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Quantum Techniques Teleseminar

How to Find and Address Fungal Infections with
Quantum Techniques

December 8, 2009

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Part 1: Discussions on Fungal Infections

Steve: This is Stephen and Beth Daniel, the founders of Quantum Techniques and we're hosting a teleclinic today on how to deal with fungal infections. This is a huge problem today in general and especially in the chronically ill population. Today in America if you are age 45 or older and have never been treated before for fungal infection, you likely have one. It is the leading cause why most people in their 60's are on eight or nine medications; because they are chasing the end point symptom of a fungal infection.

Beth: The title of this evening's teleclinic is *How to Find and Address Fungal Infections with Quantum Techniques*. I would actually disagree with what you said about people age 45 and older, as I think it is much younger. I think by the time the average person is at childbearing age they have a fungal issue. Many people that are pregnant develop fungal issues because pregnancy has actually been shown to exaggerate yeast in the body.

Steve: It is rare that you find a case of obesity that doesn't have a major underlining fungal infection. Right now statistics show one out of three children in the U.S. qualify as being obese. It is rare that we have a chronically ill client that doesn't need to address this issue; probably less than 5%.

1. Introduction to fungal infections:

a. Found in at least 90% of our clients with chronic illness

Beth: When I was reading the outline for tonight's session I was thinking the percentage of our chronically ill clients who have fungal infections is probably more like 99%. This section will set the stage for what we want to teach you tonight. Fungal infections came to light in the early 1980's with Dr. William Crook's book *The Yeast Connection*. I remember reading that several years ago. At the time the book was written, it was considered a medical breakthrough and it was also very controversial. Dr. Crook has many disclaimers in his book related to his advice not being medical in nature and that he is not an M.D. The disclaimers were a result of the controversial idea that what he calls a "yeast germ" could cause all of these problems. *The Yeast Connection* became a best seller so I think it resonated with many people. That leads to the next issue which is what is a fungal infection? Is that the same thing as yeast? At Quantum Techniques when we test for fungal infections we are testing fungus, mold, Candida of different types, and yeast. All of those in our mind set are considered fungal infections. You'll hear people talk about having a Candida problem and that falls under this same umbrella of fungal infections. It's all basically an internal mold problem that the body isn't seeing and therefore is not eradicating.

Steve: I think something that's important to say is that the manifestation of the symptoms can be everything from psoriasis and bloating to panic disorder and depression. I've worked with many people that have been on a multitude of psychotropic medications for years that has not successfully controlled their anxiety or depression. They have an underlying fungal infection and once you heal that they suddenly eliminate their depression, anxiety, panic, brain fog, etc. that they've had for years. There are a full range of things you wouldn't necessarily consider.

Beth: There are misconceptions that fungal or yeast infections are only in certain parts of the body. We hear people talk about female's who have a yeast infection and automatically it is

assumed it is vaginal or sometimes a urinary infection, but fungal infections can be anywhere in the body including the brain and the dural tube that holds the spine. Fungal infections in the dural tube and brain can be some of the nastiest infections that exist. Dural tube fungal infections can cause terrible stiffness and inability for one to lift up their legs and walk up steps. They can be extremely debilitating. Fungal infections can be found in any part of the body, in any organ or gland, in any tissue, the ears and the sinuses, in the skin, on the scalp, in the brain, dural tube, you name it. Keep this in mind when you do your scanning.

b. Causes – diet, medications, miasms, passed on in utero

Beth: Some of the common causes of fungal infections include medications. The main ones that have been found to highly contribute to fungal infections are antibiotics, in particular ones for acne, sinus issues, bronchitis, urinary tract infections and ear infections. Another thing that we often see on our client's histories is that they have used repeated courses of antibiotics. That will make a fungal infection go wild. Repeated courses or a prolonged course of antibiotics that someone is taking for weeks and months accommodate massive fungal infections. That's why we tell people who take antibiotics to get on probiotics at the same time. We'll talk about some of that later. Other medications that can contribute to fungal infections are birth control and pregnancy pills. Diet also plays a huge role in contributing to fungal infections. This is particularly true if someone is gluten intolerant and they eat gluten and cannot digest it. We don't know which came first the chicken or the egg. Was the fungal infection there or was the gluten intolerance there first? If someone is eating gluten that they can't digest, it is fermenting in their gut and contributing to and exaggerating a fungal infection that may already exist.

Steve: Steroids are another one, for example, Prednisone for inflammation control. The irony of this is that many times when somebody is put on an antibiotic or steroids for infection, it is not bacteria to start with; it's viral and/or a fungal infection. In this case what is happening is that they are feeding the fungal infection. Unfortunately in the medical climate today doctors know if you come in for something and you don't leave with an antibiotic then you are going to go to another doctor to get the antibiotic, whether or not they are going to do any good. They may have a viral issue like a sore throat, but they don't feel like they've "seen the doctor" if they walk out without an antibiotic. This situation feeds this fungal issue.

Beth: Other causes of fungal infections can be miasms. Miasms are generational vulnerabilities that have been passed on throughout your ancestry. Common miasms that often are fungal are eczema and psoriasis. Unfortunately many people are born with those conditions so it's been passed on in utero from the mother. But it can also be a generational field; meaning in my mom's side of the family there was several people that had psoriasis, for example. That is a psoriasis miasm, the itchy, flaky, red skin which is an underlying fungal infection. Symptoms of fungal infections run the gamut. Within our introduction, under #1 letters d, e, and f are all about symptoms and this doesn't even scratch the surface. I will also call attention to letter g and say the role of allergies and fatigue is huge. Another symptom that people report is that they are very chemically sensitive to inhalants. Tobacco smoke is a big one, and perfumes, petrochemical fumes from vehicles, chemical smells, etc. are all typical. Other symptoms include people feeling lethargic, tired, depressed, anxious, chronic brain fog and other nervous system symptoms like forgetting things, feeling unreliable, feeling irritable, having headaches,

the inability to concentrate, drowsiness, numbness, muscle weakness, stiffness and lack of coordination are all possible symptoms of fungal infections.

