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Quantum Techniques Teleseminar

Lyme Disease *and* Quantum Techniques® Part 2

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Introduction

In this teleclinic we will be discussing detoxification issues and protocols that we have found helpful in dealing with Lyme Disease. From our experience it seems that many people have a hard time clearing toxins from their body during their Lyme Disease treatment. The bacteria die-off products and the body's immune response overwhelm the detoxification pathways and lead to the symptoms of toxicity: fatigue, sleep disturbance, GI distress, headaches, allergy symptoms, confusion, anxiety, ringing in the ears, body aches, chills, sweats and swollen lymph nodes. At times it may be hard to differentiate these symptoms of toxicity from the symptoms of the disease itself. We will discuss how **Quantum Techniques®** can help with the detoxification process.

Codes will be given to help with the detoxification process.

Heidi: Hi, this is Heidi and Tom and today we're going to talk about Lyme Disease Part 2 of our teleclinic. Part 1 we interviewed our client and Tom gave his story about his struggle with Lyme Disease the last 20 years. We talked about Misty, who is my daughter and our struggle with her with Lyme Disease for the last 11, 12 years and we talked about some things that have helped and how **Quantum Techniques®** has helped Tom on his path and Misty on her path. Today we are going to do a little bit more technical and energy type information. In this teleclinic we are going to discuss detoxification issues and protocols that we have found helpful in dealing with Lyme Disease. From our experience it seems that many times people have a hard time clearing these toxins from their body during their Lyme Disease treatment whether that is a energy treatment, whether it's an antibiotic treatment, nutritional supplement treatment. The bacteria die-off of the product and the body's immune response seems to overwhelm the detoxification pathways and leads to the symptoms of toxicity. Um, symptoms can be fatigue, sleep disturbance, GI distress, headaches, allergy symptoms, confusion, anxiety, ringing in the ears, body aches, chills, sweats, and swollen lymph nodes. And at times it can be hard to distinguish, whether these symptoms are from toxicity or they're from the disease, itself. Um, if you have any questions during this teleclinic you can email Tom at tom@quantumtechniques.com or heidi@quantumtechniques.com and then we can answer your emails individually and confidentially.

Tom: And then next time in Part 3 we will have it open for questions. We will do question and answers in Part 3.

Heidi: And, um, we are going to give some codes today also so that will help with the detoxification process and we'll give those to you at the end of this.

Tom: I just want to say a couple things before we launch into talking about detoxification about **Quantum Techniques®** and Lyme Disease. I mentioned in um, Part 1, that I've had Lyme Disease 20 years and I said at that time that really I thought that I probably would die with Lyme Disease, not necessarily that I would die from Lyme Disease, but I would end up taking antibiotics the rest of my life and they could dissect my brain when I'm dead and they would find spirochetes but um, **Quantum Techniques®** really has been like a miracle for me and I'm so thankful for that because um, I haven't taken any antibiotics for a month and that might not sound like much but over the past many years if I would go a day or two without antibiotics, um, the brain fog would start setting in, and then the memory issues and all of that kind of stuff, so for me that's a big deal not to have to take an antibiotic for an month and last week I did the treatment with coil machine and usually I'll do 3 minutes of that and I'll be sick, a Herxheimer reaction and be sick for a week and I had no response to that at all, so I really think that I'm over the Lyme's stuff and still waiting for the other shoe to drop, you know, because I been to this point a few times, you know, in the past 20 years, but I've never been this good for this long. So, if you would of told me a year ago that I would be cured with energy work I would of laughed at you and I probably did at that time.

Heidi: You laughed at me a lot.

Tom: And I probably made fun of you but I have to say that **Quantum Techniques®** has been, truly has been like a miracle to me, and we think, at least I always thought the only way to get rid of Lyme Disease is to get in there and kill it with something. Use antibiotics, or use a coil machine, or whatever and really since I've been using the coil machine, I figured out, it is not that hard to kill the Lyme's stuff, um, but it's really hard to get it out of the body without triggering a tremendous immune response, so that is what this teleclinic is about, primarily is, is how to get the die-off products and toxins out of our body without triggering a Herxheimer reaction, with the least amount of immune response we can.

Heidi: That's right we are going to have a test on Misty today and try to help clear out her detoxification pathways because that is a problem that she has had no matter what she's done. Whether it's been antibiotics, whether it's nutrition, whether it's energy treatments, she always has a hard time with any type of detoxification and it makes her um, pretty symptomatic.

Tom: And she hasn't been doing very well, since we talked to her the last time.

Heidi: Right, after our last treatment, she had a reaction, and so we're going to try to see if we can put on pathways for her.

Tom: Yup.

Heidi: Um, energetically going through a massive die-off reaction can reverse the body's energy and with **Quantum Techniques®** we are always trying to make sure that you are, your energy is not reversed, because if your energy is reversed, you cannot heal, and if your energy is reversed and you're in a flight or fight situation then you can't heal, so we are trying to help people do this in a way so that they do not go into a reversal.

Outline:

1. What causes the symptoms associated with toxicity and detoxification?

a. Discussion of the detoxification/biotransformation processes of the body

b. The Herxheimer Reaction and its relationship to detoxification

Tom: So, what causes the symptoms associated with toxicity and specifically detoxification? I want to talk about the Herxheimer Reaction and how it relates to detoxification and I want to say right up front that some of this sure speculation on my part, but I'll be sure to specify which parts are speculation. Um, so I read in a Discover magazine recently, I guess it was an April 2011 issue that says the *Borrelia* bacteria that causes Lyme Disease only contain 1/5 of the genes that they need to live on their own, so therefore 4/5 of their genes have to come from their host cells, related spirochetes that can live outside the body by themselves has approximately 5000 genes but the spirochetes that cause Lyme's have only 1000 genes, so therefore the other 4000 genes that they need to live and replicate have to come from our tissue or whoever the host is, rather that's a deer, a mouse, dog, whatever. They must have another body to survive, so what they do is they work their way into our cells and they set up housekeeping inside our cells. So, that's one of the reasons it's so hard to eradicate the bacteria with antibiotics is because the antibiotics can't penetrate into the host cells where these things are living and also because they're within the cells, they're intercellular, the immune system can't see them there, can't dig them out and also they have a way of down-regulating the body's inflammatory response so the body can't mount a defense. So, what happens if we kill some of the bacteria usually with antibiotics or herbal extracts, or heat, or Rife machine, or coil machine? Well, this is where I speculate. I think that the cell surface proteins of the bacteria trigger an immune response. Probably the toxins from within the bacteria trigger an immune response but I also think that when you kill the bacteria that the host cell either dies or goes through what is called apoptosis, which is cellular suicide, and it's possible that the cells just commit suicide to kill off the invader. So the death of the cell and the loss of the integrity of the cell membrane, I am talking about the host cell, um, releases, um a bunch of cellular debris into the blood stream and all the chemicals from within the cells which are very inflammatory, and then bacteria itself will trigger a Herxheimer just because um, if its cell surface proteins, and the toxins from within. So, all of these things combined just make the immune system go crazy, so this is where detoxification comes in. The better our bodies are at handling and detoxifying the bacterial surface proteins, the cellular debris from the host cell and the whole inflammatory cascade that is generated I think, the less of a Herxheimer Reaction that we'll experience. So I think the better our ability to detoxify the less Herxheimer we are going to experience, and again I'm speculating on that, but I really think that's true. So how does **Quantum Techniques®** fit into all of this? We are going to talk a little bit more about detoxification and how that works in the body but what we need to keep in mind any step of this detoxification process could be blocked energetically and I am here to tell you that's what was happening in my body because um, pathogens can block detoxification and medications, um, metals, um, anesthetics can be a

curtain so the body can't see, can't detoxify and even non-physical fields, um, will block the detoxification process and in fact a major step for me in my healing was when we were in Seattle for the **Quantum Technique's** training we did a trauma code release and I was able to release a heavy load of guilt that I was carrying and I think that was turning point for me because I haven't taken an antibiotic since then.

Heidi: Well that's a perfect example of how **Quantum Techniques®** can help the body heal like in finding the physical and the emotional blocks in the body energy field in the same treatment and I do remember back when Tom was symptomatic and um, we used to look at his blood in the microscope and see all the little bugs that were actually inside the cells, and that looked like they were just scurrying around wanting to eat something, so it's very true what he was talking about that and I remember that the session that Tom did with the non-physical it actually started out as a physical pain issue...

Tom: That's right.

Heidi: that you started the session out on and it ended up going into a very old emotional trauma release and then we worked on it again some more after we were back here, um, just in the past couple weeks and released some more really old deep trauma fields in a very non-threatening way wouldn't you say?

Tom: Oh, yeah, absolutely.

Heidi: A very non-threatening way, in fact it was almost like a refreshing way.

