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# Quantum Techniques® Teleseminar

Chronic Skin Issues

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As a QT client, you must take complete responsibility for your own physical health and emotional well-being.

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QT consists of self-help coaching techniques and tools, within the category of “energy therapy.” A client learns and uses QT to balance their own body’s energy system with the intention of reducing stress, enhancing overall health, and removing dysfunctions in the body’s bio-energetic system. QT and its *Quantum Techniques® practitioner* believe that it is the client who heals himself/herself, and that the QT tools simply assist the client in this process. Every QT client is unique, and therefore, each client’s experience with QT may be unique.

QT is not a substitute for regular medical or psychological care. QT is not about disease or illness—rather, its focus is on healing and wellness. Medical authorities do not recognize this work as “medicine”. We agree. There are researchers in this area who believe there is a correlation between the detection of certain energetic frequencies and the presence of disease states or organisms in the body. Energy therapies, like QT, may be able to identify the unhealthy frequencies years before a physical disease manifests in the body. As a person heals those frequencies, health is enhanced. Our work, which includes evaluations and scans of the subtle-energy field, is strictly limited to address the imbalances in the subtle-energy field.

For example, in our scans we may talk about the frequencies of virus, bacteria, fungus and parasite issues. We are only saying that we have often found those frequencies when our clients are in a non healing state. Commonly, people who manifest those frequencies over time experience patterns of deterioration in the way they feel. As those frequencies are cleared and the energy field is balanced, they typically experience a return to feelings of wellness. We cannot determine if the client actually had a virus, bacteria, fungal infection or parasite. We cannot determine if a client actually has Multiple Sclerosis, Parkinson’s disease, Manic Depression or HIV, for example. Testing for that is beyond our expertise. For those determinations, we refer clients to their M.D. or licensed health care professional for appropriate tests.

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## Description:

This teleclinic, presented by Dr Carolee Johnson, addresses chronic skin issues at their deepest level, addressing underlying problems that contribute to skin issues. We will go over some of the foods and herbs that help to heal the skin, and some of the emotional issues that affect the skin, and some therapeutic things that help the skin to cleanse, detox and heal. Dr. Carolee suffered with chronic eczema for 32 years, and offers her experience and expertise in healing these types of issues.

## Transcript:

**Dr Carolee Johnson:** Good evening! This is Dr Carolee Johnson, and I would like to welcome everyone here tonight to discuss chronic skin issues, such as psoriasis, eczema, dermatitis and even acne. I have used Quantum Techniques® along with diet and herbs to heal my own skin issue. The advantage that we have with Quantum Techniques® is that we can test everything we eat and do. And this has been a tremendous help in my own issues. We will be going over some of the physical issues and some of the non physical issues that contribute to chronic skin conditions tonight. And then if we still have some time I will take a few questions if anyone has any.

I suffered myself with chronic eczema all of my life up until the last ten years. I remember being about twelve years old and being so miserable with the itching. I had weeping eczema. It would itch so bad that I would scratch all of the skin off. My face and neck and arms would be raw flesh oozing with yellow lymphatic fluid, and then it would bleed besides. And then it would dry into crystalline itching scabs, and I would start the whole process over again. After there was nothing left to scratch off, it still itched and there was just nothing that made it stop. We had been to the doctors; we had tried every cream ointment and lotion. We even used the steroid creams, until we found that those caused brain damage in children.

I remember when we first tried the cortisone cream it worked for a few months, and then after a while it just stopped working. I was looking in the mirror wondering if I were cursed or something. No one else in my family had this problem. My mother told me that I had inherited it from my grandfather, but I was the only one in the family who had, and I had been this way since birth. Anyway I was looking in the mirror wondering why I couldn't have been cursed with big ears or something instead of a miserable skin condition. And of course after we found out the steroid cream had stopped working I was devastated. I was just getting to the age where I liked boys, and I had just found out the cortisone cream caused brain damaged so I was thinking ok that's just great! I'm not just ugly, now I'm retarded too.

But as I got a little older I started to realize that my skin got better and worse depending on what I ate and what touched it, and I started on a long journey to figure this problem out. Of course I didn't have Quantum Techniques® to help me figure things out very fast, and that's a real blessing to me now, but I did a lot of experimenting. And being from a religious background, I also did a lot of praying.

One night when I was about 14 years old I dreamed that I was blending raw onion in spring water and putting it on my skin and then sitting in the sun, and my skin healed. In the dream my skin turned beautiful and suntanned like it had never been in my life. And in this dream a relative who had chronic psoriasis all her life did the same thing I was doing and her skin turned beautiful and sun tanned too. When I woke up I knew I had at least part of an answer to my misery.

So I blended up onion in spring water and put it on my skin and went out and sat in the sun, but my skin didn't turn beautiful and tanned within a few minutes like in my dream. It turned sunburned and then it hurt AND it itched, and I didn't understand. The dream had been so wonderful. I thought for sure it must be true. Eventually after a lot of studying and experimenting I realized that every time I ate anything with a lot of raw onion in it, it took the inflammation level down in my skin, and I started to realize that the dream really was true, but I had to figure out that putting onion on my skin meant that this would help heal my misery, but it helped more if I put it on the inside FOR my skin rather than just on it. Maybe if I had been persistent I may have seen more benefit the other way I don't know, but a teenager running around trying to wear onion on her skin is probably quite a sight.

