

COPYRIGHT 2011 QUANTUM TECHNIQUES®

Quantum Techniques Teleseminar

QT Approach to Healing Food Toxins and Intolerances

Part 2

March 22, 2011

Stephen P. Daniel Ph.D., FPPR

Beth Daniel, M.A., Ed.S.



Table of Contents

Disclaimer	3
Disclaimer Explained	3
Hold Harmless Agreement	4
Introduction: QT Approach to healing Food Toxins and Intolerances - Part 2	5
Part II: How to Test Ingestants Accurately	6
Part III: Food Toxins: The Physical Issues	9
Part IV: Inflammation Issues	20
Part V: Food Toxins: The Non-Physical Issues	20

Disclaimer

Quantum Techniques® (QT) is not intended to diagnose, prescribe, treat, or cure any disease, physical or mental.

The use of *Quantum Techniques™* by a *Quantum Techniques® practitioner* should not be construed as a prescription, a promise of benefits, claims of cures, or a guarantee of results to be achieved.

The information, instruction or advice given by a *Quantum Techniques® practitioner* is not intended to be a substitute for competent professional medical or psychological diagnosis and care. You should not discontinue or modify any medication presently being taken pursuant to medical advice without obtaining approval from your healthcare professional.

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

Disclaimer Explained

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.

No one is advised to discontinue or to avoid medical or psychological consultations. There are cases where medical or psychotherapeutic consultations are advised. Don’t use these techniques to try to solve a problem where your common sense would tell you it is inappropriate. Since these are self-treatment techniques, we cannot and will not take responsibility for what you do with them. You are required to take complete responsibility for your own well-being both during and after the use of our materials and/or coaching sessions.

Some statements on the Quantum Techniques®, LLC / Healing Solutions, LLC web site, manuals and products represent working theory rather than accepted science. *Quantum Techniques™ practitioners* practice as bio-energetic consultants, not as licensed medical doctors, psychologists, psychotherapists, chiropractors, lawyers, nutritionists, or naturopaths. Although these techniques are being used by therapists, health professionals and lay people worldwide, the practice of QT and bio-energetic consulting is not currently regulated by any licensing board

in the United States. Any spiritual counseling provided by *Quantum Techniques® practitioner* is not part of any recognized religion.

We have not personally experienced any adverse side effects when applying the gentle techniques of QT when the treatment protocols and suggestions were followed. This does not mean, however, that you will not experience or perceive negative side effects. If you use these techniques on yourself or others, you must agree to take full responsibility for your own well-being and you are required to advise others to do the same.

You must understand that while an energy healing approach is a safe self-treatment method, with a substantial body of clinical experience showing no serious side-effects when properly administered, it is possible, with any form of healing, that unresolved memories and related emotions and sensations may be brought into your awareness. It is possible that this emotional material may continue to surface after the coaching session and require further self-treatments or coaching sessions. It is also possible that previously traumatic memories may lose their emotional charge, and this could adversely affect your ability to provide legal testimony that carries the same impact as it might have prior to treatment. In some rare cases, clients with chronic illness have reported some mild healing reaction symptoms as their body releases stored toxins. Typically this is short lived and can be addressed with another coaching session or self-treatment protocol.

Hold Harmless Agreement

You must agree to hold harmless Stephen Daniel and Beth Daniel, the originators of Quantum Techniques, LLC and Healing Solutions, LLC, all *Quantum Techniques® practitioners*, and anyone affiliated with QT from any claims, liability, or loss incurred directly or indirectly by you (or anyone you may teach or seek to help using QT) as a result of the use or application of any techniques or methods learned from a *Quantum Techniques® practitioner* or *Quantum Techniques®, LLC / Healing Solutions, LLC* product.

©2010 *Quantum Techniques®, LLC*. You have permission to use this copyrighted document only for your own personal use. All other uses are prohibited under federal law. All other rights are reserved by the authors. *Quantum Techniques®* and the *Quantum Techniques®* logo are trademarks of *Quantum Techniques®, LLC* and may be used only with permission.

© 2010 *Quantum Techniques®, LLC*

All Rights Reserved

Corporate Office

P.O. Box 12405

Prescott, AZ 86304

Introduction: QT Approach to healing Food Toxins and Intolerances - Part 2

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: We are continuing our series on food sensitivities this evening and we started it last Tuesday and we are in the 2nd part of this series. We are hoping to finish it up this evening. This is QT approach to you know, dealing with food sensitivities and foods and ingestants, toxin issues. If you haven’t listened to the first part we welcome you to do that as well. That’s on our website and available from here on out. We ended last time at Part 2 on your outline which is about testing ingesting accurately and how to do that. We did get some questions from someone on the webinar already and we’ll try to get to those as well. In terms of testing ingestants accurately we talked about you know the process that we use with the 3 statements, for example, “wheat, wheat I want to be healthy, wheat I want to be sick: and you’re looking for strong, strong, weak responses on that substance if it tests good for you. We talked about testing foods that way as energy toxins. We talked about testing for dietary intolerance which is breaking down or digesting the food and then we left of last time on testing ingestants against the histamine reactions that the body may have, and again sometimes this food will test that it causes a histamine reaction but it doesn’t test as a toxin or vice versa. So, it is something we found significantly beneficial over the past couple of years that we didn’t add in before. Again, if you have questions on how to test accurately ingestants, in terms of the mechanics of self testing please do purchase our Truth Techniques I DVD. It’s very clear about how you test with one hand, you hold the other hand on the belly point, you don’t have to hold the food in order to test it You just look at it or think about it, so you don’t need more than 2 hands, one hand to hold the belly point 2” above the navel, the other is to test.

Steve: It’s a good thing, we would of developed one of those 3 handed testing techniques for a very limited population that could do that!

Beth: Right, real limited. So where we left of was testing ingestants or foods against inflammation

Part II: How to Test Ingestants Accurately

- A. Test foods/ingestants as energy toxins.*
- B. Test foods against dietary intolerance.*
- 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.*
- D. Test against inflammation. Inflammation is a key issue in every client we have worked with and every health issue. Muscle test, asking on a scale of 1 to 10, for a “normal” person, what is the client’s overall inflammation level? A lot of times it is above 20, 30, 50, 80, 100. We define this as meaning that their inflammation levels are many times what a normal person has.*

Beth: These are just some of the specific categories of information that we have found that need to be looked at when you’re testing foods. Now, for the most part most people if you test them against something as an energy toxin, dietary intolerance, and their histamines you don’t need to do the rest of it but some people are a little bit of a more, um, tough nut to crack so to speak, and we need to look at more specifics for them to have their best healing. So one of those specifics areas is inflammation, and inflammation is a key issue in every client we have ever worked with and in every health issue under the sun and you’ll see a lot of books coming out these days on inflammation. Mark Hyman is an MD who’s written a lot of books about, you know, ultra metabolism, diet and cookbooks, about controlling inflammation, I think he has a lot of good things to say. Some of the things I disagree with. I think nightshades need to be avoided like the plague if you have inflammation, but he has some other good things to say, but in terms of testing against inflammation, you think about the food, or if you have the food in front of you, or whatever the food is, and you test it just like you normally would, the 3 levels, so for example, “these raw tomatoes, these tomatoes I want to be healthy, these tomatoes I want to be sick” , if it’s not strong, strong, weak as your outcome then the tomatoes test bad while you are focusing on inflammation. So, like for Steve, he has a history of having kind of a fasciitis in his feet, so he has an inflammation in his feet so he tests foods while he is thinking about that inflammation issue. Now you can also think about inflammation in general as a concept, if you don’t have a specific area, just focusing on inflammation in the body and testing foods that way. You can also test against C-reactive proteins, which is a level of inflammation in the cardiovascular system, and the vascular system that’s very important to keep that low to avoid cardiovascular incidents, so you can test foods against C-reactive proteins, if that is something that’s high for you in previous blood tests that you’ve had. The other thing that’s helpful is to test on a scale of 1-10 what is your inflammation level or your client’s inflammation level. It can be in a specific area of the body or in general. Now, we use the scale of 1-10, just as that would be for a “normal” person, whatever a normal person is, but testing on a scale of 1-10 for an average “normal” person, where is your inflammation? It might be way over 10 because it’s way off the scale. It could be over 20. It could be 100, but testing that kind of gives you a gauge of where you’re at in terms of what would be considered a “normal” inflammation level, and like I said you can test that in different areas of the body or in general if there are no specific concerns. Inflammation is caused by a lot of things. We are going to talk about that in another teleclinic series. We are going to touch on it a little bit later. So, testing foods against inflammation is the key issue.