Tom: Mmm hmm.

Heidi: And ah, that seemed to be another big factor in that whole piece of that puzzle.

Tom: And I just think it is amazing I don't have headaches anymore. I don't feel like I have the flu. I'm not sick, you know, I used to have pain like you know, pelvic pain because my prostate was continually inflamed, um I used to have a stiff neck, my memory was bad.

Heidi: Sweating.

Tom: Oh, yeah, sweat like crazy, and all of that stuff as just gone. It is just amazing.

Heidi: Had allergies.

Tom: Oh, yeah, yeah!

Heidi: I think both of us just forget about all of our symptoms that keep disappearing. I know I was just remembering as I was traveling in a car last weekend that normally, you know, a half hour in the car my back would start to hurt. In an hour it was hurting pretty bad and you know, by the time I got somewhere that was further away it was pretty pinched pretty tight and I would think all day that day thinking that my back was not hurting. This is just amazing and just little things like that. There are more and more things all the time, so very subtle things sometimes.

2. What are the organs of detoxification and how can their function be enhanced?

a. Liver: What are Pathologic detoxifiers?

Tom: OK, so what are the organs detoxification and how can the function be enhanced? Well, actually every cell in the body detoxifies. It is a 24/7 process. We detoxify continuously but there are certain organs that are more specialized for detoxification. So the process actually

starts at that cellular level where the cells take their garbage out and they set it by the curb. OK, and the curb in this case, the outer side of the cellular membrane. The cell takes its garbage and puts it out there and gets swept away or moved away I should say by the lymphatic system and the lymphatic system is the sewer system of the body. So, all the toxins get swept away. They get pushed up through the lymphatic system; they get dumped into the venous system. The venous system carries it to the liver where the liver biotransforms these fat soluble toxic molecules into water soluble molecules that can be safely excreted through the kidney or through the bile and then into the bowel. So the liver detoxifies all this stuff but at the same time the liver detoxifying it is also processing everything that we eat and drink. So the liver is doing double duty, so if you are going to do an intensive detoxification that's why it is best to limit your food intake so your liver can really work on that, on the detoxifying and cleaning up the nasty stuff that is coming out.

Heidi: Yeah, I'd like to make a couple of comments about that. There are some foods that can be a burden on the liver, the energy of the liver channel and some of these foods are spicy foods, and peppers, so if you are doing an actually detox program it would be wise to stay away from those foods while you're doing your detox program because those just add a burden to your liver, cause it to be inflamed. Not that they're bad food, just at that time it is not appropriate and there are also some emotions that are related to the liver energy channel. Anger, hatred, rage are all emotions related to the liver channel. Um, these can be current emotions, or they can be old stored emotions that can put a load on the liver Qi and another thing with the old stored emotions, those can be surface again as they resonate with the things that are going on in your life right now, so even though these emotions might be 5, 10, 20, 30 years old that have been stored, if there is something going on in your life that has that same frequency of resonation that can be brought to the surface and be causing stress on your liver even now to this day. Um, there's many stress reduction techniques that you can use and very important to use a stress reduction technique even while you're doing **Quantum Technique®**. Putting stress on your body is just adding to whatever issue that you have and whether you have physical issue, nonphysical issue, arthritis, um, stomachaches, whatever, when you add stress into your life it is going to add more energy, negative energy into that field. So, if you're an energetic person and you're feeling up to that, exercising, going for a walk, sweating, getting outside in nature, these are all things that can help. If you're tired and you can't even think about exercising you can do something as simple as laying or sitting and doing a breathing exercise. Um, breathing into a count of 8, holding for a count of 8, and releasing. Qi Gong is a great way to release stress and enhance your body's energy, massage, body work, learning self-hypnosis and meditation. There are many techniques that release stress and um build Qi within yourself and we'll probably add some of those to our teleclinic or maybe do a whole teleclinic on that because it is such a big subject within itself. Um, I'm going to go over some acupuncture points for each of those areas but I am going to do that at the end so I can just go over the location all of them at the end.

Tom: Heidi, I think your stressed relief thing worked, you just put me to sleep.

Heidi: I always put you to sleep.

i. Discussion of Phase I and Phase II detoxification

ii. The energy of liver meridian in relationship to stress and detoxification.

*iii. Use of stress reduction techniques**iv. Acupuncture points to release stagnant liver Qi*

Tom: I'm just kidding. OK, liver, um Phase I and Phase II of detoxification. So there are two phases of liver detoxification. The 3rd phase of detoxification is actually um, happens in the kidney but we are just going to focus on the liver today. Um, Phase I of liver detoxification is where the liver takes the fat soluble toxin and tears off an electron and makes it into super-reactive super free radical kind of a molecule and it makes it so super-reactive because in Phase II what it does is binds this molecule to something else, um, to make it water soluble and make it inert. Um, it actually renders it um, safe to clear out through the bile or through the kidney. Phase I is very active and Phase II is not very active what we did is call it Pathological detoxification. So you have a huge fire hose of stuff coming, um, through the liver through Phase I and then you got little tiny garden hose going out in Phase II and so what happens is you get a big build up of all these super reactive chemicals um, that the liver can't process because it doesn't have enough Phase II, um, detoxificants. So, Phase I is really like you light the firecracker and you toss it to Phase II and Phase II if you can't quench it, it throws it out in the blood stream. That's like...

Heidi: What we talked about.

Tom: Right, right, so...

Heidi: It's a back-up.

Tom: Yeah, well this is one of the areas where I got in trouble early on because I didn't know that I had Lyme Disease and I just thought I had a fungal, a systemic fungal issues, so I went through this big fungal detoxification and what happened is it really shut down my liver detoxification pathways. I shouldn't say it shut it down, it just overwhelmed it, so I had all these Phase I reactive molecules getting dumped out in my bloodstream and going to my brain and messing me up causing inflammation because Phase I is real fast and Phase II can't keep up. The liver just dumps the stuff back out in the bloodstream and those molecules tend to end up in the areas where there's a lot of fat which is the brain. A good share of the brain is fat. Um, that's where I got myself in trouble.

Heidi: Pretty sure you were reversed at that time by that Tom.

Tom: Yeah.

Heidi: I do remember I was recovering from autoimmune illness and before I found QT and very sick and you know, for me it was like let's do it all. Let's do it all right now, let's do the most we can, so I would do these huge detoxification and I would be literally like I had to crawl up the stairs because I couldn't even walk or I would be so dizzy and weak and sweating and all that business, so.

Tom: Can I say something.

Heidi: Mmm hmm.

Tom: Even um, a year, a year and a half, two years ago, three years ago or more than that, when I would try to do a detox I would still get sick because um, energetically I was blocked, and so now, I can detoxify everyday and I don't have any issues with it because everything has been cleared out.

Heidi: Yeah, and we had tried many things to get you clear to be able to detox before and we just weren't hitting the right things and how you started doing **Quantum Techniques®**.

Tom: Right, you got to do energetic part.

Heidi: Yeah, you do. I found that out years ago when I started um, healing process and the first thing I got into was Shiatsu. I'm a Shiatsu Bodywork Therapist and um, as soon as I started working on the meridians energy in an energetic fashion, not just physically but with the energetic field around you which you do when you do bodywork, I started noticing things right away itself. That was, I knew all of that but I didn't know, um, **Quantum Techniques®** at that time and that was, ah, the best way to put it all together and the most effective way.

b. Lymphatic: The impact of impaired lymphatic function

i. Symptoms of sluggish lymphatic flow.

ii. How can we stimulate the lymphatic flow?