Steve: I think also that if you have a surface fungal issue like Athlete's Foot or psoriasis and when you do topical treatments and it does not go away, that's a key that you almost always will have an underlying systemic fungal issue and you must address that at the same time, to actually get that to heal. A whole lot of the digestive things, you know, acid reflux, the amount of people that I see on Pepcid AC and they have a fungal infection is huge. So again, if you really heal the underlying issue where the body can then see what it needs to do because these fungal infections like viral infections one of the biggest damaging aspects is they go in and kind of blind the body's healing intelligence where then other co-infections whether that's viral, bacterial, can then slip under the radar because the body is so preoccupied or blocked and its messaging system with the fungal issues that it really can't see and maintain integrity in the healing system.

Beth: Yeah in regards to some of the digestive symptoms you mentioned, Steve, also like heartburn and pain in the gut, gas is also very common, constipation; diarrhea, fluctuating between constipation and diarrhea are also symptoms of a fungal infection.

Steve: I know and we're going to talk about this more in gluten intolerance but something that I guess was a new thought to me is if you're having bloating, gas, digestive systems, that's telling you something's not digesting and it's not like well, if I put it through one and it goes out the other end, then it's not going to harm me. If your body cannot digest it or if in the digestive process there's so much fermentation that you are having tremendous amounts of bloating and gas then that food is doing harm to your body. OK, if you cannot digest it, again, without symptoms, if digestion means you've got constipation or diarrhea or bloating or gas then you are doing harm to your gut and it's going to be important to find out what do you need to do to get that to heal because your immune system and ultimately your neurotransmitters functioning in terms of how quickly can you think and brain fog and anxiety, depression, all that really rests on the integrity of the gut. So this whole fungal issue is really talking about do you have gut integrity or not?

Beth: Well, this reminds me of this stories you tell about the men in the Daniel family and all of their flatulence...

Steve: I wouldn't know what you're talking about.

Beth: Yeah, the inability to digest and you know having gas and just kind of a joke but the truth is it is harmful to the body. You're not digesting something. You can also have fungal infections in your joints and people are; it's very common to have a fungal infection on the skin like Steve said with Athlete's Foot or Jock Itch or Psoriasis or Eczema that kind of thing but it can also be in joints and actually can cause swelling in the joints. A lot of people as I mentioned have fungal infections in their sinuses, in their nose, in the throat, and actually fungal infections can affect people's vision as well and the ears. We see it very commonly in people with ringing in the ears that's constant. There's almost always an underlying fungal infection in that field that's gotten into the ear canal. If you have a fungal infection you probably will feel worse like I said around chemical smells and strong inhalants and also when there are changes in the weather and the weather becomes damp, people with a fungal infection will often feel worse and/or itchy in certain parts of their body and then you will also notice if you eat yeast foods that you will most

likely feel worse if you do have a fungal infection. I think part of the reason that fungal infections are so insidious is that we have not had a good way to test for them medically so people don't know that they have them.

Steve: Unfortunately most physicians think if you have some of these symptoms a course of Diflucan will take care of it. I don't think that I've seen a Western medical physician suggest the proper diet and supplementation to take care of a fungal infection. They say if you take this medication for two weeks you should be fine. That rarely does the job. It may be helpful when combined with an altered diet and some other things, but I've not seen it do the job on its own.

Beth: I also think anti-fungal medicines like Diflucan and Nistatin are detrimental to the liver. If someone is chronically ill already, antifungal drugs are hard on the body. If you're considering taking these drugs always test them specifically against the liver to see if it is okay.

c. Spreads with sexual contact – reason for male prostate illness and cancer

d. Role in IBS, colitis, Crohn's

Steve: We see fungal infections having a role in irritable bowel syndrome and illness, colitis, and Crohn's Disease. I know medical people think differently in this regard, but we see those as a continuum of bowel disorder where there is always a fungal issue and often there's a bacterial infection. Additionally, there is rarely a case where you also don't have gluten and lactose intolerance. I've had many people get their life back in six to eight weeks by making diet changes and using the codes and taking the supplements we recommend. One of our 'Ask Quantum Techniques' data base questions was, "If you complete a long enough session can't you simply heal that fungal infection solely with codes?" My response is that I'm open to that possibility, but I want people to heal rapidly so they're not on a restricted diet longer than necessary. If people will do what we suggest, I have seen 95% of them are clear on the fungal issue in four to six weeks. The other 5% have other issues, but we can make a huge difference very quickly with most people if they follow the suggestions.

e. Role in depression and anxiety/neurotransmitters relationship/brain fog

Beth: There's such a strong link between the gut and the brain, so many people with fungal issues and chronic illness in general report brain fog. Much of the reason why is because at least 80% of the neurotransmitters in the body are created in the gut, and that can lead to brain fog. That's that gut to brain, brain to gut connection. So the gut is compromised and as you can see almost always involved in fungal issues.

Steve: I also find if you have a fungal issue and you are trying to lose weight you won't be successful. If you take out the fungal issue than you can be successful but it's very rare that someone trying to lose weight while having a massive fungal infection will be successful.

Beth: I would say over the years people that clear their fungal infection that are obese drop at least 15 pounds simply by clearing the infection, which can be very motivating to people.

f. Role in obesity and sugar cravings

g. Role in allergies and fatigue

2. Testing and treating fungal infections: Testing adaptations are from Neurolink (Dr. Alan Phillips)

Steve: This section is about testing and treating fungal infections. We've adapted this from Neurolink (Dr. Alan Phillips). It's an empowering form of training (www.neurolinkglobal.com). I

would recommend that people study and research this if you want to support remote work. It is a very powerful healing modality.

