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Quantum Techniques Teleseminar

Natural Nutrition vs. Synthetic Nutrition

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Table of Contents

Disclaimer	3
Disclaimer Explained	3
Hold Harmless Agreement	4
Description:.....	5
Transcript:.....	5

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Description:

Quantum Techniques practitioner Dr Carolee Johnson presents this advanced teleclinic discussing natural vitamins versus synthetic vitamins, and how nutrition can affect our behavior and the behavior of our children.

Transcript:

Dr Carolee Johnson: Hi I'm Doctor Carolee Johnson with Quantum Techniques.

Tonight I will continue our teleclinic series on food additives and nutrition.

I will be going over the differences between chemical nutrition versus natural nutrition. And how some of those things can affect our behavior, and the behaviors of our children.

Back when I was in school to become a Master Herbalist, I was training under David Christopher, the son of Dr John Raymond Christopher. I watched a lecture of Dr Christopher who had by then passed on, but he told a story of two brothers who lived in the same household. These brothers fought tooth and nail. Neither one could even sleep good for fear the other would finish them off in the night with a two by four. These kids were 12 and 13 years old!

The parents had taken them to see all kinds of psychiatrists and other doctors, and nothing could be done. They didn't have Quantum Techniques back then to test their foods and see if there were any toxins that were contributing to this type of behavior. The parents after having tried everything else decided to take the boys to see the local Naturopath Dr Christopher. Doctor Christopher had a little intuition when it came to natural healing, and he figured that it must be something they were eating that was causing this behavior. Since when do 12 year olds in the 1950's try to kill each other? He said he could hear those boys all the way down the hall at each other throats fighting. Neither one ever giving in.

Dr Christopher asked the parents what the boys were eating, and found out it was just the regular all American diet. Meat, potatoes, the usual white flour and sugar, apple pie and ice cream, and the occasional soda, candy and milk.

If Dr Christopher had known about Quantum Techniques he would have just tested through the kids diet and removed the things that were testing toxic. But he did what he knew, and put them on a restrictive diet, and had them do some colon cleansing and liver cleansing. And he put them on natural food based vitamin nutrition program as well. This was probably a little hard for such young kids, but they did do it.

After a couple of months on this program, the boys came back to see Dr Christopher, but this time they each had an arm around the others shoulder and they were very best friends, like brothers ought to be.

And I was amazed that just a shift in the diet could make such a huge shift in these children's behavior.

What this demonstrates is the huge difference a person's diet makes even if it is fairly chemical free. Those boys didn't live in our chemical saturated era, they probably got plenty of chemicals, but not the same saturation level we have today. They did have white flour, sugar, food coloring and pasteurized milk though.

But you can see the amazing difference it makes just to remove the foods that test toxic to you even if they seemed like a healthy choice. Until you do your healing and clear it, it can cause all kinds of trouble for you.

In 2002 There was a large scale study done that was published in the British Journal of Psychiatry, where they used 231 young adult prisoners, ages eighteen to twenty-one. The purpose of the study was to see if better nutrition would make a difference in the behavior of these young prisoners.

They gave the study group a combination of wholesome foods and supplements that contained omega 3 fatty acids, chromium, and several other natural vitamins and minerals. The prisoners remained on this regimen for 142 days. I think that's probably close to five months.

After the time period was over they compared the number of disciplinary incidents to the control group of inmates.

Compared to the baseline group, the group that was given the natural high nutrition diet recorded a 37% drop in the number of serious disruptive incidents, including violence. It was powerful evidence that poor nutrition plays a key role in triggering violent and antisocial aggressive behavior.

I wonder what would have happened in this same study if they had taken the highly nutritious meals that these inmates were given and tested everything that each one ate using Quantum Techniques?

Would the percentages in violent, aggressive or antisocial behavior have dropped even further? I would be willing to bet that they would. Because if everything were energetically tested, and each man had a highly nutritious diet that was completely non-toxic, the body would naturally start a mild detox pattern until the body were clean.

Most criminal justice systems assume that criminal behavior is entirely a matter of free will. But how can a person exercise free will without involving the brain? And how can the brain function without an adequate non toxic nutrient supply? I think nutrition is probably one of the most straightforward factors to change antisocial and violent behavior. It's also cheap.