Heidi: I want to talk a little bit about the lymphatic system. The lymphatic system in the body is our sewer system. Our (inaudible) just as we do and so lymph needs to carry and collect this waste and to eliminate it. The lymph system consists of larger lymph nodes in the neck, the groin, and under the arms, the clavicle area and the deep abdomen. These I'm sure you've had feelings when you are coming down with a virus or something you can feel that, those building up. Um, connecting these is a whole web of lymph vessels covering the whole body. It's just like a blood vessel system going throughout your whole body. It covers every part of your body. If the lymph vessels become sluggish due to toxicity or injury it can lead to symptoms such as leakiness, fluid retention, tender to the touch, heavy feelings, nausea, tired. Pretty much everybody that I've seen the bodywork that has fibromyalgia has really clogged lymphatic systems. Um, we can stimulate the flow by having lymph and bodywork done and we can also help by drinking plenty of water, but I want to add something to that, that even though a person has commonly stimulated those things and we've got them moving, if their energy is reversed or if they're having a contactant, inhalant, or ingestants, it is reversing their energy and causing those lymphatics to clog up again. Um, there really is just going to be repeating and repeating until they can get their body balance and that's another way the Quantum Techniques® moves them because actually being revolved is the issue. Most easily by movement the lymphatics get moving, so walking is extremely important and if you are too fatigued to walk, you can do things like moving your arms and legs in a laying down position to just get the movement of the lymphatics moving. If you can get the arms up over the head and move up and down over your head and pump your ankles both sides standing flat on your feet and going up on your toes and going down flat and up on your toes. That's a good way to stimulate your lymphatic system. There is also the little bouncy trampolines, you don't need to have that, you can just do the up and down, and put your arms up and down over your head and get the lymphatics moving and skin brushing is another way to get the lymphatics moving using a dry body brush and you just brush the skin, um, all the skin that is above the belly button you brush towards the armpit. All the skin that is below the belly button brush toward the groin, so like from your leg you would be brushing up towards your groin, um, that would be the joints between the pelvic and your legs and the bottom of your belly and going to either side of those. Above your belly button your going on your body up towards which ever armpit is closer, and then on your arms down towards your armpit. You do have to be careful if you've had a lot of lymph nodes removed and you might want to get some more professional help in that area. And you can also use Epsom salt baths which is about 2 cups of Epsom salts with ½

box of baking soda. It helps stimulate moving the toxicity in your lymphatic system; doing the skin brushing first while your skin is dry and then taking your Epsom salt bath. Those are just some easy home remedies that you can use to help move that along.

Tom: So, we're on bowel.

Heidi: We're on...

Tom: Moving on, moving onto the bowel.

Heidi: Moving on through the body.

c. Bowel: Water re-absorption without toxin re-absorption.

i. Discussion of beneficial bacteria and yeast.

ii. How can we assist the bowel in binding and eliminating the toxins?

iii. The relationship with spleen meridian energy and bowel.

iv. Acupressure points to stimulate spleen, large intestine, small intestine and stomach energy.

Tom: OK, um, the bowel obviously, the large bowel is the last um, stage in elimination, um, removing toxins from the body so we want to make sure that our large bowel is functioning optimally and the interesting thing is the primary function of the large intestine is water re-absorption. Our body has a certain requirement that water if we are not drinking enough we're going to pull more water off the bowel. I mean we pull a bunch of water off the bowel anyway but if you're not drinking it, you know, your body is going to get it somehow. In fact, I saw an interesting thing in the paper yesterday. Some British medical journal was talking about you really don't need 8 glasses of water a day. You can just drink when you're thirsty. Well, that's fine but we have a requirement for water and if you're not drinking it, you are going to pull it off your feces.

Heidi: And cause constipation.

Tom: Yeah, you're right! So, that's why we want to eat a lot of fiber and drink a lot of water and we want to move our bowels every day because if we don't the feces are just hanging around in there and we're reabsorbing water off of that and along with the water comes a whole bunch of toxic stuff and fiber in the diet binds to this toxic stuff that is coming downhill from the liver and gallbladder and helps to transport it out of the body. If we don't have adequate fiber in the colon then the toxic stuff that is coming down hill doesn't have anything to bind to and it is going to get in there and it's going to irritate the colon. You are going to have irritable bowel syndrome. We also need um, the proper bacteria in our colon to keep the pathogenic bacteria and the yeast under control. The pathogenic bacteria in the colon will unbind or unconjugate, deconjugate the toxic products, so the bacteria and some of the yeast will deconjugate the toxic products, pull them apart and then they get reabsorbed back into the blood stream again, go back to the liver and end up with a super concentrated toxic bile.

Heidi: Energetically when I think about detoxing and the bowel I think it's important for the spleen meridian. The spleen meridian um, carries many energetic functions. One of them of course is being related to the immune system but important to detox and energetic function transformation and transportation. Transforming foods to energy and transporting energy throughout the body. That's one of the energetic functions of the spleen meridian, trying to think of the right word there, and so if you just think about that, you think about transforming and transporting, that means what's coming into your body, the spleen energy transforms that

into Qi pretty much, and transports it throughout your body. So we're back to once again what you're putting in your body while you're going through this detoxification healing process and how important that is. We need the energy for our food to help with the detox and healing and regaining strength and energy. Spleen meridian energy is also related to dampness in the body, which is a form of fungus. And the emotional relationship with that is worry. So what can we do to enhance this Qi energy? First of all, something simple is eating the foods that support the spleen during a detox. Steamed vegetables, especially squash, yams, sweet potatoes, those yellow ones, or juice vegetables work really well. They are very easy for the spleen to use as energetic source that goes back into the energy of your system, taking that energy from the food and going into your system. Um, raw salads and cold vegetables which are my favorite and I love them to death, but they just are a little bit harder for that transformation and transportation process. So, even though they are wonderful and healthy and great for us, during this detox, we find it's a little bit easier on your body to go with the steamed or the juiced vegetables, and it will give you more energy during that time of detox. Also drinking room temperature water instead of cold is another thing that's easier on that whole process of the transformation and transportation, and the cold water actually sets your digestive system into a shock mode, especially when you're weak and so by using the room temperature water you're giving your body more energy once again, so that whole process of transformation and transportation. And a point on that is it takes a huge amount of energy to digest your food and so the more you can enhance it during the detox the better it is. Soups and stews are really nourishing to the spleen energy. And as far as the emotion of worrying, the best thing to do is stop worrying, easy to say, right Tom? Using the same relaxed techniques that I talked about previously and one thing that I did when I was on my path to healing was to focus on making a plan to heal and how I was going to do that, and look forward to each step along the way, instead of worrying and dwelling as I had been on what am I going to do, where is this going to go, what am I, where are my options, what I am going to do. It was easier to just make a plan and then just focus on this step and now I am going to focus this step, now I am going to focus on this step and that helped me to get out that whole worry zone.

Tom: Yeah, you have to have a plan, or you just get bogged down.

Heidi: Yeah, you have to have a plan, yeah, and then you have to just see and be thankful and appreciate each little step along the way instead of worrying about it. There's another example where **Quantum Techniques®** can help so much by addressing the physical spleen and immune system and the emotional worry at the same time, so with **Quantum Techniques®** you can address both of those issues at the same time, the physical aspects and the nonphysical aspects. And a book that Dr. Daniel recommends that is very good on this subject is the Guy Finley, *Let Go and Live in the Now* book which is very appropriate for this whole part of what we are talking about here. And there are some acupressure points that you can stimulate for spleen which I always like to get things, because for me on my healing path like I want to, I want some action, and I want to do something that I know is doing something to help me along this path as much I can so, we're just giving out some things that you can do on your own that will help you with your healing in these areas. So, we're going to talk a little bit about the skin.

d. Skin: The skin is our largest organ

i. Everything we put on our skin is absorbed into our body.

*ii. Why is it important to test what we put on our skin?**iii. Discuss how we can use the skin as an organ of detoxification.*

Heidi: We aren't going to say too much but your skin is the largest organ. Everything that you put on your skin is absorbed into your body, and if you just think about all the stuff that people put on their skin. It's just incredible. Um, sometimes you look in people's bathroom cabinets and it's like a whole grocery store, Walmart, Target, all inside their cabinet. You got soaps, you got lotions, you got sunscreen, you got makeup, you got deodorant, you got spritzers, you got perfume, you got all kinds of stuff. It is so very important not to use toxic substances on your skin and to test your lotions, soaps, those things that you use regularly. Most people don't give a second thought as to what they are putting on their skin. Think when you are putting it on your skin it is absorbed and you are doing it day after day after day, just think of all that toxicity that goes right into your lymph system, right into your organ system.

Tom: That's how medication patches work.

Heidi: That's exactly right.

Tom: It gets sucked right into your body.

Heidi: That's right.

Tom: Didn't you have like an example of a CPR?

Heidi: Yeah, I had a kind of interesting thing. I was taking my CPR recertification and the EMT that was teaching it was telling us about, we were training on the what are those called Tom, the paddles...

Tom: Yeah, I forgot.

Heidi: We were training on those, the new name for them...

Tom: ET or something.

Heidi: Yeah, something like that, anyhow whatever it is, we were training on those and he said whatever you do, if you are doing this on somebody do not take off their medication patches and stick them on you. They had, one of his partners had done that, had stuck a medication patches of a patient on his jeans in his hurry to do this, not even thinking about it, and pretty soon within a few minutes he tipped over backwards and passed out because of the reaction he had from that medication sinking through those medicine patches through his jeans and into his skin.

Tom: So he was doing CPR and he just pulled the patches off and stuck them on his jeans.

Heidi: Yeah.

Tom: And went through his skin.

Heidi: Because he had to take the medicine patches off before they do that.

Tom: Yeah.

Heidi: So, people die from, you know if you would put 100 nicotine patches on you would die.

Tom: It wouldn't take 100.

Heidi: Right, so you know, people need to start thinking about what they are putting on their skin, especially for women I think. Women just gouge their skin with a thousand products.

