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Quantum Techniques Teleseminar

QT Approach to Healing Food Toxins and Intolerances

Part 1

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Table of Contents

Disclaimer.....	3
Disclaimer Explained	3
Hold Harmless Agreement.....	4
Introduction: QT Approach to healing Food Toxins and Intolerances	5
Part I: Food Sensitivities.....	9
Part II: How to Test Ingestants Accurately.....	19

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Introduction: QT Approach to healing Food Toxins and Intolerances

Steve: This is Stephen and Beth Daniel the founders of *Quantum Techniques*® and this is our 2 part teleclinic series on the *QT Approach to Healing Food Toxins and Intolerances*. Want to say hi, Beth?

Beth: I want to welcome everyone this evening. It seems like it's been awhile since we've done one of these so it is going to be fun. We have a lot of information to share on this subject, so we will be doing that but we do welcome your questions and we have our webinar up and running right now if you are on the webinar and want to send in questions throughout this evening or next week which will be the second part. We'll see how much we get through this evening and will continue it next week at the same time.

A. Why Food Test is so Important

Beth: Why is food testing so important? Why is that such a big component in *Quantum Techniques*® and in healing? It is really what we want to talk about first.

Steve: You know, it's um, we've attempted to train many advanced practitioners in *Quantum Techniques*® and when they've not been successful almost every time it's because they've had trouble accurately testing the toxin fields, and for example, let's say that you have 10 toxic foods that you are eating routinely, that are toxins that reverse you, another way of saying that, these are toxins that erase your energy treatments. These are toxins that make your meridians flow backwards. Let's say the practitioner or yourself find 9 of them but not the 10th one and so you're eating the 10th one every day. Well, it doesn't make any difference now whether you're eating 10, if you get your treatment erased 10 times every day or one time every day, it is still erased and so across the board. Ah, I've had maybe one or two examples that I can think of in 11 years and that's probably at least 18,000 people I've worked with that did not have a major group of food toxins that was erasing their treatments every day. So, you know when we look at our client base, where EFT works for other issues but not this one. You know, and TFT works for other issues but not this one or for other people but not me. There's always a toxin field that's erasing it, so it's not like the treatment doesn't work. You get up every morning and it starts to work and then you eat your breakfast and then you just erased it for the day. So, one of the things when I've trained people I've said, if you do the toxin testing correctly then you are probably more effective than 95% of the healers and physicians on the planet because you've stopped the body from getting blocked from its natural healing course every day.

1. Foods that test "toxic" for you block your healing and contribute to illness.

Beth: Yeah, under that first point, this is really what we are talking about, why food testing is so important because it does block your healing. Foods that test toxic for you or as energy toxins as we often describe them do block your healing and they contribute to illness.

Steve: Well and just let me give you an example that most people won't think of, I haven't worked with lots of these but I've worked with a number of schizophrenics since I've done this work. I did a lot of work with schizophrenics when I was a psychologist and um, the same thing with bipolar disorders, but if I just stay with schizophrenics for a minute, if you can work with them and this is difficult especially in, you know, inpatient housing kind of things, they're

always bad on 2 or 3 of the major foods, and if that's corn or dairy or whatever it is, if you get them off those foods with schizophrenics, the hallucinations and delusions, the paranoid delusions stop, I mean, within minutes. Now they still have what they call the, I think it is a positive substance, in other words the flat affect, the not engaging socially, that still may be there, OK, but in terms of the active hallucinations and delusions are gone just by getting them off the toxic foods. Bipolar disorders, you get them off the toxic foods, I've probably worked with at least 200 bipolar disorders and I had 2 people that needed to stay on a minimal dose of medication. You know the other 198 could go off their medication slowly, working with their psychiatrist by just avoiding foods and doing their trauma work. So, that's how critical this is and things that we typically think of, well, these are incurable illnesses, they are not incurable, the reason there "incurable" is because the body treatments at healing are erased every day, cancer, same way. I get somebody that wants to work with me on cancer and they always have with the exception of Mesothelioma, the asbestos caused cancer, you know, 3 of the major foods, and if you are working with me on cancer and you are bad on corn, wheat, and soy, and you are not going to quit eating them, I'm going to fire you as a client, and say, go do a form of therapy that doesn't require diet restrictions, do chemotherapy or radiation or something else, but I can't help you if you are going to erase my treatments every day, so this is really the heart and soul of **Quantum Techniques®**, is do you accurately test for these food toxins. You can't always control, you know, what you walk through, you know, the neighbors running Downy in their dryer, or you're driving to work and you get diesel fumes, but if you control what you put in your mouth, you dramatically drop your toxin load to where you're going to be able to handle EMF fields and a little diesel on the road and the lady walking by with her poodle with her perfume or whatever, but if you don't address that internal toxicity that you're putting in your mouth every day, then you're going to block your healing and that's why chronic illness is chronic because the treatments are getting erased every day. So, there's no way to kind of over bold print this concept.

2. Foods (ingestants) fall into 3 categories:

- Those that are always good for you
- Those that are always bad for you
- Those that vary day to day depending on your stress level and health issues (e.g. histamine reactions, inflammation levels, colds/flu, etc)

Beth: One of the trickier things with foods, if I can use that word; that becomes tricky when you're trying to do your testing is that foods, some foods are always bad for you, sometimes they will be bad on certain days depending on what your stress level is. So foods really fall into 3 categories and we are not just talking about food either. We're titling this the **QT Approach to Healing Food Toxins** but we're talking about ingestants and ingestants are anything that you ingest or put in your mouth, so this also includes foods, medications. It includes supplements of any kind and it includes beverages, plus foods, so we're talking about all ingestants, and ingestants fall into 3 categories: 1) those that are always good for you. They always test well for you no matter what.

Steve: Unless they're contaminated.

Beth: Right, which we'll talk about a little bit later, but the food itself always test good for you and that is never going to be the same thing for everybody, so I can't even say, OK, an example

