

Allergy Antidotes™

Advanced Procedures

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*When I treat a patient, I help one person.
When I teach a therapist, I have the power to indirectly impact many people.
I write this manual with the hope that even more people will benefit.*

Dedicated to:

Don Elium, for single-handedly creating the eTox Research in Psychotherapy (www.eToxResearch.com) and the eToxAUTISM (eToxAUTISM.com) websites and professional email discussion lists. The lists facilitate conversation among people doing this work from all over the world. The discussions on the list have exponentially increased the scope and effectiveness of eTox work. Most importantly, Don has coined the word *eTox*, short for energy toxins.

My husband, Bob Radomski, the continued inspiration for my work.

Jaymie, my beautiful daughter, for posing for the instructional images in this manual.

Beth Scheinfeld, my friend and assistant. You made completion of this manual possible, and made the finished product look good.

*Sandi brings heart and soul to her work.
She brings mostly heavenly dreams to your soul.
She sees wholeness and beauty before anyone else.
She carries her vision inside her and can hide
her love poorly
as she brings your beauty back to you
in mostly heart to heart teachings and lessons.
Healing with Sandi is finding your soulful beauty
in the loving care of
another human being*

*Aaron Bar-David, April 2003
18 year old autistic child*

Disclaimer

This manual is presented to healthcare providers for educational and research purposes. It is not intended to replace medical care. There is no guarantee that these treatments will eliminate all sensitivity reactions. Negative side effects of these treatments are not documented. However, there is no assurance that there will be no negative side effects for your patients. Patients who have severe allergic reactions need to stay away from the allergens following treatment unless given permission by their physician. Any consequences of the use of these techniques are the responsibility of the individual. The procedures presented are not intended to diagnose, treat or prevent any disease.

Allergy Antidotes™

ADVANCED PROCEDURES

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INTRODUCTION

First of all, thank you to all those who have used my first manual, *Allergy Antidotes™: The Treatment of Allergy-Like Reactions*. It is very exciting to me that practitioners are helping people around the world by integrating these concepts into their work. I carry on with my initial mission to share these techniques with psychotherapists and others working with people suffering from the effects of food and environmental sensitivities.

Those of you who have taken my recent trainings know that I now have a new undertaking: to eliminate the devastating effects of autism. The pain of the autistic children and their families has moved me to use our energy treatments to alleviate their suffering. I view the alarming increase of autism, often considered an immune system disorder, as a metaphor for living in our increasingly toxic environment. Using the **Allergy Antidotes** testing methods I have discovered that autistic children have sensitivity reactions to their world and to their selves, reactions to nearly every substance including air, water, foods, electromagnetic radiation, vaccinations, vitamins, and minerals. **Allergy Antidotes** techniques can lessen the load of toxic reactions and allow the true child, the one hidden by the heavy weight of autism, to emerge.

Allergy Antidotes: Advanced Procedures offers new techniques and protocols that build upon the foundation already presented in the basic **Allergy Antidotes** manual. I envision this manual as a reference book as well as a collection of anecdotal evidence of the practical applications of the procedures. It presents many new ways to find hidden sensitivities and numerous lists of substances to be used as guides during your testing process. I am increasingly struck by the connection between emotions and allergies and I present more data that link the development of sensitivities with the emotional traumas associated with them. Fertile emotional ground can be uncovered once reactive substances have been assessed.

The manual also offers new treatment techniques to be used alone or in combination with the basic treatment protocols. Advanced laser protocols, including the LaserLight Technique™, expand our effectiveness in our patients' physical, emotional, and spiritual realms. Remedy Makers are described as an adjunct to our energy treatments. The treatment of autism is covered in Section VIII, and is the final and largest part of the manual. I don't have the "magic bullet" for these children, but I do offer theories and various possibilities for treatment in this section.

I remain committed to sharing my advances with you. Our environment continues to become more toxic and people are getting sicker. I feel it is my obligation to offer these non-invasive, effective techniques to others so that, in turn, many more people can be helped.

As Energy Psychology practitioners, you are ideally suited for treating people to eliminate their allergic reactions for several reasons:

- You already have many people in your caseload that are suffering emotional and physical symptoms caused by allergic reactions.
- You have the history taking and listening skills needed for the detective work to decide what items to test.
- You have the muscle testing skills to identify substance sensitivities.
- You have experience balancing the body's energy system in relation to a problem. In EFT, TFT, TAT, BSFF, etc. the problem is a *negative thought*. In **Allergy Antidotes** the problem is a *reactive substance*.

You have the skills and information to assist people in eliminating their allergic reactions, and the knowledge and techniques to ease a great deal of suffering.

Sandi Radomski, N.D., L.C.S.W., B.C.D.
March 2003

Preface

Why Should Therapists be Concerned with Substance Sensitivities?

Since our work offers a new paradigm, I am often asked why therapists should be concerned with food, chemical, and environmental sensitivities. There are several reasons:

- First, **sensitivities may in fact be the cause of the presenting emotional symptoms.**
 - ✧ Catherine was having frequent and severe panic attacks both at home and out of the house. **Allergy Antidotes** techniques found it was due to the detergent on her clothes and sheets.
 - ✧ Suzie cried from day 15 of her menstrual cycle until her period. **Allergy Antidotes** techniques found it was due to a reaction from eating wheat.

No amount of talk therapy or Energy Psychology could have solved these problems.

At my two day pre-conference session in Oxford, England in 2001, Catherine approached me during the first morning break. Agitated and tearful, she said she had to leave because she was having a panic attack. I asked if I could muscle test her and found she was weak on the detergent on her t-shirt. I treated her for the t-shirt and brought her a new one to wear for class.

Catherine said she had been plagued by panic attacks recently, and had tried many treatments to no avail. She said the problem seemed to be “following her around.” Even her bed, once a refuge, was no longer a comfortable environment. It turns out that she was carrying one of the causes of her reactions on her clothes and sheets! Treating her panic symptoms as an allergic reaction to her t-shirt was successful. She was able to stay for the full, two day class, to benefit from the seminar in the same way someone else would then have been able to benefit from a therapy session.

Suzie is a classic example of sensitivity reactions causing emotional symptoms. She is a vibrant, bubbly woman in her early 20s. However, she only exhibited this demeanor during the first part of her monthly menstrual cycle. Unfortunately, from day 15 until the onset of her period, Suzie could not stop crying. She lost several days of work each month and spent other days crying while at her computer. Her doctors wanted to put her on an anti-depressant. She came to me instead. At our second session, I began to test her on foods she ate and found she was very reactive to wheat. She chose to avoid wheat during the following week. When she returned for her next session, Suzie was all smiles. Day 15 of her period had come and gone with no crying symptoms.

No amount of talk therapy or Energy Psychology tapping can relieve a symptom if it is caused by something the person is eating or in contact with. You owe it to your clients, family, and friends to at least rule out sensitivity reactions as a part of their emotional or physical symptoms. If you do find a problem with various substances, the person can choose to avoid them and you can monitor any changes in their symptoms. If it is difficult, impossible, or undesirable to avoid these substances,

you can use the simple **Allergy Antidotes** techniques to change their body's reaction to the substance.

- A second reason for therapists to question the role of sensitivities in their patients is that **the presence of sensitivities can disrupt the effectiveness of Energy Psychology treatments**. Joe came to me suffering from extended grieving after the death of his mother. He was unable to function. I used EFT with him with no response, surprising since EFT or TFT generally produces some type of response in this type of situation. During our second session together, I noticed a pack of cigarettes in his pocket, which prompted me to ask the cause of his mother's death. Joe said that she died from lung cancer. I muscle tested him on the cigarettes and found him weak. I then threw them across the room. I reasoned that his reaction to cigarettes and their connection with lung cancer might have been interfering with EFT treatments. As soon as I began treating him again, the EFT treatments became highly successful. Joe's fixation in grief was gone and he was able to function better in his life.

- Another important reason for therapists to be interested in sensitivities is the **tremendous prevalence of allergies in our society**. A huge percentage of any therapist's patients will suffer from traditional allergic reactions. Having a way to manage and control these symptoms will facilitate our patients' well-being and increase their confidence in your treatments.

The statistics are staggering. An estimated 50 to 60 million Americans – about one in every five individuals – suffer from allergies. Food allergies are believed to occur in 8% of children less than three years of age. An estimated 6 to 10 million people are allergic to cats. Two million Americans experience a severe allergic reaction to insect bites. In fact, more people die from food allergies each year than from insect bites.

The societal cost of allergies is huge. Allergies are considered the leading cause of chronic disease. Seasonal allergies alone cost more than \$4.5 billion annually in medical care. Allergies are responsible for 3.5 million lost U.S. workdays each year and an estimated 2 million school days, and allergy patients account for more than 9.4 million physician visits each year.

The success of **Allergy Antidotes** energy treatments continues to be reported by patients and practitioners. I just received news from a patient I had treated several years ago for severe cat allergies. She said that for the first time ever she was able to visit with her daughter-in-law and her four cats. I also have many patients who have been able to forego their regularly taken allergy shots. Others, whose lives were tormented by hay fever symptoms, no longer dread the approaching season.

Since so many patients suffer from the effects of allergies – with no reliable cure from traditional medical sources – **it is necessary that we use these noninvasive, simple techniques that have been proven to increase the quality of our patients' lives.**

I. **Review and Overview**

A. Review Article

B. Overview and Flowsheet

C. Review of Basic Treatment Procedures

1. **Spinal Release**
2. **Laser Spray**
3. **Body Talk**
4. **Holloway Technique**
5. **EFT**

I. REVIEW AND OVERVIEW

This new manual - *Allergy Antidotes: Advanced Procedures* - adds new techniques and information to the system presented in my first manual, *Allergy Antidotes: An Energy Psychology Treatment of Allergy-Like Reactions*. This section is a review of the basic concepts from the first book. It will be helpful, both for those who already use these techniques in their daily work as well as for practitioners who could benefit from a refresher.

Allergy Antidotes is based on classic Energy Psychology principles. In EFT, TFT, TAT, EdxTM, BSFF, Seemorg, etc., the person thinks about a negative thought, scene, or emotion. Thinking about this puts it in the body's energy field. The person continues to contemplate this – holding it in their energy field – while Energy Psychology techniques are used to balance the body in relation to the negative thought.

Allergy Antidotes works in a similar manner. However, instead of a **negative thought**, we place a **negative substance** in the energy field. The person holds the substance while Energy Psychology techniques balance the energy system in relation to the reactive substance.

Additional information and secure on-line purchasing of **Allergy Antidotes** manuals and products items are available at my website at www.allergyantidotes.com. My first manual is also available as an eBook from www.TheAMT.com. **Allergy Antidotes** concepts and practical uses are discussed daily on lively email professional lists. You can join the main eTox Research list by registering at www.eToxResearch.com. The www.eToxAUTISM.com discussion list is a forum for those of you with a special interest in autism.

A. Review Article

The article on the following pages is a comprehensive review of the basic concepts and treatment techniques used in **Allergy Antidotes**. The article appeared in 2001: An Energy Odyssey, The Fürigen Papers, Lammers and Kircher (Eds.).

Energy Psychology Treatment of Allergy-like Reactions

Allergy Antidotes™ is a comprehensive system for assessing, identifying, and treating substance sensitivities with the goal of eliminating undesirable physical and emotional symptoms. The Allergy Antidotes™ system has been highly successful in reducing symptoms from substance sensitivities, the incidence of which continue to rise at an alarming rate. For example, asthma, especially in children, has increased dramatically. More patients than ever before with environmental illnesses or multiple chemical sensitivities, appear at my office with masks and oxygen tanks. Many churches and office buildings have become perfume and scent-free in an effort to accommodate people with allergies. More and more buildings are labeled “sick” due to chemical toxicity. It is becoming apparent that it is difficult for many people to cope with the numerous chemicals of our modern world.

I first became aware of the importance of food and environmental sensitivities through the work of Dr. Roger Callahan, the founder of Thought Field Therapy (T.F.T.). Despite the success of T.F.T. in most cases, Dr. Callahan sought to understand the minority of cases when T.F.T. failed to eliminate symptoms and those instances when negative symptoms reoccurred. Dr. Callahan discovered that certain people undergo psychological reversal and a subsequent return of symptoms when exposed to a substance to which they are particularly sensitive. He calls these substances *energy toxins* since they are toxic to or weaken the body’s energy system. I call this weakening of the body’s energy system an *allergy*. When I refer to allergies, it is, therefore, not in the strict medical definition of allergy involving a histamine reaction. A discussion of the Allergy Antidotes™ system involves the interchangeable terms *allergy*, *allergy-like reaction*, *sensitivity*, and *energy toxins*.

There are several reasons for the astonishing increase in food and environmental sensitivities. The most obvious is that we are exposed to a greater quantity and diversity of chemicals and substances today than at any other time in human evolution. We inhale and ingest chemicals on a daily basis whose names we can’t even pronounce. As a result, our natural immune defenses, which constantly process information to determine the safety of

substances and simultaneously adjust our internal environment to maintain homeostasis in relationship to those substances, have become overloaded and are forced to succumb to allergy-like reactions. The result can be likened to the “rain barrel effect,” where the rain barrel represents the immune system, which gives up trying to adjust to the substances to which it is confronted and simply overflows. The affected person then experiences reactions to those substances.

In addition to an overworked immune system, allergy-like reactions are known to increase after a trauma. Sensitivities to particular substances can arise when a person is traumatized while being exposed to that substance. Association of reactive substances to trauma follows the findings of Dr. Robert Ader, who coined the term *psychoneuroimmunology*. Dr. Ader conducted the first study of how our body is conditioned to associate external events with foods ingested during those events. He did this by first lowering the effectiveness of the immune system of mice by giving them an immune suppressant drug in a saccharine solution, and then by observing that saccharine alone produced a similar decrease in immune system function. The mice quickly began to associate the taste of saccharine to simultaneous immune suppression, just as the human body may associate a trauma to foods or smells linked in time to the trauma.

Any Symptom Can be From Substance Sensitivities

Reactions to various substances can produce a myriad of symptoms including ADD, anxiety, depression, arthritis, respiratory problems, menstrual difficulties, digestive problems, chronic fatigue, brain fog, panic attacks, headaches, weight gain, learning disabilities, hyperactivity and aches and pains. The severity of the symptom runs the gamut from nasal congestion to psychosis.

Assessing Symptoms

As clinicians, we must assess whether a patient’s symptoms may be an allergic response to a substance. It is important to ask if allergies tend to run in the family. Note whether the symptoms are better or worse at particular times of the day, week, month or year, and dependent on what a person is doing or eating. For example, is it better or

worse before or after meals? Inside or outdoors? In the morning, afternoon or evening? Do you see 180° shifts in behavior?

When evaluating food sensitivities, it is also important to note what types of foods someone craves. We tend to be reactive to those foods we crave. If a person has a main food that they “have to have,” they are probably sensitive to it.

Any Substance can Cause a Sensitivity Reaction

As discussed, any symptom can be from a substance sensitivity. In turn, any substance can trigger a reaction. The possible culprits range from toxic chemicals such as petrochemicals to non-toxic substances such as eggs and perfumes, which would be harmless to most people.

One of the goals of the Allergy Antidotes™ system is to open our minds to the possible contribution of sensitivity reactions to a client’s behavior and health. To this end, we must become aware of those substances that have been clinically found most often to promote allergy-like reactions. We must also have a way to assess whether a particular substance is weakening a person’s energy system.

- Identification of Substance Sensitivities

Sensitive substances can be easily identified using non-invasive muscle testing. This variety of muscle testing, adapted from Applied Kinesiology, involves the patient holding or thinking about different substances while consistent pressure is applied to the patient’s outstretched arm. If the arm weakens or “gives way,” it is an indication that the held substance is weakening the muscle energy system.

- What to Test First?

Once you have determined that substance sensitivities may be a contributing factor in your patient’s health, you need to begin testing various substances. Since we are imbalanced by so many influences, the question is always, “What to test first?”

- First Test Allergy Antidotes™ Core Collection

It is important to initially test and treat the substances contained in Allergy Antidotes™ Core Collection. The Core Collection is composed of essential nutrients as well as toxic chemicals to which we are exposed. A

patient who is weak on a nutrient is unable to absorb and utilize that nutrient properly. For example, if you are sensitive to calcium, you would not absorb the calcium in your foods or supplements. Toxic chemicals and heavy metals tend to set the body up for further problems with bacteria, viruses, yeast, molds and parasites. Research findings increasingly link childhood vaccinations with impaired functioning.

- Allergy Antidotes™ Core Collection

- Egg/Chicken
- Calcium/Milk
- Vitamin C
- B Complex Vitamins
- Sugar
- Minerals
- Heavy Metals
- Toxic Chemicals
- Petrochemicals
- Pesticides
- Vaccines

- Other Substances to Check for Sensitivity Reactions

The identification process proceeds with questioning and then testing those items that patients ingest, inhale, contact or inject. Patients are asked to bring in samples from home and we also assess and test past exposures to problem substances.

Allergy Antidotes™ techniques check foods eaten, medications, supplements, personal care products, school and office products, toxic metals and chemicals, animals, outdoor environment, body fluids, hormones, neurotransmitters, digestive enzymes, organs, and infectants such as mold, virus, bacteria and parasites. People can also be reactive to persons and places. Severely sensitive people have even been reactive to basic elements such as oxygen and hydrogen.

Allergy Antidotes™ Energy Frequency Tubes

Allergy Antidotes™ Energy Frequency Tubes facilitate muscle testing to uncover reactive substances. These tubes contain the electromagnetic frequency of various substances. Holding the tube creates the same reaction in the body as holding the actual substance. Since the electromagnetic energy of the tubes is magnified 10 times, Energy Frequency Tubes are often more efficient than the actual substance in identifying reactions.

Currently, there are 6 Allergy Antidotes™ Collections:

1. *Expanded Core Collection*
2. *Basic Body Collection*
3. *Foods Collection*
4. *Emotion Collection*
5. *Neurotransmitters & Digestive Enzymes Coll.*
6. *Vaccines and Heavy Metals Collection*

Smaller mini-packets of Additional Emotions, and Elements are also available, along with a 48-tube set of Immune System components.

Once a Reactive Substance is Identified

By merely identifying the substance sensitivities, a higher quality of life is afforded to a sensitive person who can now avoid the reactive substance. However, it is often difficult, impossible or merely undesirable to avoid the substance. For example, it is difficult to avoid dust, perfumes or formaldehyde. It is impossible to avoid implants in one's body or one's hormones and it is dangerous to avoid vitamins or minerals. In these cases it is necessary to alter the body's reaction to the substance.

• Treatment of Substance Sensitivities

Energy Psychology treatments for substance sensitivities help to reprogram the body so that it no longer reacts negatively to the substance. Once reprogrammed the body essentially no longer views the substance as a poison. All of the treatments are done with the patient focused on the reactive substance. The focus can be while holding the substance, holding a tube with the energetic signature of the substance, holding a piece of paper with the name of the substance, or saying and thinking of the substance. The body's energy system is then balanced in relation to the offending substance. The treatment of stimulating acupuncture points eliminates the energy imbalance in relation to that substance and thereby ends the body's negative reaction. The treatment is complete when the body has been reprogrammed to accept the substance.

It is clear that the Energy Psychology treatments for allergies are analogous to the T.F.T. and E.F.T. treatments for negative emotions. The reactive substance causes changes in the body's energy system similar to the disturbance caused by a negative emotion, thought or scene. The energy

system is then balanced in relation to the substance by stimulating specific acupuncture points as is done in T.F.T. and E.F.T. for negative thoughts or scenes. Other treatment modalities utilize reflex points or other points of the body to regain balance of the body in relation to the offending substance.

• Basic Treatments for Substance Sensitivities

The Allergy Antidotes™ system uses five basic treatment modalities:

1. Spinal Release
2. Laser Spray
3. Emotional Freedom Technique (E.F.T.)
4. Body Talk
5. Holloway Technique

Spinal Release stimulates acupuncture points on the back on either side of the spine, to balance the meridians in relation to the offending substance. These points on the bladder meridian correspond to all of the other meridians in the body. Laser Spray stimulates ear acupuncture points to balance the reflex points that refer to all parts of the body. Laser Spray is also used to stimulate reflex points on the hands and feet. Emotional Freedom Technique (E.F.T.) uses meridian endpoints to clear the negative reaction. Body Talk uses tapping on the head and sternum and the Holloway Technique uses points along the sides of the body on the spleen meridian.

In conjunction with the basic treatments the Allergy Antidotes™ system also uses four specialized protocols:

1. Emotional Sensitivity Treatment
2. Body Sensitivity Treatment
3. Trauma Sensitivity Treatment
4. Body Wisdom Treatment

The Emotional Sensitivity Treatment identifies events and emotions that may be blocking a treatment. The Body Sensitivity Treatment is used when a problem with a body organ, system, hormone or fluid has influenced a sensitivity reaction. Trauma Sensitivity Treatment combines the allergy treatment with clearing the emotional trauma associated with onset of the reaction or contact with the substance. The Body Wisdom Technique determines whether a specific infectant (bacteria, virus, parasite, mold) is the cause of the problem.

Research Findings

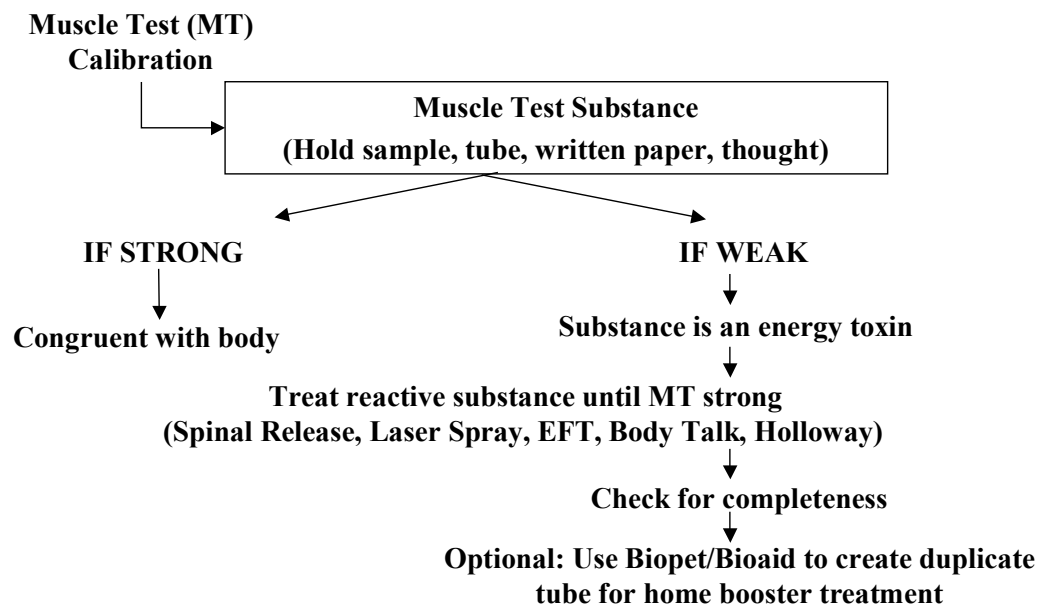
Dr. Penny Montgomery and Dr. Margaret Ayers have conducted two landmark studies with great relevance to the treatment of allergy-like reactions to substances. Using real time EEG findings, Drs. Montgomery and Ayers have discovered specific brain wave patterns that denote sensitivity to a particular substance. In the first study, they have successfully proven that brain waves return to normal after using N.A.E.T. (Nambudripad's Allergy Elimination

Technique) – a similar procedure to Spinal Release – to clear the reaction. The importance of this research is in documenting not only the presence of the sensitivity but the effectiveness of the treatment as well. The second study documents changes in brain waves when the subject merely holds an Energy Frequency Tube containing a substance to which he or she is reactive, illustrating the effectiveness of energy frequency tubes to detect and treat sensitivity reactions.

B. Overview and Flowsheet

The following diagram describes the **Allergy Antidotes** procedures.

Allergy Antidotes eTox Protocol Flowsheet



C. Review of Basic Treatment Procedures

Allergy Antidotes is a three-step process:

1. First, it uses detective work and testing methods to determine whether presenting symptoms are caused by substance sensitivities.
2. Next, it uses muscle testing to identify reactive substances. A person holds a substance in their energy field (sample, energy frequency tube, thought, piece of paper) while they are muscle tested. A substance is identified as problematic when it causes a weak muscle test. Weakness indicates the substance has caused a disruption in the body's energy system.
3. Finally, it uses Energy Psychology treatment techniques to reprogram the body to no longer react negatively to the reactive substances. Continue to have the patient hold the substance while you balance the body in relation to the offending substance.

Five treatments were presented in the basic **Allergy Antidotes** manual.

1. Spinal Release



Procedure:

1. Hold substance to be treated in energy field.
2. Tap along both sides of spine from base of neck to below shoulder blades.
3. Tap one round for each of the following:
 - a. Take deep breath and hold.
 - b. Blow out and do not breathe.
 - c. Hyperventilate.
 - d. Breathe normally.
 - e. Eyes in a circle.
 - f. Eyes in circle the other way.
 - g. Close eyes.
 - h. Eyes in circle one way.
 - i. Eyes in circle the other way.

2. Laser Spray



Procedure:

1. Hold substance to be treated in energy field.
2. Spray laser beam over every part of both ears.
3. You can also spray the laser on both hands and feet.

3. Body Talk



(steps 1-2)



(steps 3-4)

Procedure:

1. Hold substance to be treated in energy field.
2. Tap on both hemispheres of brain – breathe in.
3. Tap slightly left of sternum – breathe out.
4. Repeat several times.

4. Holloway Technique

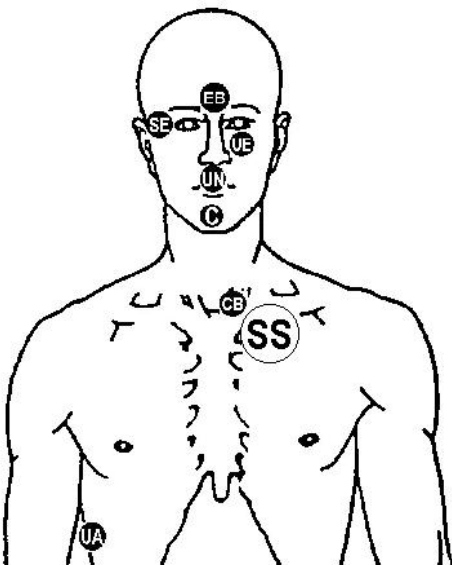


Procedure:

1. Hold substance to be treated in energy field.
2. Tap down the sides of the body along spleen meridian.
3. Tap one round for each of the following:
 - a. Take deep breath and hold.
 - b. Blow out and do not breathe.
 - c. Hyperventilate.
 - d. Breathe normally.
 - e. Eyes in circle one way.
 - f. Eyes in circle the other way.
 - g. Close eyes.
 - h. Eyes in circle one way.
 - i. Eyes in circle the other way.
4. Repeat several times.

} Steps e-i optional

5. EFT



Procedure:

1. Hold substance to be treated in energy field.
2. Rub sore spot (SS) and say 3 times:
“Even though I have a bad reaction to (substance), I deeply and profoundly accept myself.”
 - a. Tap inside tip of eyebrow (EB) – say “bad reaction to _____”.
 - b. Tap side of eye (SE) – say “bad reaction to _____”.
 - c. Tap under eye (UE) – say “bad reaction to _____”.
 - d. Tap under nose (UN) – say “bad reaction to _____”.
 - e. Tap chin (C) – say “bad reaction to _____”.
 - f. Tap collarbone (CB) – say “bad reaction to _____”.
 - g. Tap under arm (UA) – say “bad reaction to _____”.

II. **Recent Findings**

A. Allergies are Caused by Emotional Trauma

B. New Research

1. Rain Barrel Study
2. Brain Signature Study
3. Validity of Muscle Testing to Identify Food Sensitivities

C. Future Research Ideas

1. Titanium / Surgical Steel Implants
2. Treating Bodily Fluids for Diabetes
3. Medical Chart Review for Autistic Children

II. RECENT FINDINGS

A. Allergies are Caused by Emotional Trauma

We are on the forefront of documenting that emotional symptoms can be caused by a physiological reaction to a substance. This focus requires a shift in perspective. Instead of searching only for a psychological basis for a symptom, we are now looking for a substance as a trigger. When someone is upset, we need to ask what was eaten, smelled, and touched; what activities occurred; and the nature of the environment at the time.