Our brains are metabolic engines that take up just 2 percent of our body mass and yet use 20 percent of the nutrients we burn. It stands to reason that if the brain's requirements for essential non toxic foods aren't met, there will be mood and behavioral consequences.

In a presentation before members of the British parliament in 2003 a man named C. Berard Gesh described how crime statistics for England and Wales showed a tenfold increase since the 1950's, not coincidentally the very period when the nutrient content of fruits and vegetables underwent a serious decline. For example in 1946 the biggest source of vitamin C was fresh vegetables, but by 1993 the primary source had become fizzy drinks laden with chemical additives, and they were calling this vitamin C.

Criminal statistics for the United States were even worse. As of 2005, nearly ten thousand U.S prison inmates were serving life sentences for murder and other violent crimes they had committed before the age of 18, a total more than all of the other industrialized nations combines. And that was six years ago.

There were previous studies done that support Gesh's findings. In the United States an experimental study of three thousand imprisoned juveniles in 1983 replaced snack foods with a range of healthier options.

Over the next year there followed a 21 percent reduction in antisocial behaviors, a 100 percent reduction in suicide, and a 25 percent reduction in assaults. Stephen schoenthaler of California State University who created this study is considered a pioneer in showing the relationship between nutrition and behavior. He also published papers demonstrating how vitamin and mineral supplementation can improve children's intelligence and school performance.

There are other studies that produced evidence that zinc deficiencies in the diet can contribute to criminal behaviors in juveniles because zinc is important to making chemical neurotransmitters in the brain. Neil Ward a senior lecture in analytical chemistry says, that he thinks it is a direct result of exposure to chemical toxins, which prevent the absorption of zinc.

Now before you run out and buy a zinc supplement, keep in mind that A deficiency in zinc can lead to stunted growth, diarrhea, impotence, hair loss, eye and skin lesions, impaired appetite, and depressed immunity. But if you consume too much zinc it can disrupt absorption of copper and iron, as well as create large amounts of toxic free radicals. This is one of the greatest reasons that nutrition should be taken naturally as it was made and balanced in nature and not as a separated out single chemical. We will get into that a little deeper as we go.

So what this is proving is that healthier food or natural nutrition can create a healthier society. It's not really plausible that in the last fifty years we could have made spectacular changes to the human diet without any implications for the brain.

Evidence is mounting that putting poor fuel into the brain significantly affects social behavior.

So the question here would be, can chemical food ingredients alter brain chemistry? Are toxic thoughts and actions the result of toxic meals? Can irritability, aggressive behavior, and compulsiveness, and other behaviors be traced to the accumulation of food toxins in our bodies, especially in the children's bodies?

Only within the last two decades of the twentieth century did such questions assume relevance to a generation of parents and teachers who began witnessing an unprecedented wave of attention, learning and behavioral disorders among children.

In her book the crazy makers carol Simontacchi writes that "School kids struggle with their homework because they can't remember or focus." "They fight anger that bubbles up from nowhere and scalds the people they love most dearly. They find themselves fighting irrational fears that hinder them in relationships, schools, and on the job. We've been told over and over that our food choices are contributing to degenerative diseases like cancer, diabetes and heart disease. Maybe it's time that we explore the possibility that these major American consumer brand foods are hurting our brains too.

The number of kids in the United States and Britain being administered Ritalin and other drugs for hyperactivity and related disorders has more than tripled in the past few decades. On a conservative estimate, up to 6 percent of US school children suffer the health disorder call ADD or attention deficit disorder. Another 20 percent of the students seem to exhibit

some form of behavioral problems. Suicide rates are way up, and even the childhood homicide rate in the United States is five times the rate of any other industrialized country.

It's like an epidemic of scrambled brain chemistry just came out of nowhere. But if you were to chart on a graph the incidence of these disorders, you would find a corresponding increase in the numbers and levels of chemical additives in the foods and drinks these children consume.

If all of these chemical additives in our food supply are a direct cause of the violent behavior we are seeing all over today. The recipe for world peace might just be natural nutrition.