of that would be... because it's not true. There is no one food that tests good for everybody on the planet. I used to think that water did until I had a couple of clients that had severe environmental illness who actually reacted to water because of trauma. They couldn't even drink water, now, we got them through that really quickly, like within a day, but that even happens, so I can't say there is one thing that is good for everybody that is listening because I don't know that, but for you individually and that's why we do the testing, there are foods, ingestants for you that always test good for you no matter what. Then there are those that always test bad for you. Now, when you are in the healing process you can clear things over time, even if you have major physical issues so that you can eat most things, at least on a limited basis, but for now some of them are bad for you, and if they are bad for you today, they're bad tomorrow, they were bad yesterday. They're kind of always not good for you. They reverse you every time you eat them. Then there is that 3rd category that I started talking about in the beginning which is it is going to vary, the foods that test OK for you, the foods that test bad for you, may vary depending on what's going on for you in that moment that day or for example, if you have a cold. If you have a cold or the flu and apparently there's a viral field that a lot of people around the world are dealing with right now. They're all having the same symptom. If you have that viral field you're not going to test well on a sugar cookie that maybe you test fine on most of the time. It is not going to test well against your immune system. It's not going to test well against the virus, and sugar is inflammatory anyway, but I'm just using that as an example. If there is something you like as a little treat once in a while and it's sugary, it's not going to test well if you've got a cold or if you've got a flu, so you need to look at, you know, what does each day bring. Um also, histamine reactions, if you tend to be a person with a lot of outdoor allergies, and you're in an environment where you're reacting to a plant that's blooming right now, that will change your food testing, because you're in some kind of histamine response, because of the allergies different foods may not test well for you as long as you are in that environment. Now, that also works the flip side, that based on what you eat you may or may not react to that flowering plant that we're talking about. You know, if you cut down on your sugars, and grains, and your dairy intolerance, so you cut down on dairy, you may go outside and not react to that thing at all that you usually do, so it works both ways. Another thing that really gauges whether something tests OK for you or not on a given day is the level of inflammation. So, if you wake up with a lot of inflammation either due to a histamine or allergy reaction or due to some kind of pathogen or due to, let's say, some kind of exposure that really threw you for a loop. That day when you are feeling inflamed your food testing will be a little different and that's OK. It is just your body giving you a gift of information to know what's going to allow you're quickest healing of that inflammation issue, so it's in your best interest to then follow what you're finding.

Steve: And part of what we don't want to do is to make people feel overwhelmed with the complexity of this. You know the basic testing that is taught in *Truth Techniques I* is going to take care of you 95% of the time but if you're doing *Quantum Techniques*® and you're not healing rapidly and you're doing everything you know to do, if you're not cheating, then what we are saying is, be more specific in your testing thought field, and you know, Beth gave an example, well, I've got a couple of natural supplements that I take for inflammation, and you can hear in my voice, it's much better, but I had throat virus over the last week and kind of lost

my voice and it wasn't healing. Well, 2 of the supplements that test effective for controlling inflammation when tested against why was I not getting over this virus Beth found 2 different things that I stopped taking. Now, if you test them today, they test OK. I'm going to wait until I don't have any residue of this left and then test against my immune system, should I take them again? So, here is something that's testing good against inflammation but my most acute symptom was this throat virus I couldn't get over and they were actually blocking up the immune response even though they weren't toxins. They weren't reversing me. They weren't bad on inflammation. They weren't bad on histamines but they were actually blocking my immune response. So again, you don't have to be this specific very often but when something is not healing it's because the information that you think you have you don't really have, so this teleclinic is about, you know, if you're not healing, how to ask the more specific field, not to put you in a fear state, it's just OK, this is a mystery. It's like a crossword, not a crossword, one of those puzzles with all the pieces, OK, if something is not fitting together then you're missing a critical piece. This is about teaching you how to look for the critical pieces.

3. Avoid food poisoning

Beth: Yeah, thank you for sharing that. That was a good point. The other component of really why food testing is so important is to avoid food poisoning and for those of you who have been following any of our teleclinics I'm sure you heard our 3 year old botulism story. If not we'll just give you a brief recap, and we test automatically, it is almost like part of the prayer that we do before we eat. Now we test everything is just automatic, it takes 2 seconds and everything is fine and then you eat, but we were not testing one night, this was probably 3 years ago, Steve was talking with one of his family members who was in a real significant crisis and crying and he was trying to talk her through it and I was pretty frazzled just listening to this myself and stressed and we were making dinner and we didn't test what we ate that night and we got botulism from a can of beans and I haven't, I guess I did eat a can of beans since, so I got over my fear state of the cans of beans, but it took me 2 years, but um, we got botulism that was severe, especially Steve because he ate more than I did that night, and we really believe that if we couldn't do this work, and we didn't have practitioners that were treating us, that we don't know if we would of made it through. It was really, really awful. So, food testing prevents food poisoning.

Steve: Let me say, you have eaten a can of beans since then but you did do the sign of the cross over and pour raw garlic on it to make sure it was OK.

Beth: Alright, no, I did eat some, I was a little nervous but I ate then and I was proud of myself for doing it but it was interesting I told a client that story and now she won't eat canned beans. I said, "oh, come on, we'll just test them, test them for yourself and they're fine". We just erred in not testing that night so we really learned a lesson on that.

Steve: Right, well, and let me say this, because we're in this field, is that, you know, all of a sudden you've got a symptom reoccurring the first thing I tell people is stop taking all your supplements and medications unless it's life requiring by your physician for a week and see if something doesn't clear because so many times, like what I talked about with these 2 supplements, something that tested good for you and may still be good in general, either the company has changed the ingredients and you don't know that or you've gone bad on it. You're body says I don't want any more of that, and now something that tested good about 3 weeks

ago but you're not retesting every day and I know for us, I test through and put our supplements in a cup and then I test those for that day against all fields I know of before we take them and that alone makes a dramatic difference if you tend to be sensitive to certain things.

Steve: I think we are on the next section Part I: Food Sensitivities was there something else you wanted to add to the other section, Beth?

Beth: I was just thinking and I know we are talking largely about food but of course you've all heard us say this too, I think we've said it on *Truth Techniques I*, if you can test for ingestants, you can also prevent drug reactions. So, if you're testing medications and drugs and you know if something is bad, especially if you hold it and you test it.

Steve: Right.

Beth: You can prevent one of the top causes of death in this country which is reactions to properly prescribed medications, that is just something to add in there.

Steve: I'll just add this at this point, let's say your doctor gives you whatever, Propanol, which is a beta blocker, you can call, if you don't have a sample, call the pharmacy and say what is Propanol and as he's talking, test Propanol for yourself through his field because he's handled it, and if it tests bad say what other medications are on that? So, let's say he says, Tenormin, I may not pronounce that right, and you check Tenormin and that tests better. That doesn't test bad. Then if you call your doctor back and you just say simply, what about this medication, or that one, 9 time out of 10, they are going to be OK with that and then again, like Beth said, you avoid a nonresponsive medication, or one that would of caused a drug reaction by simply doing that testing through someone else's field. You don't even have to pay for the prescription and you don't have to put it in your mouth to avoid that issue. When you look at the incidence of death in the United States through properly prescribed medications because of toxic drug interactions, it's one of the top causes of death. So, that's one of the things that this can teach you how to do is avoid that scenario.

Part I: Food Sensitivities

A. *Food sensitivities are up significantly*

1. **One cause is the American diet. Poor quality food, eating preservatives, food with pesticides, use of microwaves etc.**

Steve: So if we talk about why food sensitivities are up significantly... Beth is signaling me for something...