Remember the theory of Dr. Roger Callahan: **the more severe the emotional or mental pathology, the more allergies or sensitivities.** Using the terminology of Gary Craig, substance sensitivities can be viewed as another “aspect” of the conditioned responses to trauma.

Allergic reactions are intimately connected to emotional trauma. Apex Energetics, an alternative health company, writes in their newsletter, “Allergies develop when the body’s systems are so overloaded with toxicity, emotional issues, mental stress and nutritional imbalances that the immune system becomes overwhelmed and confused.” They go on to say that 30% of allergies and sensitivities can be linked to emotional issues. When a traumatic memory is stored, the specific patterns of arousal present in the brain become part of the stored information. **Therefore, the sights, smells, tastes, and sounds present at the time of the trauma become part of the stored experience. Later, contact with any of the elements of the trauma can trigger the stored memory and activate a response.** If a food was eaten at the time of a trauma, then eating that food may be enough to initiate a physiological as well as an emotional response.

I saw an excellent example of the link between trauma and food allergies when testing my patient, Stephanie, for various foods. Stephanie tested weak on green peppers. I touched her forehead and her arm strengthened, indicating an emotional component to her reaction to green peppers. When I suggested this to her she was shocked, and immediately recalled a strong emotional trauma connected to green peppers. At five years old she was at a friend’s house happily eating green peppers picked fresh from the garden. Her friend’s mother suddenly yelled at her and kicked her out of her house. To this day Stephanie does not know what provoked this woman’s response. However, upon discussion this incident clearly affected her degree of trust in others. To this day, she cannot eat green peppers and doesn’t even like to look at them.

Dr. Dietrich Klinghardt, the developer of Neurotherapy, a comprehensive treatment system, states that, “Each toxin stored has a specific set of unresolved emotional and spiritual issues that were responsible for trapping the toxin in the first place.”

Our allergy testing and treatment is intimately involved with our patients' old traumas and memories. We may even be treating consequences of emotional traumas from our ancestors that were passed on in their genes.

Dr. Roy Martina, MD of the Institute of Bio-Terrain Sciences writes that:

“Emotional traumatic experiences, especially when not resolved on a subconscious level, will leave a resonance on a cellular level that can persist for decades. The most recent findings indicate that this information can be passed on to the next generation, which is called a miasm in homeopathy. Years of emotional traumas can be deposited, one on the other, creating layers of cellular memories. These memories may lie dormant for years. But even in the dormant state they can influence the genetic code, increasing susceptibility to certain diseases. Some cancers have been linked to experiencing traumatic circumstances. The stored traumatic cellular memories can trigger emotional reactions through neuroassociation with the five senses (certain smells, tastes, sounds, pictures, etc.), without the involvement of the conscious mind. Thus, it is possible for the emotional state to be totally dictated by these suppressed cellular memories.”

Source: www.terrainmed.com/forum/article_9.htm

In our treatments we are breaking the link between the past traumas and the sights, sounds, tastes, smells, and tactile sensations related to them.

Considerable documentation exists showing that both humans and animals experience allergic symptoms without requiring actual contact with an allergen. These findings suggest that neural stimuli such as sensory events (conditioned stimuli) may become associated with allergens so that subsequent exposure to the conditioned stimulus produces an allergic reaction.

In *The False Fat Diet*, Dr. Haas reported a Harvard study which showed an allergic response in subjects who merely viewed pictures of the allergenic substance. Allergic subjects were placed in a closed room that would not allow in any odors and then shown pictures of allergic substances. Subjects' blood samples showed a histamine reaction.

Animal studies exist to support the concept of an allergy as a learned response. In one case, two groups of rats were exposed to an audiovisual stimulus. The control group received the audiovisual stimulus alone, while the experimental group was exposed to the audiovisual stimulus paired with an injection of an allergen. When re-exposed to the audiovisual cue the control group did not experience an allergic reaction. The experimental animals re-exposed to the audiovisual cue alone experienced an actual allergic reaction including releasing histamine, prostaglandin and other symptom-causing chemicals.

These studies show that, for both animals and humans, allergic reactions can be conditioned to external stimuli. This fact was demonstrated clearly for me by a patient with severe allergic reactions to almost all food. Her condition is understandable given her early history, when mealtimes were a time of fighting and screaming between her parents. During one dinnertime, her mother actually ran from the table to the bathroom and proceeded to cut her wrists in a suicide attempt.

Other stories like these provides further evidence of the mind-body connection. A recent article in the lay press which expounds on the connection of food reactions and behavior, supports the theory that talk or behavior therapy can in no way counteract a physiological reaction to what someone eats, touches, or smells. A February 23, 2003 *London Observer* article titled “Eating Tomatoes Turn Kids into Criminals” states:

“Tomatoes don’t agree with John. He is sick within an hour of eating them and becomes sweaty and panicky. But worse than this, they also make him irritable and aggressive and liable to commit violent crimes. Jason has a similar reaction to bread. He has always loved doorsteps smothered in butter for breakfast. But it gives him diarrhoea and a weird kind of depressed ‘hangover.’ This makes him crave the heroin that once put his life on the skids.”

This article also points out that “many of the restless, agitated symptoms (of ADHD) can be traced back to the foods they have eaten and not just sugar and additives.”

If we can help identify foods that are causing an increase in criminality, learning disabilities, and other limiting disorders we have done a great service.

B. New Research

1. Rain Barrel Study

Research documents the validity of the *rain barrel* effect. As discussed in my basic manual, one of the reasons for the increase in allergies is the rain barrel effect. This suggests that the body can tolerate only so many toxins before the system becomes overloaded, the rain barrel overflows, and symptoms begin. The *Journal of Allergy and Clinical Immunology 2000; 106: 1140-1146* reports that exposure to a toxic substance can lower the threshold for an allergic reaction to another allergen. In this study, subjects all had an allergic reaction to dust mites. After exposure to diesel exhaust, a known toxin, only one-fifth of the amount of dust mite allergen was needed to invoke clinical symptoms. Therefore, one environmental allergen can increase susceptibility to others. The increased toxicity of our environment may therefore be causing the current increase in allergic symptoms.

Ray Audette, in his book *Neanderthin*, makes the case for certain types of diets to reduce allergic-respiratory symptoms caused by pollens, weeds, grasses, etc. He describes allergic-respiratory reactions aptly as “threshold phenomenon: that is, until exposure to the allergen involved reaches a certain level, there is no response. But once that level is reached the response is immediate and total,” (108). Mr. Audette maintains that when your diet exposes you to foods that are foreign to your system the baseline of response is much closer to this threshold, resulting in allergic attacks to much smaller amounts of allergens than would affect someone eating foods more congruent to their system. Therefore, eating reactive foods can lower the threshold to all allergens. Being sure that you are congruent with all of the foods you eat is extremely important to our immune system functions.

I have a dramatic example of the rain barrel effect. In my basic manual, I discuss the case history of F.P. who has multiple sclerosis. As you may recall, after treating F.P. for linoleic acid, her M.S. symptoms ended. She had no burning and stinging in her legs for four years. Then she had her floors sanded and varnished. The smell was so bad that she and her family were forced to stay overnight at a hotel. During the next week F.P. experienced dizziness and loss of balance reminiscent of her M.S. She was also under a great deal of stress.

I believe the combination of stress and exposure to the toxic chemical lowered F.P.’s threshold, overflowed her rain barrel, and instigated a reaction. Fortunately, after only one treatment for linoleic acid her symptoms again abated. She has been symptom-free in the 1½ years since this episode.

2. Brain Signature Study

In my first **Allergy Antidotes** manual, I reported the groundbreaking research of Dr. Penny Montgomery and Dr. Margaret Ayers. Using a real-time EEG, the doctors were able to identify an *allergic signature* in the brain that was present when a person ingested a reactive substance. They were also able to show that the allergic signature disappeared after energy treatment of the reactive substance.

The second experiment of Drs. Montgomery and Ayers was designed to test the validity of using energy frequency tubes for testing and treatment. Results showed that the allergic signature is produced in the brain by holding a tube with the energetic frequency of the substance as well as by holding the actual substance. Again, the allergic signature in the brain waves disappeared after treating the patient while they held the energy frequency tube of the substance.

The subject for this experiment was Dr. Margaret Ayers herself. Dr. Ayers had a severe allergic reaction to black pepper. When she held a tube with the electromagnetic frequency of black pepper, the allergic brain signature was observed. She continued to hold the tube during treatment similar to Spinal Release. Following the treatment, the allergic signature in the brain was absent. This experiment validated the use of the energy frequency tubes for both testing and treatment. This is significant since most allergy treatment systems use energy frequency tubes in place of real samples of substances.

3. Validity of Muscle Testing to Identify Food Sensitivities

A recent study confirmed the validity of using muscle testing as a way to identify food sensitivities. In 1998, Schmitt and Leisman documented the correlation of muscle test findings with serum immunoglobulin levels for food allergies. Subjects were muscle tested to identify food allergies. Subsequent blood studies showed that the subject had antibodies to the identified foods. This study “showed a high degree of correlation between Applied Kinesiology procedures to identify food allergies and serum levels of immunoglobulin for those foods” (Schmitt and Leisman 237-244).

I am always pleased to have validation of my muscle test results. I muscle tested Caitlin, an autistic child, on my bacteria energy frequency tubes and identified his 3 most highly reactive bacteria. Later I discovered that these same 3 severe bacteria had been found in Caitlin’s blood test.

C. Future Research Ideas

The following ideas for further research have grown out of my work with the **Allergy Antidotes** concepts and my wish to continuously seek the cause of disease.

1. Titanium/Surgical Steel Implants

If you have taken my seminars you know that I am gathering information about symptoms following titanium/surgical steel implants. I began this research after noticing that many of my patients with severe chemical sensitivities had had titanium or surgical steel implanted in their bodies prior to their symptoms. These patients exhibit symptoms such as multiple sclerosis, Crohn's disease, Sjögren's syndrome, asthma and multiple chemical sensitivities.

I discussed my findings with a physician who, while unaware of reports of this problem in the medical literature, enthusiastically supported my efforts to uncover more correlations of autoimmune diseases following metal implants. I believe these problems are relatively unknown since the physician who deals with the autoimmune symptoms is always different than the original surgeon. We can do a great service by compiling these case studies and presenting them to the medical community.

2. Treating Bodily Fluids for Diabetes

Researchers at Marquette University School of Dentistry in Milwaukee found that periodontal (gum) disease may increase your risk of developing diabetes. Bacteria produced by gum disease enters the bloodstream and affects the pancreas, which produces and detects insulin in the blood. Over time these toxins can cause insulin abnormalities.

Doctors can monitor the progression of the destruction of the Islet cells of the pancreas. More and more of the Islet cells are affected until diabetes occurs. Currently the medical establishment has no intervention to stop the progression. It would be very exciting to be able to evaluate the impact of treating the gum bacteria before it attacks the Islet cells. In my practice I currently have patients strongly floss their gums, especially in a problem area. I assume the blood on the floss will contain the offending bacteria. Besides treating with our allergy techniques, I make a homeopathic remedy for the gum bacteria on a Remedy Maker. I see this study as one possible way to avoid the occurrence of diabetes.

3. Medical Chart Review for Autistic Children

Section VIII, Treatment of Autism discusses the possible connection between vaccinations and autism. One theory suggests autism occurs when a vaccination is given to children whose systems are already compromised by ear or respiratory infections. I would like to undertake a study of the medical records of autistic children to determine the coincidence of vaccinations delivered at the time of an ear or respiratory infection. If a connection is found, then better screening for infection prior to vaccination could help to prevent many cases of autism.

III. New Testing Procedures

- A. Muscle Testing Procedures
 - 1. Spindle Cell
 - 2. Increased Accuracy Muscle Testing
- B. Guidelines for Detective Work
- C. Testing of Allergens
- D. Placement of Substances for Testing and Treatment of Problem
 - 1. Organ Alarm Points
 - 2. Brain Point
- E. Infinity Tube
- F. Emotional Points
- G. Use of Anatomy Book
- H. Checking for Reactive Substances within Mixes
- I. Checking for Correct Number of Supplements
- J. Checking Substances for Reaction Under Stress
- K. Awareness Hand Mode

III. NEW TESTING PROCEDURES

A. Muscle Testing Procedures

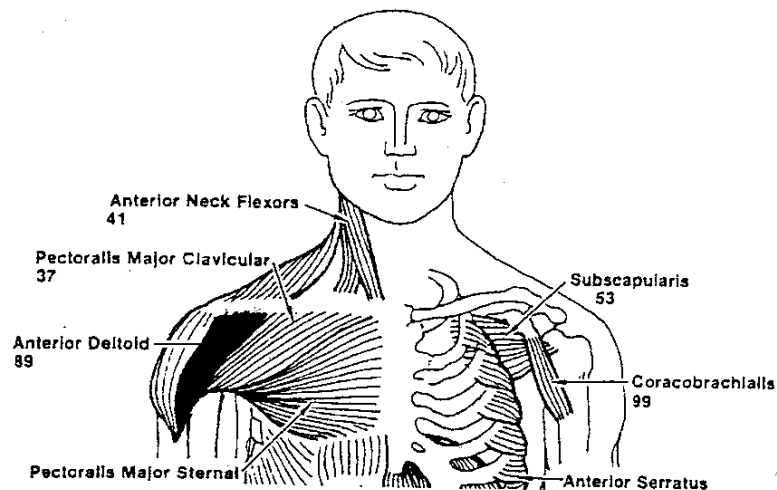
1. Spindle Cell

Since confidence in your muscle testing skills is so crucial to allergy testing and treatment, I will present several tips for increasing your muscle testing accuracy.

The procedure I use most often to improve muscle testing accuracy is to stimulate the spindle cells present in the deltoid muscle. The tester uses the thumb and index finger to either pull apart or push together fibers in the belly of the muscle.

Deltoid Muscle

Anterior, Middle, Posterior



From: *Applied Kinesiology – Synopsis*, by D.S. Walther

Spindle Cell Procedure



Push fingers together to push fibers together
⇒ causes weakness



Pull fingers apart to pull fibers apart
⇒ causes strength

The production of strength or weakness in the muscle is an involuntary, biologic reaction to the muscle stimulation. It is an invaluable tool to correct a patient's muscles that consistently test either too weak or too strong.

2. Increased Accuracy Muscle Testing

I am keenly aware of the hesitation of many practitioners to use and rely on their muscle test results. Trying to learn muscle testing from a book is especially daunting. For those of you not confident in your muscle testing ability, it is still possible to be very effective in treating sensitivities. In my office, I always check my detective work with muscle testing. However, I find that, most of the time, if I think a substance could be causing a problem it usually is. **Therefore, as a rule of thumb, I suggest that any substance worth testing is also worth treating.** Our treatments are fast and non-invasive and there are no contraindications for treating a substance that is already congruent for the person.

Spindle cell stimulation resolves the vast majority of difficult muscle testing situations. But increased Accuracy Muscle Testing is very helpful in the most recalcitrant cases where a person's arm tests strong for every response.

The person either sits or stands with their feet together. I then ask them to open their feet – even a couple of inches – simultaneous to my *unzipping their central meridian*.

To unzip the central meridian, I move my hand several inches away from the person's body from their chin to their waist. Unzipping the central meridian automatically weakens the energy system. The person then needs to remain in the open leg position. Opening the legs locks in the weakened position. In my experience the person can now be muscle tested. The weakening of the energy system seems to release any resistance to being tested.

Increased Accuracy Muscle Testing



Feet together



Move feet apart as you unzip central meridian and muscle test. Remain in open leg position.

B. Guidelines for Detective Work

When doing detective work, my goal is for you to think ingeniously about substance sensitivities. Your investigative ability to undercover reactive substances is limited only by your knowledge and creativity. I suggest reading about the physical conditions of your patients. Muscle test any part of the body discussed, as well as parts of the related body parts. Muscle test any chemicals the patient is in contact with. Muscle test any substance that seems significant to the disease process.

There are several systematic ways to narrow down your detective work.

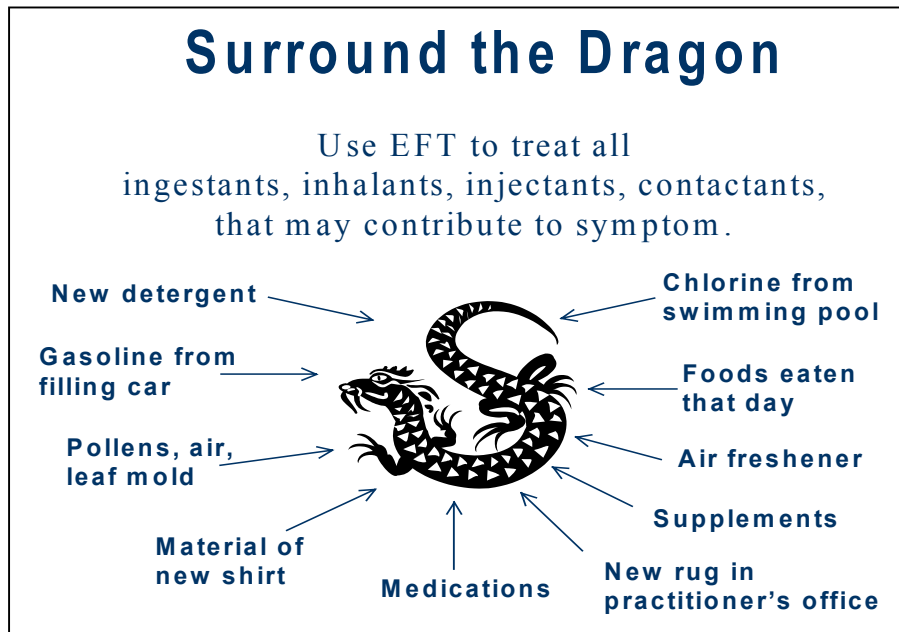
- **If you are addicted to something, you are most likely allergic to it.** Therefore, if you “have to have” a certain type of food – e.g. popcorn, pretzels, ice cream – your body probably is reacting to it. You can hold a sample of the actual food and test. If you feel addicted to a certain fragrance, it is probably causing you a problem. Hold the bottle of fragrance or smell it and test.

- **Notice when symptoms occur.** Keep a record of when symptoms occur and note what you were eating, drinking, touching, or smelling just prior to the reaction. Doing this will make you more aware of noticing changes in your emotions and mood in relation to environmental changes. You may find a connection between a substance and the presenting symptoms. Then hold the substance and test.

- **Test the “Sensitive Seven.”** As discussed in the Basic **Allergy Antidotes** manual, unfortunately 98% of food reactions are delayed reactions. Therefore, reactions to a particular food could take up to three days to show themselves. Elson Haas reports that most food allergies are to seven foods: wheat, milk, sugar, soy, peanuts, corn, and eggs.

- **Sometimes a combination of foods causes difficulty.** To test, take a sample of each food or drink taken at a meal and put it in a glass jar or napkin. Test for the combination of foods. Over time, you will begin to catch all variations of combinations of proteins, carbohydrates, and fats your body has to handle.

○ **Surround the Dragon.** In acupuncture, “Surround the Dragon” is similar to the EFT concept of treating all the possible contributing aspects of a problem. I am referring to treating any type of food, chemical, medication, or supplement you are taking.



The more you are exposed to a substance, the more likely it is that you will react to it. This makes daily medications or supplements prime suspects.

Investigate what was happening when initial symptoms began. Was their onset connected with a medication, supplement, infection, or new environment? Test whatever substance preceded or coincided with the problem. If you do not have access to the substance, write its name on a piece of paper.

If symptoms are caused by outside pollens, grasses, weeds, or trees, test the client on a sample of the outside air. Take a wet paper towel and wave it outside. Hold the paper towel with air particles and test.

○ **Test any smells, tastes, sounds, sights, or textures that were present during a major or minor trauma.** Any sensory stimulate present at the time of a trauma can initiate a sensitivity reaction in the present.

The checklist below gives several examples of items to check when undertaking detective work to identify and treat substance sensitivities.

Identifying and Treating Substance Sensitivities

Presenting Problem	Item to Check
Related to menstrual cycle	hormone mix, estrogen (estrone, estradiol, estrone), progesterone, testosterone
Thyroid	pituitary, pineal, hypothalamus
Rash	skin, clothes, detergent, sweat, and combinations of these
Anxiety	detergent, B-complex, magnesium, neurotransmitters
Wakes up at night with symptoms or upon awakening	detergent on sheets
Brain Fog – “spaciness”	B-vitamins mix and specific B-vitamins, neurotransmitters, brain parts
Sleep problem	melatonin
Problems following vaccinations	vaccines, mercury, thimerosal
Digestion and bowel movements (constipation, diarrhea or mucousy stools)	foods eaten, digestive enzymes, candida mix and specific candida strains, molds/fungus, parasites, viruses, bacteria
Problems with change of weather	<ul style="list-style-type: none"> • Test air samples: <ul style="list-style-type: none"> a) put jar outside filled 1/2 way with distilled water for several hours; close lid and test. b) wet paper towel in outside air and test. • If damp, check water, hydrogen and oxygen. • Barometric pressure change: <ul style="list-style-type: none"> a) test high barometric pressure (b.p.) b) test low b.p. c) test change from high to low b.p. d) test change low to high b.p. e) test specific amount of b.p. i.e. 29.1, 29.2, 29.3, etc.
Problems with TV/computers	TV/computer, electromagnetic radiation, fluorescent lights
Visual stimulation perseveration (autistic patients)	eyes, occipital lobe, vitamin A, zinc

C. Testing of Allergens

Allergy Antidotes uses muscle testing from Applied Kinesiology to identify problem substances. The basic procedures for testing include:

- Hold substance.
- Hold tube containing energetic signature of the substance.
- Hold piece of paper with name of substance.
- Say and/or think about substance.
- If muscle weakens or gives way, the body is showing sensitivity.

This procedure represents the fundamental protocol for assessing reactivity. In order to be completely sure that you have not overlooked a hidden sensitivity, employ some of the following methods to detect the more difficult to find problems.

D. Placement of Substances for Testing and Treatment of Problem

Various treatment systems have the patient put the substance in their energy field at different locations. Applied Kinesiology advocates putting supplements in the mouth to test. Dr. Liebowitz, DC puts the substance on the sternum. Dr. John Veltheim, developer of Body Talk, puts the substance on the navel. Dr. Devi Nambudripad feels that holding the vial or substance in the fingertips is highly significant.

Besides these traditional testing locations, I tend to hold the energy frequency tube or sample on many other parts of the body. In the case of a specific problem area such as the colon, I test the sample while it is held on the ascending, transverse, and descending colon. It is hypothesized that the measles virus from the measles vaccine is present in the brain and digestive systems of autistic children. I therefore test the measles vaccine tube over the entire brain and digestive tract. When I find a place where the patient's arm weakens, I treat the patient while continuing to hold the tube over that area. I then move the tube, testing for other places of weakness.

I continue to be astonished by the effects of our energy treatments. Recently, Bill came to my office with a large, red bump on his eyelid that he said had been prominent for several months, more subtle for nearly 3 years. He had applied hot compresses to no avail. He had used cortico-steroids prescribed by his physician who thought the bump was due to a clogged tear duct, also with no relief. By the time he came to me Bill was distraught. I first had Bill touch the bump with his finger. His muscle test showed weakness. He continued touching the bump while I treated it with the new LaserLight Technique (described in detail in *Advanced Laser Treatments*, Section VI). I also tested to see if the lump was caused by a pathogen. Muscle testing showed that the lump was caused by bacteria. I gave Bill the three most involved bacteria tubes to hold by the bump on his eye while I treated again with the LaserLight Technique. I watched, shocked to see the bump erupt and begin to drain on its own for the first time. What's more, his nose began to run on the side of the eye we had treated. And two other partially blocked tear ducts on his eyelid also completely opened. I believe that using the LaserLight Technique, along with testing and treating the tubes on the eyelid, was essential to the healing process.

Test Substances on Various Parts of Body



Large intestine point



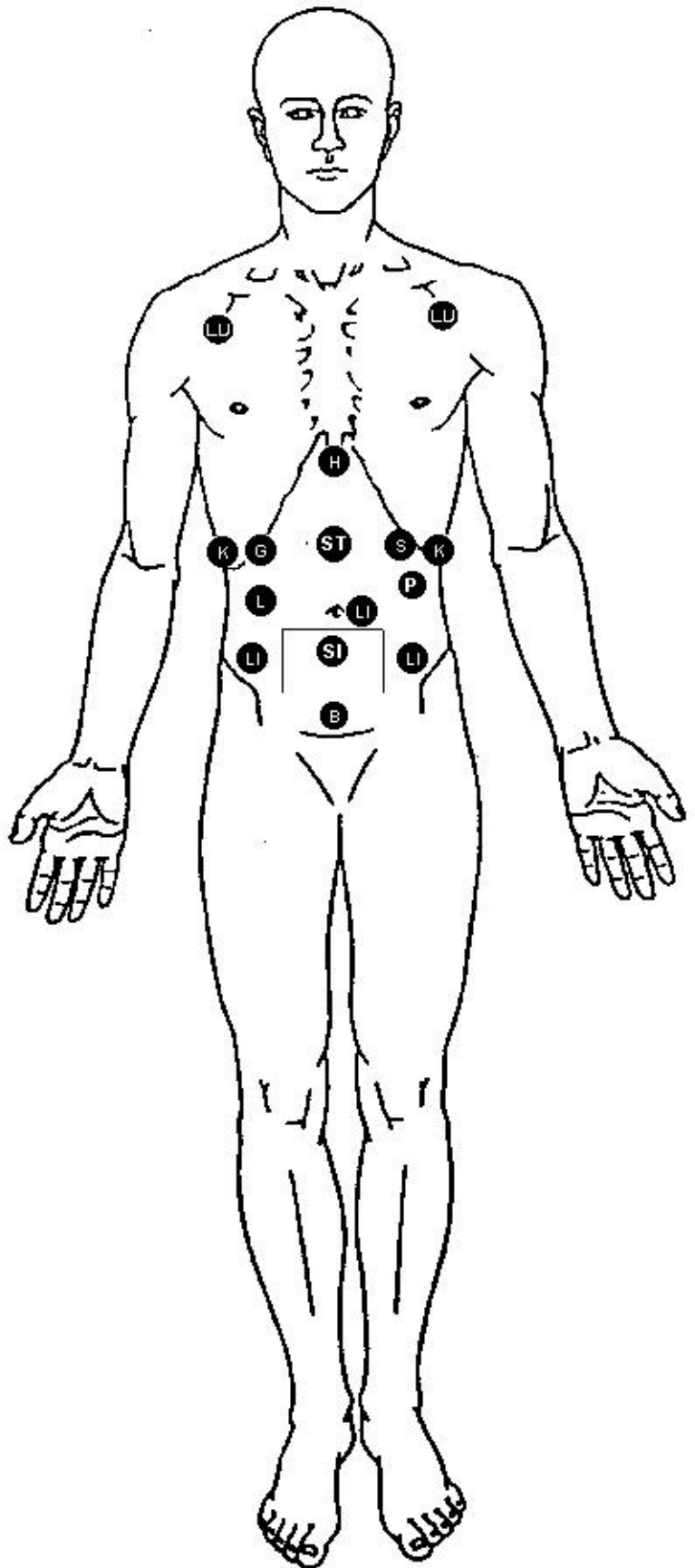
Lung point

1. Organ Alarm Points

It is often useful to hold the sample or tube over each of the organ alarm points.

The Organ Alarm Points are meridian test points that refer to specific meridians. You can test using the tube on each point, touch each point, or use the laser beam on each point, to identify a reactive substance in relation to that meridian. Different treatments have slightly different positions for the points. I use the first set of points I learned, similar to those used in N.E.T. (NeuroEmotional Technique) by Scott Walker, DC.

- H - Heart
- LU - Lung
- ST - Stomach
- G - Gallbladder
- L - Liver
- S - Spleen
- P - Pancreas
- SI - Small intestine
- LI - Large intestine
- K - Kidney
- B - Bladder



2. Brain Point

I use the Brain Point mainly with my autistic patients. I have found that every child has a particular point on their head which seems to uncover sensitivities.