It took me thirty two years to figure out that eating a lot of raw onion helped a lot, and this when I finally had some real relief. And then ten years later when I came to Quantum Techniques®, I learned how to test to see what contributed and it made it much easier to keep things well and strong in my skin as well as the rest of my body.

Just recently I had quite a bad flare up. Something happened in my life that triggered this flare up and I found that there were not only some physical issues, but there were several blocking beliefs and traumas where I used that skin issue to keep people away from me. I felt ugly, and subconsciously I figured if I were ugly enough I guess people would just go away.

I also had some issues where I felt shame, and my skin was red and itchy, and it felt like it was on fire. The pain was terrible like when I was younger, and when I tested it out I realized that subconsciously my face was red and burning with shame. I had done something as a child that I felt ashamed of. I was very young and I don't have a memory of what it was I did, maybe I swiped some cookies on a bad day or something and I was called out on it. But this emotion stayed frozen in my skin, and when I had an issue in my life today trigger that, my skin became red and felt fiery hot. I also had some inherited issues, because my skin was like that from the time I was born. It tested out that it did inherit from my grandfather and he had his own shame issues and a belief that people weren't safe, and his world was not safe. There were other issues as well, but on an emotional level, the skin is the last barrier between you and the world. So if you are feeling prickly and like you have your thorns on. You may be trying to keep the world away, or something of that nature. There could be any number of things going on there.

On a physical level chronic skin issues are always a signal that there is an excessive toxin load in one or more of the elimination organs. Your skin, although it is your biggest elimination organ, it is a secondary elimination organ. If you have a stressed organ such as the liver, kidneys, or

bowels where the body has a heavier toxin load than what it can handle then it may be using the skin as a means of elimination in order to survive.

The first truth of healing that all people should know is that the body is an ingenious and efficient organism that is designed to heal. And every one of our cells is always striving toward optimal health. Unfortunately, we get in the body's way, usually with our lifestyle choices, which often cause chronic problems. The body will always do whatever is necessary to survive. It's like our prime directive.

With a chronic skin condition such as psoriasis or eczema, there will always be multiple factors underlying the issue. So with QT we find out what is causing that toxin load, and which organs need to be strengthened under that skin field in order to help that skin to heal. We look for viral and fungal fields in particular. And then go to bacteria and Mycoplasma.

If any of you listened to the treatment I did on the young man named Robert. I had done a treatment on him previously and he had done a lot of work getting his diet where it needed to be, and he had been working on his fungal issue in his skin. And I might add here that I have never found a chronic skin issue that did not also have a massive fungal infection in the skin. But we had done a face to face treatment with Robert and his face had cleared up a lot, and most of the skin on his arms had cleared, but he still had a lot of psoriasis on his stomach and legs and feet. That evening I decided to check him for Mycoplasma, and I found it all over in his body. So we cleared that energetically, and I gave him his code and off he went home. Before he even got to his front door, he called me back, and he was just really excited, and he said "wow! I don't know what we did different this time, but my feet and stomach cleared up on the way home! He was just tickled because this skin issue had been a huge source of shame for him. He had suffered all the way through school with kids teasing him, and his self esteem was just as low as it could be.

This young man holds his head up now, and it is just a joy to see him act like he is a real person that deserves all the wonderful things in life, just like everyone else. And he most certainly does!

So with a chronic skin issue, the first thing we want to do is to test through our foods, and find out which foods we need to eliminate from our diet, and find the ones that will work for us until we have strengthened our skin and our body enough to re-introduce some of the other things back into our diet.

Some of the foods we eliminate, we may never want back in our diet. There are some things that are overly processed or void of nutrition that if we include those things in our diet, they will cause the skin to weaken and age more quickly. And when we test for a food to see if it is a toxin to the body, then think of the skin specifically and test that food, that food I want to be healthy, that food I want to be sick. And then you can test, will this food challenge my skin in any way? And then test that food to see if there is a dietary intolerance for that food. If the body can't break that food down or digest it, then it is an extra work load for all the underlying organs and glands and the skin usually takes the brunt of it, if anything else is stressed. The

biggest problem I had with my diet was cutting out sweets. The sweets seemed to contribute to my skin problem enormously! And of course now I know that if I have fungus in my skin and sweets feed fungus, then Sweets are problem for me, and that is something I need to limit considerably.

So we can test those things, but with the overly processed and nutritionally depleted foods, we might want to leave those out all together either way. The more simple and natural the diet, the less of a work load it is on the underlying organs and glands.

If we can get that part of the toxin load off of the body, then this is the first step in the healing of the skin. Anytime you build something, you want your building site to be as clean as possible in order to build a nice strong building with a strong foundation.

The next thing is to include foods and herbs that actually help to strengthen and heal the skin. So how do we know what will strengthen and heal the skin. I kind of already had a clue that onions would help my skin, but as I studied a little, I realized that the things that heal the skin had clues. Onions, which were significantly helpful for my skin issue, had layers like skin. So I thought that was really neat. And I didn't think of it at the time, but on an emotional level, if I'm trying to keep people away, onions is the way to go! They make everyone I know cry.