Tom: Gouge? I don't think they gouge.

Heidi: OK, women put a lot of products on their skin.

Tom: That's true, probably more than that.

Heidi: And I think, do women have more autoimmune illness, do you think Tom?

Tom: Yeah, tons more, yeah.

Heidi: So maybe there's a correlation with that.

Tom: I think they have always speculated it was estrogen but maybe...

Heidi: Maybe it's a combination, and well, the products affect your estrogen.

Tom: They're estrogen mimics.

Heidi: Yeah, a lot of the stuff that goes on your body is an estrogen mimic, so.

Tom: You want to get the paraben free anything if you get a lotion. It is interesting.

Heidi: Another thing that people don't think when they put their deodorant on under their arms, you have such a huge lymph vessels under your arm, the nodes and the vessels, that you just pull that stuff, when you are sweating, you know the pores are opening, you're sweating and you're sucking all that stuff in and it just goes throughout your whole body plus after you put deodorant on it shuts off your sweat so now it is stuck inside your body. So one thing that we always stress is that people use a non-toxic deodorant and they test it with their QT practitioner because that's just hugely important for detoxifying or not having a toxic body. So, you can scrub, and exfoliate your skin to keep the pores open with things like coffee grounds, if they test OK for you, oatmeal, ground flaxseed, just some natural products that you can use as exfoliators and do the skin brushing that I mentioned before and um, so that's the way to open up those pore in the arm. Use non-toxic products. We just stress that over and over again and test them with your QT Practitioner to make sure and limit it, just get a couple things that you're using that you need so that you're not using a vast amount of stuff on your skin.

e. Kidney: The kidney is phase III of detoxification

i. discussion of the importance of consuming enough pure water to support the body and kidney function.

ii. Recommended water intake per day = ½ body weight in ounces.

iii. The relationship with kidney meridian and detoxification.

iv. Acupressure points to stimulate kidney energy.

Heidi: And for the kidney we are just going to say that Tom talked about that, we need pure water to detoxify. It's a huge percentage of water. Water helps the intracellular fluids be more fluidy so that they're not like jello. When I work on people's bodies doing bodywork I can tell if they are dehydrated because their tissues feel like, some feel like, it should be a flowing moving type of thing and a lot of times it's like a stiff jello and many times it even goes into feeling like crusty situation like they have things encrusted inside of their body.

Tom: Plus your energy is not going to move if you are dehydrated.

Heidi: And your energy is not going to move and your oxygen levels are not going to move very well also. The more fluid it is the non-sticky it is; the easier it is to move the toxins along. You should drink half of your body weight in water every day in ounces and emotionally, the emotional relationship with the kidney in the energetic field is fear. (So when you think (inaudible) chronically ill, Lyme's Disease or any other illness that you are struggling with how many times do you think you experience fear with chronic illness, pretty much every day. You know, you're fearful of not being able to function, you're fearful of not being able to go to work, you're fearful of not being able to find health, you're fearful of what comes next, fearful of failing, fearful of feeling out of control of your body, that was something that was a big thing

for me as I just felt like my body was not my body anymore. It did not even belong to me, and I felt like was an alien within my body.

Tom: Isn't that strange how that is?

Heidi: Yeah.

Tom: Yeah.

Heidi: And then, you know you're fearful, it's like I can't control this body. It's not my body anymore.

Tom: Yup.

Heidi: You can be fearful of the detoxification reactions and bringing that back into the worrying again with chronic illness, you know, the same things go for worry. Worry of what's next, worry if you're going to find health, worry if you're ever going to get better, you know the list goes on and on. So, once again, this is just another thing that **Quantum Techniques®** can help with those emotional issues and you can learn to self-test. Um, test your own products, that's one of the biggest things you can do, in fact I think I know during the month of August on the **Quantum Techniques®** website, um *Truth Techniques I* is on sale this month where you learn how to self test. That's just the best thing you can do for themselves is learn how to self-test their products and their foods, and um, if you are also having a technician help you do that, but it is also good to learn how to do some for yourself too. You can keep checking things. You can go in a grocery store and check everything that you buy if you feel a need to, so **Quantum Techniques®** part of it can help combat that fear and help you take back some of the control of your body and help you feel like you have a position in your healing field once again on your healing path. That it is not just a foreign body for you. And I have some acupuncture points to stimulate for the kidney and I'll go over those at the end again.

3. How can I prepare my body for the detoxification process?

a. Nutritional interventions: Recommended supplements for general health and of optimal detoxification.

i. General Health

1. Multivitamin-mineral (Multigenics from Metagenics for premenopausal women and Multigenics without iron for men and post-menopausal women).
2. EPA/DHA (EPA/DHA complex from Metagenics).
3. Green drink with phytonutrients (Dynamic Greens from Metagenics).

ii. Detoxification:

1. Ultraclear Plus and Advaclear, both from Metagenics).

Tom: OK, so we are just going to talk about nutritional interventions you can do to improve detoxification. Um, and the interesting thing if you think about it, supplements really are at the lowest, the deepest level supplements are energy, and so all of these supplements that we're going to talk about are energies that we put into um, the codes that we've done for this series and I think just in general everybody should take a multi-vitamin and mineral supplement and I don't mean some synthetic thing you buy at a pharmacy or grocery store. You need to get a good professional grade supplement. Um, all of the supplements I am going to recommend that we use energies to put into the codes are all from a company called Metagenics. Um, so first of

all everybody needs to be on a good multi-vitamin – mineral supplement. Everybody needs to be on fish oil. By fish oil I mean, EPA/DHA and again you have to spend some money to get a good quality product. You don't get something with mercury in it, or toxic junk.

Heidi: Can I just add something to that Tom?

Tom: No, yeah!

Heidi: If you are like me allergic to fish there are a few other options that you can use.

Tom: Yeah, you can buy, DHA that's comes from algae, and then nuts are high in EPA, like walnuts and flax is a pretty good source of EPA/DHA but you got to eat a ton of it because it's poorly converted. So, yeah there are other options, yeah, thank you! So, fish oil and all our cell membranes are made from fish oil essentially. So, if you want healthy cell membranes you got to eat some fish or fish oil. Another thing I recommend is a green drink and that's because most of us don't get 10 servings a day of fruits and vegetables. So, what I recommend for a multivitamin-mineral for women is Multigenics with iron. That would be for premenopausal women, for men and postmenopausal women, Multigenics without iron. Alright, men don't need extra iron. Postmenopausal women don't typically need extra iron. EPA/DHA Complex from Metagenics and then something called Dynamic Greens from Metagenics, and the Metagenics products are a professional grade so they are only sold through professionals, so you'll have to see your chiropractor, some of the medical doctors out in the West coast I know utilize supplements.

Heidi: Naturopaths.

Tom: Yeah, Naturopaths, your nutritionists...

Heidi: Acupuncturists.

Tom: Yeah, yeah, and if you can't find this stuff, you know, through your professional, you can email me at tom@quantumtechniques.com and I can um, tell you how to order the stuff online. So, as far as detoxification goes my favorite products are Ultraclear Plus and Advaclear, and Ultraclear Plus is a medical food designed specifically for detoxification. It is a vegetarian product, um, with protein, medium chain fatty acids and complex carbohydrates along with nutrients that support Phase I and Phase II liver detoxification. Advaclear is adjunct to Ultraclear. It helps to buffer some of the um, side effects of detoxification, and Ultraclear Plus also has a multivitamin-mineral built right into it, so you don't need to take an extra multivitamin-mineral while you're taking Ultraclear Plus product. My favorite kidney detoxifier is call Renagen DTX. That's also available from Metagenics, but I just want to say again, that detoxification only works if those pathways are clear.

Heidi: Mmm hmm, and if you're not reversed.

Tom: And you're not reversed, exactly.

Heidi: And another comment the Metagenics products, one of the reasons that we both use those is because they are tested by 3rd party.

Tom: Yeah, they are all tested, um, they're all safe, they're all effective.

b. Movement: exercise, Qi Gong, massage/bodywork.

Heidi: So we are just going to talk a little bit about movement because movement is important and I talked about that a little bit before for walking. Arm and leg movement is very important so even if you're not walking, the arm and leg movement to get things moving and fluid. You want to think about your body as being fluid and not being stiff, hard, and crusty. So, you want

to create fluid movement. Qi Gong is an excellent exercise. It is very slow moving. You can do it if you're very active, or you can do it if you're not able to be active. Um, you can get DVD's on Qi Gong. I trained with Spring Forest Qi Gong, very good, very good instructor with that and you can order CD's on that if you like to or you can, you know, pretty much learn however you want to learn that. And the nice thing I have to add about Qi Gong is you can learn 2 or 3 Qi Gong movements. You don't need to learn 20 different movements and you can get your Qi and your energy moving with that. Massage and body work is always good for the body if you are able to receive that. Um, stagnancy causes the body fluids to become thick and toxic and your blood flow, your blood follows your Qi, your energy of your Qi, and if your Qi is not flowing well your blood flow is not flowing as well and your blood carries your oxygen and your oxygen goes to your organs and produces life and just as it carries your nutrients to your organs, so very important to do that.

c. Lymphatic Drainage: manual lymphatic drainage, skin brushing, detox baths.