- a. **First, test the dural tube for a fungal infection; upper and lower dura. To test the upper dural tube: Place your thumbs in your ear canals and touch a finger to your tongue. Then test the statement “I want to be healthy”, if this tests weak, you have a fungal infection in the upper dural tube.**

Beth: What we've done is taken our training from Neurolink and turned it into remote work so that we can do it over the phone and we can help more people that way. Dr. Phillips is the creator of some of the scans that we'll talk about regarding the dural tube, the organs and glands. For those of you that have purchased and seen our DVD the *Physical Scan Level 2* we do talk about fungal infections there as well. We have a couple of new things to share so even if you do have the physical scan DVD there's some additional things we'll be sharing here tonight. The first test that you want to do for fungal infection is to look at the upper half of the dural tube, which again is the tube that is the covering over the spine. For testing purposes Dr. Phillips has separated the tube into upper and lower dura. We're assuming that you know how to self-test in order to use these methods. To test the upper dural tube for a fungal infection the thumbs go in the ear canals and then I usually touch one of my pinkie fingers to my tongue by stretching out the hand. By touching the tongue you are conducting a pH test. By placing the thumbs in the ear canals we are accessing the upper half of the dural tube. So you put your thumbs in your ear canals, touch any finger like the pinkie to your tongue and then you test using our statement, “I want to be healthy”. So you release those contact points and then test “I want to be healthy”. You have a 5-second window to release those contact points and say your statement and test, so you have plenty of time. If “I want to be healthy” tests weak, there is a fungal infection in the upper half of the dural tube. What Neurolink does to treat it is simply touching the ear canals and the tongue, and then tapping the head two to three inches above the ears with your fingertips several times. That's showing the brain or the healing intelligence of the body where the problem exists. Of course we also put it into codes because then every time you read the code you are retreating the field. What we found with fungal infections is the body needs retreatment of that field by continuing to show the body this issue and clear that frequency every time you read the code. So that's the first step in testing for fungal infections. Now after you test the upper dural tube you want to look at the lower dural tube.

- b. **Secondly, to test for a fungal infection in the lower dural tube repeat step a. , above, then touch the base of the tailbone before testing “I want to be healthy”. If this tests weak, you have a fungal infection in the lower dural tube. The presence of fungus in the dural tube interrupts brain/organ system communication via the Central Nervous System. This contributes to spinal issues and stiffness and pain syndromes.**

Beth: The lower tube starts around the middle of your back and goes down to the base of the tailbone. If someone has a fungal infection in the lower dural tube this is where they'll feel stiffness in the lower back. This stiffness can lead to fatigue in the legs, and difficulty lifting up the knees to walk up steps and complete body stiffness. Those are very common symptoms. If the infection is in the dural tube you are going to find it other places as well. To test the lower dural tube for fungal infection, you start with the same contact points that I just talked about.

Put your thumbs in the ear canals and a finger like the pinkie, touching the tongue, then after you do that release your hand and touch the very tip of the tailbone. Again in our testing you say, "I want to be healthy" after you touch all those points. If that's weak there is a fungal infection in the lower dural tube. This is critical because this type of infection interrupts the Central Nervous System communication. It interrupts communication between all of the organs and the spinal cord and the brain and can lead to much pain. We're going to give you some codes for fungal issues in letter c, below. For fungal issues in the dural tube it is in your best interest to create your own code. Additionally Neurolink has come out with something new this past year: you can use that same scan for the lower dural tube to check for fungal infections in the joints, and in body tissue. Let's say my client has a fungal infection in their lower dural tube, and now I want to check to see if they have any fungal infections in joints or tissue. This is where it's important to have some client history. Does your client have inflamed joints, joint pain, or do any areas of the skin look like a possible Athlete's Foot type of situation showing rough, dry or red skin? Having the person touch that area makes the testing much more effective. So if there is such an area, have them touch it, then go back and do step b, thumbs in the ear canals, touching the tongue with the finger for the saliva, touch the very base of the tailbone and test, "I want to be healthy". If that's weak the second time there's a fungal infection in joints and/or tissue. The person you're working with should know where this is located. If not you can test for it: is it on the right side of the body, is it on the left, is it above the waist, is it below the waist? Do some testing to figure it out. Most often it's going to be obvious to the subject person.

- c. **QT Code for fungal issues in the dural tube: SH IF EB IF EB IF EB E SH IF G50 SH IF SH IF EB IF SH IF SH IF G50 EB E SH EB E OE A C 9G UN SH UN either chakra pattern twice**

Beth: Letter c is the code for the fungal issues that you find in the dural tube. You can use this same code for fungal issues you find in the joints or tissue. We also have a specific one for skin that we'll discuss later. Test to see which one is more effective.

- d. **To test for fungal infections in the organs or glands of the body: Touch the tip of tongue with an index finger while the other hand is over the liver (bottom right rib) and say, "I want to be healthy". If it is weak, there is a fungal issue. The ileocecal valve is an area of fungal vulnerability and can show up even if the liver does not. It is usually helpful to test to see which other glands besides the liver, including the skin, are involved using this protocol.**

Steve: To test for fungal infections in the glands or organs of the body touch the tip of the tongue with one finger for the pH test, and put the other hand over the liver (the bottom right rib) and simply say, "I want to be healthy" and do the muscle test. If it's weak then there's a fungal issue in one of the glands or organs in the body. You can go through the list in letter e, below, to show the body which organs or glands where the fungal infection can be found. The ileocecal/pyloric valves are often the last area to clear in the body and you can check for those areas again as well as the list of glands and organs below. Beth, do you have people touch a specific place to check the ileocecal or pyloric valve?