When I was younger, after I gave up putting them directly on my skin, I thought about it a lot for several years, but I never really tried anything much while I was having my children. I just stayed away from sweets which helped a lot, and then later as I learned more about natural health, I decided to try the onion thing again. I blended them up and made and tried putting them into a green smoothie type drink, and this is when I started seeing some good results. I added an apple to sweeten it a little or sometimes I would add a banana, and I put a bunch of baby spinach in it to help alkalize my body, and I put it in a base of carrot juice, because I knew that carrots were really high in vitamin A and that along with the beta carotenoids in the carrots, it really helped my skin a lot. I did that, and I would go out and sit in the sun because after all those years since I had, had that dream I learned that ultra violet light in the right amounts was very healing to the skin. You don't need too much, you can test and see how many minutes your skin needs at a time. And then remember that skin that hasn't seen the sun for a long time is like a seedling just coming out of the green house. It is very tender and can't stand more than a few minutes at a time in the sun before it burns. So be careful and let your skin become strong in the sun by doing just a few minutes a day until you have built up to about twenty minutes a day. Then you can stand more if you want without harm, but you can always test to see.

Everyone listening can test themselves to see if this green smoothie tests significantly helpful for their skin issue. Also test it as a toxin. That smoothie, that smoothie I want to be healthy, that smoothie I want to be sick, and see if this is something that tests significantly helpful for you. Make sure you test to see which fruit would be best to sweeten it with. You can do it without the fruit if you want to. I have it that way myself a lot, just because too much fruit will feed fungus. So you can test that too.



The ingredients for that smoothie are:

- Carrot Juice
- Organic baby spinach
- An apple or a banana (test to see which is best for you)
- And an entire peeled medium sized white or yellow onion. I've used both, and I like yellow better but you can choose. They are both antifungal and they are both anti-inflammatory.

For those of you who don't test good for that smoothie, I am going to give a code for that drink. The code for the smoothie for the skin is:

SH UN CH LIV EB SH UN CH LF OE IF G50 SH MF LF UN CH IF LF SH C OE 9G UN SH  
UN CHAKRA PATTERN 2 Two times.

Now that I have learned how much onion helps the skin I have studied them some and have learned that the onions in this smoothie are anti fungal, and they are loaded with collagen. Collagen is the second-most common substance found in the human body, with the first of course, being water. Collagen protein provides the basis for strong connective tissues and healthy skin. It is a building block for all the body's systems, and it also is a major component of membranes that surround and protect the internal organs, and the blood vessels, the ligaments, tendons and bones. One fourth to one third of all the protein in the body is collagen protein. If you like onions and test good on them, you can also chop onions over a salad or baked potato or even something like that.

What I didn't know when I was putting them on my skin was that onions are an anti inflammatory, even when you apply them on the outside directly onto the skin. If I had done it long enough I would have learned how beneficial it is. I learned that when you apply onion regularly to an acne scar, it can reduce the inflammation in the skin. This not only reduces redness that can accompany a newly forming scar, it also can reduce the scar's size. Because it is anti fungal and anti inflammatory, it makes a huge difference for psoriasis and eczema.

There was a study conducted on the effectiveness of onion extract that was published in the June 2007 issue of the "Journal of Wound Care", they found that onion extract applied daily to a scar helped to reduce inflammation and discoloration. This is especially beneficial for treating acne scars, or any skin scar from any skin issue which tend to be on the face and are more noticeable when the scarred area is inflamed.

When you apply onion to the skin you want to chop that onion up really fine and fill a pint jar, then pour extra virgin olive oil over those onions, and let them sit in a warm area for a day or so, then use that oil on the skin. Be sure to test everything against the skin issue. You can also test to see if this would be significantly helpful for you.

For those of you who have trouble eating raw onions, here is a code with the energetic frequency of fresh raw onion with the intention to kill fungus.

SH UN G50 TH LF C IF A E G50 SH E 3RD EYE UN TH MF LF LIV OE IF E SH 9G UN  
SH UN

I put the carrot juice in the smoothie because carrots are regarded as the 'herbal healer' of skin diseases because they promote the repair of skin tissue. Carrot juice is really a valuable source of Vitamin A, which is a major vitamin for skin health. Carrots are rich in antioxidants, including phytochemicals, vitamins and minerals, and of course these protect, nourish and moisturize the skin. Nutrition received from carrots also reduces photosensitivity which promotes skin renewal and protects the skin from sun damage. A lot of people are afraid of the sun. The sun is actually very healing especially to the skin, but like anything else, you don't want to overdo it. And if your skin becomes burned in the sun, then it's over done.

Carrot juice is an anti-inflammatory like the onion and revitalizes and tones the skin. Cosmetically, carrots are used to treat dermatitis, eczema, rashes and wrinkles. Carrot juice has even been used to heal cuts and abrasions. Carrot juice also helps to neutralize acidic conditions in the body, because it's very high in potassium like the baby spinach. And the vitamin A helps the liver to flush toxins from the body.

