



# Quantum Techniques®

## Teleclinic Guide

### Lyme Disease and Quantum Techniques® Part 2

**Recorded:** Tuesday, August 2nd, 2011

**Link to Part 1 Audio:** [PART 1 AUDIO](#)

**Link to Part 1 Guide:** [PART 1 GUIDE](#)



#### 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 bacterial die-off products and the body's immune response overwhelm the detoxification pathways and lead to the symptoms of toxicity: fatigue, sleep disturbances, 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.

***Please email question to:***

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#### 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.

#### NOTES:

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2. What are the organs of detoxification and how can their function be enhanced?
  - a. Liver: What are Pathologic detoxifiers?
    - 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. Acupressure points to release stagnant liver Qi
  - b. Lymphatic: The impact of impaired lymphatic function
    - i. Symptoms of sluggish lymphatic flow.
    - ii. How can we stimulate the lymphatic flow?
  - 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.
  - 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.
  - 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.

**NOTES:**

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3. How can I prepare my body for the detoxification process?
  - a. Nutritional interventions: Recommended supplements for general health and for optimal detoxification.
    - i. General Health:
      1. Multivitamin-mineral (Multigenics from Metagenics for pre-menopausal 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).
  - b. Movement: exercise, Qi Gong, massage/bodywork.
  - c. Lymphatic Drainage: manual lymphatic drainage, skin brushing, detox baths.
  - d. Colon Cleansing: Psyllium, Bentonite Clay, Charcoal, probiotics, coffee enemas.
  - e. Fluids: sufficient purified water, juicing.
  - f. Rest: body and mind rest.

**Notes:**

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

- a. Interview with client from Part 1 of this teleclinic series.
- b. Testing for blocks in client's detoxification pathways.

**Notes:**

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### Beneficial Acupressure Points to Stimulate Detoxification

Kidney 3 – in the depression between ankle bone and tendon on inside of leg

Kidney 7 – 2 finger widths above Kidney 3

Kidney 16 – ½ finger width from belly button on each side

Kidney 27 – collar bone point used in QT – just out from sternum under collarbone

Liver 3 – in the depression between 1<sup>st</sup> and 2<sup>nd</sup> toe, just up on the foot about a thumbs width

Liver 14 – directly below the nipples on both sides in the 6<sup>th</sup> intercostals space

Spleen 6 – Place flat hand with fingers together on the inside of the leg. The pinky is placed at the middle of the ankle bone. The point is just on the outside of the index finger straight up from ankle.

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

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

Stomach 25 – 2 fingerwidths lateral to belly button on each side

Large Intestine 11 – with the elbow flexed, draw a line up thumb to crease of elbow – just a tad toward the thumb from the crease.

Gallbladder 39 – 3 fingerwidths above the tip of the ankle bone on the outside of the leg

### **Lymph and Kidney Detox Code**

(It is important to read this one first)

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

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

### **Whole Body Detox**

Sh, mf, liver, eb, un, thymus, Lf, liver, 3<sup>rd</sup> eye, Lf, liver, un, g50, oe, g50, sh, 9g, thymus, 3<sup>rd</sup> eye, liver, 3<sup>rd</sup> eye, un, thymus, Lf, liver, g50, eb, 9g, 3<sup>rd</sup> eye, liver, g50, un, g50, sh, eb, oe, sh, 3<sup>rd</sup> eye, 9g, 9g, sh, forehead, heart, solar plexus, pelvis, tailbone,

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

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

Repeat this code 1 time after the Lymph and Kidney Detox Code as needed.