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Quantum Techniques Teleseminar

Weight Loss and Quantum Techniques ®

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Introduction

Jody King-Colegrove presents this teleclinic with a discussion on weight loss using Quantum Techniques as a tool. Jody will go over different questions & scans to use, allowing you to see if your body is 100% physically & non-physically ready to lose the weight. She will also discuss several books that are extremely helpful in achieving your weight loss goals. One book, “[Women Food and God](#)” by [Geneen Roth](#), will be discussed as a book club in an upcoming [Thursday Healing](#), Sep 22, 2011. It would be helpful to order the Quantum Techniques Evolution Series, but is not a requirement to benefit from this teleclinic. Also, your ability to self-test or muscle test would be significantly helpful. If you need assistance with self-testing, purchase Truth Techniques Volume I.

Jody: Thank you for joining tonight, um, I have wanted to do this teleclinic for years because I've always kind of struggled with my weight and um, I wouldn't say that you know, I have a weight issue on my body as much as in my mind, so obviously sometimes the scale goes up and down. The sizes of pant size go up and down. Um, my concern, my worry, um, in my mind has always been constantly there and so through the years since college I have spent a lot of time finding the path to health and healing about my weight. Is it perfect? No, but I wanted to share with everybody kind of what my journey has been and the things I found that have been absolutely extremely healthy, or helpful in doing that.

So, before we start and I don't know how many people have listened to my last teleclinic that I did, um and it was in regards to ah, a lady that was having issues with hormone issues, and I got a wonderful email from a lady that was listening that let me know that I had not shared on that teleclinic, um, the code for everybody else listening that they could use and I just desperately want to say, I'm sorry, I didn't think of that, that everybody else would want a code at the end of that. So what I did was I wrote a code for that, so I wanted to share that first thing for everybody that may have listened to that. I will also share it at my next Thursday Free Healing which is going to be not this Thursday but the next Thursday. I do believe it is the 22nd. So for those of you that had listened to that hormone issues and were doing borrowing benefits I wanted to give you this code and you can test to see if it would be significantly helpful for you to add to your code or whatever.

Hormone Issue Code:

SH, IF, LF, MF, OE, A, C, 9G, E, EB, E, IF, OE, A, C, 9G, G50, EB, E, E, OE, A, C, 9G

Alright, so thank you Marilyn for that because that was really helpful in helping me know how to do my teleclinics better for everyone. So thank you very much.

Alright so tonight's topic you kind of have um, you know, when you purchased the teleclinic, you kind of looked at what kind of what our outline is and I wanted to kind of go through that. The other thing that I would like to do is I absolutely love reading and I love book clubs because love hearing the other people's stories, ideas, thoughts, their feelings about, you know, what happened in the book, whether you liked it or you didn't like it and so um, I just I love book clubs. So, I wanted, I was thinking in the middle of

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the night, hey, this would be a neat idea to do a weight loss clinic and then follow it up with a couple free Thursday night healings where we're going through some of these books that were key. And um, the one that I had just finished was an Oprah recommended book, I think it was from about a year ago, which was *Women Food and God* and I'm amazed a lot of the reading that I have done I would say over the last um, 10 years has almost been, almost about the same subject but approaching it from a whole bunch of different other ways. In other words, um, I don't want to use the example of religion, let's see, um, in other words just approaching a subject from different ways that people would understand. In other words, if people have an understanding of getting close to God through, you know, dealing with their weight issues. You know, great! It may be they, you know, through spirituality, maybe they understand God through the Divine, maybe they understand God through religion, maybe they understand it through church, maybe they understand it through missionary work, maybe working through kids, maybe being a nurse, and they're all from different points of view but they're all pointing towards the same thing. So, I really wanted to, so anyways this book was really kind of like the same thing that I had, um, worked with back in college but it was just approaching it from a little bit different point of view. And I love that because then when you realize, oh, I read it then and this is a reminder and I need to go back to what my roots. In other words, sometimes we're always looking for the fastest newest diet, the best thing, you know, that's out there, the best new exercise machine, and you realize, you kind of have to come back to the center and what the real core is. OK, so that's what kind of what this book did for me and so I really wanted to share that with others.

So what I would like to do is kind of go through my outline, um, for someone who's working on their weight this is some of the things I have found to be helpful to make sure that we reconnect using **Quantum Techniques®**, the body to make sure that it's in a healing state to lose weight and um, sometimes I've used this kind of like checking it on a daily basis and make sure that, you know, everything is going in the right direction. Um, other times you just kind of check in every week or so to make sure you're on target, but at the same time, you know, reading some books that are helping us get back to, you know, what the essence is about who our bodies are, and who we are, and um, connecting.