One of the main reasons I chose to include carrot juice in my skin program for myself was that I had read a study from the Netherlands which found a significant link between skin condition and the level of vitamin A in the blood. Natural vitamin A in the form of Beta Carotene is abundant in fresh carrot juice and when I would try to take vitamin A supplements it would act on my body like a poison, and I would get diarrhea and it didn't improve my skin even a little bit. It was just miserable.

If you have rough, dry scaly skin especially on your arms and legs or acne then you might want to test yourself to see if you are showing a Vitamin A deficiency in your body. And On the other end of the scale, if you are taking synthetic vitamin A and your skin is acting the same way, you may have Vitamin A toxicity which means your body is toxic with synthetic vitamin A. Test your supplement, and make sure you still test good on it. Supplements can go bad on you very quickly.

Some people will take carrot juice and apply it right to the skin every day. And that helps to even out the skin tones from blemishes and pigmentations. What they do is extract juice from carrots and pineapple using a juicer, and then they mix pineapple juice and carrot juice together, and put that on the face and wash it off after 15 minutes. They say to do it daily to achieve clear and even toned skin. I actually prefer onion for my skin, and anyone that shows fungus in the skin would be better off using onion oil.

The body can assimilate about 8 oz of carrot juice at a time. Large consumptions of carrot juice daily over a period of weeks does tend to turn the skin kind of orangey. It's just a buildup of

beta carotenoids and is harmless, but test your amounts. Everyone is different. If you have trouble assimilating carrot juice your liver may need some extra attention and support.

For those of you who are unable to assimilate carrot juice, here is the energetic code for carrot juice.

SH UN CH THYMUS MF LIV OE A C G50 SH EB UN CH TH MF LF E G50 IF A OE C LIV

The spinach in the smoothie is really high in Co Q 10 which everyone knows as a cardiovascular support supplement. But it also is a collagen precursor, and is also high in vitamin A. I consider it one of the superfoods because it is a rich source of minerals, vitamins, pigments and phytonutrients. All these together make spinach very beneficial to a number of vital processes like our eyes, nervous system, cardiovascular disorders, skin, and particularly bones and teeth. Spinach is rich in beta carotene like the carrot juice, and is also a rich source of vitamins and minerals like folate, niacin, Vitamins A B6 and C. Other important elements in spinach are thiamine and riboflavin, which are used in various reactions in our bodies. It is also very high in chlorophyll, lutein and xanthene it is high in potassium, manganese, zinc, and magnesium. It has so much nutrition that helps the body to heal, and when you are healing a skin issue then underlying general health is important to the health of the skin.

For anyone who has kidney issues or has trouble with high natural oxalate. You may want to get your spinach in a code so test and see if spinach tests good for you. If it tests good you can just put it in your smoothie if not,

The energetic code for organic baby spinach is:

SH EB SH G50 OE LF MF LIV C CH E G50 SH EB TH LIV UN CH TH MF E OE 9G UN  
SH UN

There are also herbs that are really healing for the skin, and I'll tell you about an Herbal Formula that was made by a man named Dr Christopher who was an amazing natural healer. He made this formula especially for the skin, and he claimed that his formula was inspired by God.

Dr Christopher used to lecture all over the US when he was alive. And this one time after one of his lectures, a woman came up and asked Dr. Christopher if he could help her daughter. This woman had a daughter who was about fourteen years old, and she had tried to commit suicide. This girl had to be watched constantly to stop her from harming herself. She had a skin disease, and it was diagnosed as being worse than psoriasis or anything else the doctors had ever seen. She had scales all over her arms from the elbows down, her legs from the knees down, and on her neck and face. And these scales bled. She had secondary bleeding, and she had suffered with this for so many years, that she was giving up. At age 14 she was giving up. She couldn't attend school anymore, and was isolated at home. She would pacify herself by eating, and she gained tremendous amount of excess weight, because in order to pacify herself, she would eat all day. Even her own mother called her a fat blob! And because she felt that her problem was just getting worse beyond hope, she tried to kill herself. The mother was quit frantic when she finally came to Dr Christopher for help. So In Dr Christopher words he says he offered up a

quick prayer, asking for guidance because he felt like this one was even too big for him. And he says if it's ok Lord I need to know what to do right now. The formula for complete tissue healing came to him, step by step, and he told the woman to write it down. She wrote down all the herbs he mentioned, as well as the directions on how to put them together. And he got his answer right now.

The mother hurried to try the formula, and her daughter was really cooperative. The program began on a Tuesday, and although this disease had been getting progressively worse for many years, by Friday of that same week all the scales had dropped off, and the skin was pink, healing. After six months, when Dr. Christopher lectured in that city again, he learned that this young lady was back in high school, participating as a cheerleader, and being very active. She had changed her diet to a much more natural one and also used blood cleaning herbs. And she went from being what her mother had called a large fat blob into a slender, well-shaped girl. She not only over came her skin problem, she overcame her weight problem as well.