E. Test against the specific symptom. (In Steve's case with his throat congestion, wheat is not a toxin for him but it causes a lot of throat congestion, so he doesn't eat it.) Other examples follow.

Beth: The next thing we see with every case is the necessity of testing foods, ingestants, supplements, beverages, against a specific symptom that the person has. For example, if you have a history of irritable bowel, or celiac disease, you are going to want to test everything you put in your mouth against the colon, so, you keep the colon in mind, and you do your testing. Now, you can also as you become more efficient at this, you can test foods as an energy toxin, histamine, against inflammation, against specific symptoms, against fungal issues, and the immune system all together in one test, except for dietary intolerance because that requires putting that karate chop point on the back of the head and testing. But the other ones you could conceivably test together. I don't recommend you do that until you feel really adept at this and you kind of do some different testing with a different category so you feel comfortable. Once you've done that then group them all together and test them all together, that's fine. But, always test against a specific symptom or symptoms that you're having because they're could be something there that is being missed. For example with Steve, and we had this in the outline, he gets throat congestion when he eats wheat, so if he just touches his throat and thinks about his throat and then tests "wheat, wheat I want to be healthy", it goes weak on "wheat I want to be healthy", it is testing bad for him. We determined in the last teleclinic that wheat is not a toxin for him, but it does cause a histamine reaction. Well, that makes sense. Histamine reaction could very well be mucus in the throat and that's what he gets. Now, if he didn't know it was a histamine reaction, he still would of found it by testing against the specific symptom. One thing you can have clients do if you work with the face to face, or even on the phone, have them touch the different areas where they have symptoms, then do the ingestant testing.

Steve: We just want to, I mean, by doing this we are being more specific and eliminating more foods but you get a much more robust healing response and then typically most people as they heal can have foods back on.

F. Test against fungal issues.

Steve: You know, testing against fungal issues, you can have something that is not an energy toxin, it is not really causing them much inflammation, but eating it right now is going to blow out a fungal infection like mushrooms. You have a fungal infection mushrooms are not your friend. Um, mold cheeses, another one not your friend, high mold cheeses, and so testing against that if you know you have a fungal infection.

G. Test against the immune system if you are fighting an active infection, for example, a virus

Steve: And the last thing in this section is testing against the immune system if you're fighting an active infection. For example, if you have a virus or bacteria, the body really doesn't want sugar. I mean, it's not big on sugar anyway but when you're fighting an active infection, a lot of sweets just really wreck havoc on the immune system. So if you test against getting over this sore throat or this cold, a lot of times it will test bad and then once you're over that it will test OK. And like we said before you got the foods that are always good, foods that are always bad,

and things in the middle, the thing is what else is going on, and what field you are testing against.

Beth: Well, there's research that shows the white blood cell activity in the body goes down up to 80% if you eat sugar, so that's why if you have an infection, it's detrimental to your health to eat sugar, and that's just an example, but it's interesting. It's not just sugar either but it can seem like real random foods that will not test well against the immune system if someone is fighting something. I mean, I've even seen that with something as nebulous as beans, so it can really be anything depending on the person. We're all really unique that way, so if you are fighting something, test your regular diet against your immune system and you may find something there that is going to benefit you to just avoid as long as you're fighting whatever the cold, or something is, and then it will shift when the cold is gone.

Steve: Well, and I think that's, to be good at this, you got to suspend your belief system and just see what's there. If you have a belief system that this organic orange juice is always good, not really, it's a lot of sugar. You know, if you have a stomach distress there is a lot of acidity to that, so I'm saying there could be a lot of different reasons, and if you're locked in on, well this food is always good for everybody, and we've seen people that have that belief, well then we have to do work with them if they join our team as practitioners to erase those beliefs so they can actually test what's there versus just testing their belief about what's there.

Beth: Well, and the other thing that's true too is even having a belief, well, juice has a lot of sugar so it doesn't test good for anybody, that's a belief too. So, really trying to step away from any belief about anything and test the person. You know, and I know this has been something that I've dealt with because over the years I haven't seen soy test very good for anyone, but even so, I kind of have a belief, OK, soy destabilizes hormones, it de-mineralizes the body, I try to step back when I'm working with somebody new, and this happened last week, and she tested fine on soy, just looking at what's there in front of me, not my belief, because there's a lot of health writings and other things out there on the internet right now, and this is good, and that's bad, and it's OK to have some of that background information, but we're all very different, so remember that. What is, you know, one man's pleasure is another man's poison. Something may test terribly for you that test wonderful for your partner.

Steve: Well and we've had a number of practitioners that do a lot of internet research and read about all these great supplements and they tested themselves and they were good and they get the supplement, and they call a couple days later, they are feeling terrible, it was a toxin for them, but they were so excited about all the research they read that they were testing their belief system, not what was really there.

Beth: It happens to all of us, but it's something to really be aware of and try to step back and be objective, and one of the things I recommend that people do before you go into testing, and food is a real hot button for people, especially in our society. So many of us are just so addicted to food, the thought of food, the eating out with the food, that we lose our objectivity. So, if you can really get into a quiet space within yourself before you do testing on yourself or others, in regards especially to foods, and to ask for, you know, openness and being objective, and no judgment, no condemnation of what you find being there, for the truth, I really think it does help you to kind of ground yourself before you go into that. Um, people will say things like, "well, the client got mad at me because I took away their food". Well, you didn't take away

their food. You're reading their energy field. Their body doesn't want it, but if we have a sense we're taking something away from someone, that's not where we want to go with this. It's about reading what's there in the energy field, and in my belief what the Divine is telling you about what's in this person's best interest. I do have a letter H to add under this section Part 2. Steve just finished with item G.

H. Testing food combinations

Beth: This doesn't come up very often but I have seen it quite often with supplements. So, for example, if you're taking quite a variety of supplements each day, you may have some that don't jive well with one another, an example of this came up with a practitioner today who took MMS, the Miracle Mineral Supplement and then within a couple hours took some organic sulfur crystals and felt extremely ill very quickly. Now, she said, she was laughing, she said, "I just kind of forgot to test the combination. I thought of it as soon as I swallowed", but some of these supplements, especially some of these higher powered anti-pathogens you need to test the combination, and you simply do that by thinking about you know all the supplements that you want to take in that day, or at that time and just say, "this combination, this combination I want to be healthy, this combination I want to be sick, this will challenge me in some way", yes or no? You can also ask, "I will react to this". I think that is a good thing to get in the habit of doing because there are some supplement combinations that can actually make you feel pretty sick. Um, I had a client 2 weeks ago that had a similar situation with MMS which is a powerful but very positive for some people supplement. She had taken then than took probiotics at the same time and threw up. That combination tested bad for her. So, again looking at that with some supplements you need to wait 2 hours, sometimes 6 hours, sometimes longer before you take something else because the combination of the 2 in the body together are not in your best interest and can cause a reaction. I would also look at that with testing herbs. That is another thing where I've seen that come up and herb and medication interactions. Always test those combinations if you take medications. Test the combination of your medications with all of your supplements.

Steve: I think we're ready to go to section III: Food Toxins and Physical Issues.

Part III: Food Toxins: The Physical Issues

A. The Overall Toxin Load

Steve: One is just the overall toxin load and Doris Rapp talked about this years ago, the toxin barrel effect that if I'm rested and I'm not fighting infection and my toxin load is pretty low, then if I have some many times I'm OK, and that's why, you know, for Beth and I, neither one of us is necessarily bad on gluten or wheat. We just don't eat it in the house, if um, on those occasions we're out in a restaurant and we have a little piece of bread or something, our toxin load is so low, that it doesn't have any effect, so that's part of, you know, just kind of living a healthy lifestyle and doing good detoxification and other things to get the overall toxin load. Do you want to respond to that? Would it be..