Discussion Points

1. Visualize the way you want to look.

So, and I think the first thing is that when we talk about goals and things like that in regards to losing weight we want to visualize and I know a long time ago Steve had had me say, OK, if you're wanting to accomplish something, you know, think through every phase of what you're wanting to do and test each of those pictures or that story, or that visualization to make sure that it is in a healing state. So that is why I put down there to visualize what you want. You know and that could be um, the size you want to be. That could be the pants you want to be, that could be the feeling you get, you know when you have lifted weights and you feel strong and powerful, you know, standing on 2 feet being very, you know, good posture, and looking out to the world and being a force of

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um, you know, power, that, you know, that's um, a way of visualizing you know, what you're wanting.

Now, one thing I have a friend of mine that has always been just paper thin and I've always going, oh, I wish I could, you know, be like that. You know, years back, and I really wanted to and then one time I went up to um, a lake and went boating and you know, she had a boat and I figured oh, she's a really good water skier and all that kind of stuff and she got up on 2 skis and usually 2 skis means you're kind of a beginner and I realized that she didn't have enough muscle mass in her body to even hold 2 skis up above the water to ski really good and it really dawned on me at that point, wow, I, you know, I've always stressed, well, if I'm having a little bit of weight, you know, and if I worked weights then I will look in proportion and it really helped me realize I enjoy that strength that my body has. In other words, if I have to move something, lift a box, I want that muscle there. So, I want you to be aware, what are you envisualizing? Are you just going to be thin because that's what the world says, the magazines, the TV, or excuse me, or are you wanting to be strong and powerful and have the ability to do in life what you want to do? So, just kind of be aware of the visualization you're wanting. So as you visualize that, you know, just muscle test, you know, how your body looks, you know, how your tummy looks, how, you know all those parts of your body.

2. Is there a Cortical Split?

Um, then the next thing you can do is as you're thinking about, make sure you're not reversed, then think of that same, you know, um, visualization and check to see if you have a cortical split. We've talked about that before where you put your um, hand on your right side of your head and you um, sweep, um, the left hand of the head and you can tap on both sides, then you hold your left side of your brain and sweep on the right side of your brain. Then you hold your stomach, or your middle area and then you sweep your hand over both sides of your head and tap above the ears, and so that will clear a cortical split. Someone had asked me this week, well what if I don't, can't muscle test? You can just do that and if it's reversed you've unreversed it, so you can do that.

3. Test weight loss goal through Curtains Scan.

Um, then testing for curtain and that's why I kind of put that um, *Evolution Series* would be a significantly helpful because in there and I just got my packet today, but in there I'm hoping that Steve has listed a list of some of the things that we test for that uh, can be causes for curtains. Um, you know; some things that have been curtains for me in the past are you know eating too much sugar or um, birth control pills, or um, a specific organ can also be um, a curtain. So, testing some of the, in number 4 we talk about different organs. You can test those organs to make sure they are not a curtain. And just a curtain to losing weight, you know maybe there's a nonphysical curtain about, you know, wanting to look a certain way for getting approval or acceptance and so you know, somehow that can be a Leave it to Beaver syndrome is what we call it, or ah, to be perfect. Um, so those could also be curtains that are nonphysical. Other things that are curtains can be T3, T4, which is the thyroid functions and things like that. So you're clearing the curtains.

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4. What is the Most Stressed Organ / Gland / Tissue / Area (examples; Adrenals, Large Intestine, Small Intestine, Lymph, Thyroid, Pituitary)

Then you find out what's the most stressed organ is in your body. OK, and like the examples I give there, some of the things for testing for weight-wise is adrenals, large intestines, small intestines, the lymph system, which helps get out all the toxins in your body. The thyroid because that helps, you know, balance your hormones and the pituitary can also help with balancing hormones that can sometimes be reversed. Um, I just want you to be aware and I think I've mentioned this before on some of my teleclinics but some of the reasons why we put on water weight or extra pounds around the middle is because the large intestine and small intestine are trying to make sure that they get out all those toxins in the body and they don't back up. Well, if they do, if we do have sluggish bowel, um, or have a fungal infection, or too many viruses and bacteria, the body will actually add water weight in order to um, neutralize the virus and bacteria and fungal effects on the body. So, putting on some of those pounds around the middle, or you know, that tire, people say, is a way for it to do that. One thing you should also be aware of especially like with men with beer bellies, and things like that, or extended belly, a lot of time what that is, is that's happening, in other words the body putting on that extra weight, also that tissue there can have its own fungal infection. Um, so you can test the tissue to get rid of the fungal there. Another thing for women is when we do have that extra um, fat on us, it creates a lot more estrogen and so, um, so I'll probably get to this, but this is a good place, um, and I hope mine are numbered the same way as yours is, but at the end they give a balancing hormone code. That would be really good to use when you have excess fat because a lot of times that excess fat is changing your hormonal system in your body and so by reading that code you're getting it to balance every day. Um, typically read it 4 to 5 times a day but you could muscle test for that.

5. Test to see if Organs, Glands, Tissue, Area need to be put back into Parasympathetic Recovery

So, the next thing that we do is we test, um, the organs and glands, the tissue or the area, um, to make sure that it's in, back in Parasympathetic Recovery. In other words it is not in a fight or flight. So, if we think of all that tissue and then we run our hands over the top of our head, down the spine as far as we can reach and then reach again behind the back and then continue on down the spine and tap above the ears. OK, so that's how you would put that area, that tissue and organs back into Parasympathetic Recovery.