You know, most large grocery store chains have a sign posted somewhere in there, designating a particular section of the store as the health food section. It has made me wonder if the rest of the store should have sections called illness food, or the death food section. Or the section called violent behavior section.

What we humans consume for food has undergone more profound change in the past century than in the previous one hundred years, yet genetically we have the same bodies and nutritional needs as our ancestors.

We have used our advanced scientific knowledge largely to change nature's foods and thereby have defeated nature's laws of health.

Nature has put foods up in packages containing the combinations of minerals and other factors that are essential for nourishing the various organs.

Our modern process of robbing the natural foods for convenience or gain completely thwarts nature's inviolable program.

An earth summit report in 1992 estimated that 85% of the nutrients were removed from crop soils in North America during the twentieth century. So food grown in these soils are deplete of the nutrition they had before chemical fertilizers and pesticides.

Processing food removes even more nutrients. Consider what happens with canned tuna. The canning process removes 99 percent of the vitamin A found in fresh tuna, 97 percent of the vitamin B1, 86 percent of the B2, and 45 percent of niacin, and it increases the level of oxidized cholesterol in the human body.

Oxidized cholesterol is a substance which is routinely fed to laboratory animals to accelerate artery clogging in order to test theories of heart disease.

When whole wheat is refined into white flour for white bread, the percentage and range of nutrients lost are extraordinary: 95% of the fiber is lost, iron goes down by 84%, vitamin E down by 95% in white flour compared to whole wheat, manganese goes down by 82%, iron down by 84%, niacin by 80 percent, vitamin B2 by 81 percent.

Many foods and spices are irradiated to neutralize insects and micro organisms, but this process further destroys vitamins and other essential nutrients in the food and eliminates the soil organisms that produce natural antibiotic compounds.

In an attempt to compensate for nutrient losses at every step of the food production and manufacturing process, food processors have resorted to synthetic food additives, the so called functional foods. Fortification permits manufacturers to market foods of dubious nutritional quality as health foods. Even to health professionals. Take fruit loops cereal for

instance, there was an advertisement that came out in 1999 that said presweetened cereals are a major source of nutrients for kids in the U.S.

There is no functional food like that, that can ever replace the full range of nutrients and phytochemicals present in fruits, vegetables, and whole grains, nuts and seeds.

Nothing in the realm of food turns out to be quite as it seems anymore. Take the natural food illusion on an ingredient list. There is no real difference between natural flavor and artificial flavor on any list of food ingredients. Both categories represent synthetic chemicals produced by slightly different methods.

Most every product labeled sugar free, diet or low calorie contains chemical additives and artificial sweeteners that lull us into thinking they are somehow more healthy than what they replaced. This has become a recurring pattern in the food industry.

In response to the health ravages of synthetic chemical foods and the myriads of disease that have come upon us, the disease industry has sprung up. But what they have to offer as a remedy for symptoms is just additional toxicity to the chemical burden we already bear.

Part of the disease industry is the vitamin industry. The question here is, can your body tell the difference between real vitamin and mineral nutrition and synthetic chemical nutrition?

The scientists say that synthetic vitamins look almost the same under the microscope as the real thing, and so they must be just the same as the real thing. I always feel like asking, well if they look almost the same, what's wrong with just using the real thing then?

If I have two platters sitting on my dining room table, and one platter is full of beautiful luscious green grapes. They are sweet, I know that when I taste one it is going to be sweet, and delicious and brimming with natural vitamins and nutrition.

On the other platter there are also some beautiful green grapes, but these grapes are rubber. They actually look pretty good. But if I eat them, do you think my body will be able to tell the difference? They sure do look a lot like the real grapes.

The truth is using synthetic vitamins and minerals for nutrition is about as good as eating the rubber grapes and thinking you are going to get the same nutrition as eating the real ones.

More than 95% of the vitamins, minerals and antioxidants that you buy at "health food" stores and close to 100% of those sold in other stores are now made by the same few pharmaceutical and chemical companies who supply them to most all the vitamin and mineral companies.

It's a deception to think that the "nutritional supplements" you buy today are the same as they once were. They are more accurately now called "nutraceuticals". The drug companies, in the disease industry make a lot of money from sick people.