Beth: Well, we talked last time too, if you're overwhelmed with inhalants, for example in your environment, you know, it's high time pollen season, you would probably, you have a higher internal toxin barrel so to speak, so, you may not be able to have, oh, the foods that you may

typically be OK with because you're more sensitive due to the toxin load. That's just an example of it, but yeah, if you do detoxification and you keep yourself healthy internally to the best of your ability then you're foods sensitivities will clear, because your leaky gut will heal, and so on. So, it is important to detoxify and to keep your toxin load down in as many areas as you can.

B. The Organs: How they are functioning can determine your level of toxicity or your ability to have certain foods that day.

Beth: In terms of other physical issues and, you know, how your body really responds to different foods we at **Quantum Techniques®**, we look at different organs. We look at what are your most stressed, you know, organs or glands or systems when we talk with you and when we work with you, and that does determine what foods are going to test OK for you or not. Again, if someone has a new parasite infection in their colon, you know starting from a trip to India or something, which is quite common, then we'll see that OK, for that period of time, because of the stress on the colon and also often times the liver in that case. Gluten is not testing as something that is good for them at the time. They may also have a hard time breaking down several other grains. Maybe their body, you know, doesn't want certain things that are usually OK, so it really depends on the organs level of health. Now, if someone has quite a toxic liver for example, then often their gall bladder is compromised. They're not going to test that well on fatty foods for that period of time, so it really depends on what are the organs telling us, what is their level of health, what is there organ potential at the time? That can affect food toxins and what things test as a sensitivity at the time or not.

C. Unhealthy Choices

- 1. Some foods are just not healthy like: gluten and most dairy (whether it is organic or not), foods with pesticides/preservatives/food coloring/artificial sweeteners, soy, sugar.**

Steve: There are some foods that are just unhealthy choices, in general, even if they're not testing as a toxin, they are testing bad for you, that in terms of your maximizing your health and that's one of the things when people call us, we need to find out what's their intention? Is it to eat as many foods as they can, or is it to eat as healthy as they can? And that's different for different people. For some people they're willing to give up health so they can have that pizza, and so how can they minimize the symptoms when they are going to have the pizza because that is what they want. But you know, gluten, most dairy, whether it is organic or not, other than raw dairy, foods that have pesticides, preservatives, food coloring, artificial sweeteners, soy, you know high sugar foods, in general if you eat those on an ongoing basis as part of your diet your health will suffer.

- 2. Few people can eat fast food in the Western diet and maintain long term good health. They lead to the big 5 – obesity, diabetes, depression, heart disease, and cancer. All of these are diet driven.**

Steve: And that 2nd point there, you know the big 5 health problems in America, obesity, diabetes, depression, heart disease, and cancer. I think, I am trying to remember the research study, 80-85% of the total health care budget is spent on those things, and if we could eliminate those things or even one of them, the savings, well if everybody would just ate a diet that tested good for them. That would pretty much eliminate those things. It would eliminate at least 90% of them.

Beth: Well, and I know there was a study within the last few years, I believe the number was 70% of cancer had been called diet driven by traditional Western medicine.

Steve: Right.

Beth: And we've seen from people that we've worked with that have had cancerous conditions, that they are always diet driven. There are always several foods being eaten that are reversing the body's attempt to clear the irregular cells.

Steve: Well, and I was recently sent a research article by someone who's a woman doctor who actually developed breast cancer and very severe, and they got a hold of a research study and where, I think it is in the UK and the US, this person is in the UK, that 1 out of 10 or 12 women develop breast cancer.

Beth: In America and the United Kingdom.

Steve: Yes, the United Kingdom and in China it's less than 2 to 3 per 100,000, even though they have a lot of pollution there and it was even similar in Japan and Hiroshima, where the atomic bombs were dropped, even those women had a much lower rate of breast cancer than American and UK women. The difference is those 2 populations do not do animal dairy at all. In China they'll get a wet nurse, meaning another woman who will breast feed your child if you can't, but they don't give them cow or goat protein, goat dairy, and so this woman stopped doing all dairy and she was like, I think 3rd stage, 3rd time around, 3rd stage, 4th stage, pretty severe cancer and no one told her to her face but the college had written her off and in 6 weeks they were dropping down to nothing, and she went into complete remission, just by eliminating dairy from her diet. So, there's so much there for us, for us to get educated about, but if you know how to test, you don't have to know the research, you just have to listen to your body.

Beth: Right, and we have seen a lot of people that do great with raw dairy, with raw cow milk, or raw goat milk, and that tests OK for them, and it tests OK against, whereas you know, your basic even organic cow milk will test as a toxin against the immune system. So those are just some things to keep in mind, and I think, you know, gluten is just difficult for most people to break down, so it just kind of takes up space in the body. I think that's why it thing that's why it doesn't tend to be a very healthy food, it's just kind of sticky in the body, but again you can test it and see, you know, how often is it OK for you to have it, and you probably need to limit it. Most people do, to be their healthiest, but like Steve said, it depends on your goal. You know, if someone has a goal, that they want to be able to eat whatever they want to be able to eat, then they test OK having gluten, you know, let's say 4 times a week. If their goal shifted to, I want to be as healthy as I can possibly be. Their body would probably say, OK, have it once a week, so your intention is very important in the testing as well, and what is your intention for healing? And be honest with yourself about that.

D. Eat organic but also test. Just because something is organic or natural does not mean it is automatically OK.

Steve: (See above).

Beth: It reminds me of cocktail napkins one of my friends bought for me. There's 2 women on it talking and they have a bunch of pies and cakes on their table top, and the one says to the other, "Oh, it's OK, it's organic."

Steve: Yeah.

Beth: So, there's an assumption that something is organic that means it's fine, even if it's sugar, or even if it tests bad for you, you know, if you test poorly on green beans, you know and they cause you neck tightening and headache, well they're not going to test well because they're organic. They're still a green bean. They are still going to test bad for you. It helps if things are organic, that takes out, you know, the preservatives, the coloring, the pesticides and so on, that we're talking about, so it helps, but it doesn't mean just because it's organic it is a green light.

Steve: Well, and sometimes if you're bad on a food, organic is even worse, because you think about this, what are the, if you think about chickens or cows, OK, if you're going to eat them, they can run away or charge you. Plants can't, so plants develop natural um, responses to predators to make them sick so you quit eating them. Well, things that have been grown for multiple I'll say, generations, where they've used pesticides, don't have to develop as many of those natural ah, pesticides within, because they're getting sprayed every day. OK, the ones that are organic, if you're bad on broccoli for example, if you're bad on broccoli, sometimes organic broccoli is actually a little worse because it has more of the very things that is trying to tell you, don't eat me, I want to survive.

Beth: Well, interesting, I never even thought about that before. That's pretty interesting. But, please, do eat organic, even things that don't test bad for you though.

E. Rotate foods as you can. Most of us only eat 25 to 40 foods over and over again.

Steve: (See above), and sometimes you know, like when Beth could eat 2 kinds of sweet potatoes for a year, she didn't have much rotation there, and I know for me, I tend to find some foods that work well and make a soup, and eat that fairly frequently, um, but if you can rotate as much as possible.

Beth: From a nutritional standpoint, it is much healthier to rotate because then your body gets a different array of colors and minerals and vitamins. The other thing that I think is good to rotate is to add in more raw foods, have more of a combination of raw and cooked foods, if your body can tolerate it. If you have a real compromised gut you may not be able to do much with raw food in the beginning, and our practitioner Carolee Johnson, I think is going to do a teleclinic on raw foods at some point in the future. She has a real good background on that and I think that would be worth listening to.

Steve: That's something that we don't really teach about in our dietary intolerance, but if you've got really bad guts and you're going to go to raw foods, test it as a dietary intolerance because sometimes you can't break down the fiber in it.

Beth: Yeah, an example of that would be like raw broccoli.

Steve: Right.

Beth: We had a practitioner on our team in the past who had trouble digesting raw broccoli. So, just thinking about raw broccoli and putting the karate chop point on the back of where the skull and neck come together and testing it as dietary intolerance. It tested bad for her. It caused too much gas; she really had a hard time breaking it down

F. Test to see if you can clear or eat something. Test to see if you need to limit your intake of the food and how often. If you're addicted to it, don't trust your own testing; have someone else test you.