Beth: I was just smiling...ah, yeah food sensitivities are up dramatically in the past generation and I think there are several reasons for that. I think one cause is the way that we eat especially in this country and I've heard similar statements from European clients as well about the poor quality food, the poor diet. So there are preservatives in our food. There are pesticides used on our foods, then people use microwaves on top of it which there is some research on especially in terms of meats microwaved, they are not healthy. The quality of food is poor. I mean, if you compare protein content in grains from today versus 100 years ago, there is a complete, there has been a complete eradication of positive protein in a lot of the grains especially wheat. So, the quality of food is poor and for any of you who have seen Food Inc. we haven't finished

watching that yet, but a couple of friends of mine told me you've got to watch that, but it really talks about the poor quality of food and changes the way that you view foods, so our food quality is poor. So food sensitivities are up because if you're ingesting preservatives and pesticides, you are reversing your energy field and blocking your body's attempts at healing.

Steve: I think 2 other things on that is um, the MSM guy that did research on natural sulfur...

Beth: Patrick McGean.

Steve: Right, Patrick McGean and he has shown and incidence, a huge incidence in a lot of diseases, I think I am going to try to remember this, around the 1950's they quit using organic fertilizer and started chemical fertilizers.

Beth: Yes.

Steve: And so you're not getting the normal amount of true MSM in your diet and the difficulty is that they've shown now that with MSM, the caking agent in the tablets and largely renders it inert, so you need it in a powder form and Patrick McGean does have that available and if somebody is interested they can email me at Stephen@quantumtechniques.com I'll send you his research article you can contact him directly but MSM also coats the gastrointestinal lining of the nose, throat and gut and actually works as a barrier to toxins just during that time, so that's one issue. You know, another thing, is that, you know, they've shown that when a woman breastfeeds for 6 weeks, it lays down a layer of cells in the gut that protects against pathogens, parasites, other things, much more powerfully than anything else and if they don't get that during that key developmental window you don't get that back, even adding colostrum later in life which is very effective doesn't really coat the gut wall. Well, today when most women, OK, you got to go work, you have to be back to work in 3-4 weeks, a lot of women don't breast feed, let's just move them into the, you know, the bottle and the formula right away so they can go back to work. Well, that's going to, you know, there is a cost to pay somewhere in that child's life. OK, so that's another issue. Um, I think another thing with why are we acknowledging the higher incidence of food toxicity is because we're a little bit of a kinder, gentler world and we used to tell anybody with any of these symptoms that it's just in your head, you're a psychiatric case and now we know enough to test that and you know what, you can't Prozac away food sensitivities, you know, and so I think we're more aware is also part of it.

Beth: Well, I'm glad you mentioned the MSM and MSM is just sulfur and there was naturally occurring sulfur in our soil that we used to farm our food in, yeah probably 50 years ago, maybe 60 years ago.

Steve: Right.

Beth: And not just sulfur but other minerals and vitamins from the food are now depleted because our soil is so depleted, so you know, I've done quite a bit of reading on this subject over the years and a lot of people are saying now that even if you grow, you know, all of your own organic food, raised in soil that is as good as you can get it to be, the food quality today you still need nutritional supplements even if you eat everything organic and do everything you possibly can the nutritional content still isn't what it used to be. So there are many people, Dr. Mercola is one of them that still say, even if you do that you require nutritional supplementation like, you know, a multivitamin, Co-Q-10, selenium, and some of the other on top of eating really well because of this depletion issue of minerals in the soil.

2. People do not rotate their foods. Those that eat the traditional diet are having the major foods: corn, milk, wheat, eggs, soy, nightshades, dairy, multiple times a day.

Beth: Another reason foods sensitivities are up is because we don't rotate our foods anymore based on the seasons and we used to. Human beings used to rotate foods based on the seasons and the time of year and what was growing, and what wasn't. So most of our diet now every meal has corn, milk, wheat, eggs, soy, nightshades, and dairy, all throughout the day plus your snacks, if they are some kind of cracker they probably have wheat and soy and milk in them, and if they have a little spice they probably have some nightshades, so not just our main dinners but our snacks. So, we're continually bombarding our system with the same foods over and over and never giving our body a break.

Steve: And I think something else that we've underestimated, you know, and we'll talk about this later in terms of having some kind of a sacred space for meal time but you think about your gut that it is reflecting the environment you are in, how many people watch CNN or the news, you know, while they're eating, and I can remember, you know, many years ago when my daughters were young, and that was when the war was in Kuwait, I am forgetting what war they called that one.

Beth: Desert Storm.

Steve: Yeah, Desert Storm, it didn't last all that long, but I remember one night going to turn on the TV and my kids said, "oh are we going to watch the bad news again tonight?" And I just turned it off and that sense of OK, let's go see what tragedies, is it financial, is it terrorist attack, is it an earthquake, is it a tsunami, and OK, now that I'm really in a terrified fear state, let me see if I can eat this and digest this food, and you do that enough and your body starts connect that fear state with whatever you're putting down your throat, so that's pretty important.

Beth: It's interesting, it reminds me of something that Dr. Phillips says, and he is the founder of Neurolink in New Zealand, and ah, he's wonderful, and he has a dry sense of humor and I think he kind of likes to tease us Americans in particular, because of some of the crazy things that we do, but he said, you know, in America when your stressed out, you all eat. In New Zealand when we're stressed we don't eat. You don't digest anything when you're stressed but we do it's true, a lot of people when they're depressed or they're stressed out, they just grab for the food and they use that as a way to either, you know get themselves through it, what they believe is nurturing themselves, or getting them through a stressful moment, but at those times you digest so poorly compared to when you're in a better state of mind.

Steve: Well, and again, if you are in repetitive trauma states over time while you are eating certain foods, it is almost inevitable that a significant part of the population, their unconscious or their body's going to attach a trauma field to that food and reject it.

Beth: Right and they develop a sensitivity to it.

Steve: Right.

Beth: Yeah, so going back to the point, rotation of food is important and you know, most of us eat 25 to 40 different things in our diet and we have the same things over and over again.

Steve: Right.

3. Increased environmental toxins, outside the body, that undermine health.

Beth: And then if you just look at the world and look at food sensitivities and why they might be going up in terms of frequency is the environmental condition of the planet and what we have

done to it with pollution. Look at the nuclear radiation that Japan is dealing with right now. All of those things that are in our environment that we breathe in of course affect our physical health and undermine it, so we become more sensitive to food. Electromagnetic field is another one that there is a lot of research on right now. I know Dr. Klinghardt who is very well known for his work with Lyme's disease has done a lot of recent research on EMF. I know Dr. Bailey has done a teleclinic on that for us at **Quantum Techniques®** but how that also is like a electro-smog, how that also affects the body and again, not to put you in a fear state but to see why some of these things are here and I think we have a lot of really good tools to clear food sensitivities and to heal the body. You know, I don't think it is anything to be in fear about, but I think to you know, to see the truth of what it is, is always in our best interest to see the truth and do what we can from there to live in peace and harmony and to heal ourselves and to heal the world.