Maybe the cheapest way to make vitamins is with chemicals. People certainly buy plenty of these chemical vitamins and minerals, not realizing that it isn't really any kind of nutrition at all.

People tend to assume that Vitamin C from one brand is pretty much the same as Vitamin C from another brand and in many cases they're right, since most of the Vitamin C came from the same original supplier.

What most people don't realize is that these vitamins and minerals are not true and complete vitamins and minerals like the ones that you find in nature. The ones our bodies were designed to use from good organically-grown whole foods. They are chemical synthetics just like the rubber grapes. They are made from such things as coal tar,

petroleum products, animal by-products, waste and fecal matter, ground rocks, stones, shells and metal.

And not only do they not supply the benefits of the real vitamins and minerals but they can actually be harmful. Especially in the mega doses that are often recommended.

Real vitamins only require very minute doses to be effective. And it has been shown that if you take smaller doses more often your body actually absorbs and uses more of the natural vitamins and minerals from plant based nutrition.

Dr. Richard Schulze, creator of the excellent whole food formulation called "**SuperFood**", has this to say:

He says that "Many so called natural vitamins are made from horrible substances. All the vitamin B-12, cyanocobalamin, on the market is made from either ground up toxic cow livers or activated sewage sludge. These cow livers are overloaded with steroids and antibiotics, and the pesticides the cow assimilates while eating. The sewage sludge is just that, fecal matter. In today's environment of depressed immune diseases I can think of hundreds of reasons that these materials would be a health risk, not benefit. Just because a so-called natural substance (fecal matter is natural) is high in a particular vitamin, does that also mean it is a good food?"

"Vitamin A from fish liver juices loaded with toxic PCB's and mercury, B vitamins from coal tar and petro-chemicals, known central nervous system depressants, respiratory irritants and carcinogens, Vitamin C from acid blends irritating to the lining of the digestive tract (Ascorbic Acid), Vitamin D from radiated oil, Vitamin E from Eastman Kodak, the same company who makes film for your cameras. need I say anymore?"

"All minerals used in nutrient manufacture are basically dirt. The iron, calcium, zinc etc. are just mined ore, pulverized and powdered to a fine dust. This doesn't make it any easier to assimilate...Modern research shows us that minerals of this type are 99% inassimilable. The manufacturers response to this, is to add pig digestive enzymes, which supposedly pre-digests it or chelates it, in their attempts to force our body to accept this toxic material. Is this practice of chelating minerals really to our benefit or a dangerous act of ignorance?"

Vitamins are not individual molecular compounds. Vitamins are biological complexes. They are multi-step biochemical interactions whose action is dependent upon a number of variables within the biological terrain.

Vitamin activity only takes place when all conditions are met within that environment, and when all co-factors and components of the entire vitamin complex are present and working together. Vitamin activity is even more than the sum of all those parts; it also involves timing.

Vitamins cannot be isolated from their complexes and still perform their specific life functions within the cells. When isolated into artificial commercial forms, like ascorbic acid, these purified synthetics act as drugs in the body. They are no longer vitamins, and to call them such is inaccurate."

Let's look at Vitamin C as an example. Many people buy Vitamin C as ascorbic acid, but ascorbic acid is not Vitamin C and in fact when you take it by itself, it can be quite irritating to the lining of the digestive tract.

Complete Vitamin C is composed of many co-factors such as rutin, bioflavonoids, Factor K, Factor J, Factor P, Tyrosinase, Ascorbinogen, ascorbic acid and other components. Maybe mankind hasn't even discovered all of the co factors yet.

Who are we to think we are so brilliant we can take apart what a master chemist like the divine creator put together, and call it better.

Every one of these things that I just mentioned, and all those we haven't found yet, are vital to the complete biological activity that enables Vitamin C to function fully. Ascorbic acid is only a very small fraction of naturally occurring vitamin C.

In addition, mineral co-factors must be available in the proper amounts. If any of these parts are missing, there is no vitamin C, no vitamin activity.

"The ascorbic acid you buy at the grocery store every few weeks, thinking you are buying Vitamin C, is just a chemical copy of naturally occurring ascorbic acid, which itself is still only a fraction of the actual Vitamin C. Real vitamin C is part of something living, and as such, can impart life.