Beth: Letter F under Part III, Test to see if you can clear for eat something, I'm not sure if that is a typo, test to see if you can clear or eat something, test to see if you need to limit your intake

of the food; and how often? Yeah, it should be tested to see if you can clear and eat something. In other words, if I test bad on yellow corn, OK, the question is, or the statement is, I can clear this, yes or no? If it's no, you can't clear it right now to eat again in the future yet without a reaction. If you get a yes, I can clear this then ask, I need to know more, yes or no? If you get a no, you can go ahead and clear the food and we have some food clearing codes in our **Truth Techniques II** for clearing toxin sensitivities that I know most of you have or a lot of you have. So you can use those codes to clear a food. If you get a yes to I need to know more, ask, is it physical, or is it nonphysical? Now, many foods on their own began as a toxin sensitivity due to a trauma field, so it may come up that there is a nonphysical field here that you need to clear. For example, for me, when I was going through my healing, I was sensitive to cashews for a period of time. I actually had a specific issue that I remembered from childhood with cashews. When I thought about that trauma and I cleared it, I cleared the food from then on I could eat it and be fine. That happens quite often, that there's a nonphysical field. It might be a blocked emotion of some kind, or a trauma. If you identify it then ask do I need to know more, yes or no? If you don't need to know more you can clear it. If you need to know more then you need to do some more sophisticated testing or ask for help. Now if there is something physical that you need to know in order to clear something, a place to look at is pathogens and what is the stressed organ or gland in that field. I think I talked about this last time, I had a client with some stress in his arteries, and when we did the physical clearing of the arteries corn tested fine for him by the next time I talked with him, the following week or so. So doing the physical clearing allowed him, his body automatically cleared some of the foods that were testing as sensitivities because his toxin load and pathogen load greatly decreased. So his body said, gave him the green light to clear it and eat it and it was OK. If you clear a food always ask is it in my best and highest good to limit it. I prefer to use statement instead of questions so I would say, "It's in my best and highest good to limit this", yes or no, and then how often? Now, once a week, more than once a week, twice a week, three times a week, and test. Is it in your best interest to rotate and eat it every 3rd day? Ask yourself those specific questions. Again, ask them against these specific symptoms you have in the body. If you're thinking in general you may get a different answer than if you're testing against this specific symptom that you're working on. That's what I would recommend. Now, if you're addicted to something we really don't recommend that you clear it or at least have somebody else test it for you and give you the truth of what they're getting. If they say, "OK, I can clear you on wheat but you can only eat it twice a week", and you know you're addicted to it, and you're going to eat it every day. I wouldn't even bother clearing it at that point, because you'll just end up losing the treatment. Anything else on that? OK, that's kind of a big category about clearing something, so again, really going back and asking, ah, instead of just saying, "I can clear this", the other thing that I recommend is saying, "It's in my best and highest good to clear this now, yes or no? I have the energy to clear this now", is another good question to ask, because if you got a cold, or even like, let's say, you broke your leg skiing, whatever the case may be, you're body may not want to spend the energy on clearing this food when there is a greater priority in your field that needs to be healed first. So, those are some other good questions to ask yourself.

G. Drink water. You need a liter of water per 50 lbs of body weight per day. Also if you drink any caffeinated drink, you need to match that caffeinated drink in addition to

that liter per 50 lbs. For example: If I need 3 liters of water and I drink a liter of pop then I need 4 liters of water a day. Another formula is to take your body weight divided by 2; you need that many ounces of pure water a day, plus adjustments for caffeine.

Beth: Letter G, and this is I think underemphasized in our society, we just don't drink enough water, and anyone with chronic health issues is dehydrated, and there is a famous prison study I can't think of who did it, where the researcher gave all the inmates additional water, and all their health problems went away. Their insomnia went away, their dry skin went away, their cough went away, just from drinking water. So, if you don't feel well, you need to increase your water, and there is a couple of different measuring sticks on that. One is that you need a liter of water for every 50 lbs of body weight that you carry. In addition to that, if you drink, you know, caffeine then you need to add the water on top of how much caffeine you drink. So, again, whenever you're drinking caffeine you need to add that much more water to come back to square one. So the example here, if I need 3 liters of water based on my weight to be hydrated and I drink a liter of soda pop, then I need 4 liters of water that day. Another formula that I like that's easy to do is divide your weight in two. That's the number of ounces you need of pure water a day. Now, in terms of water, and if you add lemon to the water, if you have herbal tea in the water, that doesn't really count as water, your body perceives it more as a food or substance, not as pure water, so we recommend you know the pure water on top of that amount. Steve, are you OK to talk? I know you were in a little bit of throat problem.

Steve: No, I'm OK. I think that's it on the water but I think that's one of the things that's so under reported, in fact we just recently added that to our intake sheets. How many cups of water do you drink a day, and how many cup of caffeinated beverages do you drink a day? And I can remember recently right after that getting someone who had severe constipation and they were drinking 2 cups of water a day and 6 cups of coffee.

Beth: Oh!

Steve: And I said, "You know, you're not going to get better if you're not going to crank up the water, before you call me crank up the water", so, it's just something that I know, ah, Beth and I both drink out of quart Ball jars, and I don't think I'm ever more than 5 feet away from a Ball jar, if I'm in the house, of water, and just sipping it all day because you know, it's like your body is like a piece of clay, take a piece of hard clay, and you just dump water over it; it just runs off. If you just slowly drip it, so sip it all day long then the body hydrates itself well and that allows for detoxification, elimination, and you know, the whole cleansing thing the body has to happen with water.

H. Additional comments on gluten, corn syrup, soy, and nightshades.

Definitions of nightshades: www.whfoods.com.

Nightshades include:

Potatoes	Sweet peppers	Hot peppers
Bell peppers	Tomatillos	Tomarios
Eggplant	Paprika	Cayenne pepper
Pimentos	Garden	Ground-grown
Tabasco	huckleberries	cherries
Tomatoes	Tobacco	

Some sources consider string beans and garbanzo beans (chickpeas) to be in this food group

Steve: H: Additional comment on gluten; don't do it, corn syrup; don't do it, soy; don't do it, and nightshades, with nightshades probably if you have any kind of inflammation, arthritis, fibromyalgia, it is probably not your friend. I would always test, but it's probably not your friend.

Beth: Well and there are exceptions to all of this, ah, people of Asian culture tend to do very well with soy, especially fermented soy. They've shown in some of the studies that have come out recently about ah, you know, the US attack on Hiroshima and Nagasaki in terms of the atomic bombs that a lot of the women there, they believe, really protected their reproductive organs and so on from eating miso's soup, which is fermented soy with seaweed in it. It protected them from the radiation, so, soy isn't bad for everyone, for Caucasian people it tends to be unhealthy but for some people, it's OK, so again that's why we test. Um, plain soy like tofu that is not fermented does tend to demineralize the body, so that is something to keep in mind while you're testing. Fermented soy is easier on the system and people tend to do better with it. Some people can't do that at all either, but fermented soy tends to be healthier as a rule than just plain soy. In terms of nightshades, nightshades and we have a list here because people are always asking what are the nightshades, cayenne pepper is an extremely helpful nightshade if you have heart problems and it significantly helpful in saving lives as far as that goes, so I mean, there are cases where nightshades are very helpful and can be lifesaving. I read something the other day that, you know, cooked tomatoes have much more nutrients than raw tomatoes, so keeping some of these things in mind, as a rule nightshades test bad against inflammation, but again, rules kind of go out the window here when you do, or they do go out the window when you do your self testing, but these are just kind of some general rules. I think corn syrup has been shown if you read www.mercola.com at all, to be at all to be, you know, pretty unhealthy food for anybody, that's engineered, so I don't even consider it a real food.

Steve: Well, let's just read the nightshades that we have in this list, potatoes, again not sweet potatoes or yams, bell peppers, eggplant, pimentos, Tabasco, tomatoes, sweet peppers, tomatillos, paprika, garden huckleberry, tobacco, hot peppers, tomatillos, cayenne peppers, ground grown cherries, and then some sources consider string beans and garbanzo beans, that's chickpeas as nightshades. So, again I would always test and you may be able to have some on occasion, but again with the exception of nightshades, if you get off of food for a week, you pretty much got it out of your system. Because nightshades have a compound called alkaloids they can stay in the body continuing to cause inflammation for up to 120 days, so that means 120 days of complete abstinence of all nightshades before you know if it is really going to make a difference if you have an inflammation issue.