B. The previous Quantum Techniques belief was that all food toxins were trauma based. That is still mostly true but it is important to understand the physical issues with dietary intolerance, fungal infections, parasites, leaky gut, and generational issues as well.

Beth: As Steve was talking about you know, when you're stressed out or in a really consistent trauma field, trauma state or even a one incident of a trauma, we've always talked about the belief at **Quantum Techniques®** that we have that all food toxins were trauma based at some point. Now, we really still believe that. It's mostly true, but there are also the physical issues, the physical underlying issues that need to be taken into account in terms of food sensitivities and we have them listed here. You know, there is dietary intolerances, in other words you can't digest it and we'll talk about that more later. You may have a fungal infection in the gut, so certain foods are not going to test well as long as you still have the fungal infection. Your body is not going to want to clear the food and eat it. Ah, parasites can wreck havoc on the immune system in the gut and cause foods that may test OK to not test OK while you're dealing with the parasite and the healing thereafter. Leaky gut syndrome, the same thing, and generational issues as well, in terms of generational issues a lot of them also are trauma based issues, so I would include generational issues as really a trauma based field.

Steve: Well, and to look at how this works synergistically, it may be that the trauma field even generationally is what made you vulnerable to developing the fungal infection, the dietary intolerance that left that organ or gland weak to parasites that cause leaky gut. Just because you clear the trauma field doesn't mean you don't also have to take some dietary shifts to get away from, I'll say, from fungal causing foods or gluten, you don't have to; maybe take some supplements like probiotics, or something to kill the fungal infection. You have to do both, so yeah, you're right, if something has a trauma base and there's not a, I'll say, a co-morbidity or also a fungal infection, a dietary intolerance, then you clear the trauma field and it's gone, but if you have leaky gut, or one of these other things, then you're going to have to do the trauma work, the emotional work, but also you know, the food restrictions and taking some time to rebuild that gut wall to heal enough so the person stays healthy and can then typically ingest most of those foods again. So, it's a hand and hand thing, it is not an either or.

Beth: Exactly.

C. Why, by in large, energetic treatments for energy toxins alone like NAET don't hold, leave incomplete treatments, or can even cause harm to some people.

Steve: I think that explains C: (see above) and you know, I'm trained in NAET and I would recommend NAET for someone who has inhalant sensitivities in a minute but my own experience is you know, when you claim, I can do a few energetic treatments and any person can eat any food any time, that is simply not true. Some of these foods that people want to eat all the time like wheat simply are not healthy, and so my own experience is there are some people that are great with NAET, there are some that are marginal, and there are some that do not do well with it at all. It definitely, and other treatments like it, I am not going to name all the letters that do that, um, it definitely will reprogram how the body presents the symptoms of the toxins, but let me use myself as an example. So, let's say my issue is migraines, I wanted to eat chocolate, so I treat for chocolate, and now, I don't get migraines when I eat chocolate. That doesn't mean it's not causing a buildup of heart disease, or a weight gain, or pre-cancer. OK, so I'm really hesitant to do those treatments. They also do not take in; they don't understand the concept of dietary intolerance. If you're somebody for let's say, wheat, I have people that come in and this is rare but, wheat as an energy toxin is OK, but not as a dietary intolerance. Usually if there is a gluten intolerance they are bad on wheat, but I had people and a lot of times they have done energetic treatments, there is a lot of different people that do that, where yup, as an energy treatment, wheat is testing fine, but they're gluten intolerant, so wheat wipes out their treatments and still causes a problem.

Beth: And then a month later you test them on wheat as an energy toxin and it shows up because they've blown out their treatment by eating it so much.

Steve: Right.

Beth: That's the flip side. I can't tell you how many people that I've worked with that have been so disappointed in their long-term results with techniques like NAET because they feel like it is clear for awhile and then they lost it and they know it's not testing well and they call and we test their treatment, they have a lot of incomplete NAET treatments and they've got a lot of food toxins that they are eating because they believe that they were clear and they're so downhearted to find out no, these are not clear for me. This is why I don't feel well.

Steve: Right.

Beth: And then we can at least share the truth with them. It may not be what they wanted to hear but we can say, yeah, now wheat is now testing as a toxin for you that's why this, you know, issue hasn't healed for you.

Steve: Well, you know, I would say this, in kind of in defense of NAET, typically if they will stay off of 1 or 2 really bad foods that they are typically addicted to like wheat, then the other NAET treatments will work. Now, not ones that have issues with gluten and dairy, because they don't understand lactose and gluten intolerance but if they'll stay off of that one food and what ends up happening is since they're promising that they can have their addictive food if they just enough treatments, they're going back 3 times a week for you know, wheat and toenail fungus and wheat, and amino acids, and wheat, and ear mites, and wheat, and a combinations and it doesn't hold. They got to just keep going back the rest of their life for one day and then they eat it and it goes bad, and Beth you had done NAET before you came to QT.

Beth: Yeah, we don't even want to talk about that experience. That was horrible.

Steve: OK.

Beth: That was horrific. Um, I was so sensitive, you know, we have clients who are as sensitive as I was too, but I did one treatment on egg mix and I thought I had to go to the ER. I called you and you gave me a treatment. I think I called you 3 times, you gave me like this 1 minute treatments every time and it cleared but my heart rate went through the roof. I really was totally freaked out. I thought I wasn't going to make it. I was ready to go 911, so yeah, we don't actually want to go there because hopefully that is not a common experience for people, but that was mine. Um, yeah there was something else that I was going to say before you brought that up that just side-tracked me. Uh, I don't remember now. But, often the treatments are incomplete because they are just clearing it as a toxin and there are so many other pieces involved, you know, is there trauma field that is still there that needs to be cleared. Now, what is the physical mechanism in the body that needs to be cleared first, you know I was going to say, and I'm not trashing any NAET practitioners or people that have done it but my concern is that some people are being told that they can heal any food sensitivity if they just do NAET and I just find that really irresponsible. I don't tell everyone that I think I can heal everything that they've ever had under the sun and that I can guarantee that 100%. You can't do that. That's not how it works, so that bothers me a little bit, that's a tough one, because then people come to us and they're so upset because the treatments didn't hold.

Steve: Right, let me say one other thing, and um, and this is just because of experience and let's say you have 15 energy treatments for foods, or 25, or 1,500 that didn't hold and we test you, a lot of times those treatments are open or incomplete, an open or incomplete treatment is draining your energy until it is completed or erased or pushed through, and those are things we know how to do.

Beth: And that goes for all energy treatments including our treatments, including other treatments you may have, other energetic treatments. If they are incomplete you cannot feel well and you can feel drained, so it's important to check and make sure that your treatments are not incomplete, that they are all testing complete.