Your synthetic, fractionated chemical ascorbic acid never grew in the ground, never saw the light of day, never was alive or part of anything alive. It's a chemical, a cornstarch derivative, a sulfuric acid by-product.

In your body it's just another drug. Synthetic vitamins have toxic effects from mega-doses and actually can increase the white blood cell count. Vitamins are only necessary in minute quantities on a daily basis. Whole food vitamins, by contrast, are not toxic since the vitamin is complexed in its integral working form, and requires nothing from the body, and triggers no immune response.

"Whole food vitamin C as found in potatoes, onions, and citrus fruits, strawberries, and bell peppers, is able to quickly cure any case of scurvy. By contrast, the fractionated chemical ascorbic acid has been shown to be insufficient in resolving a scurvy condition, simply because it does not act as a nutrient".

And that last little bit, was published in the Lancet 1842.

More than 90% of ascorbic acid in this country is manufactured in Nutley, New Jersey, by Hoffman-LaRoche, one of the world's largest drug manufacturers. Most U.S. vitamin companies buy bulk ascorbic acid from this one company.

Each vitamin company then makes its own labels and each usually claims to have a superior form of Vitamin C, even though it all came from the same plant and what's more, it's not really Vitamin C in the first place.

So what does this tell us? Well, one thing it tells us is that if you look at the label on a bottle of so-called "Vitamin C" and it says only ascorbic acid, you don't buy it.

Looking at a typical multi-vitamin label we see such things as: *Acetate, Palmitate, Thiamine mononitrate, Thiamine hydrochloride, Thiamine Chloride, Pyridoxine hydrochloride, Cobalamin or cyanocobalamin, Ascorbic Acid, Pycnogenols, Irradiated ergosterol or Calciferol, dl-alpha tocopherol, Menadione, Beta Carotene and Retinoic acid* .

How many of these are true vitamins? Not a single one - they are all chemical derivatives concocted in a pharmaceutical laboratory.

And they are none of them complete vitamins. And they are in forms that your body doesn't know what to do with. Especially in the absence of the synergistic minerals that enable the vitamins to work.

So, what's the big deal with taking synthetics - why is it really a problem? And how come some people report feeling better when they first take them?

If a person has in his or her body enough reserves of the missing parts of a particular vitamin when combined with the vitamin isolate from the synthetic, they will experience some initial relief.

But as soon as those reserves are used up, the synthetic will no longer work, the symptoms will return and the person will now experience the often unpleasant effects of vitamin imbalance and deficiency.

As **Dr. Judith DeCava** points out in **"The Real Truth about Vitamins and Antioxidants"**, ***"This is what occurs with all synthetic vitamins: the body treats them as toxins, leading to the "expensive urine" of excess vitamin intake referred to frequently, since the human system via the urinary tract attempts to rid itself of the major quantity of such foreign chemicals."***

Dr. DeCava also points out that vitamin B1, as synthetic Thiamine (Thiamine HCL or Thiamine Mononitrate), *"will initially allay fatigue but will eventually **cause** fatigue by the buildup of pyruvic acid. This leads to the vicious cycle of thinking more and more Thiamine is needed, resulting in more and more fatigue along with other accumulated complaints..."*

...Natural food-source vitamins are enzymatically alive. Man-made synthetic vitamins are dead chemicals."

True whole food vitamins don't leech the body of their missing co-factors and don't cause a vitamin imbalance leading to the return and increase of symptoms. True vitamins also don't need mega doses to create their effect. A high number of milligrams is often an indication of a synthetic source.

According to Dr. Timothy O'Shea, *"In one experiment, synthetic vitamin B (thiamine) was shown to render 100% of a group of pigs completely sterile!"*

and, *"A study reported in Apr 94 in the NEJM of some 30,000 Finnish subjects showed conclusively that synthetic vitamin A had no antioxidant effect whatsoever."*

A true antioxidant helps to protect heart muscle, lungs, and artery surfaces from breaking down prematurely. In this study, the subjects who received the synthetic beta carotene actually had an 8% higher incidence of fatal heart attacks, strokes, and lung cancer than those who got the placebo (sugar pill).

