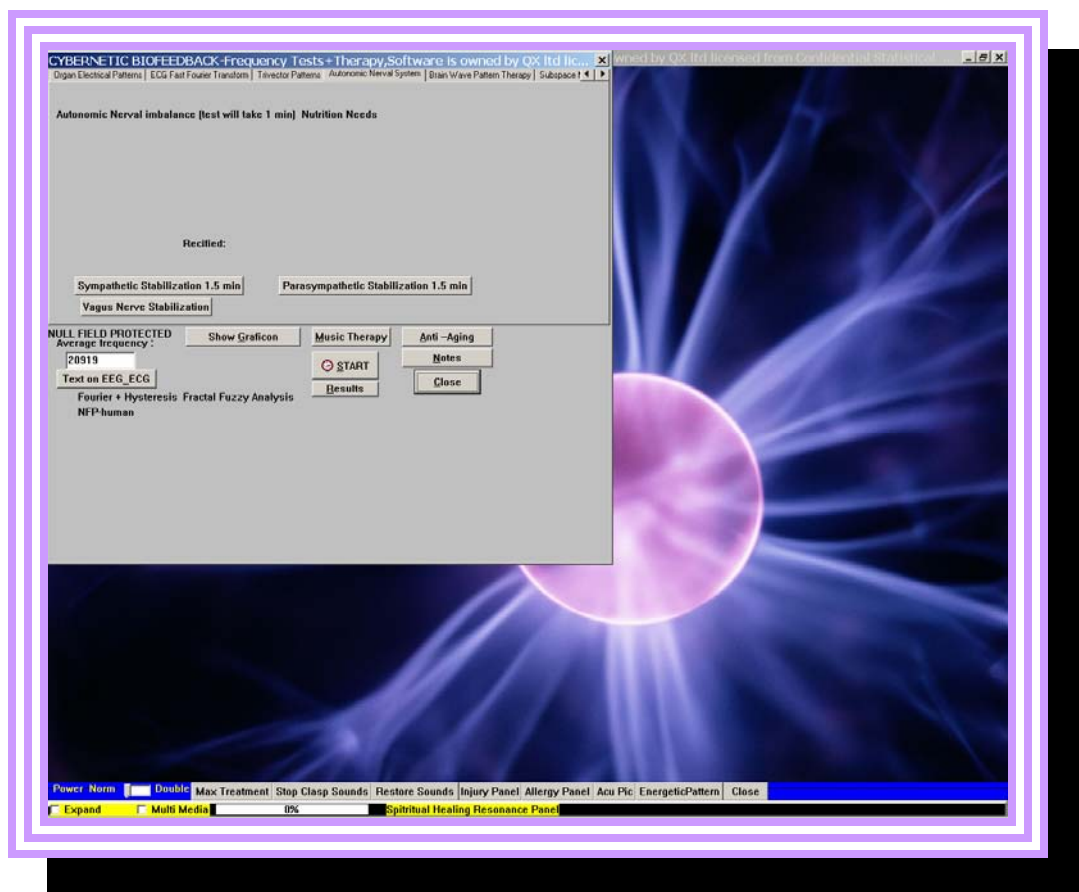
- Auto Zap Infection General – All Top Pathogens (12 min)
- Auto Zap Infection Emphasis – Top Virus (5 min)
- Auto Zap Infection Emphasis – Top Worms (5 min)
- Auto Zap Infection Emphasis – Top Bacteria (5 min)
- Auto Zap Infection Emphasis – Top Fungus (5 min)
- Auto Zap Infection General – All Top Pathogens (3 min)
- Auto Zap Kidney Stones
- Auto Zap Lactose Intolerance
- Auto Zap Liquefy Cholesterol
- Auto Zap Lyme Disease
- Auto Zap Pyrogenium (food poisoning)
- Auto Zap Various Enzyme Intolerance
- Auto Zap Psych Disorders
- Auto Zap Prions
- Auto Zap Rickettsia
- Auto Zap Sex Transmitted Diseases
- Auto Zap Solvents
- Auto Zap Spirochetes
- Auto Zap Vaccines
- FEEL GOOD ZAP
- Zap Balance of Bowel Flora
- Zap Degenerative Tissue
- Zap Fibrous Tissue
- Zap Hypothalamus-Gall Bladder Connection
- Zap Inflamed Tissue
- Point Probe Zap Active





Autonomic Nervous System

Test/Programs/EEG ECG FREQ/Autonomic Nerval System/Start/Choose Sympathetic Stabilization 1.5 min, Parasympathetic Stabilization 1.5 min or Vagus Nerve Stabilization based on results





AUTONOMIC NERVOUS SYSTEM

Structure	Sympathetic Stimulation	Parasympathetic Stimulation
Iris (Eye Muscle)	Pupil Dilation	Pupil Constriction
Salivary Glands	Saliva production reduced	Saliva production increased
Oral/Nasal Mucosa	Mucus production reduced	Mucus production increased
Heart	Heart rate and force increased	Heart rate and force decreased
Lung	Bronchial muscle relaxed	Bronchial muscle contracted
Stomach	Peristalsis reduced	Gastric juice secreted; motility increased
Small Intestine	Motility reduced	Digestion increased
Large Intestine	Motility reduced	Secretions and motility increased
Liver	Increased conversion of glycogen to glucose	
Kidney	Decreased urine secretion	Increased urine secretion
Adrenal medulla	Norepinephrine and epinephrine secreted	
Bladder	Wall relaxed Sphincter closed	Wall contracted Sphincter relaxed