6. Connect all Organs, Glands, Tissue, Area with Cell Memory

The next thing is to connect all the organs and glands and tissue area that we may come up with so far with cell memory. And cell memory you put your finger behind your earlobe and your index finger running down your um, neck and touch there and then touch, not in the very center back of your head but down at the base and not in the direct, you know, behind, but off to the, either side, either left or right, and that's one of those cortical contact places of the association, um, yes, association, that's what you're checking, you're checking both of those spots and then just muscle test or just tap above your ears and that puts it, ah, back into connecting with cell memory. After you've connected all that um, one thing that we're actually just added in just the last week is

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that once you've connect all those we say, that connection, that connection I want to be healthy, that connection I want to be sick. And if you don't, if you have strong, strong, strong, then there is something that we've just tested in that section that's not communicating with each other and so I would go back and make sure that you know all the brain engines are on, um, all the cortical contacts are one with what you just tested. Test all the organs again, and um, but make sure that you have that. So that's just something real new that I'm just kind of putting in there.

7. Test for any curtains

Um, but anyway you test for curtains just to see if um, if there's any curtain from what you have so far, um, that you could connected with.

8. Connect all Brain Engines

Then, um then you test the brain engines and we kind of, you test all those brain engine to make sure they're all connected.

9. Test Inflammation 1 - 100% (make sure Inflammation is not a curtain)

Then I think it's important to test the inflammation level, you know are you 1 to 100% and also test if inflammation is not a curtain. That kind of helps you know kind of where you are at, in other words, you know, am I, you know and whether you're changing that inflammation. Um, so that helps with also understanding if you have some pathogens that are affecting you also.

10. Do Lock & Key Scan

Then doing the Lock and key scan and that's one of those things that are in the *Evolution Series*, um, that we teach, um, and if you worked with any practitioners you kind of heard us go through how we do that and some of the things that we bring forward for testing but once you have that, you know, 1-9 all connected and everything is testing OK, that connection, then you test to see if that whole field you've pulled up is testing OK with virus, bacteria, fungal, parasite, heavy metals, and you can just ask, you know, whether they're connected or whether any of those things are interfering with it. That's what we call the key. Things that I usually use also besides the list that I just mentioned is toxins, that is your ingestants, your inhalants, your contactants, your injectants, um, also emotions, any trauma, DNA damage, irregular cells, the actual cell itself, um, and then something that you've heard us talk about is microchemerism, inflammation, mycoplasma, people's energy and dark energy. So those are some of the things that we call the keys that we see if that whole chunk of information, all the organs, glands, cortical contacts, whether they resonate with any of those signatures. In other words, you still have a little bit of those energy signatures left in the body that we want to just clean out. So, I'm not going to really go over lock and key scan because I think the *Evolution Series* will cover that really well, but I just want you to be aware that that's one of the, um, scans that you can run in order to help, um, connect everything in trying to lose weight.

11. Do Cell Surface Receptors Scan

The other thing, or again with *Evolution Series* is going through the *Cell Surface Receptor Scan* and so I've listed some of the questions that I have come up with in testing to make sure that all those cell surface receptors are communicating and nothing

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is blocking it. Um, if people haven't heard an explanation before about what cell surface receptors are, you have a cell and the cell has like these fingers on it and when we eat something the cells um, connect with the food, in other words the chemicals and the minerals from that food and they connect the cell, and if the cell is needing estrogen it takes it from the food and it says, great, I can go on my way with what I'm doing. Another cell may use, you know, the minerals, and so it connects with that and takes the minerals, does what it needs to do with that. Well, because we've lived life and there's just, you know, because of things that we've come in contact with, sometimes those fingers get wrapped with toxins, you know, whether it's um, you know, vaccines, or medications we've taken, or it could be, um, trying to think of something that would be simple here, um, you know, things that just get covered with heavy metals and so what we're trying to do is we're trying to get the body to take off that covering that affected those cells so that when the foods does come in, and chemicals can go right in and the cell can use it. It is not longer just something up against the cell; the cell doesn't know what to do with it because it has that coating on it. OK, so that's what we're trying to do and so a lot of times I use that with hormones examples, so that if you taking in, um, progesterone but you have, the cell is covered so it can't accept the progesterone then you have to take progesterone supplements in order to get that to um, kind of bypass the cell basically in what it is naturally meant to do. Alright, so some of the things that we've, I've come up with question-wise that would be helpful is this list:

- Functional anti-inflammation factors
- Functional anti-virus, Bacteria, Fungal, & Parasite factors
- Functional weight loss factors
- Functional healthy weight factors
- Functional healthy weight factors
- Functional metabolism factors
- Functional anti-water retention factors
- Functional anti-histamine factors – sometimes your body can have a histamine reaction so it puts on water weight also. If that is the case for you, you would test to see if alfalfa would be significantly helpful for you, because that helps reduce the histamines in the body.
- Functional anti-fat cell factors
- Functional T3 factors – the thyroid also regulates weight
- Functional T4 factors
- Functional Thyroid factors