Holding the energy frequency tube on the child's head, I move it around while muscle testing. Tubes tend to weaken consistently at the same point, so I use this Brain Point as their particular testing area. Test the Brain Point to be sure their treatments are complete. (See Section VII, Remedy Makers for creating Brain Point tubes.)



Brain Point

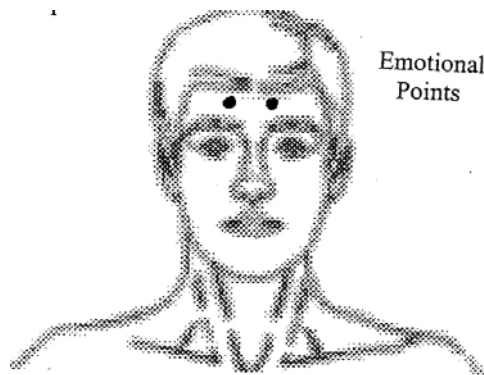
E. Infinity Tube

Sometimes a person can handle a certain amount of a substance but has a reaction to a larger amount of the same substance. For example, I may test someone for *banana*. He may be strong. But if I test *number of bananas* he may weaken on two bananas. As a result, he would begin to have symptoms if he ate two bananas in one day or especially in one sitting. We want to safeguard people so their treatments will hold when in contact with an infinite amount of a substance.

We began by testing an item and then testing the strength when adding 10 times the amount, 100 times the amount, 1,000 times the amount, etc. We then started to use “to infinity”; subsequently I created the Infinity Tube. It is held along with the substance energy frequency tube to pick up any minute difficulties with the substance. It is held during treatment to treat at a deeper level.

F. Emotional Points

The Emotional Points are located on the forehead above each pupil.



Touching the emotional points checks to see if there is an emotional issue connected with a substance. If a substance tests strong, contact the emotional points and test again. If the arm now weakens, there is an emotional aspect involved in the sensitivity. You can use the Emotional Sensitivity Treatment (see my Basic manual for a complete discussion). When you have cleared any substance, it is always a good idea to re-check holding the Emotional Points to be sure you have not missed any emotional involvement. Many substances test strong alone and only weaken in relation to an emotion.

G. Use of Anatomy Book

The use of an anatomy book for identifying and then treating reactive substances began as a personal emergency measure. Several years ago, I tore my right calf muscle during a dance performance. It swelled up and was terribly black and blue. In fact, when I had it checked at Temple University Sports Medicine clinic, the entire clinic staff was called to see the worst torn calf muscle seen in the last 10 years. I was told to rest, use crutches and elevate the leg. My husband assumed that it was a tear and there was nothing he could do. However, time passed and my calf got worse instead of better. It was extremely cold, white, and swollen. The Sports Medicine Clinic did not have a clue as to how to eliminate my symptoms. I was concerned since I seemed to be getting some of the same symptoms as my RSD patients. RSD is a chronic progressive disease that travels from limb to limb causing enough pain to warrant morphine drips for life. I told Bob it was up to him to help me.

He got out his Grey's Anatomy book and started muscle testing every part of the calf including muscles, nerves, and tendons. Everything that I weakened on he wrote on a piece of paper and treated. Over the next few days, several body parts needed to be re-treated including the tibial nerve. Very shortly after these treatments I was able to walk again.

I suggest using this same technique when someone comes in with a body related issue. Simplified anatomy texts work as well as the intricate ones. I often use an anatomy coloring book.

Here is an example of the way I use an anatomy book. One of my patients came in complaining of chronic severe bladder pain. I began muscle testing the parts of the bladder. Her arm weakened on Triune of Bladder. I joked about how that was such a ridiculous name for a body part. My patient then reported that her doctor had diagnosed her as having triunitis. The muscle testing had picked up the exact part of her bladder with the problem.

Using a simple anatomy book, muscle test each part or structure of the organ or system having symptoms. Treat the weak structures by writing the name on a piece of paper if you do not have a corresponding energy frequency tube.

Ellen Cutler and Pat Omiecinski both advocate beginning a series of treatments with testing for weak organs. Using an anatomy book lets us be more specific as to each particular part of the organs, muscles, nerves, arteries, veins, cartilage, or other body part in question.

Testing the brain parts are especially important for autistic children whose brains and nervous systems seem to operate differently than others.

H. Checking for Reactive Substances Within Mixes

Sometimes a person will muscle test strong for an energy frequency tube, multiple vitamin, or processed food although they may still be reactive to one of the ingredients. Therefore, it may be important to **check all of the ingredients within each mixture**. In the basic manual, I provide the ingredients of the Expanded Core Collection so you can check, verbally or on paper, all of the ingredients within the mixes. I first make sure that the total mix is fine for the person. I then check each ingredient.

For example, someone may test strong on the B-vitamins mix but has a reaction to B12. It is important to be strong on B12 since it is important to good health. The higher the number of ingredients in a mix, the greater the possibility exists that one reactive substance will be overshadowed by the influence of the other items.

Therefore, it is useful to muscle test the ingredients of each energy frequency tube, each vitamin or supplement, and processed foods. You will find the ingredients on the box or label.

This concept – checking the ingredients of a mix – led me to discover the importance of the Basic Elements. I was having trouble clearing water with one of my autistic patients who reacted negatively to damp or rainy days. We treated water several weeks in a row but he continued to have problems with it. I reasoned that we needed to look at the *ingredients* in the water: oxygen and hydrogen. I checked the patient and found him weak on both basic elements. I treated him for oxygen and hydrogen individually. Once he tested strong on these elements individually I put them together to treat the combination that would be found in water. Though strong individually, putting the two elements together again caused a weakness. I then treated them as a combination.

Finally I attempted to recreate the molecular makeup of water by testing him on two hydrogens (2 tubes) and one oxygen (1 tube) to mimic H₂O the composition of water. (I realize this is chemistry on a simple level.) The patient was once again weak. After I cleared H₂O, the patient tested strong on actual water and his symptoms to wet and damp days were eliminated.

I often use this concept when checking food reactions. I regularly check the vitamin and mineral content of foods to determine whether a particular nutrient such as potassium, folic acid, or magnesium is a problem that has affected the ability to digest a whole category of foods. When the basic nutrient is cleared, the whole food group becomes available to the patient.

I. Checking for Correct Number of Supplements

We are frequently faced with the decision of how many supplements to take. The question is often “Is the recommended dose really the best for me or do I need more or less for optimal health?” Taking too many supplements may actually be detrimental to health.

To determine the number of pills a person should take:

1. Have the person hold one pill in their hand and muscle test.
2. If strong, add another pill and muscle test.
3. Continue until the arm weakens.
4. Remove one pill from the person’s hand and you now have the optimal dose.

J. Checking Substances for Reaction Under Stress

First, muscle test for sensitivity. If the arm is strong, have the patient **press their knees together tightly** (sitting or standing) and re-test. You are checking a person’s reaction to the substance under stress. If the muscle test now shows weakness, treat for the sensitivity with the knees pressed together to mimic stress.

K. Awareness Hand Mode

Dr. Jessie Mercay uses 34 hand modes that represent a way to communicate with the body. I find her most useful hand mode is the one produced, by either the tester or the one being tested, by making a fist with the thumb inside. My husband, Bob, calls this position the *Awareness Hand Mode*, since it is used to make the body aware of a problem. **If the body is unaware of an issue, it cannot give the proper muscle test.** For this reason I *always* use the Awareness Hand Mode when muscle testing. This position is also used in the Karate Chop 33 treatment on page 35.

The Awareness Hand Mode was extremely important in the treatment of my sister-in-law’s colon cancer. We had her bring in her biopsies of the tumor. She initially tested strong on the cancer biopsy but weakened when we added the Awareness Hand Mode. This showed her body had been unaware of the problem and therefore was unable to do anything to help itself. I believe that all cancer might exist because the body is unaware of it.

IV. **New Treatment Procedures**

- A. Preparation Prior to Treatment
 - 1. Congruence with Being Healthy
 - 2. Healing Intention Prior to Treatment
- B. Karate Chop 33
- C. **LaserLight Technique™**
- D. Wearing Potentized Tube
- E. Wearing Pulse Laser Tube
- F. Treating Groups of Tubes
- G. EFT with Choices for Sensitivities
- H. Emotional Treatments
 - 1. Increased Use of Emotional Sensitivity Treatments
 - 2. Treating Emotional Issues
- I. Seasonal Allergies
- J. Spindle Cell Surrogate Treatment
- K. Simplified Body Wisdom Technique
- L. Barometric Pressure
- M. Electromagnetic Radiation
- N. Bodily Fluids

IV. NEW TREATMENT PROCEDURES

A. Preparation Prior to Treatment

1. Congruence with Being Healthy

Many different statements can be used to muscle test patients with prior to treatment to assess their emotional, physical and spiritual alignment with the treatment. I have found the following A-B-C-D statements helpful. I created this format for ease of remembering the statements.

*I **A**ffirm my desire to be healthy.*

*I **B**elieve I can be healthy.*

*I **C**hoose to be healthy.*

*I **D**eserve to be healthy.*

Muscle test each statement. Those that are weak can be an opening for discussion. You may be able to discover a specific negative or limiting belief that can be treated using Energy Psychology techniques. You can then instill the positive affirmation by writing it on a piece of paper and having the patient read it continually while treating using any of the **Allergy Antidotes** techniques.

2. Healing Intention Prior to Treatment

Prior to treatment, muscle test, “It is safe and beneficial to treat (_____) with the intention of eliminating any adverse reactions.”

Masaru Emoto, a Japanese researcher, has devised an ingenious method to assess the power of words, sounds, thoughts, and intentions. He froze water and then took pictures of its crystalline formation (see www.messagesfromwater.com.) Water from pristine sources created beautiful crystals, while water from polluted sources were unformed, chaotic and actually ugly. Classical music created the same type of symmetrical crystalline formations while heavy metal music produced the unformed, muddy shapes. Words also proved powerful. Bottles of water were labeled with typed pieces of paper. Those labeled with positive concepts or people, such as love, forgiveness, or Mother Theresa, created the same beautiful symmetrical crystals. The bottles labeled with negative concepts or people, such as hatred or Hitler, produced the characteristic muddy form.

Dr. Jacob Lieberman conducted a subsequent experiment. During a seminar, he placed a jug of water on either side of the room. He asked the participants to focus *love* toward one jug and *hatred* at the other. It turns out that thought or intention alone was able to produce the beautiful crystals in the water that was sent love and unformed, chaotic muddiness in the water that was sent hatred.

The human body is 70% water. We can therefore be affected by words, music, thoughts, and intentions. How much does our love and intention affect our patients? How can we harness this effect for the good of all? I suggest verbally stating your intention to treat a substance in order to eliminate any adverse reactions. It could be stated in many ways. One example is to muscle test, “*It is safe and beneficial to treat (_____) with the intention of eliminating any adverse reactions.*” A strong, positive muscle test will indicate the patient’s alignment with the intention. At times it is useful to test separately whether it is safe to treat and whether it is beneficial to treat.

B. Karate Chop 33

The Karate Chop 33 treatment is a combination of two energy techniques for eliminating allergic reactions.

First, it uses Dr. Dietrich Klinghardt's technique of tapping 33 times on the Karate Chop point on the side of the hand (small intestine meridian) to eliminate sensitivity reactions.

This method, in combination with the Awareness Hand Mode (see page 31 of the New Testing Procedures for a description) creates the Karate Chop 33. Have the patient hold the identified tube in their fist with the thumb inside. Tap 33 times on the Karate Chop point. I have tried other numbers of taps but amazingly 33 works the best. I tend to run the sequence twice prior to other treatments to instill body awareness of the problem.

Karate Chop 33 is an effective self-treatment the person can do by tapping the outsides of their hands together.



Karate Chop 33

C. LaserLight Technique™

Section VI, Advanced Laser Treatments gives a detailed explanation of this new procedure.

D. Wearing Potentized Tube

To “potentize” a substance is to create a homeopathic remedy for the substance. It was discovered that it is not necessary to actually ingest a homeopathic remedy for it to be effective. It is enough to put the homeopathic remedy next to the skin to transfer the energetic frequency of the remedy to the body. Homeopathic treatments are all energetic frequency treatments.

This treatment method grew from my work with autistic children. In an attempt to maintain effective allergy treatments between therapy sessions, I began having these children wear the potentized remedy of the substances cleared during a session. Parents reported the treatments held much better when their children wore the potentized tubes.

E. Wearing Pulse Laser Tube

The Pulse Laser Tube is imprinted with the laser beam from the Erchonia Laser. It is called the Pulse Laser Tube because the Erchonia delivers the laser beam at various pulsations. The Erchonia is the first laser approved by the FDA as a medical device. It has a beam of light at 635nm, the same frequency as a healthy, living cell.

The Pulse Laser Tube grew out of our practice of having patients wear a homeopathic remedy of the substances that they were treated for during the session. It has been shown that having a homeopathic remedy close to one's skin is equivalent to ingesting the remedy. In order to help autistic children hold their treatments, we make a homeopathic remedy on our Biopet Remedy Makers for them to wear for the week. They often wear them in their socks.

One day, the mother of one of these patients commented that she wished that her child could wear the large laser beam in his sock. She was referring to the large Erchonia Laser we used in the office to clear the sensitivities. Her child always responded wonderfully to the large laser. Bob promptly took the Erchonia Laser over to the Biopet. He shined the laser beam into the In-plate of the machine and copied it into a blank vial. The child tested strong on this Pulse Laser Tube.

The child started wearing the Pulse Laser Tube along with the potentized substance from each session. He was better able to hold his treatments. I then began testing items with his mother. I muscle tested her for various substances. Instead of treating her for a weak substance, I merely potentized it on the Biopet and had her wear it. She was still weak on it the next session. Then I had her wear the potentized substance with the Pulse Laser Tube. She tested strong on the substance at the next visit.

Wearing the Pulse Laser Tube along with a potentized substance was healing her relationship with the substance. She also began to notice during our experimentation that she no longer had rheumatoid arthritic pain in her ankles where she was putting the laser tube. When she began to move the Pulse Laser Tube around to other areas of pain, the pain consistently diminished.

Uses of Pulse Laser Tube

1. Eliminate substance sensitivities.
 - Identify a reactive substance.
 - Use a Biopet Remedy Maker to produce a potentized remedy for the substance.
 - Wear a Pulse Laser Tube along with the potentized substance tube on the body.
2. Wear on place of pain to reduce severity.
3. Wear Pulse Laser Tube to increase energy and maintain proper polarity.

Pulse Laser Tube Case Reports

Interstitial Cystitis

M.M. has had very painful interstitial cystitis since surgery. She can now control her pain by taping the Pulse Laser Tube to her skin over the bladder. She had previously used the tube in combination with potentized remedies on the skin. However, she has now narrowed the effect to the Pulse Laser Tube. M.M. believes (after wearing the tube for several months) that the tube is actually healing the problem.

Rheumatoid Arthritis

S.M. has had rheumatoid arthritis for 10 years. She began wearing the Pulse Laser Tube in her sock and found out that her ankle pain went away. Then she wore it on her wrists and her wrist pain went away. She put it on her shoulder with the same results. At first she needed to wear the Pulse Laser Tube every day for the effects. If she missed a day she would begin to have pain. Now she can go days and even weeks before she has pain. She reports feeling better than she has in 10 years.

Sprained Ankle

An attendee at the Oxford Energy Psychology conference badly sprained her ankle. I had her put the Pulse Laser Tube in the ace bandage around her ankle. She was limping badly and on crutches. The next day she was walking without crutches or a limp and was able to walk several blocks. She later reported to me that her ankle never swelled and discolored as was predicted by her attending doctor.

Bone Chip in Big Toe

F.P. fell and broke off a bone chip in her big toe. She was scheduled for surgery. She began wearing a Pulse Laser Tube taped to her big toe at night when she went to bed. In the morning, she had less pain and stiffness in her toe. She decided to cancel the surgery.

Maintaining Polarity

One of the participants at the Phoenix Energy Psychology Conference frequently switched polarities, which affected her ability to benefit from treatments. She was able to maintain consistent polarity while wearing the Pulse Laser Tube. I now use it regularly with patients with polarity problems.

Adjusting Leg Lengths and Pelvis

My husband is a Certified Applied Kinesiology Chiropractor. He wanted to see if he could determine physical evidence of the effects of the Pulse Laser Tube.

With his patient lying face down, he tested her leg lengths. After determining a short leg, he put the Pulse Laser Tube on her back. Her legs went to even. He then tested her pelvis position by bending her knees back. One leg was stiffer than the other. He again put the Pulse Laser Tube on her back and tested. Both her legs now bent at the knee evenly. The Pulse Laser Tube had, in effect, adjusted her pelvis. Bob then tried the same maneuvers on me. Again, the same results. The Pulse Laser Tube balanced my leg lengths and pelvis.

F. Treating Groups of Tubes

I have found it possible to treat for many substances during a session. I muscle test how many substances it is safe to clear. I treat each energy frequency tube individually using the Karate Chop 33 method which involves making the body aware of the problem as well as clearing the issue. I then put the tube in the patient's sock. I keep adding each treated tube to the energy field. I am therefore treating the substances as a combination. Keep in mind that in life everything is in combination. After treating each tube individually, I treat them all in combination with Spinal Release, Laser Spray, EFT, Body Talk, or Holloway. After treatment, I re-check each tube individually.

G. EFT with Choices for Sensitivities

In my basic **Allergy Antidotes** manual I present the protocol for using Emotional Freedom Technique (EFT) for clearing sensitivities. I have also found it very useful to add the Choices options to the protocol.

Patricia Carrington, PhD developed the technique of using EFT with Choices. For a complete and user-friendly presentation of how to use EFT Choices for a wide variety of emotional issues, I recommend Dr. Carrington's manual/book, *How to Create Positive Choices in Energy Psychology: The Choices Manual*. For detailed information and to order go to www.eftupdate.com.

The procedure is as follows:

*Even though I have (insert problem Reminder Phrase),
I choose (insert positive instillation).*

The *choose* statement represents how the client would choose to feel in relation to the substance being treated.

Possible Problem Reminder Phrases	Possible Positive Instillations
<i>Even though...</i> 1. I have a bad reaction to _____ 2. I feel sick when I eat _____ 3. my body doesn't handle _____ 4. I am allergic to _____	<i>I choose to...</i> 1. have a good reaction to _____. 2. feel great when I eat _____. 3. have my body easily handle _____. 4. be totally free of adverse reactions to _____.

H. Emotional Treatments

1. Increased Use of Emotional Sensitivity Treatments

It has become increasingly clear that emotional trauma is significant as an underlying cause of sensitivity reactions. With this in mind, I have been diligently checking for the emotional aspects of each reactive substance. I first presented my Emotional Sensitivity Treatment in my basic manual. When a substance muscle tests weak, I touch the patient's emotional points and muscle test. If the muscle test is now strong, the change in muscle test indicates an emotional component is present. I then muscle test each of the tubes in the Emotion Collection. Afterward, I ask the patient to hold all of the emotions that are associated with the substance. I muscle test the age and the situation in the patient's life connected with the substance. After identifying the situation, the patient thinks of the situation while contacting their emotional points on their forehead. I then treat the patient using any of the basic **Allergy Antidotes** techniques.

You will find that most reactive substances have associated emotional components.

2. Treating Emotional Issues

Any of the **Allergy Antidotes** treatment procedures can be used to eliminate negative emotions, and to instill positive emotions and/or actions.

To Eliminate a Negative Emotion

- a. Write negative statement (current negative emotion, limiting belief, etc.).
- b. Muscle test negative statement.
- c. If strong (congruent) continue to focus on negative statement during treatment. *
- d. Re-test.
- e. If now weak (incongruent) go on to instill positive statement.

To Instill a Positive Statement or Goal

If you choose to use your own type of treatment to eliminate a negative emotion, it is still useful to follow these steps to instill a positive affirmation as a way to complete the therapeutic session.

- a. Write statement of what you want to feel, think, do.
- b. Muscle test positive statement.
- c. If weak (incongruent) continue to read or think about positive statement during treatment. *
- d. Re-test positive statement.
- e. Continue to treat until muscle tests strong (congruent).

*Use any **Allergy Antidotes** treatment protocols such as Spinal Release, Laser Spray, EFT, Body Talk, Holloway Technique, Karate Chop 33, or LaserLight Technique.

I write these positive statements on “sticky” notes during the session. The majority of my patients collect these positive statements and report using them as affirmations during the week. Many keep them in their wallet or appointment book, others affix them to the dashboard of their cars.

I. Seasonal Allergies

Treatment of seasonal allergies can be accomplished using our basic procedures. I have generic tubes for the offending pollens, grasses, weeds, flowers, etc.

However, I prefer using the exact problem item from the patient's environment. I have people bring in samples of the growth around their homes and workplaces. I may have them wipe their windshield to collect pollen and sap that has gathered there. You can have patients collect an air sample by placing a glass jar, half filled with distilled water, outside for several hours. When the jar is closed, you have captured anything that is in the air. A quick way to obtain an air sample is to wave a wet paper towel in the air in the outside environment. I will often get a current sample during a patient's visit. At times, patients will drive to my office with a wet paper towel hanging out the window to gather any pollens and pollutants in the area.

It is always important to remember that particles may travel 500 miles a day on the wind. Therefore, when someone has seasonal allergy symptoms it may be from other pollutants in the environment besides the suspected pollens and spores. In our system, we are treating for whatever is in the environment, not just the local flora.

The patient holds the plant samples, jar of air sample, or wet paper towel. If their arm weakens, it is treated. In my practice I then create a homeopathic remedy for the outside air on a Remedy Maker. (See Section VII for details about Remedy Makers.) I sometimes have people treat themselves daily on the current air conditions. They use a wet paper towel to collect the air sample and self-treat at home.

Case Study

Tom, a parent of one of my autistic patients, came to me for relief from seasonal allergies. Tom rarely brings his child to therapy and he was actually quite skeptical about my treatments. However, on this occasion he arrived for his child's appointment with tearing, red eyes, a runny nose, and looking completely miserable. He claimed to be so desperate he was willing to let me treat him with energy techniques. I went outside and got an air sample on a wet paper towel. Tom held it and muscle tested weak. I treated him with Spinal Release and created a homeopathic remedy on the Remedy Maker. I had him drink several ounces and gave him a dropper bottle of liquid remedy to take at home.

At the child's next visit, Tom's wife reported that when Tom arrived home 15 minutes after our treatment, he proceeded to tell her and their houseguests how great he felt. The following year he commented to his wife at the absence of his usual seasonal allergy symptoms. She, of course, reminded him of my treatments.

J. Spindle Cell Surrogate Treatment

I wish to share with you a very innovative use of the spindle cell technique presented by Raquel Solvey, MD. Raquel had visited my office from her home in Argentina, to study how **Allergy Antidotes** works. I taught her the spindle cell treatment to help with muscle testing. In that protocol, you push together and then pull apart the belly of the deltoid muscle in order to let the muscle know it can be both weak and strong. Pushing the fibers together causes the muscle to weaken while pulling the muscles apart causes the muscle to strengthen.

Raquel had a patient who presented with one eye that had turned completely inward and stayed there in the corner of the eye socket for eight months after a car accident. All medical treatments had been unsuccessful in correcting the problem. Energy Psychology treatment for the trauma of the accident did not fix the eye.

Raquel asked the deltoid muscle through muscle testing whether it could be a surrogate for the eye muscles. It responded “Yes”. During her visit, I had talked about using the anatomy book to identify problem areas to work on. She used her anatomy book to test every muscle to the eye. When she found weakness, she merely pushed the fibers of the deltoid muscle together to weaken the deltoid as a surrogate for the specific eye muscle. She continued to do this for all of the reactive eye muscles. The patient’s eye returned to normal. This is a brilliant and creative use of the spindle cell treatment and the use of body parts as a surrogate.

K. Simplified Body Wisdom Technique

The following is a simplified version of the Body Wisdom Technique that was originally presented in the basic **Allergy Antidotes** manual. It presents a way to identify the infectant, sensitivity, toxin, or emotion causing the presenting problem. I've noted the page numbers where you can find lists of appropriate items to test.

Part I: Simplified Body Wisdom Technique

1. Muscle test:
 - *My subconscious knows the cause of my (state symptoms or disease).*
2. If yes (strong), muscle test:
 - *An infectant is causing my _____.*
3. If no, continue to Part II below.
4. If yes, muscle test:
 - *A bacteria is causing my _____.* (p. 129)
 - *A virus is causing my _____.* (p. 130)
 - *A mold/fungus is causing my _____.* (p. 136)
 - *A parasite is causing my _____.* (p. 132)
5. Muscle test each infectant on identified list.
6. Treat identified infectant.

Part II: If Body Wisdom Technique does NOT Identify an Infectant:

1. Muscle test:
 - *A sensitivity is causing my _____.*
2. If yes, check lists of primary reactive substances. (p. 45-46 of basic manual)
If no, muscle test:
 - *A toxin is causing my _____.*
3. If yes, check toxins from metals, chemicals, pesticides, and patient's past exposures. (see page 55 of basic manual for lists)
If no, muscle test:
 - *An emotion is causing my _____.*
4. If yes, use Emotional Sensitivity Treatment (see p. 88 from basic manual for procedure and pgs. 64 of this manual for lists of Additional Emotions to test).
5. If no, continue with detective work.

L. Barometric Pressure

It has become apparent that many vague, unexplained symptoms can be caused by changes in barometric pressure. It is well known that arthritis and other skeletal-muscular disorders flair up in response to barometric changes. I have patients with other types of pain, including interstitial cystitis, that increases with weather changes. It may be useful to have people monitor their symptoms in relation to the changes in barometric pressure. I muscle test people for high barometric pressure and low barometric pressure.

You can get familiar with the range of pressure changes in your location. The Philadelphia area where I live has one of the most volatile changes in barometric pressure in the country. The swiftness of the changes in pressure causes the most havoc with our body's systems. It is often useful to test people on the specific inches of pressure. For example, check 29.0, 29.1, 29.2, 29.3, 29.4, 29.5, 29.6, etc. You will find a range in which the person has problems and the range where their body is okay. Treat for each individual value.

I have found it useful in many cases to test the change from high to low barometric pressure and from low to high barometric pressure. Put the high pressure tube in the patient's hand, then add the low pressure tube to assess change from high to low pressure. If weak, touch to place of problem and treat. You can then try putting the low pressure tube in the hand first, then add the high pressure tube to assess change from low to high pressure. If weak, touch to place of problem and treat. While any treatment is effective, I find the LaserLight Technique especially helpful.

Since our bodies are composed of 70% water it is understandable that we will be affected by barometric pressure changes. Also, any area of inflammation will swell during pressure changes.

M. Electromagnetic Radiation

At Pat Omiecinski's seminar in Florida, a participant shared with me a sample treatment for eliminating problems with electromagnetic frequency (EMF) radiation. He suggested the following to neutralize the electromagnetic radiation:

- Draw a gold triangle “▲” on a small piece of paper or sticky note.
- Put the paper on the plug, battery case, or actual equipment emitting EMFs.

I used this technique with one of my autistic patients whose electronic game machine affected him adversely. We found that we needed to muscle test the correct placement of the triangle in relation to the batteries. The tip of the ▲ had to be facing in the correct direction. In order to fix this problem, I suggest putting two triangles together similar to a Star of David “★” in order to be effective in either direction. Many autistic children are now able to watch TV without ill effects.

N. Bodily Fluids

A person's bodily fluids contain all of the infections and toxins they are fighting. Physicians now use blood and urine tests to determine specific microorganisms present. Soon they will be using saliva instead of blood to get the same kind of information. Using Energy Psychology techniques, it is not necessary for us to know the exact type of pathogen to treat the patient. We can treat for whatever is in the bodily fluids. We know how to treat for whatever viruses, bacteria, parasites, or mold are present. We may also be able to treat for toxins in the system such as heavy metals, chemicals, and drugs.

Ellen Cutler, DC suggests treating your saliva every 15 minutes at the first sign of a cold or flu. Many of my patients report being able to stop their symptoms this way.