The synthetic brought no vitamin activity to the tissues that needed it. As a dead, purified chemical introduced into the body, the synthetic further stressed the immune system, the liver, and the kidneys which all had to try to break down this odd chemical and remove it from the body.

It would be bad enough if they were harmless, but synthetic vitamins actually have a net negative effect."

Some of the very best ways to get natural vitamin and mineral nutrition is from what I call the superfoods.

These foods have high concentrations of all the vitamins and minerals known to mankind.

Take Spirulina for instance.

Spirulina is one of the oldest foods on the planet.

I have been researching and using spirulina for several years, and as far as I am concerned, the spirulina from Kona, Hawaii, is the best in the world. It is naturally 70% to 80% assimilable protein, and is one of the richest sources of beta-carotene in the world. Even red meat is only 40 to 45% assimilable protein.

The Chlorophyll in spirulina is sometimes called "green blood" because of its similarity to the hemoglobin molecule found in human blood cells. In fact, both are constructed of almost identical molecular structure called pyrrole rings, and both substances are chemically known as "porphyrin pigments" by scientists.

The difference is that chlorophyll contains a magnesium ion at its core, while hemoglobin contains an iron molecule. Magnesium imparts a green color to the chlorophyll molecule and is involved in synthesis of other materials, while iron gives hemoglobin a red coloration and changes the function of the porphyrin molecule to respiration and breakdown of materials.

It is believed that if chlorophyll is ingested with sufficient iron, the magnesium can be displaced to yield a hemoglobin molecule. Experiments in Japan have demonstrated that Spirulina has a marked positive effect on anemia, possibly due to the conversion of chlorophyll into hemoglobin. Of course, the high nutrient density of Spirulina, especially the blood-building vitamins B12 and folic acid and the amino acids, are also useful in treating cases of anemia. There is no way you could receive this kind of benefit from a synthetic vitamin pill.

Blue green algae is another amazing natural vitamin mineral rich food. It contains many nutrients including beta carotene, fatty acids, amino acids, protein, enzymes, lipids, vitamin C, vitamin E and B complex vitamins. Blue green algae require the same profile of essential amino acid as humans, so it's a great source of protein. Taking a blue green algae supplement is a better way for our body to absorb these nutrients than any synthetic chemical source.

With nutrition, I have learned to always eat a plate of wholesome and natural food that has all the colors of the rainbow on it. This way you can assure yourself a broad spectrum array of vitamins, minerals and nutrients.

Another amazing nutrient rich superfood is Broken-Cell Algae Chlorella has a rich array of vitamins, minerals, carotenoids, essential fatty acids, amino acids and hundreds of micronutrients, trace elements and nutritional compounds. It also has 38 times more protein than soybeans.

Alfalfa, Wheat Grass & Barley Grass are nutrient rich superfoods. There is more nutrition in the grass than in the grain. These superfoods contain astounding amounts of vitamins and assimilable minerals. They dramatically increase your energy levels, improve your digestion and are also mildly cleansing and detoxifying to your body.

Purple Dulse Seaweed is the most mineral-rich plant that grows in the earth's LIQUID SOIL.

Purple Dulse sea vegetable grows in the ocean's water, which has every mineral known to exist in it. This sea vegetable is one of the richest sources of digestible, easy to assimilate and usable minerals on the planet. This means it is loaded with minerals your body can actually use. The ground rock and dirt supplements you can buy in pill form are just expensive rocks and dirt. They are almost completely inassimilable by the body.

Acerola Cherries are the most stable, reliable and extremely concentrated, natural source of Vitamin-C. If you use only 100% organic, natural Acerola Cherries, they are one of the

richest sources of 100% natural Vitamin-C complex in the world, and contain whole-plant bioflavonoids, hesperidin, rutin, anthocyanins and all of the other naturally occurring essential co-factors.

Rose Hips, Lemon and Orange Peels are the three superfoods of vitamin C. They are not only a great source of Vitamin-C, but also contain naturally occurring, extremely important Vitamin-C COMPLEX nutrients, like bioflavonoids, hesperidin and rutin.