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- Functional Cell Surface Receptors – actually the cell surface receptors itself. You want to make sure they are functioning.
- Functional anti-weight gain
- Functional digestive system factors
- Functional anti-cellulite

Those are just some of kind of examples of what I've used. If you find more that's great! Do be aware that if you're also trying to gain weight that this would also be something that you could use to go the other direction. Um, one of the books I really like is *Diets Still Don't Work* and his whole philosophy which I just thought was fabulous is that that he owned a health club and so he started as the owner, he started gaining weight. So, he started on all these diets and exercising, and he was gaining, he would lose it and then gain more weight, or he would just gain more weight, and he is like, "What in the world?" So, he decided to study thin people and um, he just said it was absolutely fascinating to see how they eat and he said that's what we need to be studying, not fat people and how they've gotten, you know, how they've gotten thin and how people tell us to get thin but watch how thin people eat because it's very different. So, it's important to, you can also use this obviously also to gain weight.

12. Are any Organs/Glands getting in the way of losing weight?

So number 12, um, which is after the cell surface receptors is, are there any organs or glands that are getting in the way of losing weight? And that is why it is helpful to know how to muscle test because you can ask some of these questions and find out. Again, we always talk about the fact it's important to have a second belly spot when you are testing with people. Um, and a lot of times I use my dog, so you know, they work just as good.

13. Are any Areas/Tissue getting in the way of losing weight?

14. Are any Cortical Contacts getting in the way of losing weight?

15. Are any Brain Engines getting in the way of losing weight?

16. Is there a Frozen Emotional field?

So, a lot of times sometimes you do have, you know emotional bonds that are keeping you having the weight on. So you could ask are there blocks? If you do find something you can also ask OK, is there one:

- Blocking weight loss?
- Blocking anti-water retention?

So, you could ask any number one of those questions from the cell surface receptors scan in that area. Um, and you know, it could be something um, like for me, you know, you could have an emotion that happened, let's say in college, and then you don't have an issue with eating for awhile or weight for awhile and then it resurfaces and comes back. Um, so you can have a situation where you know, you solved it one time and then it comes back so it's a reoccurring. So that would be an example of a frozen emotional

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field is kind of bringing on the symptoms and so you're trying to heal it and say OK, why is this happening, you know, let's let it go.

17. Has there been a change in eating habits?

So, you're identifying a nonphysical reason why you are having weight gain. You know, obviously, you know, on 17, you know it is time to take a look. You know, have I changed the way I'm eating. OK, and um, that was the one thing that I think really hit me with the *Women, Food and God* is that I had realized that you know, I really had a good basis of um, eating well, but as stress, sometimes enters our life, where we have different periods of stress, we have to, or you don't realize it, but you do change your eating habits, and so you may be a little bit more stressed when you sit down to eat. You may, you know, get tired and start eating in front of the TV, instead of having, you know, family meal, or you may have um, you know, a reason why, you know, a remodel in your house and so you're stuck, you know, having to be in a different room in a different location and not, you know, be able to eat at the dinner table and so that will change your eating habits. Um, new job, you know, so there's a lot of things that can kind of change your eating habits. So, kind of look and take a, be reflective and say OK, what's happened over the last, um, you know, since this started. You also look for a trauma that may have happened around that area. Um, you know, I know for me about 2 years ago, as I thought back, when did this kind of start, or when did I start changing my habits of eating and maybe being a little bit more stressed and I kind of came up with about 2 years ago. Oh, OK, what was happening there? Oh, OK, I see what had happened, what the pattern was and kind of being just aware of what has changed in your life and where are the movements are? So, being real self-reflective is very important.

18. Has there been a change in working out habits?

Um, about a year and a half ago, um, my husband bought a P90X, which you can get on the internet. It is a real neat workout program. A lot of times they advertize it on the TV, you know, late at night. Um, it's a really good workout. It's balanced, you know, they have some weights, they have some cardio, they do yoga, they do stretching, um, they work the whole body, and I would really recommend it. Unfortunately, it came with their drink, um, that had a little too much high sugar in it, so I got a fungal infection from it. So, I had to lay that off. Um, but anyway I would recommend that. It was a good workout. Um, so I've been doing that for you know, a year and a half but my weight was still going up and I was like OK, I've been working out really, really hard here and I'm not getting results, something else is going on. Um, so that's what kind of made me start looking at OK, what other things are going on in my life that may be affecting this?

19. What % does this weight gain consist of:

- Physical?
- Nonphysical?