Beth: If you have a severe inflammation problem like arthritis or something, yeah, or a bursitis, or some kind of it is – fasciitis.

1. Pathogen fields contribute to food sensitivities, especially fungal, parasite, and hidden viral fields.

Steve: I think we already kind of addressed the next point (see above) especially fungal and hidden viral fields, especially fungal and parasites than anything else. They tend to really drive food sensitivities because where they cause leaky gut, the gut is just not working well. Get the

gut to heal, I mean most people that we end up with a fungal infection, or parasites, and do some of our variation of MMS and probiotics and I would say 90% of my clients get a boatload of their foods back if not all of them back within 2 months once they get their gut to heal.

J. Food Intolerances: (Taught in Truth Techniques® I) can the body break down and digest the food or does it stay in the body and ferment, i.e. causing some kind of fungal soup?

Beth: We were just mentioning food intolerances again and we did talk about then in Part II where we were teaching you how to test ingestants accurately. Again, the question with food intolerance is can the body break it down. Can the body digest this food or does it stay in the body and ferment causing some kind of fungal soup. Steve you must of added that.

Steve: Yes.

Beth: Now, we see that often, you know, people that have a history of a gluten or lactose intolerance and they have a very stressed gut, ah, and they've eaten those foods over time, there is almost a fermentation that happens because their body can't break it down, so it's like it's still there, and causes a lot of problems for the person, in terms of leaky gut, and increased foods sensitivities over what they already had. So, the food intolerance question is a very important one, and again, that's where we test and we show you details on that in **Truth Techniques I**, where you use the karate chop point on the back of the head, where the skull and neck come together, and then you do your testing that way. And with food intolerance, again, you do want to test for "Shall I limit, is it in my best and highest good to limit, how often, this is challenging me in some way?"

1. Genetics

- i.e. there are some cultures that have not developed the enzymes necessary to break down gluten and dairy; Asians, certain Native Americans, Native Hawaiians, and certain groups from Africa. Some can digest these foods and some cannot. For dairy, it seems to depend on whether their ancestry had access to cow dairy or not, or did they use goat dairy or not.

Beth: Food intolerances do have a very strong genetic base and we've talked some about that here this evening, ah, for certain cultures really do have greater difficulty in breaking down gluten and dairy products, cow dairy, or goat dairy, depending on where their ancestry is from. I know we've seen since we've lived in Hawaii that ah, a lot of the native Hawaiians really have, are very lactose intolerant and have difficulty with, and that has led to diabetes which is actually very tragic because they are not able to break down the cow dairy our country has introduced to them since they've been part of America.

Steve: So, they become obese and then Type 2 diabetes very frequently, with severe complications and that's again, Pima Indians in Arizona, the same thing. Their body, generations just weren't there that had dairy, so their bodies never developed the ability to break down that lactose and it just destroyed their pancreas.

2. The Leaky Gut Issue

Beth: We talked a little bit about other things, you know, that contributed to food intolerances. We talked about leaky gut, fungal issues.

3. Fungal Issues (refer to the Fungal Teleclinic

Beth: We do have a *Fungal Infection Teleclinic* if you haven't listened to it, which I think is very beneficial. It is one of our best sellers, so I know people like it in terms of how to clear and heal fungal issues in the body. Specifically here we are talking largely about the gut.

4. The Gluten Issue itself (levels of gluten intolerance)

Beth: Gluten itself, there are levels of gluten intolerance that we have not talked about yet on this teleclinic series. I guess the most common level would be wheat gluten intolerance, but some people even show gluten intolerance to rice. Rice has a little bit of what is called rice gluten in it. So if you test rice against the intolerance field. That may even test weak. Now, the way around that is to do roasted rice and roasted rice is simply roasting rice over medium, medium high heat in a pan either dry or with an oil that tests good for you until it's evenly browned, 10-15 minutes and then steaming it, and putting it in a rice cooker or steaming it in a pot on the stove. Yeah, this is Steve's recipe but I'm giving it so he's giving me a smile here. Am I saying it right?

Steve: Well, Mama QT is addicted to it.

Beth: Yes, I am I love this stuff.

Steve: It takes 100% of the gluten and 100% of the sugar out, so even if you don't have a gluten intolerance, and everybody I've ever, you know, like yourself, that has eaten rice that has been browned that way, they always like it better anyway. It is just one extra step.

Beth: Yeah, I have one person that doesn't like it; every other one of my clients just thinks it's heavenly. It smells kind of like popcorn when you're making it, so it's pretty yummy, but that will remove the rice gluten, so even if you show a rice gluten intolerance, which if you have a massive fungal infection, you'd be surprised, I would say, boy, at least 50% of our new clients coming in have a fungal infection in their gut so significant that even rice gluten does not test in their best interest. So, they do the roasted rice and they're fine.

Steve: And that's why they haven't been healing, in other words they've been doing everything they knew but what they didn't realize is there's a level of gluten and rice. We can show them how to fix it, but here they were eating, they thought they were eating all this good stuff, well their guts weren't healing. That's why.

Beth: Yeah, so you can test, you know, for ah, food intolerance on gluten at different levels, in other words, you test, wheat, that way. You can test spelt that also has gluten in it. Kamut has gluten in it, rye, barley, so all of those testing for gluten intolerance and then the non-gluten grains including rice, but millet, buckwheat, amaranth, um, what am I missing? Uh, teff, quinoa, you know, testing all of those against the gut as well, against the digestion issue, not necessarily a gluten issue, because their non-gluten grains, but if you think about even the non-gluten grains and you run that food intolerance test, if your fungal infection in your gut is really high, it could still test weak there, so if it does, then ask if the roasting would help? Sometime people roast quinoa like they do the rice or millet and then it actually tests OK, so you need to check that and see how that checks out for you or someone that you're working with.

5. The Dairy Issue (levels of dairy intolerance) and raw cow dairy is sometimes OK.

Beth: And we talked some about dairy. Dairy is another area that you want to test as intolerance; can your body break it down? There are levels of dairy intolerances as well, just like with gluten intolerance. For some people cow milk tests bad as an intolerance. They can't break it down. Organic cow milk actually might test OK. It might not. Raw cow milk might test OK and

not be an intolerance, it may or may not. So, there are different levels there. Usually if someone does not test good on milk or organic milk, try them on yogurt, or kefir, because of the probiotics, there will be less possibility of an intolerance there. It tends to be healthier for the gut. Then also the next level I would say would be the raw dairy which would be often OK even, more often than the yogurt would be OK. So, those are the different levels of looking at dairy intolerance. You want to do the same thing with goat dairy products which tend to be much more acceptable to the body than cow for people that are sensitive to cow dairy, and then sheep dairy is another one that can be tested. There is a lot of sheep cheese out there right now, sheep yogurt. I even saw water buffalo yogurt not too long ago in one of the stores we go to. Um, so those are some other dairy's that you can test, and test them as a toxin, but then also test them as an intolerance as we are teaching here.

6. Fat Intolerances which are gall bladder issues.

Beth: The other area that we want to test against an intolerance of can you break it down is fat, so fat in meat, like a rib-eye steak with fat on it. Ah, fat in terms of oils as well. Fats in terms of I would say, you know, any animal protein, or any fats like cheeses as well.

Steve: Usually if you can't digest any of those fats you can have coconut oil. That is not broken down through the gall bladder.

Beth: Yeah, the coconut oil bypasses the gall bladder, so if you have gall bladder issues which I used to have once upon a time, I could have the coconut oil. Yeah, there's things, if there are potentially gall bladder/liver fat digestion issues check nuts and seeds too because they are high in fat and obviously butter and some other things. So, check fats against that field you're testing against in that same way for intolerance, but really it's helpful to focus on the fats. Think about the liver and the gall bladder as well as the stomach and then test to see if the body can handle it.

Steve: It's interesting talking about the dairy issue, I saw a special where a guy had camels in California and he was milking the camels and they were finding that the milk was healing Crohn's Disease.

Beth: Wow!

Steve: But they could not get an FDA approval so they were making soaps and other things with it and the only people that kind of on the side, but they were finding that there's something about that raw milk out of camels, that was very, very powerful healing Crohn's but they can't sell it. Unless you have a camel in your backyard it is not very helpful.