I usually choose saliva for treating but other bodily fluids are also useful. I may treat a person's urine, blood, tears, sweat or stool. If someone has a particular problem, I will use that bodily fluid. For example, I have been able to reduce the pain of one patient's chronic bladder infection after treating her urine. Many autistic patients have yeast problems in their digestive tract that cause mucousy and off-color stools. I treat the actual bowel movement. One of my autistic patients needed a suppository every day in order to move his bowels. Since treatment he has had regular bowel movements on his own.

Since urine, sweat, stools, and tears are especially designed to eliminate toxins, it is helpful for us to treat those substances the body views as toxic.

Bodily fluids become especially important when using the Remedy Makers. Remedy Makers enable us to make homeopathic remedies for whatever is in our fluids. We do not need to know the exact bacteria to supply the correct antibiotic. We create a homeopathic remedy to negate the electromagnetic energy of the offending pathogen or toxin. (See Section VII, Remedy Makers for more details.)

V. New Allergy Antidotes Energy Frequency Tubes

A. Collections (30 tubes)

1. Expanded Core
2. Basic Body
3. Foods
4. Emotion
5. Neurotransmitters and Digestive Enzymes
6. Vaccines and Heavy Metals
7. B-Vitamins and Minerals
8. Autism Additions

B. Larger Kits (50 tubes)

1. Immune System Series
2. Essential Nutrients of Life

C. Mini-Packets and Special Energy Frequency Tubes

1. Additional Emotions
2. Infection Connection
3. Enduring Peace
4. Sai Baba Tubes
5. Pulse Laser Tube
6. Autism/Dental Infection Tubes
7. Elements

D. Expanded Source of Tubes Through *Allergies, Lifestyle, and Health*

V. NEW ALLERGY ANTIDOTES ENERGY FREQUENCY TUBES

A. Collections (30 Tubes)

My basic manual, *Allergy Antidotes: Energy Psychology Treatment of Allergy-like Reactions*, describes my first five collections of energy frequency tubes. I will briefly list the contents of the original five collections and then go into more detail on the additional kits now available.

I have always felt that the tubes are an optional part of the protocol. Although I believe that holding an energy frequency tube of a substance creates a stronger effect, it is possible to produce wonderful results by using the name of the substance written on a piece of paper. I feel it is useful in the beginning for patients to have something tangible to hold. Later, patients realize that it is impossible to have tubes for everything. They already know the power of the technique and can be comfortable with using pieces of paper. **It is always preferable to hold an actual sample of the substance whenever available.** For example, a colleague once called, frantic to get a tube for the lithium she was taking daily. I told her to just hold one of the lithium pills.

1. Expanded Core

EXPANDED CORE COLLECTION

- | | |
|-------------------------------|----------------------------------|
| 1. Egg/Chicken | 16. Cleaning Chemical Mix |
| 2. Calcium/Milk Mix | 17. Dust/Dust Mites |
| 3. Vitamin C Mix | 18. Formaldehyde |
| 4. B-Complex Mix | 19. Hormone Mix |
| 5. Sugar Mix | 20. Mold Mix |
| 6. Mineral Mix with Iron | 21. Neurotransmitter Mix |
| 7. Heavy Metal Mix | 22. Newspaper/Newspaper Ink |
| 8. Toxic Chemical Mix | 23. Perfume Mix |
| 9. Petrochemical Mix | 24. Pollen/Weeds/Grass/Trees |
| 10. Pesticide Mix | 25. RNA/DNA |
| 11. Vaccine Mix | 26. Smoking/Tobacco |
| 12. Enhancer | 27. Staphylococcus/Streptococcus |
| 13. Blood | 28. Titanium/Surgical Steel |
| 14. Candida Mix | 29. Virus Mix |
| 15. Chocolate/Caffeine/Coffee | 30. Vitamins A,E,D,K |
-

Diane reports the following experience:

*“...After using your **Expanded Core Collection**, Elements, and water, I found that not only was I free of the extreme sensitivity to pesticides but also free of reactivity to hundreds of substances including cleaners, air fresheners, libraries, people’s homes, perfumes, and many, many other substances. ...After nine years of having MCS (multiple chemical sensitivities) I can now go practically anywhere. I feel free!”*

2. Basic Body

BASIC BODY COLLECTION

- | | |
|-------------------------|-----------------------------------|
| 1. Acid | 16. Pancreas |
| 2. Base | 17. Pituitary/Pineal/Hypothalamus |
| 3. Endocrine System | 18. Prostate |
| 4. Immune System | 19. Small Intestine |
| 5. Limbic System | 20. Spleen |
| 6. Adrenals | 21. Stomach |
| 7. Bladder | 22. Thymus |
| 8. Blood/Lymph | 23. Thyroid/Parathyroid |
| 9. Brain/Nervous System | 24. Uterus/Ovary |
| 10. Gallbladder | 25. Saliva/Mucus |
| 11. Heart | 26. Sweat/Urine/Lubricant |
| 12. Kidney | 27. Tears |
| 13. Large intestine | 28. Estrogen |
| 14. Liver | 29. Progesterone |
| 15. Lungs | 30. Testosterone |
-

3. Foods

FOODS COLLECTION

- | | |
|-----------------------|--------------------------------|
| 1. Dairy Products | 16. Essential Fatty Acids |
| 2. Wheat | 17. Food Additives |
| 3. Corn | 18. Food Coloring |
| 4. Eggs | 19. Garlic |
| 5. Soy | 20. Gluten |
| 6. Peanuts | 21. Green and Red Peppers |
| 7. Sugar | 22. MSG |
| 8. Aspartame | 23. Nuts |
| 9. Bananas | 24. Oats |
| 10. Beer and Wine | 25. Onions |
| 11. Berries | 26. Potatoes |
| 12. Black Pepper | 27. Rye |
| 13. Chicken | 28. Shrimp and Other Shellfish |
| 14. Citrus Fruits | 29. Tomatoes |
| 15. Digestive Enzymes | 30. Yeast |
-

4. Emotion

EMOTION COLLECTION

- | | |
|---------------------|------------------|
| 1. Abandonment | 16. Frustration |
| 2. Anger | 17. Grief |
| 3. Anxiety | 18. Guilt |
| 4. Apathy | 19. Hatred |
| 5. Betrayal | 20. Helplessness |
| 6. Confusion | 21. Hopelessness |
| 7. Depression | 22. Jealousy |
| 8. Deprivation | 23. Joy |
| 9. Despair | 24. Panic |
| 10. Disappointment | 25. Rage |
| 11. Discouragement | 26. Rejection |
| 12. Disgust | 27. Resentment |
| 13. Disillusionment | 28. Sadness |
| 14. Envy | 29. Shame |
| 15. Fear | 30. Terror |
-

5. Neurotransmitters and Digestive Enzymes

NEUROTRANSMITTERS and DIGESTIVE ENZYMES COLLECTION

- | NEUROTRANSMITTERS: | DIGESTIVE ENZYMES: |
|---------------------------|----------------------------|
| 1. Acetylcholine | 1. Amylase |
| 2. Cholinesterase | 2. Bromelain |
| 3. Dopamine | 3. Cellulase |
| 4. Epinephrine | 4. Chymotrysin |
| 5. Gaba | 5. HCL |
| 6. Glutamic acid | 6. Lactase |
| 7. Histamine | 7. Lipase |
| 8. Histidine | 8. Maltose |
| 9. Malvin | 9. Pancreatin |
| 10. Melanin | 10. Papain |
| 11. Melatonin | 11. Pepsin |
| 12. Norepinephrine | 12. Protease |
| 13. Phenylalanine | 13. Potassium Bi-carbonate |
| 14. Serotonin | 14. Ptyalin |
| 15. Taurine | 15. Trypsin |
-

The functions of each neurotransmitter and digestive enzyme are described on the following pages.

NEUROTRANSMITTERS

Acetylcholine chloride	- A major excitatory neurotransmitter needed for smooth flow of nerve impulses/messages being sent throughout the body. It is also necessary for memory, long term planning, control of mental focus, and sexual activity, and is a chemical mediator released by mast cells and known to produce allergic manifestations along with histamine. Levels of ACC are dependent on the availability of dietary precursors, and magnesium is essential to its formation and regulation.
Choline	- One of the B-complex group and a precursor to acetylcholine chloride. Modest changes in available choline can result in large changes in the amount of acetylcholine made in the body. The choline levels in the blood are variable, depending especially on the amount of choline in recent meals. Choline helps dissolve fats and cholesterol, helps absorption of vitamins A and D, and helps utilization of vitamins E and K. It is a component of the myelin sheath covering nerves and if deficient in pregnancy can cause nearsightedness in the offspring. Choline is helpful with memory problems.
Dopamine	- A catecholamine and the most important inhibitory neurotransmitter. It is the immediate precursor of norepinephrine, and is involved in experience of pleasure, making the person feel alert and excited. It is part of the reward system that provides motivation; it is also related to lack of motivation that occurs in depression. Its formation is dependent on B and copper. It is involved in addiction and dyslexia.
Epinephrine	- A catecholamine, its immediate precursor is norepinephrine. It is an excitatory neurotransmitter secreted at nerve terminals in the hypothalamus and it is present in certain neurons of the brain stem. It is also secreted by the adrenal gland, mainly in the medulla. Epinephrine is in nerve pathways concerned with behavior, mood, and perhaps emotion. Its release is accelerated during stress, and this in turn accelerates the heart rate. It causes temporary increase in blood sugar and blood lactic acid, inhibits peristaltic movements of the gut, liberates glucose from the liver, and dilates the bronchi. It also constricts splanchnic and cutaneous blood vessels.
GABA	- Gamma-aminobutyric acid (GABA) is an inhibitory neurotransmitter, calming the brain and keeping the chemistry of the brain in balance. It gives feelings of safety and satiety, and is effective in neutralizing anger and hostility. It is vital for energy and smooth running of brain reactions and it is almost always deficient in seizure disorders. GABA has a calming effect on the stomach and reduces appetite. Vitamin B regulates the manufacture of GABA in the brain.
Glutamic acid	- An excitatory neurotransmitter, glutamic acid is an energy source for brain function and is active in transamination of many amino acids. The only mechanism the brain has for detoxifying ammonia is changing glutamic acid to glutamine. Manganese is important in metabolism of glutamic acid. Insufficiency signs include autism, hypoglycemia, low energy, mental retardation, neural fatigue, schizophrenia, and senility.
Histamine	- A major neurotransmitter in the brain. It is also released by mast cells in epithelial tissue in response to injury, inflammation, and allergic reactions. It causes increased vascular permeability, and is important for sexual climax. Patients with high histamine levels are said to have fewer pollen allergies. However, high levels of histamine can cause suicidal depression. Histamine levels may be high during migraine. Patients with low levels are over stimulated and can have psychiatric disturbances such as hyperactivity, mania, paranoia, hallucinations, and abnormal ideation. Rheumatoid arthritis and Parkinson's patients are low in histamine. Fifty percent of schizophrenics have low histamine.

NEUROTRANSMITTERS

Histidine	- Gives rise to the neurotransmitter histamine. It is necessary for maintenance of the myelin sheath around the nerves and can readily cross the blood brain barrier. Histidine is under heavy demand during stress. Humans can make histidine in their bodies, but most come from the diet. Arthritis patients have low serum histidine levels. Histidine increases histamine in the blood and probably the brain. A wide range of symptoms, from mental and physical retardation to poor intellectual functioning, accompanies elevated blood histidine.
Malvin	- Widely distributed in leaves, flowers, and fruits of higher plants. It is the causative agent in severe depression triggered by foods, and is indicated in rage attacks. It is indicated in neurological disease such as autism, CNS problems, dyslexia, dyskinesia, epilepsy, hydrocephalus – controls pressure in cerebral spinal fluid, and multiple sclerosis.
Melanin	- Determines the color of the iris of the eye and is responsible for dark color of skin and hair. It plays a role in brain allergy, depression, and seems to help in clearing chemical sensitivities.
Melatonin	- The master hormone of the pineal gland. It is produced by pineal from serotonin. It is a neuroendocrine transducer that responds to light stimulation, even in some totally blind people. It can reset the body's internal clock and is a powerful antioxidant, preventing damage by oxidants in the brain and other organs.
Norepinephrine	- Released by neurons of the sympathetic division of the autonomic nervous system and is found in the central nervous system and the peripheral sympathetic nerves. It is also found in the adrenal medulla. It increases heart rate, stops digestion, constricts blood vessels, increases blood pressure, and increases basal metabolic rate. It is involved in maintenance of arousal, the brain system of reward, in dreaming sleep, and in regulation of mood. Alteration of norepinephrine in the brain may play a role in etiology of manic-depressive disorders. Norepinephrine also triggers mood and thought depression in PMS.
Phenylalanine	- An aromatic amino acid. Its metabolism requires folic acid, iron, niacin, B6, copper, vitamin C and magnesium. It affects mental acuity, mood, and behavior and promotes positive disposition. Phenylalanine initiates the release of cholecystokinin, which can function as an appetite suppressor. High levels of plasma phenylalanine are found in migraine and hyperactive children. It is found in high protein foods.
Serotonin	- A major inhibitory neurotransmitter in the brain. It is a powerful vasoconstrictor and causes smooth muscle to contract. It produces peristalsis in the intestinal mucosa and is believed to play a role in temperature regulation, sensory perception, and in the onset of sleep. It plays a role in maintaining blood pressure, and plasma serotonin rises just before onset of migraine and falls during an attack. Serotonin deficiency has been implicated in depression, uncontrollable appetite, obsessive-compulsive disorder, autism, bulimia, social phobias, PMS, anxiety and panic, migraines, schizophrenia and extreme violence.
Taurine	- The second most plentiful free amino acid in the adult brain. It is an inhibitory neurotransmitter and stabilizes the fragile membranes of the brain and cell membranes electrically. It also helps stabilize action of the heart and skeletal muscle. Taurine increased heart rate, body temperature, immune response, and vitamin A levels. It is involved in calcium metabolism within the brain, which plays a major role in the release of neurotransmitters. It has anticonvulsant and anti-anxiety action and is found in increased concentration along with serotonin during migraine episodes.

SOURCE: Balch, James and Phyllis, Prescription for Nutritional Healing, Avery Publishing Group, New York, 1997.

DIGESTIVE ENZYMES

Amylase	- Digests starch.
Bromelain	- Digests protein – is used as an anti-inflammatory agent.
Cellulase	- Digests cellulose, which forms the skeleton of most plant structures and plant cells.
Chymotrysin	- A pancreatic enzyme that digests protein.
HCL	- A normal constituent of the gastric juices of man and other animals.
Lactase	- Converts lactose (milk sugar) into glucose and galactose.
Lipase	- Digests fats – it is produced in the liver, pancreas, adipose tissue, and stomach.
Maltase	- Digests maltose found in grains to glucose.
Pancreatin	- A mixture of pancreatic enzymes chiefly composed of trypsin, amylase and lipase, which assist digestion.
Papain	- Digests proteins into amino acids.
Pepsin	- An enzyme produced in the stomach, that in the presence of hydrochloric acid splits proteins into proteoses and peptones.
Protease	- A gastric antacid.
Potassium Bi-Carbonate	- Digests proteins.
Ptyalin	- Enzyme in the saliva that digests starch.
Trypsin	- A pancreatic enzyme that digests protein.

SOURCE: Balch, James and Phyllis, Prescription for Nutritional Healing, Avery Publishing Group, NY, 1997

The following are new Collections (30 tubes) and kits which I have added since my first manual was printed.

6. Vaccines and Heavy Metals

Vaccines and heavy metal toxicity have been highly implicated in autism, ADD, ADHD and learning disabilities. Any mental or emotional disorder may have these components. The childhood MMR vaccine is composed of measles, mumps and rubella. The DPT vaccine is composed of diphtheria, pertussis and tetanus. You can see the Collection includes both the vaccination mix and each individual component. Be sure the tubes are clear (arm is strong) while the patient holds it in their hand or when it is placed on various spots on their body corresponding to their brain and digestive systems. For example, the measles virus has been shown to be present in the brains and digestive tracts of autistic children.

VACCINES & HEAVY METALS COLLECTION

VACCINES:

1. MMR/MMR2 vaccine
2. Measles vaccine
3. DPT vaccine
4. Diphtheria vaccine
5. Pertussis vaccine
6. Tetanus vaccine
7. Hepatitis vaccine
8. Small pox vaccine
9. Polio vaccine
10. Chicken pox vaccine
11. Thimerosal (mercury preservative) vac.
12. Cat vaccines
13. Dog vaccines
14. Flu vaccine 1999
15. Flu vaccine 2000

HEAVY METALS:

1. Aluminum
 2. Arsenic
 3. Asbestos/Silicon
 4. Barium/Beryllium
 5. Cadmium
 6. Copper
 7. Gold
 8. Lead
 9. Mercury
 10. Nickel
 11. Silver/Silver amalgam
 12. Tin
 13. Titanium
 14. Vanadium
 15. Zinc
-

During one of my seminars, a therapist/participant was willing to share another application for **Allergy Antidotes** treatment. Her stomach had been stapled with metal staples years before. She was on email lists with other people who have had the same procedure. Many of these people were suffering from autoimmune symptoms following the stapling surgery. Now she knew that a reaction to the metal could be causing the symptoms.

Although her stomach had been stapled, she still weighed more than she desired. I treated her during the seminar for titanium/surgical steel and she reported losing 20 pounds in the next several months without any change in diet. This therapist has created a specialty for herself. She now treats people who have had their stomachs stapled, a population that could clearly use assistance.

Heavy metal toxicity has been shown to adversely affect mental/emotional stability. Studies with prisoners have shown that the severity of a crime can be predicted by the existence of heavy metal toxicity in the perpetrator. The more heavy metals present, the more severe the crime.

7. B-Vitamins and Minerals

The individual B-vitamins and minerals are extremely important for the proper functioning of the body. After someone is clear on the B-complex mix and mineral mix, test each individual tube to be sure they are all clear. As we have said, someone can test strong on a mix and be weak on one or several of the ingredients of the mix. The B-vitamins are especially important for the brain and nervous system. They are keenly related to any emotional or mental disturbances. The minerals are important for the body to maintain homeostasis.

B-VITAMINS & MINERALS COLLECTION

B-Vitamins:	Minerals:
1. B1	1. Boron
2. B2	2. Magnesium
3. B3	3. Calcium
4. B4	4. Chlorine
5. B5	5. Iron
6. B6	6. Manganese
7. B12	7. Metal Alloy
8. B13	8. Molybdenum
9. B15	9. Chromium
10. B17	10. Phosphorus
11. Biotin	11. Fluorine
12. Choline	12. Potassium
13. Folic Acid	13. Iodine
14. Inositol	14. Selenium
15. PABA	15. Sodium

The following chart describes the functions of the individual B-vitamins. Many patients, especially those with autism, are supplementing with B-vitamins. They need to be strong on each of these vitamins in order for them to be absorbed and then utilized. It is helpful to know the uses of each of the B-vitamins for your detective work.

B-VITAMIN	FUNCTION
Vitamin B1 (thiamine)	aids in digestion of carbohydrates and sugar, improves nervous system function, stamina, ability to concentrate, and mental attitude.
Vitamin B2 (riboflavin)	affects growth and reproduction; promotes healthy skin, vision, healthy kidney function: metabolizes carbohydrates, fats and protein.
Vitamin B3 (niacin)	affects nervous system and brain function, reduces migraines, helps digestive system, reduces cholesterol and triglycerides; needed to make sex hormones and other hormones.
Vitamin B5 (pantothenic acid)	aids in cell building, conversion of fat and sugar to energy, wound healing, reduces stress, increases stamina.
Vitamin B6 (pyridoxine)	aids in assimilation of protein and fat, acts as a natural diuretic (water elimination), enhances energy metabolism in muscles.
Vitamin B12 (cyanocobalamin)	aids in red blood cell formation, builds up nervous system, increases energy.
Vitamin B15 (pangamic acid)	Russian athletes found that pangamic acid increased oxygen to the cells and thus increased their endurance, stamina and speed. Their muscles simply worked better.
Folic Acid	aids in utilization of sugar and amino acids (from proteins), prevention of certain birth defects, red blood cell formation.
Biotin	promotes healthy skin and hair, helps control fungus (yeast), works with insulin in glucose (sugar) utilization.
Inositol	aids in fat and cholesterol metabolism, promotes artery health, hair growth.
Choline	works on the cell membranes, improves nerve transmission and brain function, hormone production.

8. Autism Additions

The Autism Additions Collection contains the energy frequency tubes that are relevant to autism in *addition* to the tubes already represented in the other kits. The contents of the collection are discussed in detail in Section VIII, The Treatment of Autism.

AUTISM ADDITIONS COLLECTION

- | | |
|---------------------------------------|------------------------------------|
| 1. Brain (General) | 16. Dental/Ear infections |
| 2. Frontal lobe | 17. Pitocin |
| 3. Parietal lobe | 18. Rogam |
| 4. Temporal lobe | 19. Secretin |
| 5. Occipital lobe | 20. Metallothionen |
| 6. Midbrain/Cerebellum | 21. Glutiathione |
| 7. CS Fluid/Hypo/Pit./Corpus Callosum | 22. Myelin sheath |
| 8. Gluten | 23. Tympanic cavity |
| 9. Caseina | 24. Vestibular-cochlear nerve VIII |
| 10. Yeast | 25. Electromagnetic radiation |
| 11. Immune Boost 1 | 26. TV/Computers |
| 12. Immune Boost 2 | 27. Fluorescent lights |
| 13. Immune Boost 3 | 28. Atmospheric pressure |
| 14. Borna Virus | 29. Low barometric pressure |
| 15. Retrovirus | 30. High barometric pressure |
-

B. Larger Kits

1. Immune System Series

The Immune System Series was created by Asha Clinton, PhD to be used in her Seemorg Matrix Work. It is also useful for **Allergy Antidotes** testing and treatment.

IMMUNE SYSTEM SERIES (CREATED FOR SEEMORG MATRIX WORK)

- | | |
|------------------------------|-------------------------------|
| 1. Antimicrosomal antibodies | 25. Kupffer cells |
| 2. Antinuclear antibodies | 26. Leukotriene |
| 3. Antioxidant enzyme | 27. Lung histamine |
| 4. Antithyrog. antibodies | 28. Lymph |
| 5. B cells | 29. Lymphoblast |
| 6. B cell growth factor | 30. Lymphocytes |
| 7. Bone marrow | 31. Lymphokine |
| 8. B lymphocytes | 32. Lymph nodes |
| 9. B cell immunity | 33. Macrophages |
| 10. CIC | 34. Monocytes |
| 11. Corticosteroids | 35. Neutrophils |
| 12. Cytotoxic T cells | 36. Pathogenic immune complex |
| 13. Eosinphils | 37. Prostaglandine |
| 14. Epithelial cells | 38. Red blood cell |
| 15. Histamine | 39. T cells |
| 16. IgA | 40. T2 |
| 17. IgB | 41. T3 |
| 18. IgE | 42. T4 |
| 19. IgG | 43. T4 lymphocytes |
| 20. IgM | 44. T8 lymphocytes |
| 21. Interleukin1 | 45. Thymosin |
| 22. Interlukin1 | 46. Thymus gland |
| 23. Interlukin2 | 47. Tonsil |
| 24. Intrinsic factor | 48. White blood cell |
-

2. Essential Nutrients of Life

There are 45 essential nutrients that we *must* absorb from our foods in order to produce all of our hormones, neurotransmitters, fluids, and whatever else our body needs. Because the body does not produce these nutrients, they can only be obtained by ingesting them. Without them, our bodies cannot function properly. As you know from the basic manual, if someone tests weak on a nutrient their body does not absorb and digest the nutrient properly. Therefore, it becomes crucial that everyone you work with is strong and congruent on all 45 foundation nutrients. We are asking too much of our bodies to function without access to the proper building materials.

I created the Essential Nutrients of Life kit, which includes the 45 foundation nutrients and five of the basic elements. The foundation nutrients include necessary vitamins, minerals, amino acids, carbohydrate, fat, protein, and water. The basic elements are oxygen, hydrogen, carbon, nitrogen, and sulfur.

ESSENTIAL NUTRIENTS of LIFE COLLECTION

1. Vitamin A	26. Copper	13 Vitamins	18 Minerals
2. Vitamin D	27. Cobalt		
3. Vitamin E	28. Molybdenum		
4. Vitamin K	29. Iodine		
5. B1	30. Chromium		
6. B2	31. Vanadium		
7. B3	32. Tin		
8. Biotin	33. Nickel		
9. Folic Acid	34. Silicon		
10. B5	35. Leucine		
11. B6	36. Lysine		
12. B12	37. Isoleucine		
13. Vitamin C	38. Methionine		
14. Protein	39. Histidine		
15. Water	40. Phenylalanine		
16. Calcium	41. Theonine		
17. Phosphorus	42. Tryptophan		
18. Sodium	43. Valine		
19. Sulfur	44. Nonessential nitrogen		
20. Chlorine	45. Glucose		
21. Magnesium	46. Linoleic acid		
22. Iron	47. Oxygen		
23. Selenium	48. Hydrogen		
24. Zinc	49. Nitrogen		
25. Manganese	50. Carbon		
		1 Carbohydrate	
		Glucose	
		1 Fat (lipid)	
		Linoleic Acid	
		10 Amino Acids	
		Histidine	Nonessential Nitrogen
		Isoleucine	Phenylalanine
		Leucine	Theonine
		Lysine	Tryptophan
		Methoinine	Valine
		1 Protein	1 Water
		TOTAL = 45	

Your body can make whatever else it needs from these 45 essential nutrients

Essential Amino Acids

**Essential amino acids cannot be manufactured by the body.
They must be supplied by the diet or supplements.**

Leucine	<p>Leucine is an essential amino acid and one of the branched-chain amino acids (the others are isoleucine and valine). These work together to protect muscle and act as fuel. They promote the healing of bones, skin, and muscle tissue, and are recommended for those recovering from surgery. Leucine also lowers elevated blood sugar levels, and aids in increasing growth hormone production. Natural sources of leucine include brown rice, beans, meats, nuts, soy flour, and whole wheat.</p>
Isoleucine	<p>Isoleucine, one of the essential amino acids, is needed for hemoglobin formation and also stabilizes and regulates blood sugar and energy levels. It is metabolized in muscle tissue. It is one of the three branched-chain amino acids. These amino acids are valuable for athletes because they enhance energy, increase endurance, and aid in the healing and repair of muscle tissue.</p> <p style="padding-left: 40px;">Food sources of isoleucine include almonds, cashews, chicken, chickpeas, eggs, fish, lentils, liver, meat, rye, most seed, and soy protein.</p>
Lysine	<p>Lysine is an essential amino acid that is a necessary building block for all protein. It is needed for proper growth and bone development in children, it helps calcium absorption and maintains a proper nitrogen balance in adults. This amino acid aids in the production of antibodies, hormones, and enzymes, and helps in collagen formation and tissue repair.</p> <p style="padding-left: 40px;">Food sources of lysine include cheese, eggs, fish, lima beans, milk, potatoes, red meat, soy products, and yeast.</p>
Methionine	<p>Methionine is an essential amino acid that assists in the breakdown of fats, thus helping to prevent a buildup of fat in the liver and arteries that might obstruct blood flow to the brain, heart, and kidneys. The synthesis of the amino acids cysteine and taurine may depend on the availability of methionine. This amino acid helps the digestive system; helps to detoxify harmful agents such as lead and other heavy metals; helps diminish muscle weakness, prevent brittle hair, and protect against radiation; and is beneficial for people with osteoporosis or chemical allergies.</p> <p style="padding-left: 40px;">As levels of toxic substances in the body increase, the need for methionine increases. The body can convert methionine into the amino acid cysteine, a precursor of glutathione. Methionine thus protects glutathione; it helps to prevent glutathione depletion if the body is overloaded with toxins. Since glutathione is a key neutralizer of toxins in the liver, this protects the liver from the damaging effects of toxic compounds.</p> <p style="padding-left: 40px;">Good food sources of methionine include beans, eggs, fish, garlic, lentils, meat, onions, soybeans, seeds, and yogurt.</p>
Phenylalanine	<p>Phenylalanine is an essential amino acid. Once in the body, it can be converted into another amino acid, tyrosine, which in turn is used to synthesize two key neurotransmitters that promote alertness: dopamine and norepinephrine. Because of its relationship to the action of the central nervous system, this amino acid can elevate mood, decrease pain, aid in memory and learning, and suppress the appetite. It can be used to treat arthritis, depression, menstrual cramps, migraines, obesity, Parkinson's disease, and schizophrenia.</p>

Essential Amino Acids

**Essential amino acids cannot be manufactured by the body.
They must be supplied by the diet or supplements.**

Threonine	<p>Threonine is an essential amino acid that helps to maintain the proper protein balance in the body. It is important for the formation of collagen and elastin, and aids liver and lipotropic function when combined with aspartic acid and methionine. Threonine is present in the heart, central nervous system, and skeletal muscle, and helps to prevent fatty buildup in the liver. It enhances the immune system by aiding in the production of antibodies.</p> <p>Because the threonine content of grains is low, vegetarians are more likely than others to have deficiencies.</p>
Tryptophan	<p>Tryptophan is an essential amino acid that is necessary for the production of vitamin B₃ (niacin). It is used by the brain to produce serotonin, a necessary neurotransmitter that transfers nerve impulses from one cell to another and is responsible for normal sleep. Consequently, tryptophan helps to combat depression and insomnia and to stabilize moods. It helps to control hyperactivity in children, alleviate stress, it is good for the heart, aids in weight control by reducing appetite, and enhances the release of growth hormone. It is good for migraine headaches, and may reduce some of the effects of nicotine. A sufficient amount of vitamin B₆ (pyridoxine) is necessary for the formation of tryptophan, which, in turn, is required for the formation of serotonin. A lack of tryptophan and magnesium may contribute to coronary artery spasms.</p> <p>The best dietary sources of tryptophan include brown rice, cottage cheese, meat, peanuts, and soy protein.</p>
Valine	<p>Valine, an essential amino acid, has a stimulant effect. It is needed for muscle metabolism, tissue repair, and the maintenance of a proper nitrogen balance in the body. It is one of the branched chain amino acids, which means that it can be used as an energy source by muscle tissue.</p> <p>Dietary sources of valine include dairy products, grains, meat, mushrooms, peanuts, and soy protein. Supplemental L-valine should always be taken in balance with the other branched-chain amino acids, L-isoleucine and L-leucine.</p>
Histidine	<p>Histidine is an essential amino acid that is significant in the growth and repair of tissues. It is important for the maintenance of the myelin sheaths that protect nerve cells, and is needed for the production of both red and white blood cells. Histidine also protects the body from radiation damage, aids in removing heavy metals from the system, and may help in the prevention of AIDS.</p> <p>Histamine, an important immune system chemical, is derived from histidine. Histamine aids in sexual arousal. Because the availability of histidine influences histamine production, taking supplemental histidine – together with vitamins B₃ (niacin) and B₆ (pyridoxine), which are required for the transformation from histidine to histamine – may help improve sexual functioning and pleasure. Because histamine also stimulates the secretion of gastric juices, histidine may be helpful for people with indigestion resulting from a lack of stomach acid.</p> <p>Natural sources of histidine include rice, wheat, and rye.</p>

SOURCE: Balch, James and Phyllis, Prescription for Nutritional Healing, Avery Publishing Group, New York, 1997.