Heidi: The Lymphatic Drainage. I do lymphatic drainage body work and it's very, very, helpful. When I first trained with that I thought this isn't going to do anything. It is just this little light movement, or touch, or barely even, you know, putting any pressure on the body, how can this do anything, and it made dramatic differences for myself, and other people. So, if you're able to receive that that's a very helpful thing. Different types of body work: skin brushing, and also ionic cleanse, detox with that can be extremely helpful in the whole detoxification process and if you're going through where you're feeling overly toxic, it can really help to pull you out of that. After surgery it is wonderful and we put all the energy of all these things when we created these codes that we're talking about, into our codes. So, hopefully that will work great for you.

d. Colon Cleansing: Psyllium, Bentonite Clay, Charcoal, probiotics, coffee enemas.

Heidi: Colon cleansing, um, one thing that works really well is the combination of bentonite clay, psyllium, and charcoal and a probiotic. Of course check to make sure that these test well for you and that your probiotic tests well for you. You might need to change your probiotic every once in a while as your body gets use to it. It is not going to do any good to keep taking a probiotic if it doesn't test well for you. So, that is really important. And this is one thing that I know really helped my daughter when she is going through her detox reactions. You need to bind up those toxins in your bowel and that is what this helps you do with this and psyllium helps to move it out. The charcoal helps to pull in the toxins. The bentonite binds it. The psyllium moves it out and then the probiotic puts back some good bacteria in there, so, very helpful. And then coffee enemas, coffee enemas can be extremely effective for helping clear toxins out of the bowel and it also triggers a reaction to for the liver to dump toxins, and um, you can, I've done these and had been feeling extremely crappy and you would do one of those.

Tom: Crappy?

Heidi: OK, stop! I have done coffee enemas when I felt extremely toxic, this is basically before I started **Quantum Techniques®** and have felt much, much better within a half hour or so. It can be an extremely effective way to clear out and detoxify your liver at the same time. It is very easy to do. You can look up online, you know, different ways to do that.

e. Fluids: sufficient purified water, juicing.

Heidi: Juicing is also extremely helpful for your colon cleansing, your whole body cleansing. When you juice your vegetables it is very easy to digest to get your nutrition in instantly and it's just extremely healthy. Um, you can books on juicing but basically if you use your carrots or celery, your beets, your parsley, those are kind of the main, cilantro, whatever vegetables test well for you to do with that and of course you want your fluids, water, water, water, drinking lots of water and those vegetables juices that you juice. Those are the best things for you. Dehydration is equal to toxicity and reversed.

f. Rest: body and mind rest

Heidi: And last of all rest. Rest is vital for healing, quiet time, your own space. Um, not only do you need sleep time but you also need time for yourself to gather your own thoughts and your own space and your own energy and in your own space. So, quiet time is essential for everybody and self time. Another thing that you can use is a technique that I put on the article area of the **Quantum Techniques®** website and I think you'll be able to download it from the article area it is call the Stress Relief Exercise, a kind of a combination thing I put together that you can do, you should be able to do this in 10-15 minutes. Of course you can spend longer if you want to but one thing that people, a comment that people make is I don't have time to do that stuff. I don't have time to stress free and relax and take care of myself like that. If you take that stress with you to be, you are going to wake up with it in the morning and then you're going to collect more throughout that day and then you're going to take that stress to bed and so, every day you are just accumulating more and more on your body, so, if you take 10-15 minutes before you go to bed at night and do a little bit of a stress relief exercise it can benefit you hugely. So, I tried to put together a little exercise that combines a little bit of Qi Gong and a little bit of breathing code that I put together, a little bit of meditation and that should be on the article areas of the www.quantumtechniques.com website.

Stress Relief Exercise

This is a good exercise to do at the end of the day. It helps you to keep you from bringing your stress from the day to bed with you and waking up with it again in the morning.

Simple Qi Gong Exercise

Qi Gong helps to keep your Qi moving – your vital life energy.

You can do this exercise standing, sitting, or laying down.

Imagine roots like on a tree growing out form your feet into the ground.

Position your hand about 2-4 inches out from the body just below the bellybutton, palms facing the body. Elbows are out. For females, right palm is closest to the body. For males left palm is closest to the body.

Now gently move the right hand up for females. For males move the left hand up. As you do this, imagine energy moving up the back of the spine. When you get to the top of the head, the hand turns and comes down the body as you imagine the energy of the body coming down the spine.

As you make the turn at the top of the head, the other hand starts to move the energy up the spine.

So the hands are moving energy up the back of the spine and down the front in a flowing fashion.

Now add the breathing. As your right hand moves energy up the back of the spine you inhale, (inhale into the abdomen, like you are blowing up a balloon) as it moves the energy down the front you exhale, like deflating the balloon.)

This cycle continues like a loop.

Do this for a few minutes, if need b you can count the cycles to 30 or more.

Then reposition hands out just below the belly button.

Now inhale and bring arms out, hands open and imagine all kinds of good healing energy entering your body and collecting in that spot just below the belly button.

Exhale as you move your arms together and imagine any blockages, illness, discomfort leaving your body. Imagine it is like little rockets bursting out from the sick areas and disappearing. Imagine the stress from the day bursting out and leaving your body.

Continue this pattern for a few minutes or to a count of 12.

Now rest hands on the spot just below the bellybutton and use relaxed breathing. Imagine a ball of energy in that spot just below the bellybutton. Imagine a ball of energy in the heart chakra area. Now imagine that these two move this energy ball back and forth between the heart and lower area.

Do this exercise for a couple minutes.

Then repeat this code 2 times through.

Sh, 3rd eye, eb, un, th, forehead, liver, c, g50, if, g50, c, 3rd eye, 9g, thymus, ch, liver, if, un, g50, throat, back of heart, thymus, lf, un, eb, sh, liver, c, e, g50, a 9g, 9g,

Forehead, crown, back of head, , back of throat, back of heart, back of solar plexus, crown, halo, crown, forehead, crown, forehead, throat, heart, solar plexus, pelvis, tailbone, crown, tailbone, crown, crown.

Repeat this code 2 times through (spend a minute to think about the stress first) then let it go.

Have your blood sample on you when you read the code.

Repeat this code 3 times per day.

Heidi Gilman

4. How can Quantum Techniques help with the detoxification process?

Tom: How can **Quantum Techniques®** help with this whole detoxification process and help calm down the Herxheimer reaction?

Heidi: Well, number one is taking the body out of reversal.

Tom: Exactly.

Heidi: I think we, um, realize that more and more all the time.

Tom: Yeah, because I just don't think this process, this whole detoxification process works very well without this whole energetic piece and also I think that it takes a whole lot less to detoxify, a whole lot less nutritional intervention to detoxify once you've done the energetic work.

Heidi: Very true, I probably take half the supplements that I used to take just to try to feel OK for each day, you know, try to combat the allergies, try to combat the thyroid issues, try to combat the digestive issues, the autoimmune aches and pains, and the arthritis. You know I had my set of supplements that were for each one, and now I still take supplements, but I don't take near the supplements that I used to take.

Tom: Yeah, then very, very basic thing but so incredibly important is it takes the body out of the fight or flight and puts it into a healing state.

Heidi: And what a good feeling that is.

Tom: Yeah, absolutely.

Heidi: And not so anxious, to not feel jittery on the inside and sometimes we don't even realize it that we're like that but um, many people are walking around in fight or flight their whole life.

Tom: Oh, yeah.

Heidi: And they don't even realize it. Another thing that **Quantum Techniques®** does is releasing the frequencies of virus, bacteria, mold and parasites. This was extremely helpful to both Tom and I when we started **Quantum Techniques®**.

Tom: Yeah.

Heidi: I had had body aches like I had the flu for 15 years that never went away and right after I started using **Quantum Techniques®** those went away without, so a feeling that I didn't even know was able to have because I was so used to it all the time.

Tom: And I think the other thing is that it helps to put you back into your body.

Heidi: And reconnect you with your body.

Tom: Yeah, because we both, I mean, I had that same experience that you talked about where you feel like some alien invaded your body and you just have no control and I think that's really important. It puts you back in your body and gives you something to control.