D. Why QT doesn't try to clear toxins right away (especially if the person is addicted to it).

Steve: And I think that leads right into D (see above) and um, it reminds me of when I was first developing QT and one of my mentors you know, Dr. Callahan was very toxic on wheat and he asked me to clear him, and I cleared him and he tested it was clear, and I tested it was clear, and then he went on a trip to I think it was Japan and he came back with severe lung infections, which is what he did when he ate wheat and he said, "well, your treatments didn't work" and we started talking about it. Well, I didn't know he was an addicted to wheat. He was eating wheat 6-8 times a day and after about 14 days he blew out the treatment and I said, "Roger, why would you do that?" So I'm just saying, you know, when I have a client and we treat them and at the end of the session the first thing they say, "Well can I eat it now?" And every session, they call, "can I eat it now, can I eat it now?" I'm saying, "Let's just talk about what is your agenda for doing this work? Is your agenda to have a healthy life and to have a healthy strong body or is your agenda..."

Beth: Is to eat wheat?

Steve: Right, to eat wheat and Krispie Kreme's as many as you can as soon as you can. That's a

little different treatment plan, you know, so why don't you kind of get behind what your #1 priority is and we'll try to see if you have cooperation for even going in that direction.

Beth: Well, the beauty of it now, is we have so many alternatives to eat.

Steve: Right.

Beth: I mean we have so many beautiful health food stores around this world with wheat alternatives that you know, I mean, I guess I don't have a lot of compassion for people that just want to eat wheat because I ate 2 foods for a year when I was sick, so it's funny and my clients can actually tease me about it because when they start whining about, "oh, I can only eat 45 things", I say, "un huh, yeah, you want to hear a story", and they say, "yeah, yeah, I know I have nothing to complain about". So truthfully, I do have compassion because I just do. I do have compassion for them but I also think well, you know, get over it, because there is plenty of food alternatives. There are a lot of food alternatives and yeah, it makes it a little more difficult in terms of planning time and you going out to eat, that there is certain things that you need to avoid, but you can still enjoy life. Wheat isn't the gateway to happiness.

Steve: Well, and I think the other thing is, you know, the other issue, is if a person is addicted to it. I mean they ask every time when can I eat more wheat, then, see; the definition of addiction is that you lie to yourself and other people. So, if I clear somebody and their body says they can clear and eat wheat once a day, they're going to lie to me. It is the definition of the illness. So, if I say, OK, you can eat one time a day, and they call me back 2 weeks later, I've been eating wheat, you know, just once a day, but I feel terrible. But I test, once a day, twice a day, three times a day, four – OK, let me just say your body says you've been somehow getting wheat in your mouth 5 times a day, maybe amnesia-ically four times. OK, because that's the definition of addiction, so if somebody is addicted to something, I don't even bring up the idea that they can clear it. Why? Because the, if you tell them they're clear on it and then they are not clear on it the next week and they're not clear on it for the next 6 months, they're not going to remember everything you say for 6 months. They're going to remember the one time you said they're clear on that and they're going to go back to eating 6 times a day and they're just not going to tell you. They're not going to be honest with you or themselves.

Beth: Because they can't be honest with themselves.

Steve: That's the definition of addition.

Beth: Well, and the truth is, I mean, we're kind of tongue and cheek here, the truth is that a lot of good healing can come out of that. I mean, if there's an addiction to food, or an addiction to something else we can do really good work with somebody to help clear their addictive cravings. I've got a client who I've worked with for a couple of years and she has healed completely from environmental illness and all of her food sensitivities and she's doing great, fantastic, and now, she doesn't ask, oh, can I eat that now, can I eat that now? She can eat most things she wants to but in the beginning it was a real concern of can I have this yet? Can I have this yet? And looking at what was driving that behavior is really important? What is driving that on a nonphysical level that she believed the only nurturing she was going to get was if she could eat that wheat? So really doing the emotional work, and when I was a client of Steve's, I never went through and said, can you clear me on this, can you clear me on that? I was eating 2 things because I knew I need to do the deeper emotional work in order to heal. So I did and then I got foods back. So, really those 2 things are very tied together, so if there are addictive

cravings it's not hopeless for you. We can find out what is driving the addiction and do your work on the addictive aspects and you're going to start getting foods back. That's the beauty of it.

Steve: And dealing with the underlying anxiety driving the addiction you'll be able to get those foods back and eat them in balance and not blow out the treatment, but you got to do the underlying work and that's not 1 or 2, you know needles, or pushing on your back with NAET, or energetic treatments. You actually have to go through that trauma work and connect with that and heal that field.

Beth: Or the physical clearings too, and we'll talk about that a little more this evening as well. I had a client that did one session and he was very ah, he was very, very compliant about everything that I mentioned and we were actually working on some issues some arteries and he was showing a far amount of food sensitivities as well, and there was a lot of pathogens that we were clearing from the arteries and some other areas of the body and he got 2 major food groups back, corn was one of them, I don't remember the other, in a period of less than 3 weeks, but he did the work. He was doing his treatments and it cleared very quickly. So the physical issues that drive the food toxins also can be cleared quickly. It doesn't have to be a long process. Now if it's, you know, years of leaky gut there is some repair work that needs to happen but it's not a hopeless scenario, and he was very excited because he was going on vacation and he got, you know, 2 major foods back that are going to be commonly served in a restaurant, so it made things easier for him and he was really happy about it. So, toxins can be cleared quite quickly if the physical work that is necessary is done.

Steve: Well, and that's one of the things, you know, that we probably need to add to our list more often, you know, have you tried QT lately? Because something that we're coming out with, 2 major new, actually 3 major new DVD's will be filmed the end of March and probably be out in April, hopefully by May 1st, and dealing with concept of finding and clearing cell surface receptors fields, which we've been doing with no intention of clearing food sensitivities, but by clearing that for a lot of people, all of a sudden they get foods back instantly. So, there's so many advancements that, you know, it's like this teleclinic right now is a huge advancement over what we've done with **Truth Techniques I®**, II, or III, I think it's II, that we did about 5 years ago, and you know, we may be redoing another teleclinic or a DVD on this in a year, just because we are getting so many advancements so quickly.

Beth: We're also going to be filming the *Curtain Scan* and the *Lock and Key Scan*, which it is true, those things really help you to clear the food sensitivities more quickly, so we'll announce it when we have those products out and available as well.

E. What does "clearing" the toxin field mean?

1. One is clearing a food so you can eat it again.

Beth: So, what does "clearing" the toxin field really mean and a lot of people ask this question so we wanted to go over it again. We use the word "clearing" in a couple of different ways. One is you clear a food so that you can eat it again with no ill effects. So you can eat it again without getting reversed, so it's more of a at least semi-permanent clearing if you don't blow out the treatment at some point or you want to check it once in a while to make sure it's still holding. So you clear a food so you can eat it again with no reaction.