C. Mini-Packets and Special Energy Frequency Tubes

1. Additional Emotions

Many people requested energy frequency tubes for emotions not included in the Emotion Collection. The Additional Emotions Mini-Packet includes more of the positive emotions.

ADDITIONAL EMOTIONS MINI-PACKET

- | | |
|----------------|-----------------|
| 1. Acceptance | 8. Love |
| 2. Blame | 9. Neutrality |
| 3. Courage | 10. Peace |
| 4. Craving | 11. Pride |
| 5. Desire | 12. Reason |
| 6. Forgiveness | 13. Regret |
| 7. Humiliation | 14. Willingness |
-

Many have found my Emotion tubes useful. They are used in conjunction with my Emotional Sensitivity Treatment. People have also reported using them successfully in other treatment systems. Our subconscious can be very specific and incorporating a more exact nuance of emotion may be important. The next several pages include lists to help open your mind to other possible emotions which may be beneficial in your practice.

ADDITIONAL EMOTIONS LIST

Abandoned	Accepted	Abandoned	Depleted	Fear of Being Alone
Anger	Ashamed	Abhorrent	Depressed	Fear of Flying
Anxiety	Cheated	Abusive	Depression	Fear of Taking Risks
Apathy	Compulsive	Accepted	Deprivation	Firmness
Betrayal	Controlled	Accused	Deserted	Flippant
Confusion	Courage	Affection	Desire	Foolhardy
Critical	Critical Attitude	Aggression	Despair	Foolish
Defensive	Criticism	Agitated	Desperation	Forceful
Depression	Deception	Alienated	Despondent	Forgiveness
Deprivation	Depleted	Anger	Destructive	Forlorn
Deserted	Devastated	Anguish	Devastated	Forsaken
Despair	Dishonesty	Annoyed	Disappointment	Frightened
Disappointment	Dominated	Anxiety	Disbelief	Frightfully Overjoyed
Discouragement	Dread	Apathy	Discarded	Frustration
Disgust	Efficiency	Arrogant	Discontented	Furious
Disillusionment	Ego	Aroused	Discouragement	Fury
Distrust	Embarrassment	Ashamed	Disgrace	Futility
Driven	Excitement	Begrudging	Disgust	Galled
Egotistic	Excluded	Belligerent	Dishonesty	Giving In
Envy	Exertion	Betrayal	Dishonored	Giving Up
Exploited	Failure	Bitter	Disillusionment	Greed
Fear	Fear of Being Alone	Blame	Disinterested	Grief
Forgiveness	Fear of Flying	Blown Out of Proportion	Disquieted	Grouchy
Frustration	Fear of Taking Risks	Boisterous	Disrespectful	Guilt
Galled	Greed	Bullheaded	Distrust	Gullible
Guilt	Harmony	Burdensome	Dogmatically	Hampered
Hatred	Introverted	Can't Figure It Out	Positioned	Harassed
Helplessness	Lack of Trust	Careless	Dominated	Harmony
Hopelessness	Lust	Cheated	Doubt	Hate
Impatient	Manipulated	Cloudy Thinking	Downtrodden	Hatred
Inadequate	Mournful	Compassion	Dread	Haughty
Insecurity	Nervousness	Compelled to Neatness	Driven	Heartbroken
Jealousy	Obsessiveness	Competitive	Easily Appeased	Helplessness
Joy	Pity	Compulsive	Easily Manipulated	Holding On To
Loss	Prejudiced	Conceited	Easily Swayed	Hopelessness
Lost	Relax	Concern	Effective	Horrificed
Low Self Esteem	Reluctance	Condensing	Efficiency	Hostile
Obsession	Revenge	Confidence	Ego	Humble
Over Concern	Security	Confusion	Egotistic	Humiliated
Panic	Self Confidence	Contemplated	Embarrassment	Hurt
Paranoia	Self Destruction	Contentment	Emotional Instability	Hurtful
Possessive	Self Doubt	Controlled	Emotionally Repressed	Ignorant
Rage	Self Image	Cornered	Empty	Impatient
Rejection	Self Pity	Courage	Envy	Imperfect
Resentment	Self Worth	Courageous	Erotic	Imprisoned
Sadness	Shyness	Coveted	Ecstasy	Inadequate
Shame	Sorrow	Cowardly	Euphoric	Incapable
Spiteful	Teasing	Critical	Evil	Incensed
Stubborn	Threatened	Criticism	Exasperated	Incompetent
Submissive	Tiredness	Cruel	Excitement	Indecisive
Terror	Uncertainty	Daring	Excluded	Indifferent
Unworthy	Unimportant	Deceitful	Exertion	Inefficient
Vulnerable	Unwanted	Deception	Exhilaration	Infatuated
Worry	Used	Defeated	Exploited	Insecurity
Yearning	Will	Defensive	Failure	Insufficient
	Power	Dependence	False Sense of Security	Intimacy
	Withdrawn		Fear	

Allergies, Lifestyle, and Health

ADDITIONAL EMOTIONS LIST

Intimidated	Placidity	Testy	Over Sympathetic	Lack of Emotion
Intolerant	Possessive	Thoughtless	Low Self Esteem	Rapid Mannerisms and Speech
Introverted	Powerless	Threatened	Dogmatically Positioned	Talkative
Irrationality	Prejudiced	Tied Down	Grief	Paranoia
Jealousy	Pride	Timid	Paralyzed Will	Muddled Thinking
Joy	Purposeless	Tiredness	Fear	Emotional Instability
Judgmental	Rage	Torment	Resentment	Up & Down
Kindness	Rebellious	Tortured	Anger	Can't figure it out
Lack of Concern	Reclusive	Trapped	Lost	Depleted
Lack of Confidence	Rejection	Troubled	Vulnerable	Suppressed
Lack of Control	Relax	Trust	Frightfully Overjoyed	Sluggish Memory
Lack of Emotion	Relief	Unaccepted	Muddled Instability	Vivid Dreaming
Lack of Motivation	Reluctance	Unadaptable	Non-Thinking	
Lack of Purpose	Remorse	Unaffectionate	Non-Emotive	
Lack of Trust	Repulsed	Unappreciated	Disgust	
Laziness	Resentment	Unapproachable	Expanded Importance of Self	
Leery	Resolve	Unapproved	Obsession	
Left Out	Respect	Uncertainty	Egotistic	
Lives Through Others	Revenge	Uncomfortable	Despair	
Lonely	Rigid	Uncooperative	Nervous	
Looking For Approval	Ruthless	Undeserving	Stifled	
Loss	Sadistic	Uneasy	Lives through Others	
Lost	Sadness	Unforgiven	Over Concern	
Low Self Esteem	Sarcastic	Unhappy	Hopelessness	
Lust	Satisfaction	Unimportant	Lack of control	
Manipulated	Security	Unjustified	Worried	
Martyr	Self Confidence	Unloved	Distrust	
Mean	Self Destruction	Unmerciful	Crying	
Miffed	Self Doubt	Unneeded	Compelled to Neatness	
Misery	Self Image	Unsatisfied	Defensive	
Mistrust	Self Pity	Unsettled	Sadness	
Misunderstood	Selfish	Unwanted	Yearning	
Morbid	Shame	Unwelcome	Cloudy Thinking	
Mourn	Shattered	Unworthy	Anguish	
Muddled Thinking	Shyness	Up & Down	Miffed	
Muddled Thinking	Silly	Uppity	Timid	
Needy	Skeptical	Uprooted	Inefficient	
Nervous	Sloppy	Upset	Wishy-washy	
Nervousness	Sluggish Memory	Used	Comme ci-Comme ca	
Neutrality	Smug	Useless	Dread	
Numb	Sorrow	Valueless	Bad Memory	
Obedience	Sorry	Vengeful	Contemplated	
Obligated	Spineless	Victimized	Galled	
Oblivious	Spiteful	Vindicated	Stubborn	
Obsessiveness	Stepped On	Vindictive	Emotionally Repressed	
Obsession	Stifled	Violent	Depressed	
Offended	Stubborn	Vivid Dreaming	Indecisive	
Over Concern	Stuck Up	Vulnerable	Irrationality	
Over Sympathetic	Submissive	Weakness	Frustration	
Panic	Successful	Weary	Aggression	
Paralyzed	Suffocated	Will Power	Abandoned	
Will	Suppressed	Wishy-washy	Deserted	
Paranoia	Sympathy	Withdrawn	Absent Mindedness	
Passion	Talkative	Worried	Insecurity	
Passive	Teasing	Worthlessness	Profoundly Deep Unrequited Love	
Persecuted	Terror	Yearning	Abnormal Inappropriate Laughing	
Pity				

Allergies, Lifestyles and Health

2. Infection Connection

I took several levels of the JMT Training with Carolyn Jaffee and Judith Mellor. Jaffee and Mellor have discovered pathogens that are responsible for many chronic diseases such as osteoarthritis, rheumatoid arthritis, Crohn's disease and lupus. During the Level II Training, Carolyn stated several times that if a patient mentions that a disease runs in their family, she immediately thinks of a pathogen. She feels that infectants – often airborne – cause many chronic problems which are then passed to others in a family.

Carolyn's statement made me think about mental disorders that often run in families. For example, I see many people whose anxiety, depression or agoraphobia also affects others within their families. I wondered whether a pathogen could be responsible for these mental disorders. I then thought of my autistic patients. Most of the families of my autistic patients have at least two children with the same or similar diagnosis. Perhaps there was an infectant responsible for autism.

Very soon after setting out on my mission to find a pathogen that was responsible for mental disorders and autism, Susan Courtney, head of the Association of Meridian Therapies in the United Kingdom, posted a message about stealth viruses causing mental disorders and diseases. Dr. Ewald's book, *Plague Time*, outlines the various pathogens that are linked with various diseases and their research documentation. A recent study reported in the New York Times that, "At least 80% of food related illnesses are caused by viruses or other pathogens that scientists cannot even identify!"

The data relating to certain infectants is truly astounding.

- Autopsies showed that 22 out of 23 brains of people with Alzheimer's were infected with Chlamydia pneumonia. Only 1 out of 25 brains of non-Alzheimer patients had Chlamydia pneumonia.

- Sixty percent of schizophrenics have borna virus as compared to 5% of non-schizophrenics. Autism is considered to be on the same spectrum as schizophrenia. I therefore tested my autistic patients and found most of them to weaken on borna virus. In a July 5, 2001 *Washington Post* article, Sally Squires reports more data linking the borna virus to mental disorders. *The Journal of Molecular Psychiatry* reports that German researchers have found the borna virus present in 30% of healthy people and up to 100% of people with severe mood disorders. Borna virus is common in horses, where it causes encephalitis. It is known to strike birds, sheep, cows, cats and dogs, producing behavior changes similar to depression and other neuropsychiatric disorders in humans. In 1996, scientists at Scripps Research Institute in California found the first evidence that

the borna disease virus can infect human brain tissue. All those infected had a history of mental disorders involving memory loss and depression. Rats infected with the borna virus seem disoriented and confused. They do not run from light as normal and they lose their instinct to hide in dark places. This aberrant behavior could be likened to mental illness in humans.

- HPV (human papillomavirus) infects as many as 10 million women in the United States and accounts for nearly 95% of all cervical cancer cases. It has just been identified that the HPV-18 strain causes twice the death rate than other strains of HPV.

- Thirty-three percent of women with breast cancer had mouse-mammillary tumor virus while only one control had mouse mammillary tumor virus.

- Obsessive-compulsive disorders are said to be associated with childhood streptococcus. I recently saw a patient, a physician who has had tricotilomania (hair pulling) since she was a child. When I mentioned the streptococcus connection, she was amazed to recall that her hair pulling began within a month of a very bad bout with strep throat that kept her out of the sixth grade for six weeks.

Since there is an established connection between these diseases and infectants, it is only reasonable to assume that finding a way to treat these infectants will in turn affect the decrease of symptoms of these diseases. Carolyn Jaffee (JMT) feels that often it is not even the infectant that remains but the energetic memory of the infectant, which can best be eliminated with energy treatments. Consequently, the work we are doing holds true promise for helping many people.

Our **Allergy Antidotes** protocols are useful in targeting these hidden infectants. The infectants may be present in bodily fluids such as saliva, blood, urine, sweat, and tears. For treating gum or blood related infectants, you can have a person vigorously use dental floss on their gums to get blood and any infectant present. You can test the patient while they hold the body sample or dental floss. If weak, continue to hold while treating. You can also use a Remedy Maker to create a homeopathic remedy for whatever is in the body sample or dental floss. (See Section VII). The resulting antidotes can be ingested and also rubbed on the gums to eliminate the infectant.

The Infection Connection set of tubes was created mainly from the infectants identified by Dr. Ewald in his book, *Plague Times*. The diseases he associates with each infectant are listed below.

INFECTION CONNECTION MINI-PACKET

Infection Tube:	Related Disease:
Adenovirus 36	- Obesity
Borna virus	- Schizophrenia/Depression
Chlamydia pneumoniae	- Heart disease/Alzheimer's/Multiple Sclerosis
Cytomegalovirus (CMV)	- Heart disease/Alzheimer's
Epstein Barr virus (EBV)	- Lymphomas, Breast cancer, Multiple Sclerosis
Heliobacter pylori	- Stomach cancer
Hepatitis B	- Liver cancer
Herpes simplex type 2	- Schizophrenia
Human herpes virus 6	- Multiple Sclerosis
Human herpes virus 8	- Kaposi's sarcoma
Human papilloma virus	- Cervical cancer
Human T-cell leukemia virus 1	- Leukemia
Lyme disease	- Unknown
Measles virus	- Autism
Mouse-mammary tumor-like virus	- Breast cancer
Picornavirus	- Lou Gehrig's disease
Porphyromonas gingivalis	- Heart disease/Alzheimer's
Retrovirus MSRV	- Schizophrenia
Streptococcus	- Obsessive-compulsive disorder
Toxoplasmosis	- Schizophrenia

3. Enduring Peace

In the days following September 11, 2001, I became increasingly concerned for the health of people exposed to the toxic dust and fumes from the World Trade Center. I created the Enduring Peace Kit to help alleviate the numerous physical and emotional problems stemming from this tragedy.

Since the attacks, many NYC residents have complained of tightness in their chests, bloody noses, sinus infections, and other respiratory ailments. In addition, about one in four firefighters who have worked at Ground Zero developed what some have called the World Trade Center cough. A test of Port Authority employees working at Ground Zero showed elevated mercury in their blood. The interiors of at least a few buildings were coated with enough asbestos to be subject to EPA rules for asbestos cleanup. One independent industrial hygienist took samples at a 52-story apartment complex in downtown New York City and found 550,000 asbestos fibers per square centimeter. The acceptable limit is 500-1,000 fibers per square centimeter.

Possible pollutants near Ground Zero

The Environmental Protection Agency says toxins in the outdoor air near the World Trade Center site since Sept. 11 generally have not exceeded federal standards. However, many residents say they believe that more testing needs to be done, particularly indoors. Some of the pollutants found in the area and possible health effects of long-term exposure:

Substance	Source	Health risks	The debate
Asbestos	Used in insulation and floor tile at the World Trade Center.	Long-term exposure can cause lung cancer and other cancers.	Of 5,559 EPA outdoor air samples taken, 31 were above federal standards; only four of those were taken after Sept. 30. But private tests found high levels inside buildings.
Benzene	Found in jet fuel, plastics and many other products.	Long-term exposure can cause anemia and leukemia.	Air samples away from Ground Zero have been below EPA's screening level.
Lead	Found in old paint; also released by burning debris.	Long-term exposure can cause neurological damage.	City health officials say levels are no higher than normal in New York City dust. Of 283 samples, five were above federal standard.
PCBs	Coolants and lubricants used until the late 1970s in electrical equipment and fluorescent lights.	Long-term exposure might cause cancer.	All samples tested below EPA levels that require removal.
PDBEs	A flame retardant used in upholstery, plastics and computers.	Long-term health effects unclear. There is concern it may cause learning and memory loss in children.	EPA did not sample for this chemical because there is no benchmark. One form of PBDEs will be banned next year in Europe.
Mercury	Used in thermostats, fluorescent lamps and computers; emitted by most power plants.	Can cause birth defects, neurological damage.	EPA found levels to be either insignificant or undetectable. But eight Port authority workers had elevated levels in their blood; six returned to normal after being reassigned.
Dioxins	Particles released during burning of fuel and other materials.	Long-term exposure might cause cancer and reproductive problems.	Of 230 samples, four were higher than federal standards.

Sources: EPA; USA TODAY research

USA Today 2/7/02

The Enduring Peace Kit was produced prior to these findings. I am very grateful for the help I received from a local social worker in gathering the actual dust/debris and fumes from the World Trade Center site. The kit also contains Emotion tubes for treating the fear, anger, hopelessness, and helplessness brought on by the attack.

ENDURING PEACE KIT

1. Carbon
 2. Bin Laden/Terrorism
 3. Energetic Anthrax Neutralizer
 4. Energetic Smallpox Neutralizer
 5. Crisis Debris
 6. Crisis Fumes/Mercury
 8. Heavy Metals/Formaldehyde
 7. Plastics/Asbestos
 8. Fear
 9. Hopelessness
 10. Helplessness
 11. Peace
-

4. Sai Baba Tubes

The Sai Baba Tubes grew out of my eTox get-togethers at the San Diego Energy Psychology conference in May 2001. A participant had received a package from an anonymous source, containing a sample of amrit (holy sap) and vibhuti (ash) from Sai Baba, a living avatar in India. The amrit is the sap that comes from the walls of Sai Baba's dwelling. The vibhuti is the ash that is created spontaneously in Sai Baba's presence, seemingly without his effort. Amrit represents healing; vibhuti represents the power of manifestation. The package had been hand carried from India. She had no idea what to do with it.

After attending my breakout session, she felt she was intended to offer the package to me. My immediate reaction was that since I had a Biopet Remedy Maker machine, I could duplicate the electromagnetic frequency (the essence) of the substances and make it available to many people. During the meeting, I made copies of the amrit and the vibhuti.

The presence of these substances was profoundly moving for all of the participants. I have since felt it was my responsibility to make these tubes available to people at minimal expense.

5. Pulse Laser Tube

See Section IV, New Treatment Procedures.

6. Autism/Dental Infection Tubes

The Autism/Dental Infection kit contains three tubes. Two of the tubes contain the homeopathic remedies for several pathogens that Dr. John Garvey, the developer of the Biopet, found significant for dental abscesses and autism. The third tube is a drainage remedy to help eliminate the toxins from the body.

7. Elements

The Elements Mini-Packet includes oxygen, hydrogen, carbon, nitrogen and sulfur, the main elements present in our bodies. In fact, 90% of our body weight is made up of four of these elements: carbon, oxygen, hydrogen, and nitrogen. It is imperative that one tests strong on these important elements since they are all necessary for life and therefore impossible to avoid. The Mini-Packet contains two oxygen tubes and two hydrogen tubes so you can combine the elements into compounds such as CO, CO₂, and H₂O. For example, use two hydrogen tubes and one oxygen tube to create your version of water H₂O.

ELEMENTS MINI-PACKET

1. Oxygen
 2. Oxygen
 3. Hydrogen
 4. Hydrogen
 5. Carbon
 6. Nitrogen
 7. Sulfur
-

D. Expanded Source of Tubes Through *Allergies, Lifestyle and Health*

Allergy Antidotes energy frequency tubes are now being produced by Allergies, Lifestyle and Health, in the state of Washington. They are the largest supplier of energy frequency tubes in the U.S. They have the highest integrity and a quality product.

Allergies, Lifestyle and Health has an extensive catalog of thousands of energy frequency tubes. These tube sets and individual tubes are now available to **Allergy Antidotes** practitioners. Contact me at SandiRadom@aol.com to receive their catalog listings.

VI. **Advanced Laser Treatments**

A. Advanced Laser Overview

1. Special Uses of Laser Treatments
2. Homunculus of the Ear
3. Are There Negative Reactions to Laser Spray?
4. Laser Spray Case Studies

B. **LaserLight Technique™**

1. Physical
2. Emotional
3. Spiritual

C. Auricular Therapy Points

D. Korean Hand Acupuncture Points

VI. ADVANCED LASER TREATMENTS

A. Advanced Laser Overview

Laser Spray Treatment entails stimulating the reflex points on the ears, hands, and feet with a laser beam to balance the body's energy system in relation to an energy toxin. The energy toxin can be a reactive substance, negative emotion or thought, or traumatic memory. Slowly spray the laser beam over the entire ears (front and back), hands, and/or feet while the patient is holding or thinking about the energy toxin.

Laser Ear Spray was developed by Bob Radomski, DC. Prior to learning NAET to eliminate allergy-like reactions, we had been using ear acupuncture to reduce reactive symptoms. However, this practice was based on using very specific points in complicated patterns. Bob went to a seminar in which the presenter stimulated all the acupuncture points in the body by waving a larger, Erchonia Laser over the entire body. Bob reasoned we could achieve the same results by using a smaller laser on the reflex points of the ear. In EFT, Gary Craig decided that it is fine to stimulate all endpoints of meridians rather than using Callahan's complex diagnostic procedure. In the same way, Laser Ear Spray stimulates all ear acupuncture points without diagnosis. Instead of having to diagnose specific points, we can just "spray" or stimulate all the ear acupuncture points. Acupuncture points on the ear represent all of the other areas of the body. The ear, like the foot and hand, is a hologram of the entire body. The ear points have the strongest response, followed by the foot, and then the hand.

Holding or thinking about a reactive substance creates an imbalance in the body's energy system. Stimulating the ear points will balance the body's energy system in relation to that thought or substance. The patient can then be in contact with the substance without negative reactions. Don Elium extended the treatment to spray the hands and feet. It can also be used on the Third Eye point, down the spine to stimulate the bladder meridian points as in Spinal Release, etc.

I recommend using a laser with the frequency of 635nm since that is the frequency of a healthy living cell. Spraying the 635nm beam on the skin induces the top cell to vibrate at the frequency of a healthy cell. By resonance, the next cell and then the next also begin to vibrate at that frequency. You are adding health to the body. My eTox Plus Laser is 635nm and presently sells for \$50. It has an adjustable aperture that produces a wide beam. Produced in Switzerland, the Beauty Laser is also 635nm and sells for around \$200. It has an on/off switch and an even larger beam than the eTox Plus Laser.

As I state on my website, the Erchonia Laser is the “Mercedes” of all lasers. Instead of a pinpoint or slightly elongated beam, the width of the Erchonia beam goes across an entire room. It can easily stimulate all of the points on the body at one time. It is a wonderful piece of equipment. I use it everyday in my office. Unfortunately, it is \$7,000. I special ordered my eTox Plus Laser at same 635nm to utilize the special properties of that frequency.

The Laser Spray techniques have stirred more interest than any of the other **Allergy Antidotes** techniques. Using a laser light to change energy patterns is a new concept. The laser brings a “high tech” flavor to our work. The eTox Plus Laser at 635nm allows affordable access to dramatic interventions. Very importantly, Laser Spray is an energy treatment without physical touch, which makes it ideal for therapists who are reluctant to or legally prohibited from touching their patients. The laser light beam is also perfect for working with children who are moving around and unwilling to be still and be touched. As Willem Lammers has discussed, the laser spray is a non-invasive way to make changes without stopping the flow of feelings coming from a patient.

I suggest trying a laser for everything. It is easy, non-invasive, and you may be surprised by the results.

1. Special Uses of Laser Treatments

a. Laser Organ Treatment

I recently learned of an innovative and important use of lasers by one of our patients. Janet found that if she sprayed a laser penlight at 635nm on the pancreas area for approximately 1 hour, her blood sugar level lowered up to 30-40 points. She simply put the pen light laser in her bra with the light shining at her pancreas. The blood sugar reduction lasted the rest of the day. Perhaps the more powerful eTox Plus or Beauty Lasers can be helpful if applied to other organs.

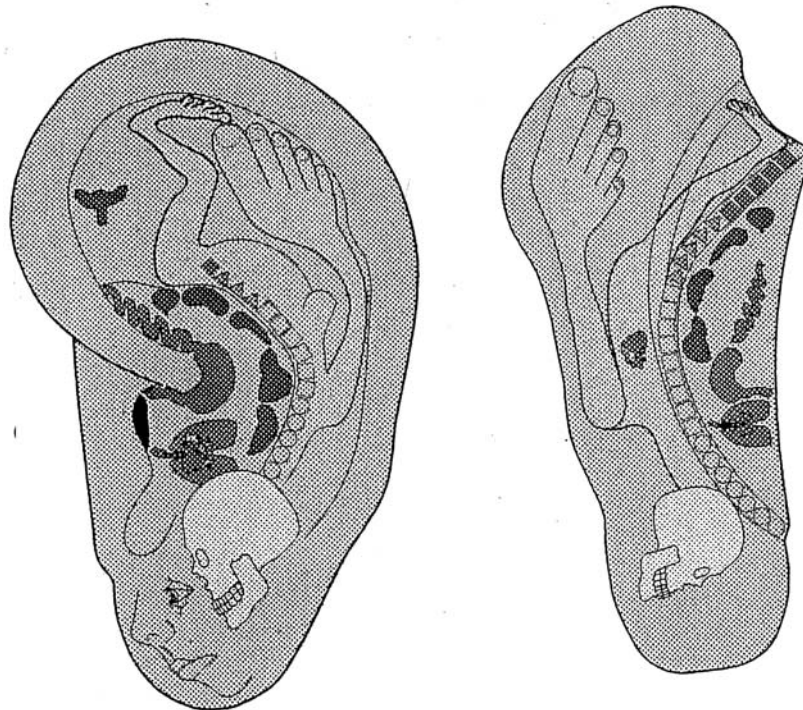
b. Non-Body Surrogate Lasering

- **Acupuncture Model:** Several years ago Judith Poole discovered that we can laser an acupuncture doll, or model, as a surrogate for a person. The laser treatments can be on the full model, or models of an ear, hand, or foot.