Heidi: Mmm hmm, and the wonderful thing about **Quantum Techniques®** is you can, you know, use **Quantum Techniques®** yourself. You can order products and learn how to do **Quantum Techniques®** scans. You can use a practitioner like one of us or one of the other practitioners to help you do some more deeper work, or you can use both together. You can kind of choose your own path on that.

Tom: And we really didn't say too much about the nonphysical part of this, in this teleclinic but I think you mentioned, right, that that's coming in Part 3.

Heidi: Yeah, I think we'll talk about that next time and then we'll have some question and answer, releasing frozen emotions and traumas.

Tom: Yeah.

Heidi: And one other thing is um, clearing all this out, cell receptor sites off.

Tom: I think I mention that.

Heidi: Yeah, you talked about that earlier but wanted to recap that.

Tom: So and Misty is a perfect example of um...

Heidi: A non-detoxifier.

Tom: Yeah, yeah, and someone probably that we should have gone through and worked on the detoxification...

Heidi: Before we did the other things.

Tom: Yeah, exactly.

Heidi: And one thing to mention about Misty and her healing path. When she was 10 she contacted Lyme's she also in that, within a 2 week period she had contracted E-coli, the bad E-coli H157 and was battling both infection at the same time.

Tom: Yeah, yup.

Heidi: Her detoxification pathways were pretty much stopped from the get-go and we need to address those before she does anymore work.

Tom: Yeah, OK, so, I guess Misty is up next

Beneficial Acupressure Points to Stimulate Detoxification

Heidi: Beneficial acupressure points to stimulate detoxification, these are in your guide:

Kidney 3 - is in the depression between the ankle bone and the tendon on the inside of the leg.

Kidney 7 - is 2 finger widths above Kidney 3.

Kidney 16 - is a ½ finger width from the bellybutton on each side.

Kidney 27 - is the collarbone point used in QT. It is just under the clavicular notch, I have sternum on there but it is really on the clavicular notch just under that under the collarbone area there.

Liver 3 - is in the depression between the 1st and 2nd toe, just up on the foot a tad, about thumbs width.

Liver 14 - is directly below the nipple on both sides in the 6th intercostals space.

Spleen 6 - is by placing a flat hand with the fingers together on the inside of the leg. The pinky side is placed on the middle of the ankle bone. The point is just on the outside of the index finger straight up from the ankle.

Spleen 21 – 6 finger widths down from under the arm (like that chicken dance spot).

Stomach 36 is just below the knee, on the outside of the leg, in the divit under the crest of the tibia bone.

Stomach 25 – 2 finger widths lateral to the bellybutton on each side.

Large Intestine 11 – with the elbow flexed, as if you had it in a sling, draw a line up from the thumb to the crease of the elbow and just a tad toward the thumb from the crease. Just a little tad, and it's a tender spot there.

Gallbladder 39 – 3 finger widths above the tip of the anklebone on the outside of the leg.

Lymph and Kidney Detox Code

And I'm going to give you the codes now: This is the lymph and kidney detox code and it is important to read this one first we tested. You are going to read this one 2 times through as needed:

Sh, liver, thymus, un thymus, e, c, g50, sh, thymus, e, sh, thymus, 3rd eye, un, 3rd eye, thymus, liver, sh, c, 9g, 9g

The Chakra pattern:

Forehead, crown, back of head, back of throat, back of heart, back of solar plexus, crown, halo, crown, forehead, crown, forehead, throat, heart, solar plexus, pelvis, tailbone, crown, tailbone, crown, crown

That is repeated again:

Forehead, crown, back of head, back of throat, back of heart, back of solar plexus, crown, halo, crown, forehead, crown, forehead, throat, heart, solar plexus, pelvis, tailbone, crown, tailbone, crown, crown

Repeat this code 2 times as needed

Heidi: And the next code and these are both in the guide is the whole body detox code. This one you only need to repeat once and you can do that after you repeat the lymph and that kidney detox code, use as needed.

Whole Body Detox

Sh, mf, liver, eb, un, thymus, lf, liver, 3rd eye, lf, liver, un, g50, oe, g50, sh, 9g, thymus, 3rd eye, liver, 3rd eye, un, thymus, lf, liver, g50, eb, 9g, 3rd eye, liver, g50, un, g50, sh, eb, oe, sh, 3rd eye, 9g, 9g, sh, forehead, heart, solar plexus, pelvis, tailbone.

And then that chakra pattern:

Heart pelvis, solar plexus, halo, back of head, back of neck, heart, back of heart, pelvis

And then repeating that again:

Heart pelvis, solar plexus, halo, back of head, back of neck, heart, back of heart, pelvis

Heidi: Alright those are the codes and hope that they work well for you. If you have any questions please email us tom@quantumtechniques.com or heidi@quantumtechniques.com and I hope that you found this information is helpful for you with this teleclinic.

4. How can Quantum Techniques help with the detoxification process?

a. Interview with client from Part I of this teleclinic series

Heidi: This is Misty, she's back again and we tested her last time. Ah, Part 1 in our teleclinic. We talked to Misty and reviewed how she had been before she started doing **Quantum Techniques®** and how she was doing now. She had about 3 treatments that we had worked with her and had made quite a bit of improvement. One drastic improvement was that she had cut way back on medications from, 8 medications back to 3. Her blood levels had improved as far as her immune system and she was back in school and exercising again. So there was quite a bit of improvement. The last time that we had the teleclinic we did a scan on her and now we just got her back here again because one problem that Misty has always had with her battle with the Lyme is detoxification issues and didn't matter if she is doing energy work or nutrition work or antibiotics. She's always had issues with the reactions from the detoxification and it is hard to know whether it was being sick again or if it was a reaction from the detoxification. So, she thought that would be the perfect time for us to scan her since this is a chronic issue that she runs up into. So, ah, Misty is here and Misty how are you doing today?

Misty: Hi, I'm OK.

Heidi: OK, and um, so we tested you last time and I know we talked just a little bit before and you have been off your antibiotics for a couple, 2 or 3 weeks I think.

Misty: Mmm hmm.

Heidi: Because you're waiting to retest some different blood work. Is that correct?

Misty: Yup, my last blood work came back and my liver functions were weird, so.

Heidi: So your liver function was a little stressed and so they wanted her to be off it your antibiotics a little bit and then get that retested.

Misty: Yup.

Heidi: Is that right.

Misty: Yes.

Heidi: So, um, and so you're um, kind of talked a little bit, you're kind of not feeling real great and we're not sure whether it's from not being on antibiotics or if it's um, from the treatment we did and you're having a detoxification issues once again, so we are going to kind of work with that today and see what we can come up with.

Misty: OK.

Heidi: So, anyways, um, do you want to just give us a brief about your symptoms right now?

Misty: I'm just having terrible brain fog and headaches and um, a lot of things that I feel um, when I'm not, sometimes on vacation, but also the same kind of symptoms that I get when having like a major die-off reaction, or not detoxing, so we're kind of unsure of.

Heidi: OK, say, I have an open treatment.

Misty: I have an open treatment.

Heidi: You do have an open treatment. Um, I am going to ask how many, 1, 2, is this a **Quantum Techniques®**? Yes, so you have open treatment from the last session. Um, is another one fungus? And another one is a fungus treatment. So, you need to address both of those. Say, I have a blocked treatment.

Misty: I have a blocked treatment

Heidi: Um, I have lost a previous treatment.

Misty: I have lost a previous treatment.

Heidi: So, we got ah, open treatment with the QT and the fungus. So, um, should we address the fungus first, I think we need to address that fungus first.

Tom: OK.

Heidi: So, we're just going to check, um, I am going to test you for fungus here and you do have the fungus in the upper dural tube and in the lower dural tube, and systemic. So, I was getting ah, kind of a vibe about that that I think the fungus is a big deal right now with your brain fog. Alright, say, I am fighting a virus.

Misty: I'm fighting a virus.

Heidi: OK, Um, once again say I am fighting a virus.

Misty: I'm fighting a virus.

Heidi: So there's a hidden virus. There is like 5 hidden viruses. OK, alright, um, and let's say, um, I'm fighting a bacteria. Oh, let me check for brain virus first. There are, 4 brain virus, so there are about 26 brain virus things going on, Misty, so that's a big, a big load on you.

Misty: Mmm hmm, hope those clear.

Heidi: Get those out. So, I'm checking for hidden brain virus now, and there's some hidden brain virus too, there's 4 hidden brain virus. So we need to know anything else about this brain virus? No, would it be helpful to know anything else about the brain viruses at this time? No, OK, and I'll check cranial nerve virus. 4 cranial nerve virus, do we need to know which ones they are? Yes, um, 6. Do we need to know which cranial nerves are involved in that? Yes, OK, is it cranial nerve 1, 2, 3, cranial nerve 4, 8, and 12. So let me just clear that, OK, clear. I'll have you say I'm fighting a bacteria.