Beth: Yes, I have them touch over the location of the ileocecal valve. The ileocecal valve is the one that's almost always involved especially if somebody has any digestive issues. The location

of the ileocecal valve is found a few inches inside the right hip towards the middle of the body, about halfway between the hip and the midline of the body. It doesn't have to be exact, as it is your intention that matters. So touch in that general location and then touch your fingertip to your tongue and test, "I want to be healthy". If it tests weak, there's a fungal infection in the ileocecal valve, and as I said that's very common. You may find that the liver test shows up weak. For many people if they have a fungal infection in the organs and glands it shows up in the liver, so you can go ahead and test that as well. Sometimes this scan will miss a fungal infection. I had someone email me a question about that yesterday. If you suspect a fungal infection and you don't find it with this scan, you want to get more specific. You want to get into specific symptoms and test for it. For example, if you test someone in all of the manners we have discussed so far and you don't find any fungal issue, and the person says, "My toenails are bad." Ask for details as thick yellowing toenails are a major sign of a body-wide fungal infection. Think about the toes and toenails and redo the scan for organs and glands, touching over the liver, fingertips to the tongue, and test, "I want to be healthy" and it will be weak. Then ask, besides the toenails, where is this fungal infection? One of the statements you can use is "This fungal infection is somewhere else in my body challenging my health", and you'll get a yes or a no. I am going to continue to use the toenails as an example because it's an obvious one. If you see thick toenails and you test again for organs and glands, tip of the tongue and the liver, "I want to be healthy", if that still tests strong you know there's a fungal infection there. What else can you do? These situations don't happen very often but they do once in a while because fungal infections and other frequencies that are negative can hide in the body, and their intention is to hide from the healing intelligence. So if it tests strong and you're still not finding it try asking this: "Is there a fungal infection somewhere in this field blocking my healing?" Yes or no, and in this field I simply mean you are asking specifics, in this case the toenails. Another example of this comes from a client who emailed me yesterday wondering about stinky feet. Stinky feet means there's a fungal infection. Think about the person's feet that smell badly and do the test for joints and tissue and for organs and glands. What if nothing shows up? Think about the issues specifically - stinky feet, and you test, "There's a fungal infection resonating in this field?" I still get a no. Well, the clue is sweat. What's causing the feet to stink is that the sweat smells bad. The sweat is detoxifying something. So if you focus on the sweat, "That sweat, that sweat I want to be healthy", it test weak. Then you have your thought field which is sweat. As an aside we've had people call us over the years that have lost jobs because their sweat smells so bad. They've had a virus in their sweat gland. We've given them one treatment and the virus is gone; they've never smelled bad again. It's very common that sweat has pathogen fields and it can be in the sweat glands, or it can be in other organs and glands of the body. So if you focus on sweat, you can ask questions about pathogens including fungal infections. The sweat is testing toxic, it's reversed, it's weak, so then you could check by testing again, the tip of the tongue and the liver, thinking of the sweat and the tissue and the sweat glands, "I want to be healthy", and it tests weak. Then you can treat it. The issue is if you can't find it, you can't treat it. You may know that it's there but you need to find it, get the body's healing intelligence to bring it up into the field and get a yes to your question in order to treat it effectively.

Steve: Part of what we're trying to teach is being a good diagnostician. It would be nice to say, "I want to be over all infections, pathogens in my body" and give a code for that and have it work, and it may for a few people. But for most people to heal you need to show them where in the body the viral pathogens, hidden bacteria and fungi are located. It depends on the person. If the client is not healing, it's not because they want to stay sick; it's because you haven't asked enough specific questions to get the issue up on the body's screen for healing. That doesn't mean there aren't emotional issues involved. But even if it's "emotional" by most systems, there still has to be a physical pathway and if you can address that effectively you are going to get much more rapid healing.

Beth: To reiterate, if this scan that we taught you from Neurolink doesn't pick it up, get more specific. For example, say something like, "There's a fungal infection in this field", or "there's a fungal infection blocking my healing", and then go into specific body symptoms. "There's a fungal infection challenging my health in this field", and if you get a yes, then ask, "This fungal frequency is somewhere else in my body challenging my health?" Yes or no. If yes, where is it? We gave you a list of organs and glands below, but by all means it can be in other areas. We don't have joints listed; we don't have toenails, etc., so look for other areas as well. The other thing to remember is that these frequencies mask themselves from the body's healing intelligence. That's what viruses do, that's what fungal infections do, that's what bacteria do. That's how they thrive and survive, they mask themselves so you can't find them. Once you find them, you will be able to heal. We created the curtains scan because that shows your body what's going on and that will be a topic for another DVD or other product. Fungal infections are one of the three frequencies that most commonly mask themselves from the body's healing intelligence. Fungal infections, viruses, and heavy metals are the ones that are masked from the body's healing intelligence most often. We'll do some other discussions on virus and metals in the future teleclinics. What can happen is other frequencies can hide the fungal frequencies. That is part of why we do the curtain scan but even without knowing the curtain scan you can do an exhaustive test of pathogens. Many times people will say, "You found a virus, now there's a bacteria under it, how does that happen?" Well, there's a bacteria being masked by the viral field. The same thing happens with fungal infections. Heavy metals can block your body from seeing you have a fungal infection. If you go through this process and you still have a gut feeling that there's a fungal issue and you can't find it, call for help and we'll find it for you. But these are the tools that are going to help you find a fungal issue 99.9%. You will hit a homerun almost every time.

Steve: It might be helpful to read in these different codes just so it's part of the record. They are in your action guide but I'm going to read them for the record. The code for fungal infection for issues in the dural tube is: SH IF EB IF EB IF EB E SH IF G50 SH IF SH IF EB IF SH IF SH IF G50 EB E SH EB E OE A C 9G UN SH UN either Chakra pattern twice. The QT code for fungal issues in the glands or organs is: SH G50 SH G50 SH IF EB IF EB LIV SH IF G50 IF G50 SH IF EB E OE A C 9G UN SH UN either Chakra pattern twice.