Sometimes that's a hard one to ask because you know, in your heart of hearts, it's like, oh, it's all nonphysical, you know, and I'm not doing anything different. So, that's where it may be helpful to ask a practitioner, or use, make sure you have a second belly spot for sure on that one, but that will help you know, if there is any nonphysical or emotions, frozen emotions that you need to work on, that you need to deal with. Something that is

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sometimes helpful if you're tracking how you're going obviously, I'm not a person that likes to be on the scale. I just don't and I kind of, I take from that *Diet Still Don't Work* when I was in college, is it, sometimes it weight, sometimes water weight, um, so getting on a scale every day is not going to show you anything. OK, but taking your measurements is going to help you track how you're doing inch-wise. So, you know thinking about, you know, taking your measurements once a week, or every 2 weeks and tracking that is helpful. Um, everybody has the different area of their body that they consider maybe the problem area, um, but what I found you know measuring the waist, then going, taking a measuring tape and going 3" down, which would be your hip and taking a measurement there. Then from the waist going 7" down gets you kind of around the middle part of the bottom area. OK, so if you put weight on in your bottom, um, it will measure that. So those are 3 areas and then also measuring either thigh and I don't really have a specific measurement on how up the thigh or not, but you can just guesstimate which is the largest part of your thigh, but those are, and then a lot of time people if they gain weight in their arms, um, want to take a measurement around the bicep and track that. So, that's probably a good thing to do, maybe on a weekly basis. You know, obviously you also know how the clothes fit, um, although I do find that depending on manufactured, depending on you know, stores, 8 to 10's, 6's, 12's, they all kind of measure a little bit differently so sometimes it's hard to track whether you're a true size, um, and which size you are. So the measurements are helpful with that.

20. Pounds gained in last month? Month before that?

- Amount fat?
- Amount water?

So on number 20, asking, besides doing the measurements, another thing that is going to be helpful is to say OK, how many, how much amount of fat have I gained this month, and how much water weight did I gain this month? And that will help you with, you know, as you muscle test to find out OK, am I going, am I keep gaining weight or am I not gaining weight and is it more because of you know, inflammation, or because of the histamine reaction or is it because of the water gain, or is it actually fat that I'm gaining, and you can kind of track that backwards and maybe find out where you started having issue of gaining weight, if you don't remember. Or it could also be, um, that it helps you know if there is something that you have done in the past that would be helpful. In other words, some people, you know, really do better if they do more yoga, or weight training, and so that would be a way to maybe track something like that, and kind of see, you know, where you are on your journey.

21. Does 100% of my body want to physically lose this weight?

So the next question I would ask is what % of the body wants to physically lose this weight or does, I'm sorry, does 100% of my body want to physically lose this weight? And that is just a yes or no question.

22. Does 100% of my body want to non-physically lose this weight?

And then does 100% of my body want to nonphysically lose this weight? Um, you know, an example here would be um, if you have a family that has a history where you, when you are sick, or when you gain weight, you actually get attention and so you're finding that when you're a kid, you may have gotten attention by gaining weight, um, or you

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may have gotten no attention from gaining weight so you were able to hide. Let's say you lost the weight then gained the weight back, is that same scenario playing itself out? You know, are you trying to get attention from someone in your life? Is it your parents that was original or maybe it's your spouse that you are trying to get attention from? You know if your body sometimes gets, you know, I would say your mind gets locked into "oh, if I done it this way then I will do it that way again" and it may not be true. It doesn't work for your spouse because they could care less, you know, so your body is trying to repeat a pattern that really shouldn't be there and so it's a way of kind of getting rid of that pattern.

23. Do 100% of my parts want to lose this weight?

Um, we kind of you know, in testing parts, we have a lot of information about parts. Um, we also have an intention list and also the emotions and so we've kind of switched from kind of a lot of parts work into doing an intention list. So, you know, is there an intention that your body is trying to um, reveal to you or to live itself out, um, by this weight being on. So that would be something to look into and there's an intention that is trying to express by the weight gain.

24. Do I have any blocks to losing this weight?

You know we asked a lot of questions but what I found is we're working at trying to get at the issue of losing weight in so many different ways. OK, so we're um, in other words you're getting at the weight issue from all the sides that could possibly think of.

25. Test Toxins

- **All Ingestants?**
 - **Foods that cause inflammation?**
 - **All foods against weight loss?**
 - **All supplements against weight loss?**

So once you've gone through all that and you don't find that you don't have any blocks and things like that then you can test toxins like you normally would test from a lot of our, you know, series that we have, which is testing ingestants. You can test foods against inflammation. You can test all your food against, will this help me lose weight or not lose weight? Um, also you know, if you have identified my adrenals are the most stressed organ or the most, the organ most involved in me gaining this weight. So you can test all foods against that specific organ. Um, also testing supplements to make sure that supplements that you are using aren't getting in the way of losing weight. Um, I'm in the process of trying out 3 different new supplements ah, for losing weight and I can let you know, you know, how those are going. I think I've taken them now for maybe about 2 weeks or so, um, I haven't found a tremendous let's say difference per say, um, but a little bit, so I'll let you know how it goes. I have also put there at the bottom some supplements that we'll go through in just a little bit. So testing all foods against the idea of losing weight and make sure it doesn't, you know, increase the weight, or doesn't affect it.