Palm Fruits are a nontoxic, all-natural, nutritionally dense food source of Vitamin-E.

Palm fruit is one of the richest sources of Vitamin-E known and contains more of it than any other vegetable oil. It assimilates easily and dramatically increases blood levels of Vitamin-E, making it a powerful antioxidant, removing free radicals and promoting longevity.

Beetroot and Spinach Leaf are like a natural blood transfusion — beets and spinach.

Beetroot and spinach leaf are an excellent antidote for anemia, flooding your blood with concentrated nutrition. They both regenerate and reactivate the red blood cells, supplying fresh oxygen to the body and building powerful, iron and nutrient-rich blood.

Saccharomyces Cerevisiae Non-Fermentable Nutritional Yeast is another superfood that will create a powerful energy and circulation blast throughout your entire body.

This type of natural super nutrition has created tremendous, almost miraculous, successes with healing and health-building. It's not how much you take, but how much you assimilate into your blood, where you need it.

If you were to put all of these together into one power packed nutritional drink. One Super Food drink would supply you with over 5 times the Vitamin B-12 (the ENERGY vitamin) that you need for the whole day. Some of these nutrients come from single-celled plants, which means that it is assimilated into your bloodstream and cells, where you need the nutrition, in less than 10 minutes. Since these vitamins are alive, when your body has everything it needs, instead of building up and becoming toxic, your body easily throws off any excess.

Has anyone ever felt that good after they take a synthetic vitamin pill? Or are you thinking when you take that vitamin pill, "Well, after I take this pill for a few weeks or months or years, I'll feel better."

With real nutrition, you start to feel better right now!

There have been times when I have craved a particular food so badly while I was healing that I just couldn't get enough of it until my body had healed the sick area.

In my case it was my digestive tract. It had never worked very well from the time I was born.

I happened to be walking through, health food store, and I thought the blackberries looked really good, so I got a few containers of them.

I got home and washed them up and though I'd sit down and relax with a good book and eat blackberries.

These blackberries tasted so good to me, I knew that there must be something in them that I needed. So next time I went to the members club, and got six of the big boxes of them,

and had one for breakfast every day, and then one in the evening as well. It was less than a week that I noticed a significant change in bowel function.

After a lifetime of misery, my bowles functioned completely normal for the first time in my life. After the area healed, I stopped craving blackberries, and now I just maintain whatever vitamin mineral supply my body needed from those berries with a box or two every week or so.

Another time while I was trying to heal my kidneys, one of my daughters had brought home a jug of raw fresh pressed apple juice. She had left it on the counter, and so I thought I might try some. I ended up drinking the entire jug in the next ten minutes.

It was the same type of thing. It was like I had just crossed the Sahara desert on foot and somebody had handed me a crystal clear picture of ice cold pristine spring water. My body craved whatever vitamins and minerals were in that jug of fresh raw apple juice, and I drank the entire thing like a thirsty traveler.

Later that night, I felt a white hot burning sensation in both of my kidneys, and the next morning I voided fiery hot urine. The constant pain in my kidneys disappeared, and only returned periodically if I had too much of something that was hard on my kidneys. I didn't know about QT back then. I was just trying to get myself well, and didn't know how to test.

The fact is, you don't see this kind of a miraculous healing, with any synthetic vitamin or mineral pill or powder. In fact I think it might be safe to say, that I have never ever seen this kind of a healing with a synthetic vitamin or mineral powder.

In the New England Journal of Medicine there was a study in which 29,000 male smokers were given synthetic bêta-carotene and synthetic Vitamin E to evaluate the cancer protective effects of these "vitamins." After 10 years, the men taking the synthetic beta carotene had an 18% higher rate of lung cancer, and more heart attacks, and an 8% higher overall death rate. Those taking synthetic vitamin E had more strokes.

Natural food sources of the same nutrients, such as fruits and vegetables, consistently demonstrated protection against cancer, heart disease, and stroke.

In 1995 in the New England Journal of Medicine reported that 22,748 pregnant women were given synthetic Vitamin A. After four years the study was halted because of a 240% increase in birth defects in babies of women taking 10,000 IU daily, and had a 400% increase in birth defects in babies of women taking 20,000 IU a day.