- **Anatomy Book:** The anatomy book can also be used for non-body surrogate lasering. Muscle test the relevant areas in the anatomy text, and laser the book with the intention of sending the treatment to the designated person. Marilyn recently wrote me that she reduced her fibromyalgia pain with this procedure.

2. Homunculus of the Ear

I always show the homunculus of the ear during my 2 day training seminars. People seem interested in seeing the correlation of the ear points to what they represent on their body.



3. Are There Negative Reactions to Laser Spray?

Many people have questioned the safety of using Laser Spray Techniques in their practice.

I can tell you that in my more than six years of using lasers of one kind or another in my practice, the vast majority of the patients do not experience any sensations from the laser spray to various areas of the body. My more sensitive patients do feel some sensation, usually of warmth. Two people have reported hearing the laser. I use the ability to feel the laser as diagnostic of a patient's high level of sensitivity to substances. This gives me a great deal of information.

In my office I use the eTox Plus Laser, the Beauty Laser, and the Erchonia Laser. They are all 635nm. The Erchonia Laser gives off a larger beam. The producers of the Erchonia spent three years and much money getting it approved by the FDA. After much research, the FDA has approved the use of the Erchonia Laser for pain reduction and muscle relaxation. To do so required innumerable tests of the safety of using the laser on many parts of the body.

I can think of only three situations where people did not like the feel of the laser. I assume that any discomfort is a sensitivity reaction for that person. As we know, anyone can be reactive to anything. In fact, someone in my Toronto pre-conference felt dizzy after being treated with the laser. However, she felt fine after I treated her for the laser as the reactive substance.

I have found that sometimes it is important to muscle test how long to use the laser spray. My patients with the most sensitivities are also best with "less" laser spray. As they are more sensitive to substances, they are also more sensitive to the treatment and need less intervention to bring about positive changes.



eTox Plus Laser



Beauty Laser



Erchonia Laser

4. Laser Spray Case Studies

a. Joseph Guan of Singapore reported the following case studies using Laser Spray with the eTox Plus Laser for pain.

- One woman twisted her right knee and had to be helped by her friend to get to the bank and supermarket. When she came to my introductory talk on the laser pens, she used the laser pen on her knee – within ten minutes she was able to walk and even do the Cross-crawl to the surprise of the other participants.

- John had a slight cut on his index finger with an open wound. He sprayed the laser light and within five minutes he saw the wound close and had no pain. “Miraculous!” was his comment.

- Another teacher laser sprayed her mother who found it difficult to get up from a chair. Normally, she would have to try to stand up using her hands and would make three or four attempts before she could stand up. Her daughter sprayed the light on her knees daily and now she is able to stand up on the first attempt. Her mother’s two sisters came to visit Singapore – when they saw the results, both sisters bought the pens.

b. Dayawanti D’Su (Daya) gave an account of a miraculous use of Laser Spray to eliminate an allergic food reaction. Daya participated in one of my two day seminars at the Toronto Energy Psychology Conference 2002. On the morning of the second day a friend drove her to the session. While driving the friend suddenly reported feeling dizzy and nauseous. She thought she was having a reaction to the peanut butter she ate for breakfast. Quickly, Daya took out her eTox Plus Laser and began lasering her friend’s ears and hands while she was driving and thinking about the peanut butter. The reaction subsided.

Daya commented, “Could a Laser Spray Treatment be *this powerful*?? Wow, Sandi! Just *wow!*”

c. Richard Hunt, PhD describes his experience:

“I’ve had a lot of success with arthritis gone in every case using the laser. E.G., I had one client who was totally distracted from doing psychotherapeutic work because of the pain in her knees. I worked on her for 5 minutes with the laser and she said she had no pain. I asked her to stand up and walk around, and put pressure on the knees. She said that the MDs told her that she had little cartilage left. So she sat down again and I treated her for “creaking.” She then stood up and there was no more creaking as she moved around the room. Two months later she told me that a new x-ray indicated her knees were normal and that she now had a normal amount of cartilage.”

B. LaserLight Technique™

LaserLight Technique is the next generation of our Laser Ear Spray procedures from my basic manual. We have found it to be a more efficient and effective treatment that builds on our previous concepts and treatment areas. As in Laser Ear Spray, we muscle test to identify what is problematic to the person. **In LaserLight Technique the treatment is then done immediately after the confirming muscle test.** We have also included additional areas of the body to spray with the laser beam. All of these treatment areas are then stimulated for up to one minute.

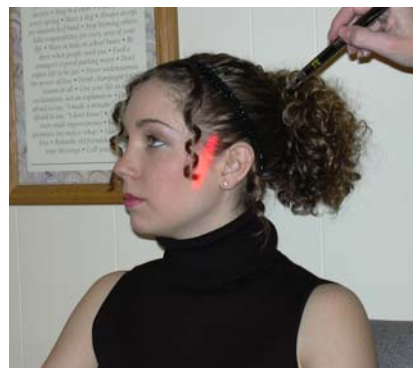
In the LaserLight Technique we spray the beam on both TMJ areas, both ears, front of body, back of head, and spine. We stimulate certain areas because of their importance to the rest of the body. The *TMJ* (Temporal Mandibular Joint) area is one of the most innervated areas of the body. The *ears* contain reflex points that refer to every other part of the body. The *back of the head* is the brain stem area of the brain. The *front of the body* and *spine* represent the central and governing meridians. When lasering the spine you will also probably be stimulating the bladder meridian along the sides of the spine, just as in Spinal Release.

Following the laser spray, we re-test the item. If the arm is now strong, check the strength on a scale of 0-10, with 10 being the strongest.

LaserLight Technique can be done with either the eTox Plus Laser or the Beauty Laser (both have the 635nm). In the picture below I am using the Beauty Laser which has a somewhat larger beam width and therefore can cover more area at one time.

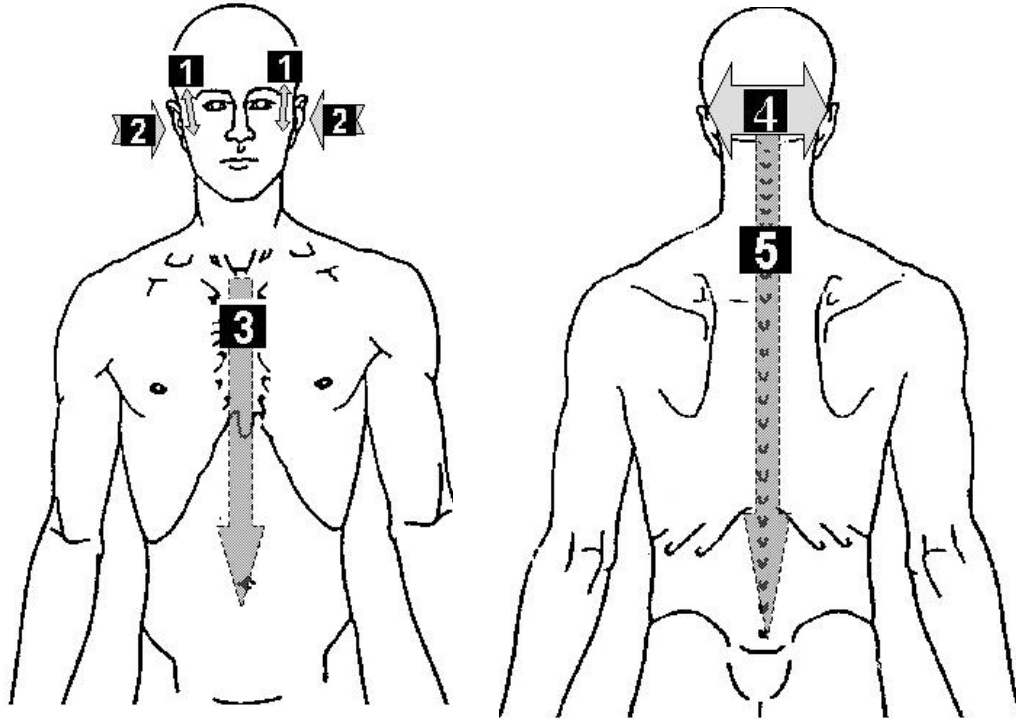
LaserLight Technique Protocol

- Find muscle weakness (with substance, position, emotion, thought, affirmation, etc.).
- Spray LaserLight immediately after muscle test. Use for up to 1 minute.
 1. TMJ (both sides)
 2. Both ears
 3. Front of body (central meridian)
 4. Back of head (brain stem)
 5. Spine (governing meridian and bladder meridian)
- Re-test (substance, position, emotion, thought, affirmation, etc.)
- Check for strength on scale of 0-10 (10 being best).
- Re-treat until strong at level 10.



TMJ Area

LaserLight Technique™



Spray LaserLight immediately after weak muscle test for up to 1 minute.

1. TMJ (both sides)
2. Both ears
3. Front of body (central meridian)
4. Back of head (brain stem)
5. Spine (governing meridian and bladder meridian)

Bob Radomski initially created Laser Ear Spray as a treatment for eliminating sensitivity reactions. Through practice, we have discovered its usefulness for emotional and structural problems. The following outlines how to use LaserLight Technique to address physical, emotional, and spiritual imbalance issues.

1. Physical

a. Structural

LaserLight Technique allows us to help people with pain and structural problems. Muscle test your patients as they assume different positions. If their arm weakens, that position is causing stress on the body. Use LaserLight immediately after muscle test for up to 1 minute. This technique is especially useful if a person is experiencing pain in a particular position. Have the person gently move into that position and test. If weak, use LaserLight Technique immediately.

I can personally attest to the power of this treatment on several herniated and bulging discs in my spine. Several months ago, I was having aching pain while leaning slightly over the sink to wash dishes. The pain was consistent and gradually increasing. My husband had me stand, slightly leaning forward, and muscle tested. He immediately sprayed my ears, TMJs, back of head, front of body and spine. He did it twice until reaching a level of 10. I have been pain free ever since even though I have recently shoveled out from 20 inches of snow.

Use detective work to determine those positions that are important to check. Have the person re-create any chronic, weak position or posture that initiates their pain.

1) Put person in various positions and muscle test. Here are some examples:

- | | |
|----------------------|----------------------------------|
| ☒ Stand | ☒ Head to left |
| ☒ Sit | ☒ Right leg forward (GAIT) |
| ☒ Lean forward | ☒ Left leg forward (GAIT) |
| ☒ Lean backward | ☒ Arms overhead |
| ☒ Twist right | ☒ Arms out to side |
| ☒ Twist left | ☒ Sit leaning forward (to write) |
| ☒ Stretch down right | ☒ Sit as you do with patient |
| ☒ Stretch down left | ☒ Any position that causes pain |
| ☒ Head up | ☒ Any position that initiated |
| ☒ Head down | pain (i.e. shoveling snow) |
| ☒ Head to right | |

- 2) **If weak, treat using LaserLight Technique immediately after muscle test for up to 1 minute.**
- 3) Check for strength on a scale of 0-10 (10 being the strongest).
- 4) Re-treat until arm is strong at level 10.

b. Chemical (Allergies and Sensitivities)

LaserLight Technique for allergies/sensitivities is the next generation of our original Laser Ear Spray techniques. It increases the strength of the treatment and also reduces the treatment time. It can be done on patients or as a self-treatment.

LaserLight Technique can be used successfully with any substance that weakens the body. Therefore, use it to treat hormones, infection, heavy metals, vitamins, digestive enzymes, and any other substance you suspect may weaken the body.

- 1) Hold substance and muscle test. The substance may be any of the following:
 - ✧ Actual sample of substance
 - ✧ Tube with energetic frequency of substance
 - ✧ Name of substance written on paper
 - ✧ Think about substance
- 2) **If weak, treat using LaserLight Technique immediately after muscle test for up to 1 minute.**
- 3) Check for strength on a scale of 0-10 (10 being the strongest).
- 4) Re-treat until arm is strong at level 10.

c. Neurologic

I find that my patients with autism, learning disabilities, and brain damage all show significant weakness in testing for neurologic involvement. We now have an energy treatment to restore neurologic function and connections.

- **Neural Connections**

Body Talk, developed by Dr. John Veltheim, is based on reconnecting communication between organs and parts of the body. We utilize some of these concepts when treating the sensory organs in combination.

- 1) Muscle test while touching sense organs alone and in combination.
Possible combinations to test include:

- ✘ Touch eyes
- ✘ Touch ears
- ✘ Touch mouth
- ✘ Touch brain
- ✘ Touch right eye and right ear
- ✘ Touch right eye and left ear
- ✘ Touch right eye and brain
- ✘ Touch right eye and mouth
- ✘ Touch left eye and left ear
- ✘ Touch left eye and right ear
- ✘ Touch left eye and brain
- ✘ Touch left eye and mouth

- 2) **If weak, treat using LaserLight Technique immediately after muscle test for up to 1 minute.**
- 3) Check for strength on a scale of 0-10 (10 being the strongest).
- 4) Re-treat until arm is strong at level 10.

Once these points are strong, you can test them in combination with substances. For example, I tested and treated Jake, one of my autistic patients, for the DPT vaccination. He was strong. He then tested weak with the tube placed on his brain. After treatment, he again tested strong. Then I added touching his brain and eye and DPT tube and he weakened. If we had not tested the substances in combination we would have missed the fact that the neural combination, along with the DPT, was causing a problem.

c. Neurologic (continued)

- Eyes in Distortion

Sometimes the position of the eyes during trauma gets blocked in memory. For example, a car hit one of my patients while he was on his bicycle, throwing him 20 feet. He was unconscious for two weeks. His arm weakened during testing when he put his eyes to the right and down. This position is probably consistent with how he was focused during the accident.

- 1) Muscle test eyes in different positions such as:

- ✘ Eyes forward
- ✘ Eyes upper right
- ✘ Eyes upper left
- ✘ Eyes lower right
- ✘ Eyes lower left
- ✘ Eyes down

- 2) **If weak, treat using LaserLight Technique immediately after muscle test for up to 1 minute.**
- 3) Check for strength on a scale of 0-10 (10 being the strongest).
- 4) Re-treat until arm is strong at level 10.

You may also want to check your patient while they hold various reactive substances. Their weak eye position(s) may vary from substance to substance.

The use of eye positions is similar in some respects to the iST developments by Don Elium (see www.members.aol.com/elioms/ist.html for more details).

2. Emotional

Just as with EFT, designed originally for emotional work but also used to treat sensitivities, **Allergy Antidotes** treatments can be used to treat emotions. I have had great success using any of the **Allergy Antidotes** treatments to reduce traumatic memories and negative emotions. I find the LaserLight Technique is even more effective in quickly eliminating negative emotions as well as for instilling positive feelings or affirmations.

a. Eliminating a negative emotion, situation, memory, etc...

- 1) Muscle test while patient thinks of a negative emotion, situation, or memory.
- 2) **If weak, treat using LaserLight Technique immediately after muscle test for up to 1 minute**, while still focused on the negative thought.
- 3) Check for strength on a scale of 0-10 (10 being the strongest).
- 4) Re-treat until arm is strong at level 10.

b. Instilling a positive statement of how you choose to feel...

For years I have instilled a positive affirmation or Choice statement (See Appendix F for more information for Dr. Patricia Carrington's Choices treatment method) following my Energy Psychology treatments to eliminate negative emotions. I have the person read the appropriate positive statement and then muscle test. If weak, I have them continue to read the statement as I do Spinal Release, Body Talk, Laser Spray, or EFT on the statement. When I began using the new LaserLight Technique, the instillation of the positive became much quicker and easier. The patient also describes feeling the shift more clearly.

Have the patient write out a positive Choice statement of how they choose to feel at the moment. Some examples of positive statements are:

- ☼ *I choose to be calm and confident at my job interview.*
- ☼ *I know I'm a talented, competent worker.*
- ☼ *I know I can focus on studying for my test.*
- ☼ *I choose to be as strong or stronger than I was before my heart attack.*
- ☼ *I know I survived the car accident.*

- 1) Muscle test while patient reads the positive statement.
- 2) **If weak, treat using LaserLight Technique immediately after muscle test for up to 1 minute**, while continuing to read the positive statement.
- 3) Check for strength on a scale of 0-10 (10 being best).
- 4) Re-treat until arm is strong at level 10.

3. Spiritual

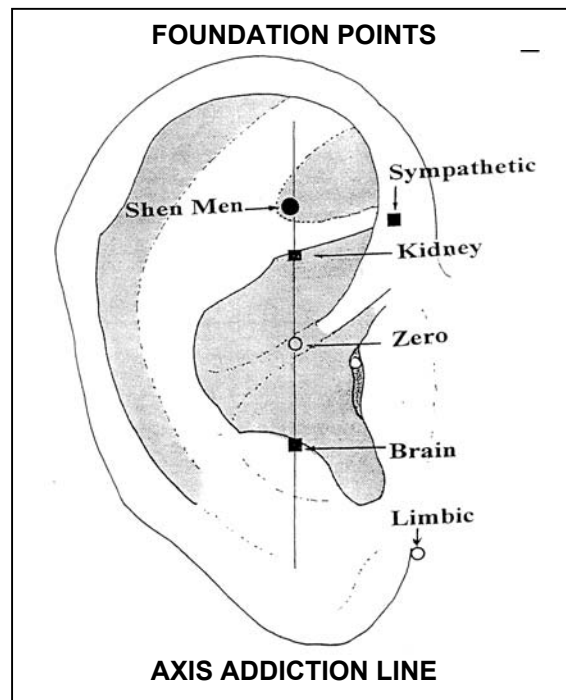
At times, it is relevant to work with someone on their spiritual connection. LaserLight Technique is useful to instill positive beliefs that support our spiritual development. The following are examples of positive statements. Progress in all areas of our physical and emotional life is supported by a belief that we are loveable and worthy.

- 1) Muscle test patient while they read positive belief statements.
Patient may compose their own statements or use any of these examples:
 - ✧ God loves me.
 - ✧ I am worthy of God's love.
 - ✧ I deserve God's love.
 - ✧ I am enough.
 - ✧ I am worthy.
 - ✧ I am more than my physical body. (Monroe Institute)
 - ✧ I am a spiritual being having a human experience (Deepak Chopra).
- 2) **If weak, treat using LaserLight Technique immediately after muscle test for up to 1 minute**, while continuing to read the positive statement(s).
- 3) Check for strength on a scale of 0-10 (10 being best).
- 4) Re-treat until arm is strong at level 10.

C. Auricular Therapy Points

Laser Spray Techniques use the laser beam over all of the points and areas of the ears. I have recently learned of specific points used in auricular therapy that are extremely important and also easy to use. Auricular therapy for addictions is now the required treatment in Australia, Florida, and other locales. In Florida, the alcoholism and drug recidivism rate reduced from 75% to 5% after the introduction of this work. Auricular Therapy is usually performed with an electrical stimulation device. However, the instructor, who was also the principal researcher and developer of this work, agreed that using a laser on these points would be effective. I stimulate these points in the session and then mark them on the ear. Family members can then easily redo these points at home. Shen Men, kidney, zero, and brain points weaken the primary addiction axis and the sympathetic and limbic points on the secondary addiction axis.

The symbols for the points help locate the correct spot. The “O” – open circle – represents a point on a raised area of the ear. The “●” – filled in circle – represents a point on a recessed area in the ear. The “■” – filled in square – is on a hidden area behind a structure of the ear. The Limbic system is actually located at the junction of the ear and the cheek.

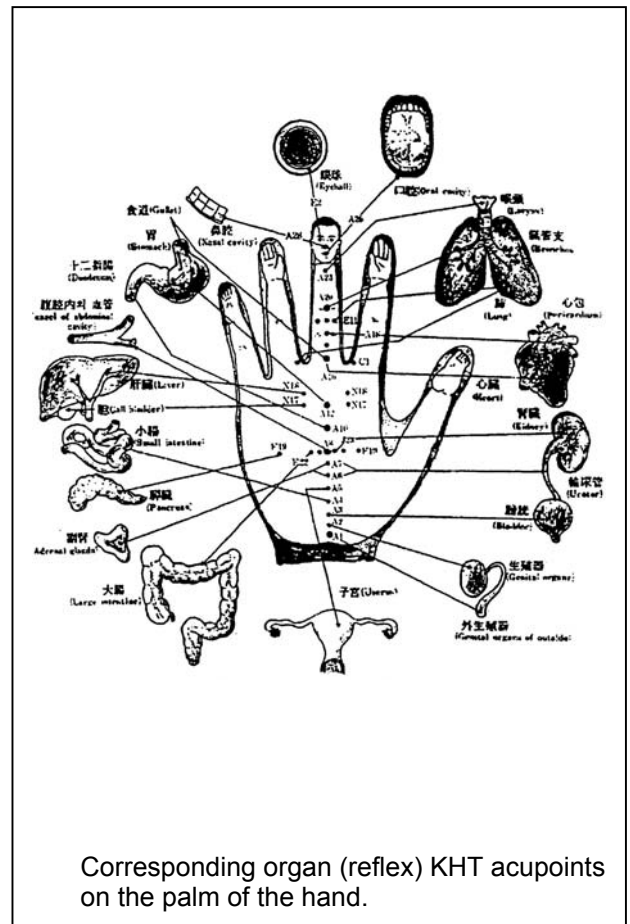
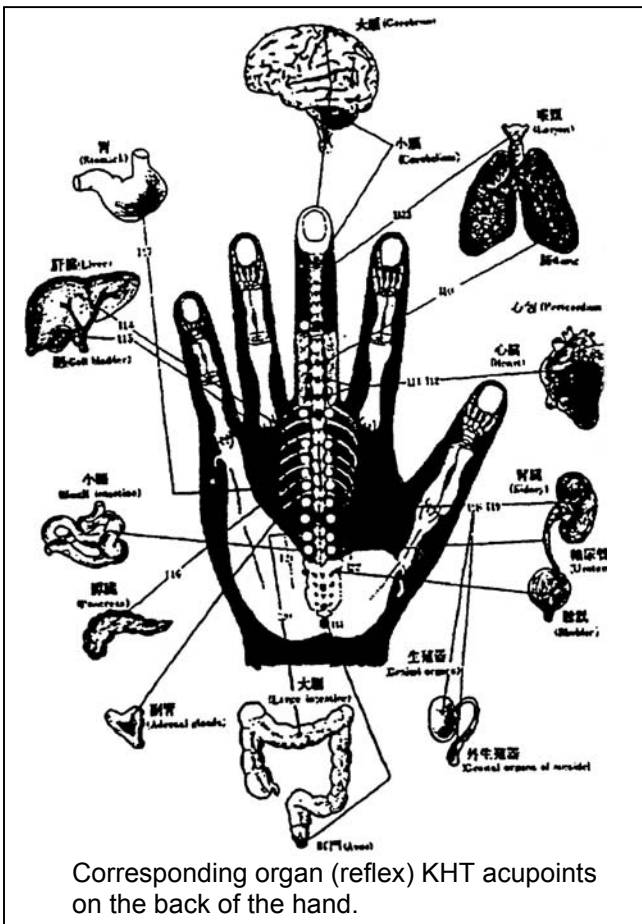


Source: Dr. Jay Holder, American College of Addictionology and Compulsive Disorders

D. Korean Hand Acupuncture Points

Laser Ear Spray has also used the laser beam on the reflex points of the hands. Korean Hand Acupuncture identifies bodily correlates of the hand points. The hand represents a mini version of the body. The area from the base of the middle finger to the wrist represents the spine. The middle finger represents the head. The index and ring fingers represent the forearm and the thumb and little finger correspond to the legs.

Therefore, lasering up and down the back of the hand may be equivalent to the Spinal Release Treatment.



Source: Dan Lobash, KHT: Korean Hand Therapy, from the Chinese Health Institute.

VII. Remedy Makers

- A. Overview of Remedy Makers
- B. Uses of Remedy Makers
 - 1. Seasonal Allergies
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VII. REMEDY MAKERS

A. Overview of Remedy Makers

The Biopet/Bioaid Remedy Makers provide low cost, easily portable machines to reproduce unlimited homeopathic remedies, create your own homeopathic remedies, or create tubes with the energetic frequency of any samples. Now this remarkable method of healing is available to *anyone* who possesses these powerful Remedy Makers. The Biopet was originally created for missionary work in Africa. Doctors could produce any quantity of homeopathic remedies while having to transport only a single original sample to an isolated location.

The Biopet and Bioaid Remedy Makers perform two major functions. First, they can **DUPLICATE** the electromagnetic frequency tube. Second, they can **POTENTIZE** a homeopathic remedy for that substance.

I began using a Remedy Maker extensively when I started my work with autistic patients. I became aware early on that these children often needed repeated treatments to clear a reaction on a substance. Instead of requiring numerous visits, I found I could duplicate tubes and have the parents treat the children at home. The home treatments helped their weakened immune systems adjust to the substances. It reduced the number of therapy visits necessary, increased the speed of recovery, and helped the parents feel like partners in the care of their children. It later became apparent that many of my more sensitive patients also benefited from home booster treatments.



Bioaid / Biopet Remedy Maker

Instructions for Use of Remedy Makers

All of the Remedy Makers are useful machines to assist in the treatment of sensitivity reactions. They perform two main functions:

1. **Duplicate the energetic frequency of substance.**
2. **Potentize information to produce a homeopathic antidote to the original substance in the dilutions of 4x, 10x, 30x, and 200x.**

NOTE: For convenience I will refer to only the Biopet machine in the following description.

The duplicate function is principally used to create energy frequency tubes for testing and treatment. Any sample, other energy frequency tube, or homeopathic remedy is put on the left side (In-plate) of the Biopet machine. The electromagnetic frequency of the substance is copied and put into a tube (containing distilled water and alcohol) resting on the right side (Out-plate) of the machine. Simply press 'duplicate' and the copy is complete in 10 seconds. The new tube can now be used in **Allergy Antidotes** testing and treatments. The new test tube can be comprised of one substance or a combination of substances. Merely put several substances or several tubes on the In-plate side to create combination test tubes. The probe is also used as an alternative to the In-plate. Put the probe on anything such as a rug, rash, or insect bite and the electromagnetic frequency will be transferred to the Out-plate and into the testing tube.

Being able to quickly duplicate any tube or combination of tubes allows for extended home treatments to bolster the in-office treatment. The Biopet has revolutionized my **Allergy Antidotes** treatment, especially with autistic patients. One patient had approximately 100 NAET treatments before coming to see me. He still had to re-treat for the B-vitamins and grains with the other practitioner. Few of the treatments were holding. I began making vials for everything I treated during a session for his mother to treat at home. He was then able to make progress. The mother was very observant, and reported that the home treatments were much more effective than avoiding a substance after a treatment. I now duplicate any energetic tube for home treatment of severe problems. It is a way to maintain a clearing even after exposure to another allergen.

The Biopet can potentize the electromagnetic information from the sample to create homeopathic remedies to negate the effects of the sample substance. It uses the two homeopathic concepts of "like cures like" and "less is more." For example, if someone is reactive to pollen, a sample of a similar pollen (using same substance) is changed by a process of dilution (making it less) into an antidote that cancels out the symptoms to the pollen. The actual pollen can be transformed into a remedy that counteracts the effects of the pollen.