Misty: I'm fighting a bacteria.

Heidi: Definitely a block on that. Let me clear that, OK, and once again say, I'm fighting a bacteria.

Misty: I'm fighting a bacteria.

Heidi: There's a block on that, are you getting that Tom? OK, so now Misty, say, I'm fighting a bacteria.

Misty: I'm fighting a bacteria.

Heidi: I am going to ask how many? 1, 2, 3, um are these related to the Lyme issue? Are they related to the brain fog issue? They are related to the brain fog issue. Do we need to know more about that? Yes, do we need to know where or what organs are stressed with this? Yes, so we are going to find out what organs are stressed with this bacteria. Um, is one of them brain? Yes, um, vision, your vision stressed with the bacteria. The liver is stressed with the bacteria. Ah, your pelvic area, uterus, ovaries are stressed with the bacteria. I don't think we need to know anymore. Do we need to know anything else about this bacteria at this time? No.

OK, um, do we need to know a remedy for this? Yes, ah, will the antibiotic help with that? Yes, you are going to be going back on an antibiotic soon, right Misty?

Misty: Yeah.

Heidi: That will help get that bacteria back down to a lower level. Alright, I am going to check for a hidden bacteria; and there's 3 hidden bacteria and do we need to know the organs stressed with this? Yes, one is the eyes again, and the brain, and the heart, the lymphatics, OK, and your cervical area, the back of your neck there, probably the headaches that you are having. OK, I think we have all the information that we need about that. Alright we already went through the fungus and checked that, so now we are going to go on and check for the detoxification factors. There is parasite activity also, frequency, um, lymphatics, brain, affecting the brain, lymphatic and your throat, also down in your pelvic area again. On a scale of 0-10 the inflammation factor for Misty at this time, 0 being the lowest, would be about a 5 and then we'll clear out any curtain that's associated with that and now the inflammation factor for Misty, with 0 being the lowest and 10 being the highest, still at about a 5. Let's just ask, is there a Shingle's field associated with this? Yes, there is. Not so much the thyroid, it's the cervical part of her neck actually.

Tom: OK.

Heidi: And all the way down to her thoracic area.

Tom: OK.

Heidi: And the low back, kind of her whole spinal influence of her whole nervous system there actually her whole spinal nervous system, down into her hips. That's pretty much the eyes and her whole central nervous system down through her hips and the whole neck area.

Tom: Mmm hmm.

Heidi: And down into her um, upper shoulder area there. No we don't...

Tom: And then let's reconnect that to the brain engines, OK?

Heidi: OK.

Tom: Great, so I'll do that real quick and then you might want to ask about all healthy functional lymph system factors.

Heidi: Misty, I'll have you say, all healthy functional lymph system factors I want to be healthy. Say, all healthy functional lymph system factors, all healthy functional...

Misty: All healthy functional lymph system factors.

Heidi: OK, and that's out already, um, say all healthy functional lymph system factors I want to be healthy.

Misty: All healthy functional lymph system factors I want to be healthy.

Heidi: That's definitely out. So we're going to ask, how many things are blocking the body's own functional lymph system factors? 3 fields and do we need to know what they are? Yes, we do. Of these 3 fields are any of them medications? Yes, how many are medications, 1, 2, 3, do we need to know what the medications are? No, would it be in her best interest to know what they are? No, so there's old medications residue that is actually blocking your healthy lymphatic flow up through that whole area that we were getting. That's your chest, and throat, and your upper back and shoulders area. Um, would it be in our best interest to keep, to clear those and it would be. So we're going to clear those from all your organs, systems, and glands that need to be cleared from.

Tom: So can we clear these functional lymphatic system factors right now?

Heidi: We can clear them all at once. So, we are going to clear these medications from those, so we are going to clear it from the lymph area. We are also going to clear it from your spine area, clear it from your brain. Um, the lymph underneath your arm, it is very apparent there. OK, so once again, Misty, all healthy functional...

Misty: All healthy functional lymph system factors.

Heidi: Good, all healthy functional lymph system factors I want to be healthy.

Misty: All healthy functional lymph system factors I want to be healthy.

Heidi: All healthy functional lymph system factors I want to be sick.

Misty: All healthy functional lymph system factors I want to be sick.

Heidi: OK, what I am going to have you say is, all healthy liver detoxification factors.

Misty: All healthy liver detoxification factors.

Heidi: OK, and I am going to ask how many, 1, 2, there's 3. Do we need to know what they are? Yes, OK, got any ideas on that Tom?

Tom: Um, I find that they're all enzymes.

Heidi: OK, about that... no, we don't need to know more about it, but that's interesting, Misty do you use an enzyme? Misty are you still using that digestent?

Misty: Um, once in a while.

Heidi: OK, would it be in the best interest for Misty to use... yeah, you should use that with your meals yet, Misty.

Misty: Right.

Heidi: Actually testing as pretty important.

Tom: And then we want to check all functional liver detoxification factors.

Heidi: OK, so all healthy functional liver detoxification factors,

Misty: All healthy functional liver detoxification factors.

Heidi: Clear, 100% clear.

Tom: Detoxification but are apparently are blocking a bunch of other receptors in her body as well then.

Heidi: Exactly. OK, Misty, I'll have you say, all healthy functional liver detox factors.

Misty: All healthy functional liver detox factors.

Heidi: All healthy functional liver detox factors I want to be healthy.

Misty: All healthy functional liver detox factors I want to be healthy.

Heidi: A little block with that. OK, this is a nonphysical block, but I think we can just clear that with our intent, and now we'll go into all healthy colon detox factors.

Misty: All healthy colon detox factors.

Heidi: And there's an issue, I am going to ask how many, 1, 2, 3, blocks in that field, and do we need to know what they are? Yes. One of them is, is the fungus in your colon. The other one is a bacteria issue in the colon and I think she needs some bentonite and psyllium cleansing to bind it, alright? So, Misty say, all healthy colon detox factors.

Misty: All healthy colon detox factors.

Heidi: OK, I'm missing something with bentonite and clay. Do we need to know more about that? Yes, um, do we need to know how much she needs to do? How many times a day? How much bentonite? More than a teaspoon, more than 2 teaspoons, so 2 teaspoons of bentonite

and a heaping teaspoon, a heaping tablespoon of the psyllium. Should she take that with the can of (? Bactin)? No. Should she take anything with that, a probiotic with that, the DDS probiotic? OK, she needs to do that twice a day in order to get that colon bacteria cleaned out, and actually if she adds some charcoal to that it would really help her out too. OK, still need to know something about that? She needs to do that first thing in the morning and then in the afternoon, maybe right when she gets home from school, and do it before she eats so that it can get in there and bind. So, that's what we need to find out is that she needs um, a combination of 2 teaspoons of Bentonite, a heaping tablespoon of psyllium, and 2 DDS acidophilus and she needs to do that twice a day. Once right away in the morning, once in the evening before she eats dinner to help bind the fungus and the bacteria in her gut and get that out.

Tom: OK.

Heidi: OK, say, all healthy colon detox factors.

Misty: All healthy colon factors.

Heidi: Detox factors.

Misty: Detox factors.

Heidi: All healthy colon detox factor I want to be healthy.

Misty: All healthy colon detox factors I want to be healthy.

Heidi: And all healthy colon detox factors I want to be sick.

Misty: All healthy colon detox factors I want to be sick.

Heidi: And now say all healthy functional colon detox factors.

Misty: All healthy functional colon detox factors.

Heidi: OK, and um, how many blocks in this field do we have? 1, 2, 3, 4 blocks, so we have 4 things that are blocking her functional healthy colon detox factors, and do we need to know what they are? Yes, um, of these are any of them bacteria fields? Yes, how many are bacteria fields, 1, 2, 3, are bacteria fields. Are any of them parasite fields? Yes, 1 is a parasite field. Um, do we need to know more? No, can we clear the bacteria and the parasite field at the same time? Yes, um, have we cleared enough things to help her detoxify in a better way? We are missing something with that. Is it something up to her chest area? Is it the lymphatic in the intercostals area? No, um, is this a chakra energy trauma? Is this a parasitic trauma? Is this a nonphysical parasitic trauma? OK, it's a trauma with a friend. Do we need to know more? Do we need to know the age? Yes, was it between the ages 0-5? Between the ages of 5 and 10? Between ages of 5 and 10 trauma with a friend. Do we need to know more about that? Yes, um, so now I think I can clear that, so we are just going to use the trauma code to clear that. I think if we build a code we can put that into the code and I can work on it some more. Cooperation needed for healing, OK, so we'll just build a new code for you Misty. Yeah, 100% of the information needed for healing, 100% of internal cooperation for healing? OK, now we have a little glitch on that.

Tom: Heidi, I get a nighttime field, do you want to check that?