Beth: Steve, before you read the code for fungal issues in the skin, I want to talk more about that. Have the client, or yourself, touch the area on the skin or the tissue where you suspect a fungal issue, then you want to use the test that involves touching over the liver and the salivary point to test for that area on the skin or tissue. Now keep in mind if the fungal issue shows up in

the skin, it is also in the body. If you use cortisone cream or other creams to try to eradicate the fungal issue and it looks like it's gone, what's happened is that you have pushed it further down into the body. It's not gone. You've simply pushed it down. If you find a fungal infection in the skin, look at the following organs: liver, thyroid, the intestinal tract, and the kidneys. If you don't find a fungal issue in one or more of those organs, they probably don't have one in their skin; they're probably simply reacting to a product, poison ivy or a bite or something else like a contactant, such as their laundry soap. If you find it in the skin you're going to find it in the body.

Steve: So the QT code for fungal infection in the skin is: G50 EB SH IF G50 EB IF SH IF SH IF G50 EB E SH IF E OE A C 9G UN SH UN Chakra pattern twice, either one. The next one is the QT code for fungal infections in the brain...

Beth: When you're testing the brain the easiest way that we've found is to sweep your hand from your forehead all the way back over the head and that's pulling the whole brain into the field. If it is your intention to test the brain, sweep your hands over the head and do the fungal test for organs and glands again, which is touching the liver or touching any finger to the tongue, to that saliva point. So if you do that after you just swept the brain and test, "I want to be healthy", if that's weak there's a fungal issue in the brain. Now, people may want to know where it is. Then you can test, is it the right hemisphere? Yes or no. Is it the left hemisphere? Yes or no. Is it the frontal brain, the crown, is it on the back of the head, and you can go through and get as specific as you want to get and I think specificity does help in these cases. What you'll see is many people that have had ongoing sinus issues for years in the cranial nerves that go from the sinuses into the brain will have fungal issues that show up in the brain. So keep that in mind and do that specific test. The code for fungal issues in the brain then is: LF SH LF SH LF OE SH IF G50 EB G50 EB IF SH IF G50 EB E SH IF OE A C 9G UN SH UN either standard Chakra pattern twice. For those of you who may not be familiar our standard Chakra patterns they are all in the Getting Started section on our website which also goes through the meaning of all of these codes.

Steve: The next is the QT code for fungal infections in a cranial nerve and that is: G50 EB IF LIV G50 SH IF G50 SH IF G50 SH IF EB E SH IF LIV G50 SH IF EB E IF EB E IF SH IF SH IF OE A C 9G UN SH UN either Chakra pattern twice.

Beth: The cranial nerves are the 12 nerves that we test that are in and throughout the face, jaw, eyes, and ears and through the brain. Then there is the Vagus Nerve which has several branches that travel to 10 organs and glands in the body and many of the Vagus Nerve fibers also go to the brain. That's what you're testing for and treating with the cranial nerves.

Steve: The last QT code is for fungal infections in the sinuses or ears, and it is: EB LF SH EB LF SH IF G50 SH G50 SH IF EB IF SH IF LF OE G50 EB OE LIV SH IF G50 SH G50 SH IF EB E OE A C 9G UN SH UN Chakra pattern twice.

Beth: Keep in mind that fungal issues often do lead to "allergies" and inhalant and food sensitivities and dietary intolerance, especially in regards to the breaking down of gluten and lactose in the body. Someone sent in a question on the webinar asking if codes can completely eradicate the fungus if the diets are followed? Yes. Can humans actually be 100% or nearly completely cleared of fungus? Everyone has some level of fungal, yeast and mold in the body. I think if it is at an unhealthy level it can be completely eradicated. An interesting tradition of

Native Americans is putting soil in bath water. Somehow the frequency of the molds that are in that soil will be replicated in the body in a healthy form, as a healthy organism. Some people read the codes and follow the diet and they still have a fungal infection. Why might that be?

Steve: 95 % of the people I find with a fungal infection that have gluten or lactose intolerance, that use the code and follow their diet restrictions, by taking the anti-fungals and probiotics that we are going to talk about, get almost all their foods back within six weeks. There will always be up to five percent where something else is happening, related to an emotional field or other things. But what I tell my clients is I'll do anything you want because you're the guy paying me but if you want my advice, let's look at knocking out this fungal field and let's do our emotional work in six to eight weeks. Why? Because most of my clients have already done a tremendous amount of very effective EFT but it was unable to download in the body because of this fungal field and the destabilized neurotransmitters. Once that fungal infection clears there may be some emotional issues left over to mop up.

Beth: What comes to mind is if someone lives or works in a moldy environment and are inhaling mold, they are going to have it internally and they're not going to get rid of their fungal infection. I would tell someone like not to call me, but to move or get a different job.

Steve: Right, we've had people like that and we say don't waste your money with us until you get out of that moldy environment. Otherwise you are going to erase the treatments everyday from the amount of mold you are breathing in.

Beth: I had that happen about six weeks ago with someone. She was in a new place, and she was not too excited about it. I said, "Don't call me back because you're reacting to this mold. It is a significant health challenge."

Steve: Didn't you find that the new Tempurpedic type of foam can be an area where mold is hidden?

Beth: Yes, one of my clients on the east coast shared something that she had read that said the memory foam mattresses are being found to be filled with mold in their core. If they cut them in half and look in the middle, they're full of mold. This client was having fibromyalgia symptoms. That would be a fungal infection and sleeping on that mattress she felt terrible at night. You want to clear inhalants out of your environment that are detrimental to your health. Remember there could be some masking going on in the body. There could be some kind of curtain that needs to be found for the body's healing intelligence to see the fungal infection. So if that's the case for you, if you've done everything you feel like you can do and you still have it, let us know and we'll look at the internal environment for possible curtains or other frequencies that are blocking your body from seeing this.

e. When you find a fungal infection, it is helpful to scan the major organs/gland to see which are most affected. The major organs/glands we test are:

Pituitary	Thalamus
Large Intestine	Reproductive Organs/Prostate
Stomach	Skin
Thyroid	Lung
Thymus	Spleen
Small Intestine	Pancreas
Gall Bladder	Adrenals