What they did was they soaked an herbal combination of oak bark, comfrey leaves, marshmallow root, mullein herb, walnut bark (or leaves), gravel root, wormwood, lobelia, and skullcap in distilled water, and I say distilled because distilled water is empty water so if you put herb into that empty water then you will get about 45% more benefit out of that herb into your water. So you soak about one ounce of the combined herbs in a pint of distilled water for four to six hours, then you simmer the mixture for thirty minutes, strain it, and then simmer the liquid down to about half its original volume. This can be made in larger amounts, for whatever you need. So then they would dip white flannel or cloth into this tea, or in this girls case they used long white cotton socks to cover the legs, and arms. After covering all affected parts with these soaked cloths, she should wrap plastic around that area to keep it moist. They would leave that on all night, every night, until the morning. And then they would take it off and let it air out for several hours so the skin could breathe and then the process would be repeated.

If anyone is interested in getting those herbs as a combination just e-mail me at [Carolee@quantumtechniques.com](mailto:Carolee@quantumtechniques.com), and I can give you prices and information to get you those herbs. I can also help you get the blood cleansing herbs along with that for anyone who is interested.

But for right now I will give you the energetic frequency of that herbal fomentation combination.

A CH THYMUS MF LIV C G50 SH EB IF 3RD EYE A UN CH TH THYMUS LIV C OE E  
G50 SH EB

The one other thing you can use to heal the skin topically for mild problems is rose petal oil. Just fill a jar full of rose petals and pour extra virgin olive oil over them, and let it sit in the sun for a day in the window. It takes quit a few rose petals though so you may have to recruit some of the neighbors for the use of their rose gardens. This makes a really nice bath oil or dry skin treatment.

But if you are a male, I don't know, you will have to decide if you want to go round smelling like a rose garden. Rose oil is especially valuable for dry, or sensitive or aging skins. It has a tonic and astringent effect on the capillaries just below the skin surface, which makes it useful in diminishing the redness caused by enlarged capillaries. But you want to make sure that if you don't make your own rose oil that the rose oil in your product is genuine natural rose oil. Many manufacturers label their products containing rose essence but it could be synthetic. And synthetic rose ingredients have no therapeutic value at all! Rose oil is also very soothing to the skin because it affects the nervous system. I use a perfume made from oil of roses just because it has a calming effect on my nerves, and this way everything I do literally comes up smelling like roses.

I'll give you a quick code for rose oil as a soothing agent.

EB OE UN CH TH LF LIV IF A

Another good herb to take internally for the skin is Springtime Horsetail. If you regularly follow a silica regimen, your skin will keep its young look. But you know, don't expect instant results. It is a good idea to start organic vegetal silica supplementation years before the collagen in your body has deteriorated to the point where it shows in the wrinkles on your face and body. A good silica supplementation program works far better than other products for maintaining healthier and longer lasting collagen. Connective tissue consists of collagen, elastin, mucopolysaccharides, and mucous carbohydrates which help with moisture retention.

Their ability to retain moisture keeps the connective tissue bouncy and helps considerably with the prevention of premature aging. All these important molecules house large quantities of silica. Collagen, which is largely made up of silica, is the glue that holds us together. If our body has enough silica, the collagen will make us look younger. And just as a side note Silica supplementation keeps menopause free of stress and helps to prevent many unwanted side-effects of menopause; paramount being the development of osteoporosis. Hormonal disturbances in the human organism are often due to a calcium-magnesium imbalance. Several studies have shown that silica can restore that delicate balance. Silica also benefits the assimilation of phosphorous. So it may be considered a catalyst in the use of other elements. In men, too, the nervous system and glandular network will gradually undergo changes that cause deterioration of vital body functions during menopause. This can also be alleviated by using silica. More and more research evidence shows that through a transmutation process, silica is turned into calcium when it's needed. That's why some scientists refer to silica as a precursor of calcium. Even when calcium is insufficient, the body can turn silica into calcium that the bones need. And springtime horsetail is very very high in natural assimilable silica.

Here is the code for natural vegetal springtime horsetail silica.

CH UN CH UN TH THYMUS LF LIV C OE G50 EB IF CH TH LIV C SH MF LF OE A C

You can also test yourself to see if you are deficient in the omega 3 -6 – 9 essential fatty acids.

Essential fatty acids are nutrients that are required by our body, but our body doesn't make them so we have to get them from our diet. Omega 3 is one of the most important fatty acids which is required to achieve good skin health. It also makes the hair and nails stronger. A Lack of omega 3 fatty acid can make your skin dry and dull and flaky, and anything that affects the skin also affects the hair and nails they are all kind of in the same boat. The three most important omega 3 fatty acids are alpha-linolenic acid, EPA and DHA. And your best food sources for those are Flaxseeds or oils, walnuts, pumpkin seeds, olive oil is a really good one and mercury free salmon, mackerel, herring, trout, and cold water fish.

There are also some really good fish oil and flax seed oil supplements out there that are really helpful, and you can test to see if any of those would be significantly helpful.

After we have our diet shifted into a healing mode, and have the nutrition going in, that the body and skin in particular need to heal, then it's time to do our pathogen testing.

So we would check with our focus on the skin, I am fighting a virus, and then clear the skin for virus. And then you would check is there a bacteria?

Then check for fungus. And you can just say I am fighting a fungus, or there is a fungus in this field.

