



# Quantum Techniques® Teleclinic Guide

## The Quantum Techniques® Approach to Healing Food Toxins & Intolerances – Two Part Teleclinic Series

**Recorded:** Tuesday, March 15<sup>th</sup>, 2011 & Tuesday, March 22<sup>nd</sup>, 2011

**Hosted by:** [Dr. Stephen](#) and [Beth Daniel](#)



**Description:** The Daniels will discuss the following topics in this teleclinic series: why food testing is so important and how to do it accurately, how to test foods correctly against different issues (such as food intolerances, histamine reactions, inflammation and more), why food sensitivities are up significantly and what to do about it, when it is appropriate to clear a food so it can be eaten again, comments on specific food groups and health (including a definition of nightshades), physical issues that contribute to food sensitivities and how to heal them, non-physical issues that contribute to food sensitivities and how to heal them, and how to create a sacred space around eating. Two codes will be given to increase the body's immune response to help heal food sensitivities.

### ***Introduction: QT Approach to healing Food Toxins and Intolerances***

#### A. Why Food Testing is so Important

1. Foods that test "toxic" for you block your healing and contribute to illness.
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, cold/flu, etc.
3. Avoid food poisoning.

#### **NOTES:**

---

---

---

---

---

---

---

---



## ***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.
  - 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.
  - 3. Increased environmental toxins, outside and inside the body, that undermine health.
- 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.
- 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.
- D. Why QT doesn't try to clear toxins right away (especially if the person is addicted to it).
- E. What does "clearing" the toxin field mean?
  - 1. One is clearing a food so you can eat it again
  - 2. Clearing a food so you are no longer reacting to it in this moment; i.e. clearing the reaction.
  - 3. What we think happens when you can actually clear and eat something.
- F. Microchimerism: why food sensitivities seem to increase in each generation and with each child who is born.

### **NOTES:**

## ***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, wheat 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.

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

**NOTES:**

---

---

---

---

---

---

---

***Part III: Food Toxins: The Physical Issues***

- A. The Overall Toxin Load
- B. The Organs: How they are functioning can determine your level of toxicity or your ability to have certain foods that day.
- 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.
  - 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.
- D. Eat organic but also test. Just because something is organic or natural does not mean it is automatically OK.
- E. Rotate foods as you can. Most of us only eat 25 to 40 foods over and over again.
- 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 are addicted to it, don’t trust your own testing; have someone else test you.
- 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.
- H. Additional comments on gluten, corn syrup, soy, and nightshades. Definition of nightshades:  
[www.whfoods.com](http://www.whfoods.com).



**Nightshades include:**

Potatoes	tomatoes	tobacco
Bell peppers	sweet peppers	hot peppers
Eggplant	tomatillos	tomarios
Pimentos	paprika	cayenne pepper
Tabasco	garden huckleberry	ground-grown cherries

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

- I. Pathogen fields contribute to food sensitivities, especially fungal, parasite, and hidden viral fields
- 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?
  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.
  2. The Leaky Gut Issue
  3. Fungal Issues (refer to the Fungal Teleclinic)
  4. The Gluten Issue itself (levels of gluten intolerance)
  5. The Dairy Issue (levels of dairy intolerance) and raw cow dairy is sometimes OK.
  6. Fat Intolerances which are gall bladder issues.
  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).
- K. Food sensitivity healing codes: A new approach to stimulating an immune response.
  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 one) 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 one) two times.

**NOTES:**

---

---

---

---

---

---

---

---



### ***Part IV: Inflammation Issues***

- A. There is a huge inflammation issue that plays a role in all health issues.
- B. Examples of supplements to test to see if they are beneficial for inflammation.
- C. The #1 food causing inflammation is nightshades.
- D. The #2 food causing inflammation is sugar.
- E. Some foods cause inflammation for some people but not for others.
- F. More to come in upcoming inflammation teleclinic.

#### **NOTES:**

---

---

---

---

---

---

---

### ***Part V: Food Toxins: The Non-Physical Issues***

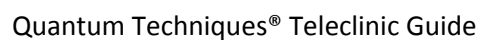
- A. The “inner” world determines the “outer.”
- B. The extensive role of trauma in food sensitivities, in your lifetime or generationally. Examples to be given.
- C. How eating disorders contribute to food sensitivities.
- D. Beliefs about food: food is not safe; nothing is safe; I do not deserve to eat something pleasurable, I cannot “neglect” myself by avoiding certain foods; etc.
- 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.
- F. Create a sacred space around eating:
  - 1. No television news.
  - 2. No arguments.
  - 3. Eat slowly.
  - 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.
  - 6. Bless your food before eating.
  - 7. Put the gut into parasympathetic recovery before eating.

#### **NOTES:**

---

---

---



## This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings present.