Any substance can be used to create homeopathic remedies. Any environmental substance such as dust, pollen, gasoline, flowers, carpet, cleaning agents, etc. can be used. Substances from one's body can also be utilized such as urine, feces, tears, sweat, blood, or earwax. Any chemicals or infectants in those bodily fluids will then be negated. You can get samples by using actual substances or by using already created energy frequency tubes. Pollen can be gathered by wiping off your windshield with a wet paper towel. Components of the air can also be gathered by waving a wet paper towel outside or driving in the neighborhood with one held out of the window.

The Biopet creates a combination homeopathic dilution at 4x, 10x, 30x and 200x. These are fairly low dilutions. Low dilutions are used to produce positive effects while minimizing the potential for adverse effects. Dilution means less and less of a particular substance being found in more and more water. The Biopet uses the "x" (or 1 part in 10 dilution) scale. Therefore the substance is diluted 1 part in 10. Progressive dilution involves repeating this process again and again. The Biopet dilutes the frequency of the substance 1 part in 10 for 4 times, 10 times, 30 times and 200 times. This combination of dilutions is used since various symptoms respond better to different number of dilutions. You can muscle test to determine the amount and frequency of dosages of the remedy. I often have people drink a small amount of the remedy immediately and then put the rest into a brown dropper bottle for future treatment. Dosages are then a number of drops of antidote so many times a day. Prior to taking the drops of remedy, the patient needs to "succuss," or pound, the bottle against the palm of the hand 50 times. Succussion makes the remedy work better. If you are running out of a remedy you can merely add more water and succuss. It can be diluted and succussed again and again. Rather than losing potency, it gains potency. Remedies are imprinted into distilled water. Remedies that will be used for only several days can be stored in the refrigerator. Add 100% proof vodka or another alcohol to remedies to protect against spoilage from mold or bacteria.

The machines now make it possible to create a homeopathic remedy specifically designed to negate the substances that are a problem for that individual patient. People can take antidotes to substances that have caused reactions to negative emotions, pollutants in the air, and to the infectants and impurities in their bodily fluids.

For example, I recently had a houseguest who arrived with a hacking cough of several months duration. Her phlegm was very yellow. I potentized her phlegm and gave her a one-half cup to drink, and drops to take. In one day her phlegm was clear. Another remedy and her coughing completely stopped. Another time, someone came to my office with her legs covered with sand flea bites. I gave her a potentized remedy from the probe on several of the bites. She drank the remedy and put some of the water on the bites. The itching and her physical reactions from the bites subsided.

The duplicating and potentizing functions of the Biopet machine can greatly expand your treatment possibilities.

In less than 10 seconds you can:

Duplicate function

1. Create duplicate tubes to give to patients so they can self-treat at home. Any energy frequency tube can be duplicated.
2. Create combination vials for testing and treatment in your office and for patient self-treatment. It often becomes awkward to hold many vials for testing and treatment. For convenience, the frequencies can be combined into one vial.
3. Create energy frequency tubes from a sample of any substance. The substance can be outside of the body such as dust, gasoline, dog hair, pollen, mold, or air sample, or from inside the body such as urine, feces, blood, tears, sweat, earwax, or hair. The Biopet has a metal probe attachment that can touch a substance to get the frequency to be duplicated. It can be used to touch curtains, insect bites, etc.
4. Create liquid formulas, especially for people with difficulty swallowing, by copying medications or supplements into water. Any homeopathic remedy can be easily duplicated.

Potentize function

1. Create a homeopathic remedy of any substance inside or outside of the body. The Biopet creates remedies with dilutions of 4x, 10x, 30x, and 200x to offer a variety of potencies. Using the homeopathic principle of “like cures like,” these potentizes will neutralize or negate the sample substance. These homeopathic remedies are put into water that can be taken as a drink, put in dropper bottles to be given by drops in intervals during the day, or put on the skin.
2. Create homeopathic remedies of medication or foods that have caused negative reactions. Take the remedy and the symptoms go away.
3. Create a homeopathic remedy of bodily fluids to negate and eliminate any infectants (bacteria, virus, or mold) that are present. Specific identification of the infectant is unnecessary.
4. Create a homeopathic remedy of outdoor air to eliminate seasonal allergies. Using a wet paper towel, patients’ outside air with its pollutants, mold, and pollens are collected and then potentized. Patients can take a daily drink to treat themselves for their unique air. Treating daily over time prepares patients for any changes in their air quality and contents. Remember, pollens and other particles in the air can travel 500 miles a day.

Use of probe

The Biopet and Bioaid both have a probe attachment that works as an alternative In-plate to the left side of the machine. You can put the probe on anything and then create a duplicate version or a homeopathic remedy. Physical objects can be touched such a rug or curtains. The probe can also be used on an insect bite, poison ivy or other problem area to put up the frequency of the disturbance.

A psychologist who attended one of my 2 day weekend seminars had been diagnosed with a breast lump. She had an initial mammogram a month previously followed by extensive Reiki treatments. The Friday before the seminar she had a second mammogram showing the same lesion. During the seminar we put the probe on the place of the lump and made a homeopathic remedy. We also used the large cold laser on the area. On Monday she had a normal ultrasound with no lumps shown.

Put energetic frequency directly into the body

To put a healing, homeopathic frequency into the body, merely touch the right side (Out-plate) of the Remedy Maker with your hand or put it on a part of the body. The frequency of the homeopathic remedy is put directly into the body. You can put the sample on the left side (In-plate) with a rubber band if you are putting the machine directly on a body part.

Bioaid – Special Features

The Bioaid is the upgraded version of the Biopet. It has two main differences from the more streamlined Biopet:

- a. It has a *continuous* function.
- b. It has parts that can be connected to other machines.

The continuous function is principally used when putting the energetic frequency directly into the body. Pressing continuous transmits the frequency indefinitely. Therefore you can put the sample on the In-plate with a rubber band and put the Bioaid under your pillow, and treat throughout the night. This is an enhancement over the Biopet, which requires you to press the Start button every 10 seconds.

Another superior feature of the Bioaid is its connectivity with different ancillary machines. The Biobeamer connects with the Bioaid to deliver the frequency in a laser pointer manner on specific points. Other equipment can also be attached to allow more vials to be put on the In-plate at one time.

B. Uses of Remedy Makers

1. Seasonal Allergies

I use the Biopet/Bioaid to eliminate seasonal allergies by employing a two-pronged approach. First I treat the patient for the reactive substances in the environment. Then I make a homeopathic remedy for these substances.

I first use a wet paper towel to get a sample of the outside air. Sometimes patients will drive to my office with the wet paper towel hanging out of the window to pick up any of the toxins in their specific locale. I then have the patient hold the towel and muscle test. I create an energy frequency tube from the wet towel containing the frequency of the air pollutants. I put the wet towel on the left side of machine and press Duplicate to produce an energy frequency tube to use to treat in session and to send home for the patient to self-treat.

I then place a container of water on the right side of the machine. I press Potentize and press Start on the Biopet (or press MOM on the Bioaid). In this way I have produced an individualized homeopathic remedy that will negate the specific contents of the sample of outside air. Upon drinking the remedy, the patient has been energetically treated for the unique environment they are reacting to without having to know the particular antigen. I treat the patient both with the **Allergy Antidotes** treatments and also with homeopathy.

2. Adverse Drug and Food Reactions

When someone is having a reaction to a medication or a food the Biopet/Bioaid can be used two ways to alleviate the symptoms. You can put the substance in the left side of the machine and duplicate the frequency into a water/alcohol filled vial for ease of testing and treatment. You then change settings to potentize and create a homeopathic antidote for the reactive substance. The negative effects are relieved very quickly.

Last summer, I hurt my back kayaking and was in severe pain. I rarely take medication but felt I needed something to allow me to move. I was prescribed a pain medication, muscle relaxant, and anti-inflammatory medication. Soon after taking the pills, I became nauseous, dizzy, and felt drugged. I vomited three to four times and was somewhat delirious. In a moment of clarity, I realized that all I needed was a homeopathic antidote for the medications. Moments after drinking the homeopathic remedy for all the pills, my nausea went away. I felt like myself. The next morning I felt a little lightheaded again. A second homeopathic drink cleared my head completely.

3. Treat Infections with Bodily Fluids

Bacteria, viruses and fungus/mold reside in our bodily fluids such as urine, feces, saliva, mucus, tears, sweat, and blood. If you make a homeopathic remedy of these bodily fluids you are creating an antidote to whatever infectant is in your body. You have an individualized homeopathic treatment to whatever is present.

I used my Biopet when I was getting a sore scratchy throat the night before the start of a 2 day seminar. I potentized drinks from my saliva, urine and feces. Moments later my throat was completely normal and I was able to talk non-stop for days without a recurrence.

4. Create a Liquid Version of Vitamins and Supplements

This is ideal for patients who have difficulty swallowing. The Biopet/Bioaid can duplicate any vitamin or supplement into liquid that the patient can then easily swallow. I spoke with Dr. Garvey, the creator of the Biopet, and learned that it was designed for missionaries in the field to be able to treat themselves and others. The Biopet would be able to produce duplicate versions of vitamins and supplements so that people could be helped without having vast supplies of medications available.

5. Create Homeopathic Remedies of Emotions

Put emotion tubes on the left side of the Biopet and potentize into water on the right side of the machine. You can create homeopathic remedies of negative emotions. One of my patients was able to tell the difference in the taste of the water from different emotions. If you do not have emotion tubes available, write the emotion on a piece of paper and put it on the left side of the Biopet and potentize.

6. Create Brain Point Tube

The Brain Point Tube is used primarily with my autistic patients. I muscle test the brain areas until I locate a point that causes weakness. I use the probe on that point to create a tube with the electromagnetic energy of that point. I then treat the patient for their own brain point (or weak point of brain) alone and in combination with other substances.

7. Create Pulse Laser Tube

The Pulse Laser Tube was created by beaming the laser light from the Erchonia Laser into the In-plate of the Remedy Maker and creating a duplicate tube. See p. 79 for uses.

8. Use of the Bioaid with Biobeamer™ for Autism and Dental Infections

Dr. Jack Garvey believes that 80% of people's physical problems are due to infections from the neck up. He attributes autism to ear infections that have traveled into the bones of the ear, mastoid, skull, and brain areas. People who have worked with autistic children say that the children will give you a sign of what they need. Many of my patients either touch their ears, or hold positions around their ears, or press their jaws and cheeks against objects.

Throughout Dr Garvey's years of practice, he has sent 600-800 people to dentists for tooth removal due to infections to no avail: the infections had already traveled to the bones of the jaw and head. Tooth removal or antibiotics do not eliminate the problems.

The Bioaid with Biobeamer transmits the correct homeopathic remedies into the bony area to eradicate the infectious agents.

C. Remedy Makers Case Studies

1. Acute Stomach Flu Symptoms

S.M. was suffering from such severe flu-like symptoms that she was ready to call 911 to be taken to the hospital. She had stomach cramps, diarrhea, and vomiting. She compared the stomach pains to childbirth labor but without any let-up between contractions. It had been getting worse for four hours. I told her to use her Biopet. She potentized samples of her saliva, urine, stool, and vomit. Later that day she reported that all of her symptoms had disappeared within one hour after treatment.

2. Stomach Cramps Following European Trip

At the November 2001 Toronto Energy Psychology Conference, R.G. told me she had been suffering from gastric cramping and distress for three weeks since her return from a trip to France. She experienced extreme pain whenever she ate. She had had many medical tests without any diagnosis or changes in symptoms. I potentized her saliva and urine. She took a drink and I gave her a dropper bottle to take doses during the day. After her initial drink she was immediately able to go out to lunch and eat with only minimal discomfort. Into the evening she continued to have only slight pain. The next day I potentized a new sample of her saliva and urine and the cramping completely disappeared.

3. Arthritis

L.S. reported using the Bioaid for eliminating arthritis burning, and pain in her mother's fingers and hands. She had her mother put one hand on the In-plate and the other hand on the Out-plate, then she put the Bioaid on continuous for 15 minutes. All the pain disappeared.

4. Insect Bites

"Saw a client this week who could hardly concentrate on the session, she was itching so much from a wasp sting. Her whole arm was red. Whipped out my Biopet. Put the probe on her arm. Made a homeopathic in a cup. Asked her to drink it. Presto, bingo – no more itching.

...This was the first time I've had a chance to use the Biopet for something where there was an immediate change like this. Pretty cool. Thanks, Sandi, not only for the Biopet (my favorite toy) but also for this idea of just drinking the homeopathic. Don't know how you ever thought of that one."

Debby Vajda 8/4/2001

5. Interstitial Cystitis

A.Y. is a patient suffering from interstitial cystitis for 27 years. The intensity of pain recently increased exponentially following a medical procedure to photograph inside the bladder. I put her on a regimen of potentizing her urine every day. She then puts the bottle of the homeopathic version of her urine on her bladder for 15 minutes if she experiences extreme pain. The pain is reduced to a dull ache. A.Y. reports feeling more of a sense of control in her life by knowing she has a way to ease her discomfort.

As more and more people use Remedy Makers, new creative uses like those in the following case study will emerge.

6. Innovative Use of Remedy Makers

Karen Milstein, PhD, reported an innovative use of her Biopet machine when she, Sharon Toole, and Larry Stoler were in Israel teaching energy-based trauma training to 130 therapists.

“The first day of training there were many complaints about the room – it had two big columns in the middle which people had to position themselves to see around, was at a basement level with the only windows too high to see through, and had recessed lights which I would bet were giving off high quantities of EMF pollution. (I didn’t have my Trifield meter with me to measure that.)

That night I pulled out my Biopet and programmed water with the following qualities – love, peace, purity, courage, kavannah (Hebrew, which translates loosely as a highly held positive intention), balance, and clarity. (I just wrote all these words on a little slip of paper which I put on the input side). I then periodically sprayed this treated water around the room. Participants seemed to love this, with many asking to be sprayed directly. The complaints regarding the room ended.

Of course, one could argue that people just adapted, and that is no doubt true to some extent. However, in addition many of the participants clearly expressed feeling better after sprayings.”

VIII. Energy Psychology Treatment of Autism

A. Background Information

B. Characteristics of Autism

C. Theories of the Causes of Autism

1. Vaccinations

- a. Vaccinations are our main source of mercury exposure.
- b. Chemical contaminants in vaccination.
- c. Children may contract virus from vaccination.
- d. 22 vaccinations by school age increase likelihood of association with ear or respiratory infections.
- e. Antibodies associated in time with vaccinations increase the incidence of contracting a virus from an injection.
- f. Vaccinations may be contaminated by animal viruses.
- g. Same dose of vaccination given regardless of size or weight of child.
- h. Most severe childhood diseases were eliminated prior to large-scale vaccination programs.
- i. Lack of high fevers of childhood may decrease immune system function.
- j. Significant drop in immune function following routine vaccinations.
- k. Postponing or eliminating vaccinations reduced SIDS (Sudden Infant Death Syndrome).
- l. Not everyone responds equally to vaccinations.

2. Heavy Metal Toxicity

3. Infection Theory

4. Heavy Metals / Yeast / Infection Connection

5. Diet Connection

6. Seizure Disorders

7. Environmental Illness

8. Other Chemical Contaminants

D. What to Test / Treat

1. Medications and/or Supplements
2. Favorite Foods
3. Elements
4. Expanded Core Collection
5. B-Vitamins
6. Gluten / Casein
7. Heavy Metals
8. Vaccines
9. Digestive Enzymes
10. Neurotransmitters
11. Autism Additions (explanation of substances)
12. Testosterone
13. Brain Parts
14. Bacteria
15. Viruses
16. Parasites
17. Chemicals
18. Mold / Fungus
19. Detective Work for Autism

E. Autism Treatment Protocols

VIII. ENERGY PSYCHOLOGY TREATMENT OF AUTISM

A. Background Information

For several years I have been committed to helping children with autism. I see their brilliance caged in bodies they cannot control. The tragedy of a bright, energetic child suddenly falling into an isolated, mute world is overwhelming. Working with Aaron Bar-David has been especially illuminating. Aaron is 18 years old, 280 pounds, 6'4", not completely potty-trained, and mute except for a few grunts. However, he writes beautiful poetry. (See Appendix A for more about Aaron and his poetry.) Who would guess that he could possibly be so deeply spiritual? Who would know how he learned to read, write, and spell while trapped alone in his own mind?

Autism has increased tremendously. Once affecting 15 in 10,000 children, the current estimate is that 1 in 150 children under 10 years of age are affected. The increase in the autism rate is highest in California.

The dramatic increase of autism may be viewed as a metaphor for the increasing number of sensitivities resulting from our current toxic environment. The escalation of autism is linked in time to an increase in environmental and food toxins, increased vaccinations, and overall weakened immune systems. I believe that these children represent just the tip of the iceberg of problems that are impacted by environmental forces. There is no indication of a lessening of the incidence of autism. I believe it will increase as ingested chemicals increase and our immune systems become more overloaded.

Other practitioners agree. Dr. Joseph Mercola states on his website (www.mercola.com) that we can expect 100,000 new cases of autism this year alone. This would be an increase of 500%. About a year ago an Illinois psychiatrist with many autistic patients, commented that the incidence of autism was increasing so drastically, that soon autism will be the only condition that any practitioner will be treating. I mention this so that you can appreciate the relevance of learning about autism.

It is significant to note that not only has the rate of autism increased, but the number of children with ADHD has also increased. In 1991 there were 900,000 children with ADHD; in 2000, five million children have that diagnosis. Increases in childhood diabetes and asthma have also been seen.

Autism tends to run in families. For example, if one identical twin has autism there is a 60% chance the other twin will also. There is also a 75% chance that the twin without autism will have one or more autistic traits. The majority of the patients I have seen have siblings with autism or related disorders. I have two sets of twins where both twins have autism.

Autism seems to occur in families with allergies. Either one or both parents of all of my autistic patients have significant allergies. This allergic genetic component may give the child the predisposition for further problems.

There are many theories about the cause of autism. Probably the most pervasive thought is that autism is caused by vaccinations, especially the mercury-based thimerasol that is used to preserve the vaccines. Some believe that the viruses contained in the vaccines lodge themselves in the child's body and affect the brain and digestive system. Other heavy metals such as copper, silver, lead and cadmium have also been implicated. Hypothesizing the reason for these children's high level of heavy metals in their bodies has led to the investigation of metallothionein, a protein in the body needed for the proper elimination of heavy metals. Still others speculate that removing gluten and casein from a child's diet will relieve autistic symptoms. Candida and mold/fungus can also play a part. Since these children appear to have disrupted brain function, I think testing some of the brain parts are significant.

Working with autistic children entails reprogramming their bodies to accept themselves and their environments as friends rather than threats. Pat Omiecinski refers to the hypersensitivity of some of these children as a form of Post Traumatic Stress Disorder. She believes their bodies decide to "kill the substance" – via an immune response – before it has a chance to kill them.

On a practical note, I test all of the autistic children using the parent as surrogate. The parent puts the tube for testing on their child's skin while touching the child. I muscle test the parent's free arm. I usually put the tube/tubes in a child's socks or diapers to treat. Very few children are able to hold tubes during treatment. After treating tubes in a group, I test each one individually to be certain they are clear. I re-treat any individual tube that still causes a weakness. One recent triumph was when Aaron (then 17 years old) held the energy frequency tubes during treatment. Previously he had not had the hand coordination to hold the small tube. Once he even grabbed a tube from his sock and bit the top off, breaking the glass in his mouth.

We have found that the Laser Spray treatment to the head and brain area is very effective for the autistic children. You can muscle test which areas of the brain to stimulate. The ideal lasers to use are 635nm. The laser light causes the cells on the surface to vibrate at the frequency of a healthy living cell. It then induces the next cell to re-treat at that frequency, and so on until it reaches bone. In this manner the laser light may actually be healing the brain tissue.

Treating children with autism may be challenging but is always extremely rewarding. Seeing children function well after being given the life sentence of autism brings tears to my eyes. My suggestion to you is to above all be flexible. I treat children on the floor, the couch, and while running around the room. I recall well my first session with 7 year old Chris. I was leaning with my back against the door holding the doorknob so he could not run out of the room. He was running and jumping onto the couch, almost pushing it over. My husband was treating the Mom while she focused her attention on her son. That was the closest we could get to working on him. He has now finished his first year in a regular first grade classroom. The teachers praise his behavior and are happy to have him back next year.

B. Characteristics of Autism

Autism is a confusing set of behaviors and physical disorders that are an enigma to the traditional medical establishment. Testing and then treating these children for energy toxins (substances that weaken their bodies) is a way to correct their reaction to various substances. It is like peeling away the layers of an onion: eliminating more and more of their negative reactions to allow their personalities to emerge.

Autistic children will often present in your office with various “stim” behaviors. Stim refers to the child’s need to overstimulate various senses. Children may have visual, movement, auditory, or tactile stim behaviors.

Time magazine wrote an excellent review article on autism in their May 6, 2001 issue, in which they listed characteristics of autistic children:

1. No pointing by 1 year of age.
2. No babbling or talking.
3. Loss of language skills at any age.
4. No pretend play.
5. Little interest in making friends.
6. Extremely short attention span.
7. No response when called by name; indifference to others.
8. Little or no eye contact.
9. Repetitive body movements such as hand flapping or rocking.
10. Intense tantrum.
11. Fixations on a single object such as a spinning fan.
12. Strong resistance to changes in routine.
13. Oversensitivity to certain sounds, textures or smells.

To this list I add several other characteristics that I have observed as common to most autistic children.

1. Low muscle tone.
2. Poor immune system function.
3. Problems with digestion; often mucousy, loose stools.

Another related, though less severe, diagnosis is Asperger’s. The *Time* article (May 6, 2001) includes the following characteristics of an Asperger’s child.

1. Difficulty making friends.
2. Difficulty reading or communicating through nonverbal social cues.
3. No understanding of feelings or thoughts of others.
4. Obsessive focus on a narrow interest.
5. Awkward motor skills.
6. Inflexibility about routines.
7. Mechanical, almost robotic patterns of speech.

I believe the diagnosis of autism and Asperger’s is still unclear and variable. One of my patients was initially diagnosed as severely autistic, then with Asperger’s, and is now identified as ADHD. Are we really looking at a continuum of neurologic disorders ranging from ADD and learning disabilities to Asperger’s and finally to autism?

C. Theories of the Causes of Autism

1. Vaccinations

As I said earlier, the predominant theory of autism is that it is caused by vaccinations. Our country's children are currently required to have 22 vaccinations by the age of 2 years. The most suspect vaccination is MMR (measles, mumps and rubella). The DPT (diphtheria, pertussis, and tetanus) and the hepatitis vaccinations are also questioned. There are many possible concerns associated with vaccinations.

The increase in the number of vaccines a child is mandated to have has increased radically. One hundred years ago, children received 1 vaccine (the smallpox vaccine). Forty years ago, children received 5 vaccines routinely (diphtheria, pertussis, tetanus, polio, and smallpox vaccines). Today, thirty-eight vaccines are given by the time a child goes to school.

Six new vaccines were added to the mandatory vaccination schedule in the U.S. between 1963 and 1998, including five doses of live oral polio; two doses of live measles, mumps and rubella; four doses of HIB; and three doses of hepatitis B vaccine. During the same time period, vaccination coverage rates rose in American children under age three from between 60 and 80 percent in 1967 for MMR, polio and DPT vaccines to between 80 and 95 percent coverages in 1997 for DPT; MMR, polio, HIB, and hepatitis B vaccines.

The following chart shows the current vaccinations schedule for the United States. The schedule for 2003 is essentially the same as for 2002.

Recommended Childhood and Adolescent Immunization Schedule – United States, 2003

FIGURE. Recommended childhood and adolescent immunization schedule¹ — United States, 2003

Vaccine	Range of recommended ages				Catch-up vaccination				Preadolescent assessment			
	Birth	1 mo	2 mos	4 mos	6 mos	12 mos	15 mos	18 mos	24 mos	4–6 yrs	11–12 yrs	13–18 yrs
Hepatitis B²	HepB #1	only if mother HBsAg (-)		HepB #2		HepB #3		HepB series				
Diphtheria, Tetanus, Pertussis³		DTaP	DTaP	DTaP		DTaP			DTaP		Td	
<i>Haemophilus influenzae</i> Type b⁴		Hib	Hib	Hib		Hib						
Inactivated Polio		IPV	IPV	IPV					IPV			
Measles, Mumps, Rubella⁵						MMR #1			MMR #2		MMR #2	
Varicella⁶						Varicella			Varicella			
Pneumococcal⁷			PCV	PCV	PCV	PCV			PCV		PPV	
----- Vaccines below this line are for selected populations -----												
Hepatitis A⁸									HepA series			
Influenza⁹					Influenza (yearly)							

1. Indicates the recommended ages for routine administration of currently licensed childhood vaccines, as of December 1, 2002, for children through age 18 years. Any dose not given at the recommended age should be given at any subsequent visit when indicated and feasible. **▨** Indicates age groups that warrant special effort to administer those vaccines not given previously. Additional vaccines may be licensed and recommended during the year. Licensed combination vaccines may be used whenever any components of the combination are indicated and the vaccine's other components are not contraindicated. Providers should consult the manufacturers' package inserts for detailed recommendations.

2. **Hepatitis B vaccine (HepB).** All infants should receive the first dose of HepB vaccine soon after birth and before hospital discharge; the first dose also may be given by age 2 months if the infant's mother is HBsAg-negative. Only monovalent HepB vaccine can be used for the birth dose. Monovalent or combination vaccine containing HepB may be used to complete the series; 4 doses of vaccine may be administered when a birth dose is given. The second dose should be given at least 4 weeks after the first dose except for combination vaccines, which cannot be administered before age 6 weeks. The third dose should be given at least 16 weeks after the first dose and at least 8 weeks after the second dose. The last dose in the vaccination series (third or fourth dose) should not be administered before age 6 months. Infants born to HBsAg-positive mothers should receive HepB vaccine and 0.5 mL hepatitis B immune globulin (HBIG) within 12 hours of birth at separate sites. The second dose is recommended at age 1–2 months. The last dose in the vaccination series should not be administered before age 6 months. These infants should be tested for HBsAg and anti-HBs at 9–15 months of age. Infants born to mothers whose HBsAg status is unknown should receive the first dose of the HepB vaccine series within 12 hours of birth. Maternal blood should be drawn as soon as possible to determine the mother's HBsAg status; if the HBsAg test is positive, the infant should receive HBIG as soon as possible (no later than age 1 week). The second dose is recommended at age 1–2 months. The last dose in the vaccination series should not be administered before age 6 months.

3. **Diphtheria and tetanus toxoids and acellular pertussis vaccine (DTaP).** The fourth dose of DTaP may be administered at age 12 months provided that 6 months have elapsed since the third dose and the child is unlikely to return at age 15–18 months. **Tetanus and diphtheria toxoids (Td)** is recommended at age 11–12 years if at least 5 years have elapsed since the last dose of Td-containing vaccine. Subsequent routine Td boosters are recommended every 10 years.

4. ***Haemophilus influenzae* type b (Hib) conjugate vaccing.** Three Hib conjugate vaccines are licensed for infant use. If PRP-OMP (PedvaxHIB[®] or ComVax[®] [Merck]) is administered at age 2 and 4 months, a dose at age 6 months is not required. DTaP/Hib combination products should not be used for primary vaccination in infants at age 2, 4, or 6 months but can be used as boosters following any Hib vaccine.

5. **Measles, mumps, and rubella vaccine (MMR).** The second dose of MMR is recommended routinely at age 4–6 years but may be administered during any visit provided that at least 4 weeks have elapsed since the first dose and that both doses are administered beginning at or after age 12 months. Those who have not received the second dose previously should complete the schedule by the visit at age 11–12 years.

6. **Varicella vaccine.** Varicella vaccine is recommended at any visit at or after age 12 months for susceptible children (i.e., those who lack a reliable history of chickenpox). Susceptible persons aged ≥13 years should receive 2 doses given at least 4 weeks apart.

7. **Pneumococcal vaccine.** The heptavalent pneumococcal conjugate vaccine (PCV) is recommended for all children aged 2–23 months and for certain children aged 24–59 months. **Pneumococcal polysaccharide vaccine (PPV)** is recommended in addition to PCV for certain high-risk groups. See *MMWR* 2000;49(No. RR-9):1–37.