Hypothalamus
Heart
Liver

Kidney
Brain

- f. QT Code for fungal issues in a gland or organ: SH G50 SH G50 SH IF EB IF EB LIV SH IF G50 IF G50 SH IF EB E OE A C 9G UN SH UN Chakra pattern twice
- g. QT Code for fungal issues in the skin: G50 EB SH IF G50 EB IF SH IF SH IF G50 EB E SH IF E OE A C 9G UN SH UN Chakra pattern twice
- h. QT Code for fungal issues in the brain: LF SH LF SH LF OE SH IF G50 EB G50 EB IF SH IF G50 EB E SH IF OE A C 9G UN SH UN either standard Chakra pattern twice
- i. QT Code for fungal issues in a cranial nerve: G50 EB IF LIV G50 SH IF G50 SH IF G50 SH IF EB E SH IF LIV G50 SH IF EB E IF EB E IF SH IF SH IF OE A C 9G UN SH UN either Chakra pattern twice
- j. QT Code for fungal issues in the sinuses or ears: EB LF SH EB LF SH IF G50 SH G50 SH IF EB IF SH IF LF OE G50 EB OE LIV SH IF G50 SH G50 SH IF EB E OE A C 9G UN SH UN Chakra pattern twice

If there is a skin or tissue problem, have the client touch that area while you test for a fungal infection. Skin issues almost always involve a fungal infection. The infection often involves the liver, thyroid, bowel, or kidneys (unless the skin is only reacting to a contactant). Note: Fungal issues are often at the root of chronic illness and can lead to food sensitivities

3. Non-physical issues: Rage is the frozen emotional field most often found in stubborn fungal issues. Complete a non-physical scan and release the issue. Is there a conscious conflict in their life today?

Beth: On a non-physical level fungal infections are almost always an unhealed frozen rage field in the body. I've got examples of at least three clients who whenever they get mad their fungal issue flares up. That's a strong indicator that there's an underlying rage field, whether it's a vaginal yeast infection or a skin flare-up or itching, or pain in an organ. The rage may be from the past but it's still there, still alive in the field and the body. Or it can be in the present day or both. For someone who notices this trigger in their life today when they feel anger, they feel their fungal infection flare up, and I would have them look whether there a conscious conflict in their life today. What is it that they are so mad about that they need to resolve right now? Don't wait until tomorrow, resolve it right now. What is the issue, and be honest with yourself and start to work on that anger field. Most people with chronic illness are so nice; they feel like they've never been mad. Well, they never felt it; it's just stuffed in their body somewhere. So if you've treated resistant fungal issues and you're environment is clean and you're doing everything right related to food intake, supplements, and codes, check into this non-physical field because the immune system is the most susceptible system in our body to our thoughts. The immune system is the most susceptible system in the body to our own psyche and our own mind. So if your fungal issue is not healing, rage will probably show up. There may be some other things as well. There may be specific traumas. There may be a vow or a conscious conflict or trying to get a need met. Look through *What Do Symptoms Mean* from our Part's material for other ideas. But almost always on a non-physical level it's going to be anger. Find out where it is. Is it in the past and/or the present day? If it's in the present day, solve the problem that's contributing to this anger and choose to let it go. If it's in the past do the trauma work that you

need to do to release that from your body and find out where it is. Rage is probably in the liver, which is the same place that commonly holds fungal infections.

- 4. Test for dietary intolerance: Put the side of the hand (karate chop point) at the base of the skull: Wheat, wheat I want to be healthy, wheat I want to be sick. If bad, check rice to see if they can have any gluten at all. If rice tests badly, check if they can have rice if it is first browned in non-toxic oil. Then repeat this with dairy to see if they are lactose intolerant. Often they can have goat or sheep dairy if cow dairy tests badly. You are not finished testing for toxins until you test for gluten and milk intolerance!!!**
- For dietary intolerance: Test if it is in the person's best interest to limit the food and what the limit is. Example: cream in coffee. Remember, if it is not digested, it causes harm.

Steve: I think the next thing we want to talk about with fungal infections is dietary intolerance. You're not going to find gluten intolerance and lactose intolerance in every person with fungal infection but you will in 90% of them. Why is this fungal soup in the guts; why is it not healing? To test for dietary intolerance, which is taught in all of our testing material, instead of holding the belly like you do for energy toxin, you put the edge of the palm, the karate chop spot, at the base of the back of the skull while you're testing. And so if we're testing for gluten I would say, "Wheat, wheat I want to be healthy, wheat I want to be sick". If it's not strong, strong, weak, then there is gluten intolerance. If wheat tests badly, do the same thing for rice. Again holding the hand in place, thinking about rice, have the client say, "Rice, rice I want to be healthy, rice I want to be sick". If rice is okay, then that means they can have rice, bread, and pastas and tortillas. If rice tests badly then we have rice that's either been browned dry and then steamed or browned in coconut oil or olive oil. If the client tests good on those oils say, "Browned rice, browned rice I want to be healthy, browned rice I want to be sick." You're going to find that people that can't have rice can typically have rice that's been browned as it takes 100% of the gluten and sugar out. Even if you can have regular rice, if you have a gluten intolerance that you're healing from, browning the rice will take a load off the body and you'll heal quicker. You can also test the non-gluten grains. You test them both for dietary intolerance and as an energy toxin. Beth would you mention those grains?

Beth: Sure, the non-gluten grains that you can test for intolerance are millet, amaranth, buckwheat, and quinoa.

Steve: And you can also check for Irish or Steel Cut Oat.

Beth: Yes, some people with significant gluten intolerance cannot digest oats. There are also some people that can't eat any grains and get rid of a fungal infection. That's rare but a lower carbohydrate diet is recommended to eliminate a fungal issue because it decreases the sugars. There are some people that will eat one corn chip and their fungal infection returns. That's rare but I've seen it.