- **All Contactants**

Are there any contactants that are affecting you? This is a funny one but I just, I was using a hand lotion or a body lotion for years and they changed the formula about a year ago and sure enough, I had tested it, but I didn't test it necessarily against the

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weight gain in the tissue and Beth was able to find that for me and so I switched to a different lotion and so I think that's going to help. So sometimes just a change like that and testing it against the specific um, that tissue we found that that was a contactant for me.

- **All Inhalants**

It also could be an inhalant that are affecting you, increasing the um, inflammation or the histamine reaction in the body.

- **All injectants**

Also injectants, um, I'm surprised that, I mean it's been probably about 6 months of so, but when I was working on this field I found that I still had some old injectants from doing the IVF procedures um, you know, quite a few years ago, um, 7 or so, that was still stuck in my fat tissue and was not allowing the cell surface receptors to leave, or to be able to be cleared. So you can find some old residue like that that are hanging around, and I remember actually one shot that I got that was way even before that for birth control, the Depo-Provera shot and I immediately went out and had a Mexican dinner and I remember that I was absolutely starved and I had never been that ravenous about food and so when I was working on healing this that was one of the fields that I brought up for healing is that that shot had made me more, you know, craved, no it wasn't really a craved food, but just more hungry I guess kind of thing. So I cleared that as an injectant um, for not craving so much food at one time.

26. Testing Pathogens (Virus, Hidden Virus, Bacteria, Hidden Bacteria, Fungal, Parasites, Relationship Parasites, Metals)

OK, other things for testing is pathogens, which is virus, hidden virus, bacteria, hidden bacteria, fungal, parasites, relationship parasites and metals. You know a lot of times people do put on weight to protect from any sexual advances from others and that could be in the dating or it could be in a marriage. Well, if I put on a little bit of weight then maybe he won't want sex that much, so just be aware that that's something um, you know, could be a thought that prevents, keeping the weight on, you don't want to let go. Um, and then metals, you know, sometimes can get stored in the fat and clearing that out too.

27. Test Hormones

That would be something that I would ask you to call a practitioner. We have a lot of hormones. It is a simple test that we do but also have a lot of hormones that we can test and make sure that they are balanced, but that would be something to look at and make sure that that is clear thing for you and I had brought up about that balancing hormone code that is helpful if you have extra weight to repeat every day in order that the hormones are balanced.

28. Is there anything I need to change or getting in the way of my goal? (Eating, Exercise, Weights, Yoga, Stretch, Meditation, Other: massage chiropractic, acupressure, meditation, Tai chi,

If there's anything, oh, is, I'm sorry, is there anything I need to change or getting in the way of my goal? So, you know, do I need to change my eating, again it's just another way of asking the question, do I need to change my eating?

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Do I need to change my exercise? Do I need to lift weights more? Do I need to exercise more? You know one thing that I've said it's OK for losing the weight that I want to lose, how many minutes a day do I need to exercise in order to maintain that weight loss and I get 40 minutes and I need to keep my heart rate elevated. I have a heart rate monitor and I'm just aware that I need to get it up and a lot of times I'll track, OK, I went over, I did 60 minutes today, great, so maybe on Saturday I can sleep in a little bit more and not have to give myself a break and not have to work out as much that day because I have some, you know, extra, or, you know, you can just keep working out and it helps you, you know, to have a little extra that day. But strength training and weights is important. Stretching is important. Um, a lot of times going back with weights, a lot of times people have felt like, oh, if I lift weights I'll bulk up and it really, it's really a misnomer. You'll see a lot of reports out there, but really when you lift weights, you're helping build the muscle, which helps um, the stored fat be burnt. OK, and so you don't have to lift really heavy weights but I would, you know, somewhere around 5, 8, 10, 15 pounds, you know, in the different weights programs that you choose is really a good balance and try to do between ah, 8 and 12 reps. You know 8 with the heavier weights and 12 with the lighter weights. Um, once you kind of above that or sometimes people do 15, that's probably OK too, but once you get it above that you're not really working out very hard and you want to keep that good muscle mass especially going into menopause and over so that you don't have the flab or the muscle, ah, the skin stays you know, strong.

You know, meditation, it's important that we do connect with the creator each and every day or the way we understand, um, the spiritual realm. You know there's a sense of when we have that gratitude, you know, the gratefulness what's around us. There's just a sense of joy that's around. Um, the last couple days we've had some wonderful lightning shows and thunder and rain and it's just been absolutely gorgeous and being able to just stop and enjoy the beauty of that moment and really take it in. There's a sense of calm there that your tissue, your body really needs and so being able to accept that gratitude and give it back to the world around you is really important and to know that how much God just loves and appreciates you no matter what size you are.