With the fungus like I mentioned earlier, I have never seen a skin condition that does not have a massive fungal problem in it. There are several products out there that will help with this, and one of them is the complete tissue formula by Dr Christopher that I mentioned earlier. And you can drink that same tea in a more diluted form. I have done this and it does make a big difference in my skin. And whatever helps the skin also makes your hair nice, and I know some men who have used that same formula to re grow hair on their head. I know garden of life has really great product called fungal defense that helps to clear fungus and you always want to use a good probiotic whenever you are fighting a fungus, because that really helps the body put things back in order. Onions and garlic are anti fungal, and you can put those into any green smoothie drink. I'm sure everyone is wondering if those two herbs keep more than just the vampires away, and they do, but the people who love you most don't care about the powerful aroma. And if you can convince them that it tastes really good, and they have it with you, then they can't tell that you've been using it anymore. And it helps more than just the skin so you have a pretty good argument there.

For a skin issue I would especially check for Mycoplasma. When I was working on Robert the young man in my free teleclinic that is available on the website, we checked for Mycoplasma and found it, and I cleared it energetically, and he had a very profound healing before he even reached his house. We also had cleared some deep emotional issues that day too and I'm sure that contributed considerably, but we will get into the non physical part of it a little later on in this teleclinic.

I would also check cell surface receptor sites for functional anti shingles virus factor, functional anti psoriasis factor, and see how many blocks there are on those.

After you have cleared your pathogens, the next thing would be to start looking at what organ it is that is the weakest link under that skin. In a lot of cases the body is using the skin for elimination. The skin and the lungs are secondary elimination organs so if you are having a problem in either of those areas, then it's time to look at primary eliminations organs and see what is going on.

So you can test, what is my weakest organ or gland contributing to this skin issue. Is it the Bowel?

Your [colon](#) was designed to constantly move undigested food from your body but the all American diet is seriously lacking in some areas, and the colon or bowel has become a place where [waste is trapped and clogged](#). You may not believe it but studies show that the average person carries about 5 pounds of undigested waste and other toxic materials in their colon. Sometimes this waste has accumulated in the body for years. When I was too weak to get out of bed, I found out about colon cleansing and I did it and found that colon cleansing made the difference of having enough strength to get up and do something and being too weak to get out of bed all the time, too weak to hardly even move. And as long as I was in bed too weak to move, I had horrible skin problems. Bleeding and oozing scabs. I was so miserable. It's true, that a dirty and clogged colon can lead to a lot of serious and chronic diseases. The only way to prevent your body from deteriorating further due to a non-functioning colon is to [flush out the waste and toxins](#) from your colon first. Colon cleansing is a method where a person does something to [get rid of the waste products](#) that are stuck on the intestinal walls of the colon. I used Dr Richard Schulz's cleanse for myself, because it was a powerful cleanse that would even clear strontium ninety from the colon wall tissue. I was told it would even draw it out from the body. I figured that even if the stuff had rocket fuel, if it did what they said it would, then I would do it. Because at that point, I was ready to try anything. But there are a lot of good products out there and they are easy to find.

Here is the code for opening up the detox pathways in the colon:

EB SH G50 A MF LF SH G50 LF TH MF SH IF A G50 SH TH SH CH UN TH IF LIV SH EB  
IF SH CH 3RD EYE UN CH

Then we test again, is my weakest organ that is contributing to my skin issue my Kidneys? And I always test to see at what level of health each kidney is because I have had some really serious kidney issues in my life. So I test on a scale of one to ten what is the general level of health on that kidney more than one? More than 2? And so on. And then kidneys always carry the emotion of fear.

Itchy skin can actually be a symptom of an internal disease, such as liver disease or kidney failure. The skin may appear normal. Or it may be accompanied by redness, rough skin, bumps or blisters. Each bean-shaped kidney is 4 to 5 inches long and contains about a million nephrons, which are like tiny pouches. Each nephron has a filter at one end, called a glomerulus, to filter your blood. Your overall kidney function can be measured by how quickly



blood is filtered through these glomeruli. This measurement is called the glomerular filtration rate.

On this glomerular filtration rate, I put that into an energetic measurement for myself and say, "On a scale of one to ten what is the glomerular rate of this kidney, more than one, more than two, more than three and so on, so I kind of know if my kidneys are having trouble getting the blood filtered. It's kind of a speed check for how efficiently the blood is getting through the nephron filters in the kidneys. And then you can test to see what it is that is blocking those nephrons.

Healthy kidneys handle several specific roles:

- Maintain your body's balance of water and concentration of minerals such as sodium, potassium, magnesium, and phosphorus in your blood.
- Remove waste by-products from the blood after digestion, muscle activity, and exposure to chemicals or [medications](#). This is where the skin comes in as secondary elimination. If these things arnt getting filtered out by the kidneys or the kidneys are running to slow for the toxin load, then the body will use the skin to take out the trash. It's kind of like the overflow valve.
- Produce renin, an enzyme that helps regulate blood pressure. So if you have low blood pressure you might want to do a kidney check.
- Produce erythropoietin, which stimulates red blood cell production.
- Produce an active form of vitamin D, needed for bone health.