2. Clearing a food so you are no longer reacting to it in this moment. i.e. clearing the reaction.

Beth: And the other thing you do in terms of clearing is clearing the food so you are no longer reacting to it in this moment. In other words I ate something; I had a reaction to it. I can clear it by reading a code, by reading an ingestant code for example, like those in our Client Manual. So, clearing a food, clearing it so I can have it again with no effects or clearing what I just ate because I don't feel good, clearing that actual acute reaction, so those are the 2 different forms of clearing. We will always do #2, which is if you're reacting to something we'll always clear it for you immediately so that you feel better immediately. Clear a food so you can eat it again, your body tells us when it's OK to do that by, you know, testing some of the fields that we've talked about and looking at the physical mechanism in the body and the other nonphysical pieces? Yes, there probably will be, and putting all of that together and then determining when is it in your best interest to clear the food on a more permanent basis. Steve, what do you think actually happens when you clear something and can eat it again with no ill effects?

3. What we think happens when you can actually clear and eat something.

Steve: Now, I could quote time and day because this is my theory at the moment, so we are on March 15, of 2011, and it is 4:00 in Hawaii, and almost 7:00 in Pacific Time, what I'm saying is as our knowledge advances, our theories change. The treatments work, but this is our belief at the moment. OK, if you can clear something and eat it, first of all you have already the gut healing or it wasn't an issue to start with. If you had leaky gut, if you've got a fungal infection, if you had a gluten or lactose intolerance, that's healed. OK that is #1. #2 is that you have severed the emotional connection in time between the frequency of that food and all trauma fields, and I'm saying all trauma fields, and that's important, and let me say, you know, I can be wrong, I think it's extremely rare to be bad on a food that you've only had 1 or 2 intersections with trauma in your lifetime. What typically happens is you have multiple traumas over time and we talk about your entire lifetime, whether you believe past lives or generational, it doesn't matter to me, when you get multiple intersections over trauma field with food over time you're much more vulnerable. So, let me give an example, besides wheat not being healthy, OK, how many people have wheat for breakfast, wheat for lunch, wheat for dinner? How many people have wheat for every major holiday? Oh, OK, that's right; wheat is often available in front of me when there's a trauma field. So, let's do 2 other examples, what about artichokes? Very few people are toxic on artichokes. Ever have artichokes at Christmas? Artichokes at Thanksgiving? Artichokes at Easter? No, OK, Christmas and Thanksgiving and Easter, what's in common? Oh, that's right; all my family is together, all the people that I share all these trauma fields with. What about turkey? Oh, we often have turkey or ham for Thanksgiving or Christmas. I would say the #1 non-nitrated food, meat that I find people are toxic on is turkey. Why? It's the #1 food that we serve with our family when we get together to share all our old unresolved issue, so it's the #1 meat with a trauma field, much less for the poor turkey. So, I'm just saying when you start looking at the trauma aspects of this, not that you have to go back and resolve every one. You know, using Gary Craig's idea of the table with 4 legs, if you really chip away one leg the whole table collapses, so maybe the trauma field is I'm not safe with others or I deserve punishment or whatever that is, when you resolve that and it's disconnected from all those trauma fields and you've healed the gut, then typically you can have that food on an ongoing and a permanent

basis. Let's come back to something, that doesn't mean it is healthy for you. OK and we'll talk about this more later, but um, it's like wheat, it is a very high glycemic index, even if you're not bad on it, even if you're asymptomatic, it is not a healthy food. They're now showing and I just read this on a research, dairy, um, and we'll talk about that a little later on, but even if you're clear on that, looking at other long term studies, is it a healthy food to have on a regular part of your diet? No, probably not, depending on your nationality, but we'll talk about that more later.

F. Microchemerism: why food sensitivities seem to increase in each generation and with each child who is born.

Beth: The next piece that's really important with food sensitivities is something called microchemerism and this is a term that is used by Dr. Phillips from Neurolink and he described to me and some others in a class what this is, and what microchemerism is: is through pregnancy, twins, or miscarriage where there is an immune reaction between the mother and then unborn child. And what happens is the T-cells which come out of the thymus largely, will show confusion because there's a presence of 2 genetically distinctive separately derived populations of cells, and I know that isn't very clear but that's what I know, and what happens is that there's some kind of autoimmune disease process that actually starts to occur or at least a predisposition to an autoimmune issue, and we have seen this with food sensitivities and this comes up later in the outline as well, but I'm going to bring it up since we're talking about microchemerism here.

Steve: Doesn't that also occur sometimes with organ transplants and blood transfusions because of the difference, addition of another DNA sample; is that another possible source of microchemerism?

Beth: Yeah, some reason that's not in, I'm looking at your books here and you don't have that written but you're absolutely right.

Steve: OK, I just want to add that in because there are incidences of that that I want to add that in.

Beth: Yeah, organ transplants and blood transfusions, yeah.

Steve: And it's like I know someone who has zero food sensitivities, married somebody with significant food sensitivities, had a child born with a lot of food sensitivities, special needs, and then the mother started having food sensitivities and allergies to pine and juniper which were in their area which, and she was in her 30's, which she never had before.

Beth: Exactly.

Steve: So that can also happen and that's the point I'm trying to make. That can happen after a blood transfusion, or after an organ transplant. You're getting DNA, you know, into your body, after pregnancy or other things, but it can start that autoimmune process. We've had um, a number of people that after they had a child develop EI and I think this is the mechanism for that.

Beth: Yeah, I do too. The other piece of it is that, this is very common particularly in vitro. So with in vitro fertilization and the mother will develop some things afterwards and then exchange some genetic material with the child and the child will end up with some predisposition as well to some kind of autoimmune issue, so, allergies are an autoimmune issue. Food sensitivities are an immune issue. They are an immune problem. 80% of your immunity is in your gut. Well, that's where most food sensitivities are showing up if they're

physical at all, so what happens is in this exchange of genetic material with every generation they are more food sensitivities and then with every child within each family, the youngest one, the last one born always has more allergies and sensitivities than the others. I've mentioned that to so many people and they are like, oh, my gosh, that's true, and they think of all these people that they know and the youngest one always has the most allergies. What's going on? And I think this is what's happening.

Steve: Right, so let's say they have 6 kids, that person now has the genetic material from both parents and their other 5 siblings.

Beth: Right.

Steve: So they have you do the multiplication on that, you know, how many times more likely, you think about 1 times, 2 times, 3 times, 4 times, 5 times, 6, you know 6 factorial, the likelihood of food sensitivities for that child goes off the chart.

Beth: And other autoimmune issues.

Steve: Yeah, yeah.

Beth: So, that's just another piece for why we think food sensitivities are just increasing over time.