Um, other things that, um, are helpful is you can test to see would massage be good? You know, they help with the lymphatic system and getting out all those toxins and things like that so that might be helpful to get a massage each month or get a chiropractor appointment to make sure that you're, especially if you're lifting weights it is good to make sure that you have a balance in your body and you're not getting you know, over-muscled in one area, or that your muscles aren't toxin taking on too much lactic acid. Um, if you do get sore muscles, chlorophyll is a wonderful thing to take right after you work out and that will help with your sore muscles. You know, acupressure, um, that can also help balance the body and again, meditation or Tai chi, you know those are all things to kind of help you center your body, stay in the present moment, um, because you know, exercising and weights and things like that are definitely, you know, movement and you also want to do the slow movement so you do have a balance there.

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29. Would Balancing Hormone Code help?

Sh, eb, e, g50, sh, g50, sh, eb, e, sh, if, oe, a, c, 9g, un, un, chakra pattern 1

30. Supplements that Decrease Inflammation

Alright some of the supplements I recommend for decreasing inflammation in the body is:

- Turmeric
- Curcumin
- Grape Seed Extract – is also really good for um, getting rid of fungal infections if you test good for it.
- Evening Primrose Oil
- CoQ10 - is another one. Kind of like I said I got a couple supplements that I'm testing out, both me and Steve to see how they're doing, um, in being helpful.

31. Books

Some of the books that I recommend there that I really like is again:

Women, Food and God by Geneen Roth:

It almost reads like you know, a story. She a very, you know, fluid writer in that way so it's not a lot of to do's and what I was wanting to do is, um, you know I don't know how many people are interested, so I am just kind of trying this out but I would like to read between now and not this Thursday, but the next Thursday, and I think that's the 22nd, to read the first, let's say, the first 2 chapters. Um, just trying to see how much of the book that would be. So see, chapter 1, chapter 2, OK, that's about 30 pages. I'm a very slow reader because I have dyslexia um, and I actually listen to the book on tape. Um, so I think for most people they could probably get actually up to chapter 5 which is about 50 pages in 2 weeks. Um, so why don't we do that. Let's go to, in fact, because of that I see that the book is kind of broken up into Part 1 and Part 2 so let's read all of Part 1. That will probably put us about um, 80-90 pages in 2 weeks and if that's too much we can back off, but um, people if they're interested ah, go ahead and get that book and read the first part. Um, I printed some questions off so we can kind of do like I said a book club and we can kind of discuss and kind of see what your questions are that come up either about QT, about the book, things like that.

But I want to read to the group, if people are not interested in that book. What her philosophy is, now I'm going to read her guidelines and I'm also going to read some others from the Diets Still Don't Work which is my absolute favorite book, and honestly Diets Still Don't Work was a godsend for me in college because I had a lot of um, I don't want to say suicidal thoughts but there was a lot of thought of I don't really want to be here anymore if I have to deal with this weight issue for the rest of my life. Um, so I really, anytime I recommend that book for anybody that's really struggling because it really kind of just brings you back to center I guess. Alright, the eating guidelines that Women Food and God by Geneen Roth brings forward are: Eat when you're hungry. Eat sitting down in a calm environment, and she puts in there, this is does not include the car. Eat without distraction which includes radio, television, newspaper, books, intense or anxiety producing conversations or music. OK? So, eat without distractions.

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Number 4 is: Eat what your body wants. Number 5 is: Eat until you are satisfied. Number 6 is: Eat with the intention of being in full view of others, and 7 is: Eat with enjoyment, gusto, and pleasure. Alright, so those are the eating guidelines that I wanted to cover with you.

Diets Still Don't Work! By Bob Schwartz

What I love about his book is here's his um, here's his which says, um, eat when you're hungry. Stop when you're full. Eat exactly what you want and enjoy every bite. OK, it's 4 simple rules and those rules saved me and so um, what I like about his book, Geenen Roth tells kind of a story about how to get to those goals in kind of a story, I guess is the best way to put that of how to reach those goals and she uses illustrations from people that she has a clinic on. What I like about *Diets Still Don't Work!* is because he takes you through step by step how you achieve those goals. In other words, eat when I'm hungry. OK, well, I'm always hungry around noon, what do you mean? He helps you realize OK, 0-10, so every time you sit down to eat you say, where am I at on that scale and you really start to learn, OK, I'm about a 2, or no I'm at about a 7 and I really need to eat here, um, and then you know, recognize when your full, you know that same sliding scale. Um, eat exactly what you want I know this sounds weird but, you know, both books have it. I remember a time I went to a chiropractor once that was a little bit large and he said, "You know I tried that, I got a whole bag of Reese's Peanut Butter cups and I ate the whole thing and I really did and I never stopped." Um, and it's truly what we're saying that yes, you can eat that if you want but when you're clued in and he has a way of taking you through and saying OK, make a list of all the food that you really, really love and then make a list of all the foods that you really don't like. OK, and I have to admit sweet potatoes are on that I really don't like list, but so are potato chips, and so when my little son says, "Hey Mom have some potato chips." I have to choose, is that really something I want to put in my mouth or is that something that, you know, I just don't want to, I'd rather wait. I'd rather wait to have some, you know, um, roasted pumpkin seeds, because a) I know they're going to give my body protein and they're going to make me strong and healthy and I'll just kind of with the potato chips I'll feel kind of greasy and yucky and unfulfilled and so you really start learning how to go to food. Um, the other thing that I really like about the *Diets Still Don't Work!* is he even in, I think it's in the first chapter, he has you say OK, what do you want to do with your life and it's not life, but it's like what are you waiting for when you lose weight? What are you going to do? You know, "Oh, I'm going to jump out of a plane", or "Oh, I'm going to write a book", or "Oh, I'm going to go travel to Maine" and he says, "Great do it tomorrow don't wait." And I think that's really important that we sometimes we think, oh, I got to get everything to be perfect, which is one of the things I struggle with, which is why this teleclinic took so long for me to do, because I wanted to get all the questions for you, you know, and researched it and all that kind of stuff, but I just said, hey, I need to just get the information out there. Um, but he says, "Don't wait! Live your life now!" which is what with **Quantum Techniques®** what we're trying to get across with Guy Finley is enjoy your life now. In other words, if the moon comes up and you're driving home and you see how beautiful it is, go, ah, look at that moment and just be in that moment 100%. Um, and I'm always amazed at some of the people's other moods, I mean you know don't realize that moon was sent there to just fill your life with joy at that