5. Levels of Gluten Intolerance and Anti-Fungal Diet.

If a person has a fungal infection, they must limit their diet to heal. All items need to be tested against the client's fungal infection. In general avoid all beer, wine, mushrooms, melons, strawberries, yeast breads, high mold cheese, and vinegar. It is best to limit your fruit to either an apple or pear each day. Avoid high sugar foods and avoid fruit juice. The best sweetener is agave nectar if it tests good for you. If it tests

okay, vodka and tequila are better alcohol choices. Depending on your test results, you may also need to avoid some or all gluten as well as some or all dairy.

Steve: In the same way that we check for grains, we check for lactose. We check with the edge of the palm at the skull, “cow dairy”, etc. If that tests okay then they’re probably okay on all dairy. If it tested as an energy toxin and as a dietary intolerance, check goat dairy. If goat dairy tests badly, check goat kefir or yogurt. Many times a person cannot have cow dairy, or even cow yogurt or cow kefir, but they can have goat or sheep dairy or goat or sheep kefir and yogurt. We want to leave people as many foods as possible. The standard antifungal diet is no yeast breads, no beer, wine, mushrooms, melons, strawberries, no high mold cheese, no vinegar other than apple cider vinegar. We recommend for most people that they limit their fruit to either one apple or one pear a day, or a small handful of berries. Again check each of these items first, individually. These are general guidelines - I have worked with people that can’t have that much fruit. If a person has a sweet tooth, agave nectar, if it tests good, does not have a big glycemic content and is a good sweetener for most people.

Beth: Stevia tests okay for some people as well. You might also want to look at Xylitol as research shows it is a proven antifungal and inhibits Candida yeast. You can measure it like sugar for recipes but it is not effective for making candy as it does not caramelize. Additionally, it cannot be used for yeast breads as it kills the yeast. Introduce it slowly as it takes awhile for your body to adjust and may cause digestive issues at first. Once your body adjusts it usually is not an issue again. It has been shown to reduce tooth decay so looking for it in toothpaste can also be beneficial.

Steve: Let’s look at this as having different levels. We’ll call level one gluten intolerance, where wheat and corn tests badly, but rice and the other non-gluten grains are okay. You don’t have to brown anything and you can have quinoa, rice pasta, tortillas, breads and crackers. On level two wheat, corn and rice tests badly, but the browned rice is okay. That means that rice pasta and rice tortillas and rice breads will not be okay. Typically rice cakes, because they’re browned, do test okay but it is unlikely you will be able to order those rice products at a restaurant. The third level is the highest level of gluten intolerance. You are going to find that even browned rice tests badly. You can check for all the other non-gluten grains but there are people that for a period of time cannot have any grains whatsoever and be able to heal the gut.

Beth: A couple of other foods I would add to the list for an antifungal diet are malt, like barley malt, or malted foods, and nitrated meats, which also tend to cause a fungal infection to grow.

- a. **Level One of Gluten Intolerance: Test as taught in QT for wheat, corn, and rice. If wheat and corn test badly but rice is okay, also test millet, amaranth, and quinoa and cut oats. Typically you will be okay with all non-gluten grains. This means you can eat noodles and non-yeast breads made from these plant sources.**
- b. **Level Two of Gluten Intolerance: When wheat, corn, and rice, test badly, you then have the client think about rice that has either been browned dry in a pan, or browned in oil and then steamed normally. Now retest. If they are okay with rice that is browned, then do the same test with millet, amaranth, buckwheat, and quinoa. Only eat those grains that test okay if first browned. This means you will not be able to eat any grains other than those you brown yourself. You will test badly on rice noodles and most commercially sold “gluten free” products.**

- c. **Level Three of Gluten Intolerance:** When you test the client as above, they test badly even on rice that has been browned. At this level, they can ingest none of the gluten or non-gluten grains.
- d. Typically as a person heals, they will get most grains back. They need to go very slowly in bringing these back into the diet with small amounts.
- e. Often a person with gluten intolerance can ingest Irish cut oatmeal. Test it first as an energy toxin, then, if it is okay, test it for dietary intolerance. However, Irish oatmeal can feed some fungal infections, so be sure to test the specific organ that is involved with the oatmeal in mind.
- f. Beware that many websites have products called “gluten-free.” This doesn’t mean much since there are so many levels of gluten intolerance. Learn to trust your testing.

Part 2: Anti-Fungal Agents

Steve: We have listed Part 2 as a number of antifungal agents and we always recommend that you test to see what works best. I have had the most rapid results from using MMS for four to five weeks and then Molecular Silver. I like the MMS because it does not disturb the good flora. It’s the only one of all the fungal killers that doesn’t also hit the good flora. Grapefruit seed extract and silver will damage good flora. We give instructions out on the MMS to start very slowly, usually using one drop of MMS to 4 of citric acid, morning and evening and slowly build up and then at some point in time add in a very low dose of the Molecular Silver. Other agents that we talk about are ADP, which is a form of oregano from Biotics, CoQ-Zyme 30, again another CoQ-Zyme 10 product, Caprin which is Caprylic acid that comes from coconut products, grapefruit seed extract, which previously was our mainstay, Silver, Organic Sulfur, and then there’s a antifungal by Botanical Quantum Herbal Products that we’ve had pretty good success with. We also list some topicals: ozonated olive oil, coconut oil, Silver, MMS mixed with DMSO for deep penetration into the skin:

1. MMS and Molecular Silver from www.mmsdr.com
2. ADP, a form of emulsified oil of oregano from Biotics
3. CoQ-Zyme 30 (a form of coQ10) from Biotics
4. Caprin (a form of Calcium Caprylate) from Biotics
5. Grapefruit Seed Extract
6. Organic Sulfur (true, non-cake MSM) see provider list
7. Quantum Herbal Products Antifungal Formula from www.quantumherbalproducts.com
8. Garlic
9. For Topical Applications: Ozonated olive oil, coconut oil, silver and MMS with DMSO
10. All coconut products

Part 3: Probiotics

Steve: I like to put people on an anti-fungal or two and then get two or three good probiotics. You can test them for yourself through Beth’s and my fields. Things you can get at any health food store are Primal Defense, ThreeLac, PB 8, Jarrow Formulas I’ll let Beth pronounce this one.