Women eating natural food sources of Vitamin A showed no increase in birth defects at all.

In March 2000 there was a study of men who took 500 mg of synthetic vitamin C daily. It was found that over an 18 month period, these men had a 250% increase of the intima-media lining (or the inner lining) of the carotid artery. This thickening is an accurate measurement for the progression of atherosclerosis. That is, synthetic Vitamin C induced atherosclerosis even at a 500 mg dose.

Whole food vitamin C like those I mentioned previously, protect and repair the inner lining of blood vessels, and is preventive against atherosclerosis.

So basically what I am saying here is that you can't repair and rebuild a live body with dead chemicals. It just isn't possible.

No one would ever argue that high-performance, complex mechanisms like computers or space shuttles require very specific, high-quality materials in their makeup.

Living systems are even more complex and specific in their need for building materials. In addition, living systems are constantly breaking down cells, organs and tissues, and rebuilding and repairing them. For these processes the body must have a continual supply of high quality material.

If you build a house with cheap imitation construction materials, your house will soon fall into disrepair. The same is true for the physical body.

The body had a very precise design, which is so incredibly intricate and complex that even with all the scientific and medical research thus far, we have only scratched the surface of understanding it.

What arrogance it is to think we can alter a design we don't even understand yet.

Sometimes though with real super nutrition, as soon as your body has this supply of the nutrition it needs it starts to throw out the trash and clean the place up so it can start to rebuild the sick parts. This is called nutrient saturation. I believe this is what happened in the case of my kidneys with the apple juice, and with my colon and the blackberries. When my body hit the point of nutrient saturation, it threw out the acids or the trash.

Nutrient saturation doesn't only throw out the physical garbage, it allows us to be prepared to heal once all of the physical and emotional issues are found and cleared. Once all of the fields are found and cleared, the body then utilizes this nutrition to bring that organ into a complete state of healing.

Suppressed patterns of thought, word and emotions are stored in the body in liquid crystal portion of the DNA in our organs and glands and tissues.

Basically these storehouses of information, in the form of thoughts, words and emotions, are held in a continual state of creation by our resistance to life.

True healing cannot take place without this information being accessed and released or transmuted with love and forgiveness.

As long as this information remains locked in the cells it is at the level of unconsciousness, characterized by a lack of awareness. As long as this lack of awareness persists, a release of these patterns, and thus healing is not possible. We can't really clear what we can't remember.

When we access this information with the intention to heal using Quantum Techniques this information is dissolved, and the information is released. This is where the state of nutrient saturation comes in.

In addition to providing the physical materials necessary for healing, nutrient saturation helps to initiate the release of the information that needs to be cleared in order for healing to take place.

I have seen instances where once a trauma has been released from a certain area, if the nutrition is available, the area heals completely in a miraculously short period of time. Sometimes it takes just hours, and sometimes even minutes on more minor physical issues,

given that the area is not overloaded with toxic material that still needs to be found and detoxified.

If all you do is clear out the foods and personal care products that test bad for you, and include super nutrition, you will start to see some amazing progress in yourself.

Then, when you start accessing the emotional, trauma and belief fields, and then the hidden pathogen, and toxin fields that can be bound by these trauma fields, it super charges your healing experience. And you start to experience enthusiasm for life!

I think that about covers it for this evening. So I am going to go relax with my big super green smoothie drink that is loaded with all of the superfoods I mentioned in this teleclinic.

In fact if anyone wants the recipe for this smoothie:

It is:

- On big handful of fresh organic baby spinach,
- one apple or banana or fresh pineapple chunks
- a few pieces of garlic or a small yellow or white onion
- one avocado
- and 2 tablespoons of Superfood powder.

You can get superfood either from Dr Richard Shulze website. I think it's called www.herbdoc.com or I have my own brand of superfood you can get by emailing me at carolee@quantumtechniques.com

There are other good ones on the market. Dr Christopher makes one called vitalherbs that's really good also.

Then I blend it all up with spring water.

It is really good and gives me tons of energy. It is also very healing for those of you in need of a good natural nutritional supplement in your healing.

I would like to thank everyone for listening tonight.

Have a good evening.