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very moment you got to see it. Right? And so anyway, so that's why I like *Diets Still Don't Work!* because it really takes you through the steps to how get to those rules but Geneen Roth is kind of a new book and kind of fun. I thought it would be neat for us to do that one first, and if people like this format then I will continue to have a book club and go through the *Diets Still Don't Work!*

I can Make you Thin by Paul McKenna

The third book that I picked up is *I Can Make You Thin*. It's an um, author out of England I do believe. He does sound very um, Australian, but I think he is from the UK. Um, but what I like about him is he's combined the same rules as these two books but he has also put tapping to it. So he has you tap on certain pressure points which are kind of what QT does and so he combines the two. His thing is, OK, so let's say you do want the whole bag of Reese's Peanut Butter Cups, well then he has you take those Reese's Peanut Butter Cups, visualize it and then taking that bowl of unwrapped Reese's Peanut Butter Cups and going to the barbershop and placing that bowl on the floor and then having someone cut their hair over the top of it and the hair falls down and you have all this lint, and dirt, and hair, and then think about eating that, and then while you're thinking about eating that just, you know, grossness, tap on a pressure point, and so once you get that visual linked with a pressure point all you have to do is when you want the Reese's Peanut Butter Cup you tap on that pressure point and the um, desire for that goes down. So, he's kind of using it as almost like a hypnosis tool, but I thought it was interesting because he does use the pressure point and I thought that was interesting. So that's kind of what I wanted to share with you tonight. Um, I wasn't sure if there were any questions. I have to actually go into a different room where my computer are, is, sorry bad English there, to see if there is any emails um, that people may have um, sent, and I'm know last time, um, we were having, you know, technical problems with our emails and um, so we were having a hard time getting ah, people to, or their emails to show up so I couldn't answer any questions. So, I refreshed it today and I don't see that there is any. Um, and I did put everybody off of mute unless it got put back on mute, so I just didn't know if there were anybody else, or anybody that has some questions tonight? So, I see it's pretty silent, ah, like I said we'll be, excuse me, we'll be having a free teleclinic next, not this Thursday, but next Thursday to kind of go over some of these um, the book and also any questions you might have there also and um, just grateful to get the information out there and I hope it helps you, um, in your, you know, search and I think there's actually one more thing I'm not covering.

Um, one thing that I think with my search, and I'm not sure exactly when this happened or if there was a specific moment or in just reading those books in what I, um, is that you realize that yes, you may have gained weight. Yes, you may have to be in a bigger size of clothing, or you see the you know, the roll on the side of you, but I think what's really important is not to hate that tissues, or that flesh, or that body, or that area, or that specific area of your body, because when you send hate to something you increase it and so I think what I want to leave you with tonight is if you have an area that may be a problem area or your whole body or whatever give your body love. In other words, what you put attention to will grow so when you give it negative energy and think about, oh, my thighs are so big, it will grow, but if you give it love and appreciation and joy then it

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will decrease and so I really, it's neat to see how my journey of weight has, oh, you know, I just gained a little bit and I just want to kind of decrease and what's the best thing that I can do and it's a natural progression down. It's not a panic, oh, my goodness what am I going to do? It's more of a loving approach to, oh, OK, let me adjust something's in my own life, like, you know, these rules for eating and get back to the essence of what true eating is and the weight will decrease. So, love your body, enjoy it, ah, see it as the wonderful vessel that it is. I just want to check if there's any more questions, and it doesn't appear to be. Alright, so thanks for listening today! It was great sharing this information and I look forward to our book club in 2 weeks. Alright, have a wonderful, blessed day! Thanks so much, guys and bye!