Beth: Oh, eat the soap.

Steve: Well, yeah.

Beth: Well, it's interesting, I think that's true with raw dairy, I mean I've seen so many people that test bad on dairy but when you test them on raw it actually test beneficial but other dairy tests bad, so it's what we've done to the dairy in the processing of it.

Steve: Just trying to get the visual picture, I can understand milking a camel, but milking a water buffalo?

Beth: Good luck!

Steve: You know, but I wouldn't want to put my little stool there and grab on those, and you know it's a huge animal. But then we have a different approach, um...

7. You must heal the gut prior to reintroducing foods that test as an intolerance

- *Test and teach different levels of gluten and dairy intolerance (which are also taught in our Fungal Infection Teleclinic)*

Beth: We're on #7, hon!

Steve: Yeah, you got to heal the gut before you can reintroduce foods that test as intolerance. Some of that like we say is genetic but a lot of that is leaky gut from parasites and fungal infections. Those are things we can address, and we did talk about both those levels of gluten and lactose intolerance, um, did you have something else on that Beth?

Beth: Well, intolerances is specially looking at you know, can you break it down, can you digest it, so it's pretty, you know clear logic that you got to heal the gut first. That would seem logical. It's amazing the questions we get on this, so, but it's true the gut must be healed to heal the intolerance issues. Now, healing the gut also helps with the food sensitivities issues that test as energy toxins that we talked about earlier as well.

Steve: Well, and that's why, that's why so many of the just energy techniques like NAET or other things that don't address the time it takes to heal the leaky gut, that don't address the gluten issues, the lactose issues, that don't address the fungal issues don't really work. They may reprogram how the body expresses its symptoms, but they're really not healing it. Now, they may work once you get the gut healed, but you got to heal the gut first.

K. Food sensitivity healing codes: A new approach to stimulating an immune response

Beth: Now, we have a couple of codes here, one of them we sent out before as gift, but we have another one here as well and what scientists are looking at right now is whipworms and the frequency we're pulling in here just obviously the frequency of whipworms. Um, we had a client that said, "Oh, I don't even want to know what the frequency is, it's nasty." I said, "Well, you don't have to eat them. We aren't giving you whipworms. Just read the code." Ah, but in some studies they are giving whipworms to people with severe allergies and it's helping to stimulate and immune response so that the food allergies go away and 2 of the different studies are with different whipworms. One is with the pork whipworm and one is with something called the human whipworm, and we have had many clients give us glowing reports on reading the pork whipworm frequency. This is the first time we put out #2 here, the human whipworm.

Steve: The human whipworm is a kosher code.

Beth: OK, so testing, these are very powerful codes. The people that have used them really felt a healing response, so test to see, you know, is it in your best interest to read it and how often, you may just test for once a day. Some people do it up to 9 times a day, depending on what tests well for them, but it does cause an immune response so a lot of people will feel a die-off of pathogens and so on when they do the codes, but I would really recommend one or both of these and go ahead and test which one tests best for you, or do both of them.

1. **Pork whipworm frequency code: un sh if eb g50 sh if eb if eb if sh if eb e sh if oe a c 9g un sh un standard chakra pattern (either on) two times.**
2. **Human whipworm frequency code: sh if g50 eb if g50 eb if g50 sh if eb lf mf sh eb g50 eb g50 sh if oe a c 9g un sh un standard chakra pattern (either on) two times.**

Part IV: Inflammation Issues

Beth: Part IV is just briefly testing on inflammation. We talked about it before when we were talking about testing; you know ingestants as toxins against an inflammation field.

A. There is a huge inflammation issue that plays a role in all health issues.

Beth: As we said this plays a role in all health issues.

B. Examples of supplements to test to see if they are beneficial for inflammation.

Beth: There are some supplements that can really help knock down inflammation in the body. We're going to do a teleclinic series on this in the future but some of those are grape seed extract, evening primrose oil is another one, high potency enzymes like Wobenzym or Nutrizyme, other supplements is curcumin is helpful for inflammation, yeah, curcumin, turmeric is very helpful for inflammation.

Steve: Curcumin is probably #1 and grape seed extract is #2, evening primrose oil...

Beth: I said that.

Steve: That tests good for people. Um, sometimes just the regular other EFA can be helpful for inflammation – essential fatty acids, vitamin C, those are probably the main ones.

C. The #1 food causing inflammation is nightshades.

Beth: And again, just in brief the #1 food that cause inflammation or contributes to an inflammatory process if you already have one going on is nightshades and #2 is sugar.

Steve: The other supplement I was thinking of was melatonin, really important for inflammation control.

D. The #2 food causing inflammation is sugar.

E. Some foods cause inflammation for some people but not for others.

Beth: The reason we test is because some foods cause inflammation for me but not, so it's very different depending on the person. Steve is real limited on nightshades. I can eat all of them, so it depends on the person, that's why we do the testing, and that's why, you know; we teach it as we are. So, there'll be more on that. We just wanted to give you some hints on the inflammation and food because it's such a big issue.

F. More to come in upcoming inflammation teleclinic.

Part V: Food Toxins: The Non-Physical Issues

Beth: We want to talk some in our last segment here this evening about the nonphysical issues and food toxins, and before we move on to that I do have some questions that came in from a woman named Jane that I want to address real quickly. There's just 4 brief questions and they really fit into kind of the physical testing and so that we've been talking about. The first question: I'm a Celiac that's in much better health 5-6 years after diagnosis. I'm 64 years old, long recovery; do you see trends for Celiac's to maintain their health? Yes, I mean one of the main things is testing foods accurately and avoiding those that you're sensitive to and that's probably the #1 thing, avoiding the foods you're sensitive to and those that test as a dietary intolerance. Ah, the 2nd thing would be to heal the gut and to do that with some supplementation if you need it but also some work to clear the underlying pathogens that have contributed to Celiac. A lot of people believe that because Celiac tends to run in families. That means it's hereditary and you can't do anything about it. That's not true. I had what officially

been called Celiac and I have no signs of that anymore in terms of my food issues at all. So, it can be overcome. We also do some clearing on generational fields, and kind of the genetic link that can be there with colon. In terms of keeping yourself, your body detoxified and avoiding the toxic ingestants, I think those are the best 2 things.

Steve: I think staying, keeping that information and that part of the body controlled with the right products, the right like you said curcumin, grape seed extract, if it tests good for you, um, probiotics and some of the things we're filming this Friday DVD series, one of them is called, *A Reconnection* and keeping the gut reconnected to all the informational pathways in the body. That's a pretty advanced concept but that would be something else I would look to do because that would make a difference in how rapidly that heals, and if for any reason you're ever given antibiotics or steroids follow that up 2 hours later with you know, a good dose of probiotics that test good for you.

Beth: Next question: Do you ever use Sandy and Tom's *Ask and Receive Method* for work on food sensitivities? What would be the pros and cons? We use Quantum Techniques on food sensitivities because it works really well, so that's what we do, but I have had a couple of clients use *Ask and Receive* and I would say some of the time it works with food sensitivities. The majority of the time it hasn't worked for her but once in a while she'll get a food that where the *Ask and Receive* will really work on the issue for her, so I don't think there's a con in doing it from what I know about it, it's a real positive system but I don't know that much about it. Steve doesn't either. Do we avoid having the food tested in a plastic container? No. Must the food be in glass or touching the skin? No, you don't even need to hold the food while you're testing it, so I would recommend you purchase *Truth Techniques I* DVD because it will show you how to test food and to hold the belly point above the naval while you're testing and then test with one hand. Ah, you don't have to hold the food at all, so you can if you want to do a 2 hand testing technique, you can hold the one hand 2" above the belly button, all the fingertips there on that point, and then with the other hand you can do the O-ring while that first hand is anchoring the belly point. It's a little bit awkward but we actually show how to do that on *Truth Techniques I*, if you feel like you do need both of your hands, but you don't have to hold foods in order to test them accurately. You can look at them. You can even think about something you had last night, maybe even if you can't see it. That's OK. It's what's in your mind's eye. You want to look at the nonphysical issues and food toxins with our last several minutes here and, you know, this is the piece I think that's often missed with other systems. OK, just do this and then the food is not toxic anymore. Uh, there are nonphysical issues underlying every physical issue that we have. If you look at Bruce Lipton's research of the Biology of Belief, everything is affected by our perception of the environment, every physical issue. We are either in a fear state or we are in a healing state and there's nothing in between. So no matter what your health issue, no matter what your food sensitivities, there are nonphysical components that are significant.