And you can actually test on those functions just to see.. if you have a weak kidney underlying a skin issue, on a 100% scale what is the percentage of vitamin D being produced by my kidneys, more than 10% more than 20% more than 30% and so on, and then you might check cell surface receptor sites on that to see on the same scale what percentage of cell surface receptor sites are available for functional vitamin D? And then how many blocks are there? And you can do the same thing on each function of that organ, In order to bring that function up and strengthen it to do its job, which will inadvertently help to heal the skin.

Here is the code to open the detox pathways for the kidneys with the intention to heal the skin:

UN SH G50 UN G50 SH G50 EB UN CH TH THYMUS LF MF LIV OE A C 9G SH UN  
G50 SH UN RB OE 9G CHAKRA PATTERN ONE

The next organ I would test to see if it is the weakest link underlying a skin issue would be the liver which drains into the bowel. Everything that causes itchy skin like:

- Fungal infections
- Candidiasis / other types of yeast overgrowth
- Mold allergies
- [Vitamin A over load](#) from synthetic supplements
- Chemical irritation



- Plant irritations like poison ivy and poison oak
- Dust and pollen allergies
- High estrogen levels
- High blood sugar which often exacerbates fungal infections

Has one common link that cause itching and they all seem to relate to functions of the liver. In fact, prolonged itching of the skin can be a major sign of liver disease.

Among its many functions, the liver is responsible for:

- Cleansing the body of toxic substances, parasites, fungi, yeast, mold and other unwanted microscopic life forms
- Detoxifying and eliminating chemicals, poisons and other toxins
- Metabolizing estrogen
- Controlling blood sugar
- Storage of nutrients, including vitamin A

I suspect most itching from liver disease is actually not due to the disease itself but by irritants on the skin that the liver normally takes care of but can't handle in a weakened state. Chemicals, toxins, fungus, parasites, and other substances may not bother most people because their livers dispose of them. I think people with a lot of itching problems and also those with highly sensitive skin "feel" things more because their livers can't handle the routine assaults from the outside world that most people with well functioning livers don't even notice. So of course the back up overload valve is once again, the skin.

And then that can result in itchy rashes and brown spots boils and what not on the outside of the skin as the foreign substances are pushed out through the outer skin layers.

Here is the code for liver support with the intention to open liver detox pathways

UN SH OE CH UN TH THYMUS MF LIV OE G50 SH IF A C TH 3RD EYE OE LIV G50  
UN CH UN TH IF 9G G50 SH UN OE A C

The next thing I would check would be the spleen, and the Spleen drains into the liver. The importance of the of the spleen and the lymphatic system, is that all the tissues of the body excrete waste products as a result of their daily work. These must be quickly removed, or the tissue involved will suffer damage. The cleansing process of the body is performed by a mechanism that is called the lymphatic circulation. Every solid structure in the body is bathed in lymph. There is approximately 12 quarts of lymph in the body compared to three quarts of blood plasma. The lymph in the capillaries is the irrigation water that brings minerals and nutrition to the cells. As long as the fluid around the cells remains free of toxic waste and contains the right mineral balance, the cells will continue to live and function normally.

Research reveals that if the fluid medium in and around the cells was right; it would be impossible to damage or kill the cells. Scientific research states that there is a continuous automaticity of the body. All the cells will live in a healthy condition until one or more of the

functional structures in the body loses its ability to function properly. When this happens, all of the cells of the body suffer. Moderate dysfunction of any one of the functional structures leads to sickness, while extreme dysfunction leads to eventual death. Therefore, the main purpose of our body organs is to contribute to the continuous automaticity of the body by keeping the fluid medium in and around the cells right. Elisa Buenaventura is a lady who worked with cell cultures for about ten years as part of her ongoing research in biophysics, cell biology and biochemistry. She says, "Any medical researcher who has worked with tissue cultures knows that cells can be kept alive indefinitely, but you must keep the proper chemical balance in and around the cells and eliminate the waste products of their metabolism". She believes that "cells are meant to be eternal. They should not die or degenerate in their environment is kept clean nutritious and chemically balanced. To keep the cell environment clean, nutritious and chemically balanced, the lymph system must play its vital role. Even though the lymph system acts like a modern sewage treatment facility, it is literally the tree of life inside the body because when this system fails to function properly, infection and disease can take place. Keep in mind that any mental, emotional, or muscular activity puts cells to work, and working cells put off poisons that must be carried off by the lymph system, and off through the liver and then to the colon and out.

We talked about the green smoothie earlier, and there is one other thing I should probably add there. And that is that I don't drink just the juices because the fiber in vegetables act like miniature sponges in the colon. This fiber from the vegetables don't just help the colon to move, it picks up toxic material and absorbs it into itself and hauls it on out of the body. So the juice is the nutrition part, and the fiber from the vegetables is like a house cleaning sponge.

The lymphatic system doesn't have a pump like the heart does, it moves when we breathe or when we jump or when we exercise. If anyone has seen those little mini trampolines, that is a really excellent way get the lymphatic system moving. If you don't move the lymphatic system, then the cells drown in their own waste and this is one of the causes of illness. If the sewage treatment plant is not moving things along, then it backs up in the cells and we really have a problem. I try to bounce on a mini tramp at least three times week and more if I can for about ten or fifteen minutes each time. Every day would be better.