Part II: How to Test Ingestants Accurately

Always test foods in the same manner: for example: Testing "wheat, wheat I want to be healthy, wheat I want to be sick". It needs to be strong, strong, weak, if it tests good for you. In addition, besides testing it as a toxin (as above), it is important to test it as a possible food intolerance; meaning can the body digest it. This is mostly involved with gluten, dairy, and fats. To test foods this way, you put the karate chop spot on the edge of the palm at C1, and you would say for example; "wheat, what I want to be healthy, wheat I want to be sick." There are different levels of gluten intolerance, which we will talk about later in this teleclinic.

Beth: Let's talk about how to test food ingestants accurately in Part II of our outline. Steve, do you want to start with that.

Steve: Yeah, we've talked about and this is in *Truth Techniques I*® which is why we run a special on that on a regular basis. That is why we push all our clients to do that because mastering that opens up so many doors for you, and again we have a lot of free teleclinics on overcoming blocks to accurate self-testing but if you're not reversed, meaning I want to be healthy, I want to be sick, and I want to be healthy tests strong, I want to be sick test weak. You take all the fingers and the thumb tips, I only have 2 thumbs tips and you hold all those together like you are going to pick up a grain of rice off the table and you hold it on your belly 2" above your belly button. That will block you from reversing while testing and you simply say, "wheat", that should be strong, "wheat I want to be healthy", that should be strong, "wheat I want to be sick", that should be weak. Any other test means wheat is bad for you. OK, so that's how we do that. OK, now, if we're going to test dietary intolerance, you take the edge of your palm, the karate chop spot, you put it at C1 at the base of our skull and you would say, "Wheat", same thing, "wheat I want to be healthy, wheat I want to be sick". If that tested strong, strong, weak then you don't have a gluten intolerance to wheat. If it didn't, if you said wheat and it tested

weak, or wheat I want to be healthy tested weak then you have a gluten issue with wheat. So that is how you test for food toxins and dietary intolerance. Now, we're going to talk about this later, but there's actually different levels of gluten intolerance; like there is different levels of fungal infections. We talk about that in our fungal teleclinic.

Beth: One thing I'd like to mention about, you know the testing that you just did, is you can also break foods down, ingestants down into the different categories that I talked about. So, for example, if you're a healer and you're working with someone and you find they have some ingestant that's reversing them but you're running around trying to find out what it is because they eat kinds of things and you're having a hard time figuring it out, categorize the foods. Now say "food, food I want to be healthy, food I want to be sick. Beverages, I want to be healthy, beverages I want to be healthy, beverages I want to be sick. All of your supplements, all your supplements I want to be healthy, all your supplements I want to be sick. All your medications, all your medications I want to be healthy, all your medications I want to be sick." That will help you break down the category to find where is the offending substance or substances?

Steve: You can also do like all my lunch, all my dinner, all my snacks. If you still can't find it and this is rare but if you're not healing there is a reason, you're not getting the data. Then you have then write down on a piece of paper for 3 days everything they put in their mouth. Toothpaste, water, toothpick, dental floss, things that people don't think about, um, mints for their breath, you know, if it goes in their mouth, they write it down, and then you go back and you test each one of those items, with them saying, you know, my toothpick, my toothpick I want to be healthy, my toothpick I want to be sick, my toothpaste... You will find it that way.

Beth: Most people are going to test fine on their toothpicks except for Steve because he likes to reuse the same one, so yours probably is a toxin.

Steve: All natural, all biological, all organic.

Beth: Alright, but seriously, yeah that's a good idea and one thing that we do is that all of you probably know that are listening is on our history, you know, when you sign up as a client we ask you about diet, that is in your original form, and then we usually get on the phone and people remember, you know, 25 other things that they eat and I tell them email that to me, because I want to have a complete list and if you're doing your own testing, do what Steve said, write down the complete list so that nothing eludes you.

Steve: Well, the other thing that I want to say on this and I may be out of sequence but I just want to bring it up anyway is if you are testing foods as an ingestant don't assume the body always registers the food as an ingestant. So, let's say I want to test all your foods and I do all ingestants, all ingestants I want to be healthy, all ingestants I want to be sick, check it for contactants. Once in a while the body registers it as a contactant against the, you know, the lining of the mouth, as an inhalant, as an injectant, maybe the person has a cut in their mouth. That's rare but if you're not finding something that explains why they're not healing, be more specific, so the things that we're sharing are those clinical gems that we found break lose the tough cases that most people don't know what to do with. So, we're trying to share that to give you that skill set.

Beth: I do have one client that when she eats a toxic food it tests bad as a contactant and not an ingestant, but always as a contactant, so that happens once in a rare while, and I've been

doing this work a long time and it's only been one person that it shows up only that way, but it does happen.

Steve: I've seen often where pollen is a contactant, the nose or the eyes...

Beth: Or as an ingestant.

Steve: Right, as an ingestant only. Yeah, so that's why we're sharing that, is the obvious isn't always true.

Beth: Well, and sometimes people will have kind of an nasty inhalant exposure and that will show up as an ingestant, because it is a strong heavy odor in the air and it actually gets in their mucus membranes and tests as an ingestant.

Steve: Right.

Beth: So, one thing that we'll ask sometimes, and again this is rare is, I'll ask, is it something, or this is something you intentionally put in your mouth, yes or no? If it's a no, it's like OK, it was something that was either on your hands when you ate, you know, some kind of soap residue, or chemicals from cleaning something or something that you ran into that actually is not a food, that you didn't intend to put in your mouth, but it may show up as an ingestant.

Steve: Well, I remember when we used to walk our dogs in Arizona in Prescott, walking through an neighborhood where you could taste and smell the Bounce and Downy, through the, what I was saying it was so strong, that you know, I could smell it, but you would actually taste within 10 seconds. Yeah!

Beth: Yeah, so it was probably an ingestant. So we are under letter A under how to test ingestants accurately.

A. Test foods/ingestants as energy toxins.

Beth: What Steve was just demonstrating in that first part where he was saying, wheat, wheat I want to be healthy, wheat I want to be sick and self testing, that is testing foods and ingestants as an energy toxin. In other words, now, does it test strong or weak? Does it reverse your energy field if I want to be healthy, you know, tests weak, your energy field is reversed. That's what we would consider an energy toxin. If it tests weak on, or if it tests strong on I want to be sick, then it tests bad for the person you're testing and for you. So that's testing as energy toxins, so against reversal and health issues and so on and that's what we always do. We always test foods and ingestants against the field of an energy toxin.