Steve: I thought I would give an example to put that into perspective, you know, Beth did her work about 10 years ago. 10 years ago I didn't know what a fungal infection was. I never heard of parasites, OK, I didn't know about gluten but Beth healed in a year from eating 2 kinds of flashed dried sweet potatoes to pretty much having, you know, a normal diet. She avoids MSG and things like that. Um, and we did that by dealing with the trauma fields. OK, dealing with the

trauma fields that it attached to foods throughout her lifetime or generational patterns, and that's really all we did, and so that's why I think a lot of these systems that don't look at the physical like the gluten, they also don't look at the generational component or have the client do the deeper trauma fields. They are kind of energetically reshuffling things but they don't really clear it.

A. The "inner" world determines the "outer"

Beth: Yeah I would agree with that. Like the first statement we say here, your "inner" world determines your "outer", in other words, your "inner" world; these nonphysical issues determine the manifestation in your body. You know, your anatomy reflects it.

B. The extensive role of trauma in food sensitivities, in your lifetime or generationally. Examples to be given.

Beth: Yeah, the role of trauma really can't be overstated in food sensitivities. Ah, we have a friend we asked permission to mention this story and she had a grandmother die, she was on I believe a juice fast and then started to eat whole food, kind of went into that too quickly after going off the fast and she passed away, so this person has had to deal with significant fear about eating anything in general, not just specific foods, about eating at all. The belief was food brings on death, so then you're not going to want to eat if that's the belief. So, that's just an example of a real extensive trauma and how that could affect somebody. Um, she really inherited that trauma through her dad. It was her dad's mother that this happened to and she saw how that affected her father and that trauma passed on to her as well, so that would be an example there. A lot of people have trauma based on difficult times in their family, for example, people that went through the Depression era and you know, if some specific food got brought out it was oh, oh, we don't have any money. I know in my father's family it was macaroni and cheese. When things were tight they brought out the macaroni and cheese. That would be very typical then for a child in that situation to develop a sensitivity to macaroni and cheese. That meant times were bad; things were stressful. Those are just some examples. Um, if you have your own significant life trauma around food and all of our events in our life tend to be around food, so then the trauma gets attached to that picture where there is food. There's food at the table, something there gets identified with that trauma field and the body then perceives it as something fearful that they need to be protected from. When they eat the food it triggers the unconscious event. It triggers the unconscious trauma, the person is not aware of it, but they don't feel good when they eat it or for some people they have a full blown allergy reaction that's significant. So, looking at the role of trauma and then healing trauma with our work, or with EFT, is really important when you're clearing food sensitivities. Now, if you do the trauma work that's in your field, just doing the trauma work not tied to specific foods, you will clear multiple foods one after the other from doing your deep emotional and trauma work that you have.

Steve: Well, and you look at, you know, you look at the role of trauma in the old times. It's like my mom was bipolar/schizophrenic and I can remember, you know, in high school the family sitting around, and my mom just out of nowhere screaming, "I've asked you 6 times if you don't get up and get the ice cream" and my dad looked at her and said, "You've never said that once", but she thought she did.

Beth: Right.

Steve: So, we learned to eat quick and get out. I mean; mealtime was 5 minutes and get out before somebody has a psychotic episode. Well, that's not really good digestive hygiene.

Beth: Now, we know why you don't chew.

Steve: What's that?

Beth: Grab, handle and run.

Steve: Right, because that was my programming. You know I paid my way through college and grad school as a barber. Well, you work all day, you get 2 minutes between clients, you go back and swallow a sandwich, and you come back and so there was a lot of reinforcement of that whole concept of stop, be quiet, rest, relax, create sacred space was not part of what I was raised with.

Beth: Well, I have a client that every time that they sat down for a family meal as a child she was her father's scapegoat. He would pick on her at every meal. Well, she has a lot of food sensitivities; well that's no surprise, is it? It wasn't safe, so being in the field with food near her was not safe. Her body went into fight or flight and it still does when she eats. Now, she's getting over it. She's done excellent work on this and foods are clearing. Unfortunately, when people eat they tend to share their frustrations they had for the day and like Steve had said, you know, he really got the message throughout previous marriage that he wasn't enough. That nothing he did was ever enough and that tended to come out around meal time. You know, "If only you did this", so all of these things contribute to our perceptions of food and whether we're "safe" with them or not or do we need to protect ourselves. So that unconscious work needs to be done.

Steve: And get the tigers out of the kitchen when you're eating, you know, whether those are emotional tigers, or whether that's watching the latest military thing, and wherever on CNN, get the tigers out of the kitchen and make that sacred space.

C. How eating disorders contribute to food sensitivities.

Beth: The other component really and this involves trauma as well, but eating disorders contribute highly to food sensitivities and when I was in high school I had, probably I would call kind of a borderline eating disorder myself, and I am fully aware that that contributed to a lot of my issues with food that I had when I was sick because it was traumatic. You're in a trauma field when you have an eating disorder. You are stressed about food or your body image. You're trying to control something in your life because you don't feel like you have any control about anything, but that all gets put onto food. This is why eating disorders are so common especially in young women. All of their stress and issues really get put on food and this is a really a societal problem, but that really contributes to food sensitivities down the road. I have many clients that have had, you know, different variations of eating disorders throughout their lifetime and they have significant food sensitivities now. So, doing that emotional work and clearing the old trauma and clearing the beliefs about food on letter D here all of this ties in together.

D. Beliefs about food: food is not safe; nothing is safe; I do not deserve to eat something pleasurable; I cannot "neglect" myself by avoiding certain foods; etc.

Beth: When we talk about traumas, where there's food present then the food becomes unsafe. Nothing in the environment becomes safe, so then your beliefs about food can transfer to other foods. So if there's one food that's not safe that was in a trauma field, then you may find

generalization to other things because your body doesn't feel safe around food period, or your body doesn't feel safe about anything at all, so you have chronic illness because the world is an unsafe place, then that belief becomes attached to food as well and your perception of food. Another real common belief is I don't deserve to eat something that makes me feel good. I don't deserve to eat something that's a comfort food, or that's pleasurable, because I'm a terrible person because I'm not perfect. I've seen this one very often. I have seen it often with diabetes the belief that it's not safe to take in any sweetness in life, so it's not safe to take in any sweetness in food, or something that is pleasurable to the person. So, all of these beliefs need to be healed. This is so much bigger than just clearing a food sensitivity. Another real common belief is "Ah, oh, I can't avoid that food. That's neglecting myself. I've neglected myself my whole life. I can't do that now." That's a real common conflict that people have when they "think" we're taking something away which we're not. We're reading the energy field and telling them what's there but this is a real common reaction and it's not real common but fairly common, something that needs to be addressed with the healer, with the practitioner, what is that belief about? What's going on there that the person feels their totally neglected if they can't have wheat, and I was kind of teasing a client, about a month ago, since you know I ate 2 foods for a year, so I don't have overabundance of compassion for people that could have 45 things when I was eating two. Ah, but a woman she sent all this huge list of foods and said, "Oh, there's just nothing I can eat" and I was just kind of chuckling with Steve and I emailed her back and I said, "You know, I apologize that my compassion on this isn't real high. I could eat 2 foods for a year. You have more foods on this list right now than almost everybody I know but she had this belief, this was the issue, the issue wasn't the number of foods, the issue was, oh, my gosh I feel like I am neglecting myself so looking at that and healing that underlying belief is very important in a situation like that as well.

Steve: And can you give to yourself other things. I think that person lost 4 out of their 55 foods, you know.

Beth: Right, but if that and that's a good point, Steve, if that's the only way they know to nurture themselves, is through food, then we need to try to help them find a substitute. What is something else that they can do? Is there a walk that they can take every day that is beautiful? Is there some sacred kind of bath time or some reading time, or something where they can give themselves love and nurturing that's outside of food? Again, this is so strong in our culture. OK, you're depressed. Oh go eat! You know, what are some other things we can do to love and nurture ourselves?