Deep breathing is another really excellent way to move the lymphatic system. The expansion and contraction of the diaphragm actually stimulates your lymphatic system and massages your internal organs, helping the body rid itself of toxins, and leaving more room in the cells for an optimal exchange of oxygen.

Deep breathing is also the very fastest way to trigger your parasympathetic nervous system, through what some practitioners call the relaxation response. The research of some Drs. Their names are Brown and Gerbarg resulted in the development of a new neuropsychological theory for how yogic breathing might affect the stress response system and calm the mind and body. Their recent article in Current Psychiatry shows how trained deep breathing can relieve trauma symptoms.

The sympathetic nervous system, which is stimulated in times of stress and anxiety, controls your fight or flight response, including spikes in cortisol and adrenaline that can be damaging when they persist too long.

I don't want to get off the subject too far, but as many of you know, chronic stress depletes the body of nutrients and destabilizes brain and endocrine chemistry. Depression, muscle tension and pain, insulin sensitivity, GI issues, insomnia, and [adrenal fatigue](#) among scores of other conditions are all related to an overworked sympathetic nervous system. What counteracts this mechanism? The parasympathetic nervous system. Breath is the fastest medium by which these systems can communicate, flicking the switch from high alert to low in just a matter of seconds.

One of the number one things I have found that helps the skin to heal is skin brushing. I don't know how many of you have heard of this but after a few days of skin brushing your body starts to glow and your skin starts to feel soft to the touch. Now I know from experience that with chronic skin issues that at first skin brushing is a little painful, because the skin is so sore and sensitive. But after I would do my skin brushing I would just sink myself into a good warm bath and just soak, and this really helped my skin which was stimulated by brushing to detox even faster.

Dry skin brushing may be the single most important therapy you add to any detox program. Your skin is really your largest elimination organ even though it is a secondary elimination organ and takes the overflow from other detox organs. It still has its own job to do, and can, when it's healthy, release a pound of waste each day but it's also the first organ to show symptoms of imbalance or toxicity. Mostly because you can see it when it happens. You don't have to wait for it to hurt before you realize there is a problem.

Over time, with skin brushing, even the cellulite under the skin may slowly be reduced. I didn't have any idea that skin brushing would lessen cellulite until I started to see it in myself! It requires daily brushing for several months though for that to start to change. When you massage and stimulate the skin it begins to break up the toxic deposits of stored fatty tissues that pucker the overlying skin into cellulite.

Any existing build-up of dead skin is removed very quickly though, and you find that dead skin just starts to wash off in the shower or bath after a few days of skin brushing.

You will also start to feel the benefits that come with any detox activity, including a general sense of lightness and wellbeing. Skin brushing is a great support to any detox program.

All you need is a simple natural bristle brush, preferably a brush with a long handle because it enables you to reach those inaccessible parts of your body for a more thorough treatment. Don't use any water; simply brush your dry skin firmly and steadily, with long strokes, always moving towards the heart.

The ideal time to carry out a skin brushing detox is before a shower or bath in the morning. You begin at the soles of your feet and work upwards, in long strokes don't forget the sides and

tops of your feet. Work up your calves and knees in turn. Brushing strokes over your thighs and bottom can help eliminate cellulite like I said before. Brush more gently over your mid section. Brush your back and sides as best you can; this is where a long handle on your brush come in! Repeat the process on your arms, starting with the palms of your hand, brushing briefly up the sides of each finger, back of the hand. Work up your arms; you will feel your body kind of start to tingle as your circulation is stimulated. The whole process takes around five or so minutes.

The code to help stimulate the skin and the lymphatic drainage is:

THYMUS UN 3RD EYE CH THYMUS MF LF LIV OE E G50 SH G50 SH EB IF A C OE CH  
TH CH UN G50 CHAKRA PATTERN ONE 3 TIMES

Emotional Issues that affect the skin

On an emotional level, I had several traumas that affected my skin, and a lot of them were self esteem related. I had some shame issues from when I was very young. I also had some things like that from when I was a teenager being teased by brothers and boys at school. I became reclusive and kind of shut the world out.

When you have an inherent skin problem like that, that has been a lifelong issue. The person tends to feel like the world is a harsh place. And of course then the skin issue compounds the problem if you are being teased and want to keep your thorns on to keep people away. Or maybe you belief that people are harsh or that they are not safe.. Your skin is kind of the outside barrier. People are called thick skinned when they can take a lot of abuse from the world. Maybe you have super sensitive skin and are super sensitive to your surroundings. Check the beliefs and related traumas underlying that and see what comes up. If a person has skin trouble and people say that person is as prickly to deal with as a thistle. What beliefs and traumas are under that prickliness. Prickles and thorns are always on the outside, and we are told that the thorns or the prickles are there for a plants defense to protect the plant. So what is it you need to defend? What are you protecting with that skin issue? Why do you need that in order to feel safe?

OK I AM GOING TO OPEN IT UP FOR A FEW QUESTIONS NOW IF ANYONE HAS ANYTHING THEY WOULD LIKE TO ASK, then go ahead and press \*5 to raise your hand.

I will also be answering questions from the webinar for anyone who wants to send in their question that way. Please keep your questions to skin issues this time.