B. Test foods against dietary intolerance.

Beth: Now, as Steve demonstrated, the second demonstration was testing the food against dietary intolerance. Dietary intolerances, can you digest it? Can your body break it down? Can your digestive tract break it down into small enough parts that are usable for your body? So it's kind of like can you tolerate the amount of dairy that would be the size of a golf ball or can you tolerate the amount of dairy that would be the size of a pea? You're looking at the digestive capability of the body in regards to those foods, so like Steve's example was with wheat, and gluten intolerance, you know, can your body break that down and then you can test for amounts, which I would recommend on intolerance. If something tests OK, then you want to ask, you know, do they need to limit it? How much is OK? How often? Probably not every day, and do some more detective work about frequency and the amount.

Steve: Yeah and there are 2 things on that, you know, an energy toxin is one molecule. OK, for example, I'm bad on canola oil. One drop of canola oil in a pan will give me a migraine, so an

energy toxin reverses your meridians. OK, and so it's not even the amount. More is worse, but it's not an amount issues. Intolerance, like Beth said is can the body digest it and so a lot of times people who are really lactose intolerant, it tests OK for them have, let's say, a little cream in their coffee, once a day. Don't test and see what's the maximum I can do on anything every day, because then you're moving the body out of a healing field. So, if you find out that you can do, you know, 3 cups of coffee with, you know, 3 teaspoons of half and half every day, and you do that every day. You're really pushing your body's energy away from healing. You know, do that once a day, rotate, do things like that to get your body to heal past that level, don't push it to the maximum of either toxin or intolerance it can do every day, and we've seen people do that.

C. Test against the histamines. Sometimes a food will not test as a toxin, but causes a histamine reaction. Histamine reactions can be trauma-based.

Beth: The next area is about testing foods against the histamines or histamine reaction and again, we talked a little earlier about, you know, if you're having a histamine reaction to an allergy, like a flower, or something, how that may affect your food testing. We're talking here about histamine reactions from foods and a histamine reaction is more a true allergy. So, you know, there's a definition of food sensitivity and then a food allergy and they're really 2 different things. A histamine reaction is more your classic food allergy. So, we used to have people that would come to us with a lot of food allergy testing that had been done and our results would be quite different than theirs because besides what they had on their sheet that they were allergic to, we found a bunch of things that were energy toxins that reversed them that they didn't know about. But if we test food against their histamines response we would get those same outcomes that they got from their food allergy testing and probably find some more things as well. We typically do, but you test against the histamines and how you do that is simply hold in the thought field, or in your mind histamines and then you test the food. So, for example, to stay with Steve's example, against histamine, if I think about Steve, wheat, tests OK, wheat I want to be healthy, tests weak. Now, we know why you get throat congestion when you eat wheat. Wheat doesn't test as a toxin for you, but if I hold the intention in my mind of testing against histamines, wheat, wheat I want to be healthy, goes weak. It tests bad, so it's more a traditional allergy. Now, histamine reactions will block your healing too. So, we don't recommend, you know, if you have a histamine reaction to something we recommend that you don't eat it. Now, histamine reactions, foods that cause histamine reactions can also be cleared and again there's trauma issues, sometimes there's also significant physical issues, so they can also be cleared, but it's a different way of testing that gives you more information. There was a client that I worked with in Europe and she was doing quite well, but something had come up and she was having a struggle for a period of time, and we determined that she was having coconut oil every day. Well, it was not an energy toxin, but then we tested it against a histamine reaction and it was bad. So it was blocking her healing because she was having kind of an allergy reaction every day and was using it every day. So, it's important to test food also against histamine and this is something new in the past year, maybe two that we didn't teach on **Truth Techniques I®**, that we're teaching now because it is very important. Um, you know, when someone has a trauma based reaction often times they're adrenaline will test reversed, or test toxic for them, if you want to use those terms and what we find is often the same thing

with a histamine reaction. That can also be like a trauma reaction for somebody. I had a client in Norway who anytime she was in kind of a traumatic situation and eating her skin would get bright red and itchy. Well, she was having a histamine reaction and it was trauma based for her.

Steve: So the body in that case, you know, encoded the trauma field in a histamine reaction and didn't encode it necessarily in the adrenaline, and again, you think about the flight or fight response, the adrenaline gets pumping, I'm out of here. Well, that's true but there's people who then encode the trauma field in a histamine reaction and, you know, maybe some traumatic event happened to them let's say, in a field where there were a lot of pollen and flowers and things. I mean, we don't know why the body does it, but we do know it does it at times.

Beth: The other thing that I want to mention about histamine reactions is not just testing food against histamines but medications. Again, that's going to show you some true allergies, so if you're looking at any medications, any antibiotics, test them against histamines. And the other thing, speaking of antibiotics we should of added that I want to add now, is when we're talking about food sensitivities going up, antibiotics is a huge, a huge one...

Steve: Birth control and steroids, but all those things that disrupt the gut.

Beth: Yeah, birth control pills, steroids, anything, so speaking of they'll increase environmental toxins and then toxins in terms of things that we eat. Yeah, I would add antibiotics and steroids, birth control pills...

Steve: And vaccinations.

Beth: Yeah.

Steve: Over and over again, those manmade issues, the birth control, vaccinations, steroids, antibiotics, over time...

Beth: Mercury in the mouth.

Steve: I'm thinking of some other things that I know I see a lot of that just destroy the gut lining...

Beth: Titanium implants.

Steve: Yeah.

Beth: The list goes on, but that pops into my mind that we didn't mention any of those things. Well, I just wanted to add that in, in terms of another reason why food sensitivities are up and there's more health problems. So, histamine is a biggie. That's a very important, a very critical field to test all foods and medications and supplements, beverages, everything against that field.

Steve: Well, if you think about that on a broader scope, I mean a lot of people are alive today because we can put things in like mesh to hold their intestines in, or put in titanium for their leg that was broken, or a plastic hip replacement, you know, the list goes on from blood transfusions to, you know, bone grafts from a cow in their jaw, the list is endless, and if you think about the Divine did not create our body to accept any of those, so a lot of times when you start adding those things, now, I understand, something's are required for life but when you start adding things that aren't required like Botox and silicone and other things because of some society generated image of who you're supposed to be and they you look at what happens with that as the body says I don't accept that, um, and the rejection syndrome, I think all of those increase autoimmune disease and dramatically increase food sensitivities.

Beth: And we have good luck with clearing a lot those substances, you know, titanium clips and other things in the body but it's better for you if you test them first before you use them.

Steve: Right, well I think we're about out of time today. I think we'll continue this teleclinic next week. I don't see us having any questions I can see on our teleclinic coming in right now, in terms of our webinar. So if they are there, you know, you can send those between that next time to Stephen or Beth@quantumtechniques.com or be on the webinar next week and send them in live and we'll try and answer those as we go along.

Beth: So just for your records we are finished with **Part II – How to Test Ingestants Accurately** and we just finished letter C, so we'll be continuing that discussion next week and thank you for your attention and we look forward to talking with you again.

Steve: Blessings, Mahalo!

Beth: Aloha!