Beth: *Saccharomyces Boulardii*.

Steve: Beth you make a good coconut kefir. Would you talk about that for a minute?

Beth: Yes. Coconut milk kefir you can make on your own, and now you can buy it; as I've seen it at health food stores, but it's got sugar in it and other ingredients that I don't think are going to be real helpful if you have a fungal infection. So making it on your own is the best. I don't cook so if I can make this, anyone can do it. Simply mix a can of coconut milk and the same amount of coconut water (a popular brand in America is Zico) in a glass jar. All you do then is add a packet of kefir starter, which you can get at health food stores, they come in a box. Test the kefir starter because it has a bit of whey in it and some people may not be able to tolerate this, but most can. Once the packet of the kefir starter is added, shake it up in the jar and set it on your counter. I leave mine out on the counter for 36 hours. Some people do it for 12, some people for 24. You'll need to test to find the right amount of time for yourself. Then put it in the refrigerator. After 8 hours in the refrigerator it will stop fermenting and then you can just drink it. Test the amount of ounces that your body wants every day. I used to drink that every day and that was significantly helpful on fungal issues. The coconut water is commonly found in a box like rice milk. Some stores put it in the refrigerated section, some on the shelf, but you can ask for it if they don't carry it. Kefir starter is very filling. I have seen people heal fungal infections that have been very tenacious by avoiding all grains and using kefirs instead and they're not hungry.

Steve: I had somebody ask me, "I finally got rid of this fungal infection, now how do I keep it from coming back?" I said avoid a lifestyle of high refined sugars. Keep the healthy probiotics, if that's the cultured vegetables, if that's the kefir or the yogurt, as a daily part of your diet. Take a good probiotic and what I recommend is two or three, and once it's healed just take one a night but rotate through them. Make that a long term investment in your health. If you're put on an antibiotic or a steroid or a birth control pill, about two hours after taking that, take a probiotic to protect your gut. The people that I see do that have had long term success healing their Crohn's, their gut issues, their brain fog, their anxiety, their depression, and their weight issues. I would say this is the number one under diagnosed and untreated, especially unsuccessfully treated, issue in America today.

Beth: I agree. The other thing you can do is culture some of your own vegetables. Jordan Rubin is the founder of Garden of Life products, Primal Defense and so on. In his book *The Maker's Diet*, he talks about naturally culturing your own vegetables and provides a description of how to do it. You can also probably find a description online by Googling cultured vegetables and how to make your own. Getting healthy flora in the gut has been helpful for people trying to get healthy. Here's a note before we finish up: some probiotics have something in them called FOS (Fructooligosaccharides) and be careful with that. FOS can be helpful for people but it can also cause tremendous die off and a particularly nasty bacteria that can make people feel very ill. We've had some clients and practitioners in the past that have used different probiotics and FOS is one that can trigger staph or strep bacteria in the body. So I would test that for yourself if you are using a probiotic with FOS. If you are a person that has had significant staph and/or strep you may want to avoid FOS altogether and get a different probiotic. You can find them easily:

1. Primal Defense – Garden of Life product

2. ThreeLac
3. PB 8
4. Jarrow Formulas Saccharomyces Boulardii + Mos
5. Cow Yogurt and Kefir

Part 4: Resources for Non-Gluten, Organic Baked Good and Flours

Beth: We will give you some resources for non-gluten baked goods. Today we're fortunate that most of us can find these things at our health food stores. The Miracle Noodle is the last one on the list below, and they have some different types of noodles that you may have difficulty finding other places so if you're significantly sensitive that would be a good place to look. The Francis Simun Bakery has flours that they use made of tapioca and other things that are difficult to find. If you have significant sensitivities that would be another one that I would recommend that you look at as they have some grains that are not very common and different agents that you may not be able to find other places.

Steve: Be cautious about simply buying something because it says non-gluten on the label. Remember the three levels of gluten intolerance that we talked about: you need to test for those three levels to see where you are and make sure the products you check are good on your level of gluten intolerance. People will progress through the levels. Somebody who may not now be able to have grains, may be able to ingest them in three weeks but they may need to brown rice. Then two weeks later they might be able to have rice without browning it, and two weeks after that have wheat. So it is a progression of healing within the gut. So again, don't jump onto a non-gluten label and assume that's okay for you. I've seen that not be the case more often than not. We do know that paying attention to these guidelines can make a huge difference in people's lives. We have seen a number of people that have cancer, depression, panic disorders, obesity and MS that would not heal. But once they healed the gluten or fungal infection underneath that, they started healing in areas that had been in reversal and unable to heal for twenty years. The body is incredible in its ability to heal if you show it the right information, take the toxin load off the body and give it what it needs to do the job.

1. Arrowhead Mills: 800-749-0730 www.arrowheadmills.com . Organic. Some non-gluten grains and flours. Available in many health food stores.
2. Bob's Red Mill: 800-349-2173 www.bobsredmill.com. Organic. Some non-gluten grains and flours. Available in many health food stores.
3. The Francis Simun Bakery: 214-742-5210 www.francissimunbakery.com . Located in Dallas, provides shipping elsewhere. No dairy, eggs, or leavening agents (yeast) used in baked goods. Breads, bagels, flatbreads, bagel chips.
4. The French Meadow Bakery: 612-870-4740 www.frenchmeadow.com . Organic yeast-free breads; some are non-gluten. Available in many health food stores.
5. Lundberg Family Farms: 530-882-4551 www.lundberg.com . Specialize in rice products. Available in many health food stores.
6. The Miracle Noodle: www.miraclenoodle.com . Gluten-free pasta.

Beth: Thank you for listening. We appreciate your time and hope that you learned some things.

Steve: Blessings!

Beth: Blessings!