Heidi: Yeah, that's true. Does Misty need to clear this nighttime field? Yes, with the trauma code? Yes, OK, Misty, have to clear a nighttime field with the trauma code. Is this coming from childhood? Is it from a fear? It is coming from a fear in childhood, and that will help clear this block, which is your cisterna chyli, um, big area of lymph drainage which is right in your trunk

area there. Um, does she need to do the trauma cold in the sleep position? What you need to do is we will send you the trauma code and you need to say it in the sleep position. So you say it on your side a few times. You say it on your other side a few times, and you go through the trauma code when you are laying on your back and you go through the trauma code when you're laying um, on your stomach.

Misty: OK.

Heidi: OK, now do we have 100% of internal cooperation for healing, nope, there still is some other factor yet.

Tom: There's a blocking emotion.

Heidi: Yeah, there is a blocking emotion.

Tom: Remorse.

Heidi: Remorse.

Tom: Fear, and anger.

Heidi: Yeah, I got anger too. OK, do we need to know more about those? Yes, um, need to know what they are blocking? Yes, are they blocking parts of this, are they blocking this? OK, they're blocking that whole energy field right in the middle of the chest, heart and that is affecting that cistena chili with the lymph drainage area right there. Do we need to know more? That with the code? Yes, OK.

Tom: Do you just want to double check her for cortical split before we go on?

Heidi: Blocked on that again.

Tom: Blocked again?

Heidi: Yup.

Tom: Heidi that is something that we will have to come back to with Misty as she has a suture problem on the left hand side.

Heidi: OK, can you make note of that. You have a cortical split with it stuck here, is there a trauma related to this? Is there an emotion, um, there's a guilt emotion that is connected with that. OK, do we have 100% of the information needed for healing, um, is it the suture issue? Yes, do we have 100% of internal cooperation? OK, now that you brought up the suture, Tom, we need to fix that.

Tom: Yeah, I'm working on it right now. It was her adrenal gland.

Heidi: OK, now do we have 100% of information for healing? Do we have 100% of cooperation for healing? Now, we're turning up on that again. Um, is there another frozen emotion field? Another trauma? Um, do we need to know the age? Age is 0-5, ages 5-10, so another trauma ages 5-10. Um, does this trauma have to do with the E-coli? Does it have to do with the Lyme's? So, now we're getting into the trauma about the Lyme's, Um, do we need to do more? Is it the trauma of when she first came down with the Lyme's? Is it the trauma of Nick being in the hospital? It was the whole trauma of Nick was in the hospital. I was there with him and she was really sick at home and we didn't know she had the E-coli yet. Ah...

Tom: Yup.

Heidi: And then does it go into the Lyme trauma? It is the E-coli trauma at this time? Yeah, OK, do we have 100% of internal cooperation for healing? Do we have 100% of information? We still have an internal cooperation block.

Tom: Yeah.

Heidi: It has to do with...

Tom: She's got a part.

Heidi: Yeah, this is like a big um, treatment Misty.

Misty: Mmm hmm.

Tom: Age 11, age 11.

Heidi: Yeah, that's when she was sick. Was it about being in the hospital? Something about being in the hospital.

Tom: Her kids protecting her.

Heidi: About her being sick. Her about being alone, I think it's a fear about being alone when she was in the hospital.

Tom: OK.

Heidi: Do we have 100% of internal cooperation for healing? No, still something to do with that hospital. Um...

Tom: Heidi, I'm finding like a, it's a fear of the doctors.

Heidi: It's a fear of the doctors and the procedures?

Tom: Yeah, and it's that part is somehow protecting her from that.

Heidi: OK, do we have 100% of internal cooperation for healing? Yes, OK, Misty, we're finally, we're finally at the end here, Misty.

Misty: Good.

Heidi: I'll have you take your hand off your belly button now and say, I want to be over this problem.

Misty: I want to be over this problem.

Heidi: OK, so UN, under your nose, then thymus...

Tom: Misty, you need to tap these as we go through.

Misty: Oh, OK.

Tom: And then tap your thymus.

Heidi: And your liver on your right rib, and then E is right under the eye and then G50 is between your 4th and 5th finger.

Tom: On the back of your hand.

Heidi: EB corner of your eyebrow.

Tom: That's inner corner by your nose.

Heidi: MF your middle fingernail corner towards your thumb.

Misty: Mmm hmm.

Heidi: Then liver again, the IF, your index finger corner of the nail, SH, side of hand, thymus, 3rd eye, G50, is between the 4th and 5th finger, LF, is little finger corner of the nail, thymus, C, collarbone, IF, index finger, G50, between the 4th and 5th finger, SH, side of hand, 3rd eye. OK, say, I want to be over this problem.

Misty: I want to be over this problem.

Heidi: There's a block, CH, chin, thymus, liver, G50 between 4th and 5th finger, then your heart, then say, I want to be over this problem.

Misty: I want to be over this problem.

Heidi: Then close your eyes and say I want to be over this problem.

Misty: I want to be over this problem.

Heidi: Then 9G and then close your eyes and say I want to be over this problem.

Misty: I want to be over this problem.

Heidi: Then say I want to be completely over this problem.

Misty: I want to be completely over this problem.

Heidi: UN under nose, thymus, liver, thymus, heart G50, between the 4th and 5th finger, eyebrow...

Tom: EB,

Heidi: Thymus again, LF, little finger, UN, under nose, liver, G50, between the 4th and 5th finger, SH, side of hand, IF, index finger, UN, under nose, CH, chin, TH, thumb, corner of the thumbnail on the outside, liver, TH, side of the thumb, outside corner of the thumbnail, thymus, liver, 3rd eye, G50, between the 4th and 5th finger, SH, side of hand, thymus, liver. OK, say, I want to be completely over this problem.

Misty: *I want to be completely over this problem.*

Heidi: Close your eyes and say, I want to be completely over this problem.

Misty: I want to be completely over this problem.

Heidi: Um, UN, under your nose, liver, g50, 4th and 5th finger between, SH, side of hand, 3rd eye, CH, chin, thymus, LF, little finger, liver, G50, between the 4th and 5th finger, SH side of hand, thymus, liver, G50, between the 4th and 5th finger, IF, index finger, SH, side of hand, thymus, CH, chin, LF, little finger, liver, E, under the eye, G50, between the 4th and 5th finger, EB, eyebrow, UN, under nose, SH, side of hand, thymus, liver, C, collarbone, E, under the eye, UN, under nose, G50 between the 4th and 5th finger, liver, thymus, UN, under the nose, 3rd eye, then touch the top of your head, crown, and then pelvis. Say, I will be completely over this problem.

Misty: I will be completely over this problem.

Heidi: Heart, say, I will be completely over this problem.

Misty: I will be completely over this problem.

Heidi: Good, then close your eye and say, I will be completely over this problem.

Misty: I will be completely over this problem.

Heidi: 9G, close eyes, say, I will be completely over this problem.

Misty: I will be completely over this problem.

Heidi: UN, under nose, and then, close eyes and say, I will be completely over this problem.

Misty: I will be completely over this problem.

Heidi: SH, side of hand, and then throat, and then close eyes and say, I will be completely over this problem.

Misty: I will be completely over this problem.

Heidi: One, more time, I will be completely over this problem.

Misty: I will be completely over this problem.

Heidi: Should Misty use the first chakra pattern? Do we need a chakra pattern? Yes, does Misty need the first chakra pattern? Does Misty need the second chakra pattern? How many times through? Once. How many times to repeat the whole code through? Once. How many times a day? Once a day. Got all that Tom?

Tom: Yeah, so the second chakra pattern one time through?

Heidi: Yeah, and then repeat the whole code one time through.

Tom: Wow, OK.

Heidi: Once a day or as needed.

Tom: OK.

Heidi: And then we created some other codes, Misty, that will be good for you, um, for detoxification. One is for lymph detox and one is a whole body detox that will help you out too.

Misty: OK.

Tom: Misty, thanks for taking all the time today. We appreciate it, and I think that this code will help you a lot.

Misty: OK.

Heidi: Yeah, there's a lots of blocks we had to get through.

Tom: Do we need a filter?

Heidi: Um, do we need a filter for Misty? Yes, we do. Um, how much of this treatment should she receive? Should she receive more than 15%? Should she receive more than 10% of this treatment? More than 12? So, she going to receive like 11% of this treatment right now for how many days? 1, 2, 3 days, then should she receive 100% of the treatment after 3 days? Alright.

Tom: Then 100%?

Heidi: Then 100%.

Tom: OK, then 100%, OK.

Heidi: Misty, we'll mail you the information you need about your bentonite and psyllium and the thing that you need to use for your um, the fungus.

Misty: OK.

Heidi: OK.

Misty: OK.

Heidi: Thank you!

Misty: You're welcome! Bye!