Steve: And now we're really talking about an issue of addiction and because this is so related, you know I worked with a lot of people with smoking addiction over the years. I was doing hypnosis and different forms of therapy, and inevitably when I asked when do you stop and relax. They'd say, "When I go out and take a smoke break".

Beth: Right.

Steve: Now, if a person was willing to develop another way of nurturing themselves, you know, self hypnosis, self meditation, deep relaxation, if they found, if they were willing to find another way to nurture themselves, then we were highly successful in getting them to give up the smoking. If they would not learn another skill, they were not successful at all, and that's the same thing that we're talking about here is if you're a little kid inside, your unconscious, you

parts feel like food is the only way they get love and you don't spend any time, like Beth said, hot baths, drinking some hot tea, taking a walk out in nature, if you don't develop any other ways of nurturing yourself then you're not going to give up your addictive foods.

Beth: Yeah, the key is really, do something different.

Steve: Yeah, don't take something away, put something new in.

Beth: And ah, I think we're pretty good at being able to replace things. OK, if you can't have wheat maybe spelt is OK. Ah, if you can't have oats, maybe quinoa is OK. So, we try really had to be able to replace those things but the other piece is replacing that internally and doing something different to nurture your soul.

E. Intention of the client in terms of healing. What is the client's goal? To eat specific foods or to be healthy, long term?

Beth: And we talked about letter E, you know, what's the intention? What's your intention? What's your client's intention in terms of healing? Is it just OK, I want to be able to eat that food or is it I want to move to a different level of being. I want to be healthy long term and I'm on some kind spiritual growth path, I want to know what is in my highest and best good. Those are all very different intentions. None of them are better than the other at all. It's just where you're at and the important thing is to meet the client where they're at. Now, if somebody comes in and they say, I just want to be able to eat food and we can see that OK, they have liver cirrhosis and they just want to be able to eat something, I'm not going to be OK, with saying OK, I'm help you try to clear that, because I know there's an underlying condition that is not going to support this. So, in that way, I'm not being judgmental but I'm just showing the truth and the truth is that that's not going to be supportive of the person condition. Then we're not going to do it.

F. Create a sacred space around eating:

Steve: Let's talk about creating a sacred space around eating.

1. No television news.

Beth: Yeah and you started to talk about that a little bit Stephen, and I think that point #1 is huge. Don't watch the news while you're eating unless live in Hawaii. I mean our news is little stories about, you know, human interest stories and things like that. Don't watch regular news when you're eating. It puts your body into fight or flight. You're in an adrenalized state and you can't digest.

Steve: Or even a war drama, I mean a war movie. If you're going to watch something, I mean, if you have to watch something, watch something that's like a comedy, or something that's a nature show or something. Don't watch something that is going to put your body in a fear or flight or fight mode.

2. No arguments.

Steve: And save the arguments for later. There is always time to argue. You know table it, it doesn't come up in that room. You know, I can't tell you how many times when I was a psychologist working with people and they would fight over a particular topic, and usually it was like somebody's ex-wife or something, or ex-husband, and I'd say, "I'll tell you what, I don't want that argument in your car or in your bedroom, in your kitchen, your living room. You guys have a cat?" "Yeah". "OK, whenever you want to talk about that issue, stand over the litter box because I want you right where all the shit is and then when you leave that room, you leave the

argument behind and you will train yourself not to contaminate the rest of your life with that kind of thinking.” Very effective if people would do it and in the same way, don’t bring, you know, do whatever you got to do, take a walk, prayer, mediation, but come to that family time of meals together in some kind of sacred space.

Beth: And if the people that you live with insist on their arguing or their debating or whatever they do over dinner. That’s OK, just politely excuse yourself, and go to you know, your own space.

Steve: Yeah.

Beth: And I’ve told many clients that because it significantly will improve your digestion. Just don’t go there.

3. Eat slowly.

Beth: #3 and #4 are meant for Stephen here. Um, eat slowly; eat slowly is #3. For one thing you won’t gain as much weight because you feel full faster but it’s also much healthier for your body to eat slowly. Your digestion will thank you, and then as Dr. Oz says, chew your food twenty times each mouthful.

Steve: I thought it was the whole meal, twenty chews in a meal, and that is a slab of big steak, isn’t it?

Beth: My family used to tease me for chewing so much and now that they’ve saw Dr. Oz and he said to do it, now they’re all “Oh, I guess we all should all do it”. So, yes chew your food many times each mouthful for perfect digestion. and as we talked about

4. Chew your food twenty times each mouthful.

5. Make eating a relational time or special time with yourself. Don’t engage in other activities while eating.

Beth: And as we talked about eating should be a relational time or special time with yourself and ah, don’t get into multi-tasking when you’re eating. I know sometimes it’s unavoidable, like if you’ve got to go to a meeting and you’re running late. You’re eating in your car. Sometimes that does happen of course, but overall, try to have it be at least a special few minutes, so you can eat and digest your food and/or a relational time.

6. Bless your food before eating.

Steve: Number 6, bless your food before eating, and I know Dr. Lee of Ho’oponopono...

Beth: Dr. Hew Len Ihaleakala.

Steve: Yeah, I can’t say his last name, but um, you know, he talks about doing Ho’oponopono on the food, which is just the simple, you know...

Beth: I love you.

Steve: I love you, I’m sorry, there are 4 steps,

Beth: Yeah, it’s I love you.]

Steve: I love you...

Beth: I’m sorry.

Steve: I’m sorry; please forgive me, and then thank you. Yeah, those 4 steps, but yeah, bless your food, you know, take that time to make that spiritual connection before then. And let me...go ahead.

Beth: Well, what Dr. Hew Len has shown is that in blessing the food oftentimes something that may have challenged you will not challenge you anymore at all. Um, I did kind of an experiment

with a practitioner a couple years ago on this just for fun but we wanted to see what the difference would be and just saying, I love you and thank you over the food, just those 2 statements from Ho'oponopono she was able to clear some food sensitivities by doing that, by just connecting to the food and being grateful, being in a place of appreciation and gratitude for the food, it shifted her unconscious, it shifted how she was looking at the food, and then how her body interpreted it, so that's really important.

Steve: Yeah, you can't be in gratitude and be in a fear state. Gratitude is always in this present moment. It always moves you out of your thinking self into your spiritual self.

7. Put the gut into parasympathetic recovery before eating.

Steve: The last thing is how do you put the gut into parasympathetic recovery? This is a very straight forward procedure. OK, if I were to just touch the area I want to put in parasympathetic recovery, so let's say that I just touch my mouth, down my neck, all the way down to my intestines, I am talking about my entire gut, that's my intention and then here's how you do it: Put your hand on your forehead, sweep it over your head and down your neck until it stops at your shoulders. On a spinal chart that would be about C7, it is very forgiving. Reach back at your beltline if you are wearing trousers; that is about L5 on a spinal chart, sweep to the tailbone. If you know how to muscle test, say I want to be healthy. If it's weak, you're in sympathetic overdrive. It doesn't matter whether you can test or not. Just tap above both ears 5 times. So again, before I eat if I just from my mouth, so I'm getting my salivary glands, my throat, you know, my stomach, my small and large intestine, all the way down, and I put my hand on my forehead, I sweep over the head and down the neck until it stops at my shoulders at C7. I reach back about my beltline, L5, I sweep to the tailbone and I tap above both ears 5 times. That will pull that body tissue from sympathetic overdrive into parasympathetic recovery so that you'll no longer be running from the tiger. OK, Beth said something but I don't know what it was. Beth: We're going to wrap it up here, um, if people have specific questions about this teleclinic, I just heard from our technical support that some people actually got kicked off the call, so if you go back in and you hear this replay, if you have specific questions about this teleclinic, please email them to either stephen@quantumtechniques.com or beth@quantumtechniques.com and we will answer them on our next free live Q and A teleclinic which will be in April. We don't have a date yet but if you have additional questions, we're happy to answer those for you, so please send them on. You can also go to www.askquantumtechniques.com and ask them there, but if you want to send them to us personally, that's OK too. We appreciate you listening and we hope that you learned something from this teleclinic series.

Steve: Blessings!

Beth: Blessings and aloha!

Steve: Mahalo!

Beth: Take care!