8. **Hepatitis A vaccine.** Hepatitis A vaccine is recommended for children and adolescents in selected states and regions, and for certain high-risk groups. Consult local public health authority and *MMWR* 1999;48(No. RR-12):1–37. Children and adolescents in these states, regions, and high-risk groups who have not been immunized against hepatitis A can begin the hepatitis A vaccination series during any visit. The two doses in the series should be administered at least 6 months apart.

9. **Influenza vaccine.** Influenza vaccine is recommended annually for children aged ≥6 months with certain risk factors (including but not limited to asthma, cardiac disease, sickle cell disease, HIV, and diabetes, and household members of persons in groups at high risk (see *MMWR* 2002;51[No. RR-3]:1–31), and can be administered to all others wishing to obtain immunity. In addition, healthy children age 6–23 months are encouraged to receive influenza vaccine if feasible because children in this age group are at substantially increased risk for influenza-related hospitalizations. Children aged ≤12 years should receive vaccine in a dosage appropriate for their age (0.25 mL if 6–35 months or 0.5 mL if ≥3 years). Children aged ≥8 years who are receiving influenza vaccine for the first time should receive 2 doses separated by at least 4 weeks.

Additional information about vaccines, including precautions and contraindications for vaccination and vaccine shortages, is available at <http://www.cdc.gov/nip> or at the National Immunization information hotline, telephone 800-232-2522 (English) or 800-232-0233 (Spanish). Copies of the schedule can be obtained at <http://www.cdc.gov/nip/recs/child-schedule.htm>. Approved by the **Advisory Committee on Immunization Practices** (<http://www.cdc.gov/nip/acip>), the **American Academy of Pediatrics** (<http://www.aap.org>), and the **American Academy of Family Physicians** (<http://www.aafp.org>).

I am very suspicious of the effect of vaccinations, ear infections, and antibiotics on Aaron, my very special autistic child whose poetry appears in Appendix A. I recently heard that anyone with a burn should not get a smallpox vaccination since the burn overly stresses the child's already compromised immune system. Aaron was burned on 18% of his body when he was 14 months old. He was hospitalized and underwent the debridement process. By 20 months he was autistic. His autism came in one day. He lost his extensive vocabulary and recognition of his favorite people: grandma and grandpa. At the onset of his autism, Aaron had an ear infection and was taking antibiotics for treatment.

When I muscle tested Aaron for vaccination, I used his mother as a surrogate. She felt a huge jolt of pain when I tested the diphtheria tube. The diphtheria tube was the only one to cause such a reaction. Checking the schedule for vaccinations, I learned that the DPT booster –which includes the diphtheria shot – is given between 15 and 18 months. Aaron most likely had his DPT shot immediately following his extensive burn. That insult, congruent with the ear infection and antibiotics, may have pushed his system over the edge into autism.

You can see from the example of Aaron how important it may be to get the medical records for the autistic children to see the connection between the timing of their vaccinations, infections, and antibiotic use. The following sections pinpoint the relevance of this information to the treatment of autistic children.

a. Vaccinations are our main source of mercury exposure.

Mercury poisoning and autism have nearly identical symptoms. A single day's vaccinations may inject 41 times the level of the minimum toxic dose of mercury. Thimerosal, the mercury based preservative in vaccines, is slated to be eliminated from the new vaccine preparations, but the old mercury laden vaccine batches are not being recalled and will be used for some time into the future.

By age 2, American children have received 237 micrograms of mercury through vaccinations alone. The EPA "safe" level of mercury is .1 mcg/kg per day. The mercury levels were found to be higher in babies whose mothers had received vaccines within six months of their conception.

b. Chemical contaminants in vaccinations.

Vaccines contain many known toxic chemicals:

- Thimerosal (a mercury based preservative).
- Aluminum phosphate.
- Formaldehyde (no acceptable safe limit for injecting into a human body).
- Phenoxyethanol (also known as antifreeze).

Our children's fragile bodies, even those of premature newborns, are being bombarded by severely toxic chemicals.

c. Children may contract virus from vaccination.

Dr. Andrew Wakefield is convinced that the measles virus present in the measles component of the MMR vaccine is responsible for the increase in the incidence of autism. He states that “immunized children with autism and bowel disorders have higher levels of measles particles in their intestinal tissue than normal children do.” The vast majority of autistic children also have associated bowel disorders. After the finding that 75 of 91 children with ileocolonic lymphonodular hyperplasia and enterocolitis were positive for measles virus as compared to 5 out of 70 controls, Dr. Wakefield hypothesized that these measles virus particles are also present in the brains of autistic children.

The question is always: If so many children are vaccinated, why do only certain children get autism? The answer may be due partly to genetic tendency and partly to individual exposure experience.

Genetically, many of these children are now being born to mothers who had previously also been subjected to multiple vaccinations. In the past, mothers received perhaps one vaccination (smallpox) in a lifetime. New mothers today may be passing on an acquired sensitivity to a vaccination to their fetus.

Other viral components of vaccines can affect these children. Harris Coulter, PhD, medical historian and researcher, points out that the pertussis toxoid (used in the DPT vaccine) is used to induce encephalitis in laboratory animals. So the pertussis vaccine’s ability to cause brain damage is thus not only known but also relied upon by clinical researchers studying brain disorders.

Dr. Coulter also reports that childhood immunizations are known to cause a low grade encephalitis (inflammation of the brain) in infants on a much wider scale than public health authorities are willing to admit, about 15-20% of all children.

d. 22 vaccinations by 2 years of age increase the likelihood of immunization coinciding with ear or respiratory infections.

I propose that the great increase in the number of vaccinations – 22 by the time a child is 2 years of age – increases the likelihood of an immunization coinciding with an existing ear or other infection at the time of a vaccination. Some parents report that their child’s ears were examined prior to the vaccination and some were not. The infection could also have been sub-clinical (not yet visible) at the time of the injection. The immune system, overloaded by handling both the vaccine and the other infection, may have been unable to keep the virus from taking hold in the body.

Chiropractor Yvonne Wood, DC reported a startling experience during a routine vaccination program in her local elementary school. During her two hour shift she saw two ill students, one with mumps and one with measles, presented to the school nurse. Despite their obvious illness both were vaccinated.

My personal theory has been that the huge increase in autism may be due to an infection. The symptoms of autism often come on dramatically as does an infection. Within days or weeks, a child’s speech could be entirely lost.

I had a patient with an exceptionally dramatic onset of his autism. At 3 years of age Timmy was called the “Little Professor” because of his advanced speech and language. In the week following his hepatitis vaccination he had his first documented ear infection. During that same week he began to lose all of his language skills. At 6 years of age he still has no speech. My hypothesis is that having the vaccination at the same time as his ear infection was too much for his immune system to handle.

e. Antibiotics associated in time with vaccinations increased the incidence of contracting the virus from an injection.

My theory has some support from the following study noted in the *New England Journal of Medicine*. Substantial numbers of Romanian children were found to be contracting polio from the polio vaccine. Researchers found a correlation of these cases of polio and the injection of antibiotics. A single injection within one month of vaccination raised the risk of polio eight times, two to nine injections raised the risk 27-fold and ten or more injections raised the risk 182 times.

I have to question the reason behind the child’s need for these antibiotic injections. They must be exhibiting some type of infectious symptoms to be getting multiple antibiotic injections. If, in fact, polio was more easily contracted when they were in a more compromised immune condition, then measles particles may be easier to lodge in the body when the child has the MMR at the same time as an underlying infectious process.

f. Vaccinations may be contaminated by animal viruses.

We don’t have the medical sophistication to truly know whether new strains of infectants are being injected into the entire population of young children.

Animal viruses have been found in our vaccinations. The oral (SABIN) polio vaccine is cultured in monkey kidney tissue. Dr. John Martin, former Director of the Viral Oncology branch of the U.S. Food and Drug Administration, found foreign DNA in polio vaccines. He later found a monkey cytomegalic virus in all of the eleven African green monkeys imported for the production of the polio vaccine. He also later identified a group of stealth viruses which he felt clearly originated from the monkey viruses introduced to our population in the polio vaccine. Stealth viruses are not recognized by the immune system and often go undetected by our current medical tests. Viruses also have the unique property of being able to quickly mutate and change form.

Dr. Martin also investigated a herpes virus-related DNA sequence in people suffering from Chronic Fatigue Syndrome. These viruses are not characteristic of known herpes virus. Martin believes that these viruses were introduced from animal viruses in contaminated lots as part of the early polio vaccination programs. “If a vaccine program were to be initiated today,” says Dr. Martin, “one surely would not import wild monkeys from Africa, create short term primary kidney cultures, add a human virus, and administer the crude batch derived from virally infected cells to virtually every child in the country.” Monkey kidney cells are used for polio and adeno vaccines, while dog and duck kidney cells have been used for rubella vaccines, and chicken cells used for measles and mumps vaccines.

Dr. Martin suspects that these animal viruses may have combined with the human herpes virus to cause many of the diseases we are seeing today.

g. Same dose of vaccination regardless of size or weight of child.

Every infant or child receives the same amount of vaccination injectant regardless of size or physical maturity. Premature babies get the same dose of Hepatitis B vaccine as other infants before leaving the hospital, regardless of their frailty.

It is also significant that, while the Hepatitis B vaccine is given to babies in the first day of life, testing of that vaccination has only been done on five to ten year old children. Consequently, there is no research data on the effects of the Hepatitis B vaccine on newborns and, especially, premature infants.

For example, an eight pound, two month old baby receives the same dosage as a 40 pound, five year old child. In turn, children receive the same dosage as adults. The dosage of vaccine given to a six pound newborn is equivalent to a 180 pound adult receiving 30 vaccinations in one day.

h. Most severe childhood diseases were eliminated prior to large scale vaccination programs.

The common belief in our culture is that vaccines are necessary to protect our children from deadly diseases. The truth is that the leading causes of death from 1911 to 1935 among those aged 1 to 14 years were diphtheria, measles, scarlet fever and whooping cough. By 1945 these diseases were virtually eliminated from the population prior to the introduction of more immunizations. By far the greatest factors in the decline were better housing with less crowded conditions, improved nutrition, and other public health, hygienic and medical measures.

In 1979, Sweden banned the pertussis (whooping cough) vaccine, considering it both ineffective and dangerous. Instead of a raging whooping cough epidemic, Sweden continues to have one of the lowest infant mortality rates in the world.

Vaccinations for these controlled diseases may be unnecessary since the current incidence of several diseases is most often only found in individuals that were vaccinated for that disease. In fact, the CDC (Center for Disease Control) rates the measles immunity for the entire population at 93%. However, 100% of those born before 1957 have an immunity to measles. The measles vaccination began in 1957.

i. Lack of high fevers of childhood may decrease immune system function.

The high fevers of childhood diseases may “jump-start” the body’s immune system.

Vaccinations, therefore, may also be responsible for the increase in asthma and allergic reactions in our children. There is a theory that the minor childhood illnesses of the past, including measles, mumps, rubella (German measles), and chicken pox entered the body through the mucous membranes and served a necessary and positive purpose in challenging and strengthening the immune system of these membranes.

It is believed that infections in early childhood prevent allergic sensitization. Successive generations of children have lost this protection as their exposure to infectious disease in early life has declined.

j. Significant drop in immune function following routine vaccinations.

Autistic patients have a decreased immune system function, a dysfunction which may be linked to vaccinations. In 1984, the *New England Journal of Medicine* showed a significant finding in a Letter-To-The-Editor. The letter stated that a significant though temporary drop in T-helper lymphocytes was found in 11 healthy adults following routine tetanus booster immunizations. It is highly significant that in four of the subjects the T-helper lymphocytes fell to levels seen in active AIDS patients.

If this was the result of a single vaccine in healthy adults, it is frightening to speculate about the possible consequences of multiple vaccines given within the first months of life to infants with immature and vulnerable immune systems. It is probably understandable that I have two sets of autistic premature twins in my caseload.

k. Postponing or eliminating vaccinations reduced SIDS (Sudden Infant Death Syndrome).

In 1975, Japan raised the age of pertussis vaccinations to 2 years of age, considering it dangerous in infancy. Since that time SIDS has virtually disappeared from the country. Australia made vaccinations voluntary. Vaccinations were reduced by 50% and SIDS deaths reduced by 50%. Other nations with either voluntary vaccine programs such as England, or less strictly enforced programs, have lower infant mortality rates than the U.S. These countries have also not experienced a return of deadly epidemics.

Dr. Mercola reports that SIDS was completely unknown prior to mass vaccinations.

l. Not everyone responds equally to vaccinations.

It has been assumed that recipients of a vaccine, regardless of their genetic makeup, will all respond the same. This concept of universal utility was shaken in Australia's Northern Territory, when increased immunization programs involving the native Aboriginal population resulted in an increased infant mortality rate of 50%.

2. Heavy Metal Toxicity

Besides vaccinations, children can also be exposed to mercury from other sources. If they have mercury amalgam (silver) dental fillings they will receive a constant dose. If a pregnant woman has fillings put in during her pregnancy, her unborn child is exposed to mercury. Frequent gum chewing by pregnant mothers also increases a fetus's exposure to mercury fumes. Women are now being warned to not eat fish, including tuna fish, during pregnancy since almost all fish have excessive levels of mercury.

Most autistic children have high levels of heavy metals in their bodies. The metals run the gamut: mercury, silver, copper, arsenic, and aluminum to name just a few. It has been postulated that they lack the central mechanism that increases their ability to detox or eliminate the metals from their body. The presence of heavy metals in the body can have a great effect on mental and emotional behavior.

3. Infection Theory

The Infection Theory was conceived of by Dr. John Garvey of Florida, who believed that autism was caused by infectants from ear or respiratory infections that became lodged in the jaw, skull, and brain of the child. Histories of many of my patients confirm that autistic symptoms often occurred after a respiratory or ear infection. The autistic children often have a past history of numerous ear infections.

Schizophrenia and autism both have a frequency variation according to the time of year the people were born. These disorders are found most in people born in late winter to early spring. The tendency for these disorders to occur at a particular time of the year supports the notion that an underlying infection is a root cause.

4. Heavy Metals / Yeast / Infection Connection

As previously stated, most autistic children have an excess of heavy metals – mercury, silver, copper, lead, aluminum, etc. – in their bodies. Many treatments for autism entail methods for detoxing the metals from the body.

The majority of autistic children also have yeast/mold overgrowth in their digestive systems, with loose, watery, mucousy stools. Many of these children take strong, anti-yeast medications, medications which can cause severe reactions in adults yet are routinely prescribed for these young, immune-compromised children.

I have heard at several chiropractic seminars that the yeast growth develops to protect the body from the heavy metals. These chiropractors advocate the necessity of tackling the heavy metals first. Their theory is that without getting rid of the heavy metals, it is impossible to eliminate the yeast.

Given the premise of yeast protecting the body from heavy metals, I wondered what purpose holding on to heavy metals fulfilled for the autistic children's bodies. Bodies are programmed for survival. The goal is to keep the body alive regardless of the level of functioning. One possible answer came in the form of an email I received from a colleague that discussed the “antibiotic” effects of mercury. I know that silver, another heavy metal, also has antibiotic effects. Colloidal silver, for instance, was used to kill infections before antibiotics were developed.

I reasoned that the heavy metals might be held in these children's bodies as a way to fight infections. Therefore, **the original, primary cause may be infection, which stimulates the retention of heavy metals as a natural antibiotic. However, the bulk of heavy metals may be an irritant to the system and yeast overgrowth is present to protect the body from the heavy metals.** Given this hypothesis, it may be essential to initially attack the infection, be it bacteria or virus.

5. Diet Connection

Changing diets have helped many autistic children. Restricting gluten and casein in their diets is helpful to many autistic children. Gluten is found in wheat, oats, rye and barley. Casein is found in dairy products such as milk, cheese, and ice cream. In these children gluten and/or casein produces a hallucinogenic substance in their brain.

Most autistic children have some type of digestive problem. The mother of one of my autistic patients recalls that the onset of autistic symptoms coincided with the introduction of solid foods. She believes the inclusion of various foods in the diet threw off her child's already compromised immune system.

Autistic children have been shown to have several nutritional deficiencies. Many patients have attempted to omega dose their children on the needed vitamins and minerals. However, their bodies may be refusing to absorb the nutrients. It is important to check and, if necessary, to treat the following substances.

Nutritional Deficiencies Found in Autistic Children

- | | |
|---------------------------------|-----------------------|
| • Zinc deficiency | - in 90% of children |
| • Omega 3 fatty acid deficiency | - nearly 100% |
| • Antioxidant deficiency | - nearly 100% |
| • Fiber deficiency | - nearly 100% |
| • Calcium and magnesium | - deficiencies common |
| • Copper excess | - 85% of children |

Essential fatty acids have been advocated as a necessary treatment for autism. Dr. Stephen Stitler, developer of the Bio-Terrain Nutrition system, endorsed increased protein and raw fat (i.e. butter, oils, avocado). Dr. Mercola also suggests protein and fats and the removal of grains and carbohydrate-laden vegetables (potatoes, corn) from the diet.

6. Seizure Disorders

Autistic patients are often diagnosed as having a seizure disorder. Unfortunately, many of these children cannot tolerate the prescribed seizure medications. Our techniques for eliminating sensitivity reactions are very useful for allowing the child to tolerate the anti-seizure drugs. Tolerating the medication can make the difference between normal and sub-optimal social and learning functions.

7. Environmental Illness

Autism has been described as an environmental illness. Though there is a genetic predisposition, autism seems to be triggered by chemicals, vaccinations, pollution, or toxins that enter from outside. It is significant that the highest rate of autism – as well as the highest rate of environmental illness – is in California.

8. Other Chemical Contaminants

Aspartame, also known as Nutra Sweet, has been shown to cause neurologic problems. Pregnant women who drink diet sodas or other sugar-free foods are exposing their fetus to potentially brain damaging compounds. Many mothers of autistic children drank large amounts of diet soda during their pregnancy.

Pitocin is often used to speed up labor and delivery. Chlorabutanol is the preservative in pitocin that is implicated in causing problems for both mother and baby. It may be linked to autism in some babies and low oxygen levels in others. The mother of one of my autistic patients that received pitocin during labor reported a tragic scenario. She had been given pitocin with no effect. The doctor continued to give her pitocin for 3 days before the fetus went into fetal cardiac distress and she needed an emergency C-section. The child had been exposed to large amounts of pitocin over a long period of time coupled with arrested labor, which may have compromised oxygen to his brain. Both problems may have contributed to his impairments.

D. What to Test / Treat

Danielle is no longer diagnosed as autistic after being treated for the Expanded Core Collection: milk, casein, sugar, and especially chromium. She has just been tested in her regular kindergarten classroom; the psychologist reported she was the most intelligent child he had ever seen at the kindergarten level. Without the Allergy Antidotes treatment, Danielle's brightness would have been sacrificed to an autistic fog.

Use the following only as a suggested guideline. **Your detective work is still the best way to uncover items to test.**

1. Medications and/or Supplements

It is important to check any medications or supplements the autistic child is taking. We need to be certain that substances prescribed for their health are not actually causing harm to the child. Supplements that prove to weaken the system can be discontinued until treated. Medications prescribed by physicians obviously cannot be stopped. Instead, treat the medications. Eliminating problems with prescribed medications may be the most important aspect of the autistic child's treatment.

2. Favorite Foods

Autistic children are often "addicted" to a small number of foods. Test these familiar foods. At the same time that you treat them for these foods, brainstorm alternatives for the problematic foods.

3. Elements

Amazingly, many of the autistic children, as well as my other patients, are weakened by the basic elements. It is important to check the following:

- Oxygen
- Hydrogen
- Carbon
- Nitrogen
- Sulfur

I came upon this discovery while working with Chris, an autistic child who was very reactive to water, a serious condition since we are made up of 70% water. We treated water over and over again. Even when water was strong, his body weakened when any other substance was put in combination with water. Finally, in exasperation I decided that we needed to break water down into its component parts just as we do with the vials of mixtures of substances. I cannot stress the fact enough: **You always need to check the individual ingredients of each mix to be sure all are clear.** I tested the components of water: oxygen and hydrogen. He was weak on both of them. I treated for them individually. Then I put two hydrogen vials and one oxygen vial together to reproduce water on a molecular level. He was weak on H₂O. I re-treated.

Check the autistic child for each of the above basic elements. Once the elements are strong, try putting the elements together to make compounds such as CO (carbon monoxide) and CO₂ (carbon dioxide). Many patients with asthma are weak on CO₂.

4. Expanded Core Collection

I have found it useful to start with testing the Expanded Core Collection. First I check the mixes or groups of substances. Then I check each ingredient of the mix.

5. B-Vitamins

The B-complex is one of the first mixes in the Expanded Core Collection. Clearing the B-vitamins is essential for a healthy nervous system and brain, and is especially important in the treatment of autism. Besides being strong on the B complex tube, each of the B-vitamins needs to be tested individually. In my first manual I reported that, besides testing for B complex, it is important to test for each of the individual B-vitamins. Being sure the patient is strong on each of the B-vitamins is critical for the autistic child. Most autistic children who present will already be taking supplements of B-vitamins. Clearly, they are often lacking in these supplements. However, as we know, someone who is allergic to B-vitamins will not absorb it. Even worse, they may be having symptoms from the supplement itself besides those they are getting from their foods. My B-Vitamins and Minerals Collection contains all of the individual components. (See Section V, Energy Frequency Tubes for individual B-vitamins and their uses in the body.)

I check all of the B-vitamins and then ask the body – with a muscle test – how many can be cleared at one time. In my basic manual, I give the example of my experience with Aaron (then 17 years old). After treating each of the B-vitamins, Aaron became very agitated, screaming and hitting his head. Then he got up and said “Go, go car.” It was the first time he had used a three word phrase in many years. He got up and ran to the car, clearly understanding what he had said.

6. Gluten / Casein

As discussed earlier, one theory of autism is that these children cannot digest casein and gluten.

Reactions to gluten/casein may occur as long as 36 hours after digestion, including:

- Headache
- Bed wetting
- Excessive whining or crying
- Aggression
- Fatigue
- Depression
- Muscle
- Stomach ache
- Stuttering
- Hyperactivity
- Sound sensitivity
- Ear infections
- Intestinal problems
- Aches in legs

You can expect many autistic patients who come to you to be already on a gluten/casein free diet. Test casein as well as milk and specific dairy products. Test gluten and also wheat, oats, rye, and barley.

Many children do better on a gluten/casein free diet. However, I have patients that have been able to go off this type of highly restrictive diet after treatment for gluten and casein. Prior to allergy treatment, the children's behavior would regress terribly if they ate anything off the diet. Now they can eat everything without ill effects. Becky, one of my little autistic patients, was thrilled to be able to eat birthday cake for the first time with her kindergarten classmates.

7. Heavy Metals

Another theory of autism is that there is an overload of heavy metals in the body. In fact, these children do show excessive amounts of various heavy metals in blood tests and hair analysis. They tend to have high deposits of mercury, silver, and copper, as well as any of the other heavy metals. Mercury is seen as a primary culprit.

Autistic children may have been exposed to more heavy metals or they may not be able to get the metals out of their systems as efficiently as other children. The protein metallothionein, needed to allow the body to detox metals, has been implicated. If this protein isn't working properly, the amount of heavy metals will build in their bodies. At some point, the metals would begin to cause problems in body function. This theory coincides with the common onset of autism at about two years of age.

8. Vaccines

As discussed, a prevailing theory for autism is vaccinations. The increase in autism coincides with the increase in the number of required vaccinations. In fact, all of the autistic children test weak on the vaccines. The MMR and DPT vaccines seem to be the most significant. Always check the vaccine tubes on various locations on the brain and throughout the digestive system. Check the combination vaccine mixes and then the individual components. I have found the diphtheria, pertussis and tetanus vaccines in the DPT shot to each be significant.

HEAVY METALS and VACCINES

HEAVY METALS:

1. Aluminum
2. Arsenic
3. Asbestos/Silicon
4. Barium/Beryllium
5. Cadmium
6. Copper
7. Gold
8. Lead
9. Mercury
10. Nickel
11. Silver/Silver amalgam
12. Tin
13. Titanium
14. Vanadium
15. Zinc

VACCINES:

16. MMR/MMR2 vaccine
 17. Measles vaccine
 18. DPT vaccine
 19. Diphtheria vaccine
 20. Pertussis vaccine
 21. Tetanus vaccine
 22. Hepatitis vaccine
 23. Small Pox vaccine
 24. Polio vaccine
 25. Chicken Pox vaccine
 26. Thimerosal (mercury preservative) vac.
 27. Cat vaccines
 28. Dog vaccines
 29. Flu vaccine 1999
 30. Flu vaccine 2000
-

In the United States, the Hepatitis B vaccination is given to babies the first day of their life regardless of their weight or maturity level. Out of the 4 million babies born each year, 50 cases of Hepatitis B are caused by the exchange of bodily fluids. Despite the small number of Hepatitis cases, countrywide vaccinations were instituted in 1991 to eliminate the chance of contracting the disease. As of 1999, 25,000 adverse reactions, including 440 deaths, were documented.

9. Digestive Enzymes

Most autistic patients have some type of digestive problems. Proper digestion, necessary for proper body function, is impossible without full use of your digestive enzymes. I test patients for all of the digestive enzymes. The digestive enzymes are included in the Neurotransmitters and Digestive Enzymes Collection.*

10. Neurotransmitters

Since autism presents with neurologic disorders, it is reasonable to assess the child's relationships to their neurotransmitters. Neurotransmitters are the bridge chemicals that determine the transfer of information within the brain and to the nervous system. Each of the neurotransmitters can be muscle tested separately. They can be treated in groups but always re-check each tube individually to be sure the treatment has been sufficient.

The neurotransmitters that are especially related to autism and ADD are serotonin, dopamine and norepinephrine.

** See Section V, Energy Frequency Tubes for a detailed description of the function of each of the neurotransmitters and digestive enzymes.*

11. Autism Additions

The Autism Additions Collection represents those energy frequency tubes that are specific to the treatment of autism that are not included in the other collections. It is designed for those of you who already have my other tubes and are choosing to add the extra items relevant to autism.

AUTISM ADDITIONS COLLECTION

- | | |
|---------------------------------------|------------------------------------|
| 1. Brain (General) | 16. Dental/Ear infections |
| 2. Frontal lobe | 17. Pitocin |
| 3. Parietal lobe | 18. Rogam |
| 4. Temporal lobe | 19. Serotonin |
| 5. Occipital lobe | 20. Metallothionen |
| 6. Midbrain/Cerebellum | 21. Glutiathione |
| 7. CS Fluid/Hypo/Pit./Corpus Callosum | 22. Myelin sheath |
| 8. Gluten | 23. Tympanic cavity |
| 9. Casein | 24. Vestibular-cochlear nerve VIII |
| 10. Yeast | 25. Electromagnetic radiation |
| 11. Immune Boost 1 | 26. TV/Computers |
| 12. Immune Boost 2 | 27. Fluorescent lights |
| 13. Immune Boost 3 | 28. Atmospheric pressure |
| 14. Borna Virus | 29. Low barometric pressure |
| 15. Retrovirus | 30. High barometric pressure |
-

I have provided an explanation of the thirty Autism Additions tubes below.

- 1) **Brain** – Total brain.
- 2) **Frontal Lobe** – Includes frontal lobe and frontal cortex. Helpful for ADD and ADHD patients. Also useful for patients with anger, irritability and brain fog.
- 3) **Parietal Lobe** – Especially important for those with food and chemical sensitivities. First treat alone and then in combination with foods and chemicals, especially sugars. People with high smell sensitivity should be treated on the parietal lobe alone first and then in combination with the offending odors.
- 4) **Temporal Lobe** – Useful for people with infections in the brain. Treat it alone and then in combination with staph/strep, parasite mix, virus mix, saliva, urine and other bodily fluids.
- 5) **Occipital Lobe** – Concerning vision and smell, it is useful for people with inhalant allergies. Treat alone and then in combination with the reactive substances including pollens, animal dander, grasses, etc.
- 6) **Midbrain/Cerebellum** – This tube contains midbrain, cerebellum and pons. It is involved with balance, vertigo, and dizziness as well as immune system disorders.

- 7) **CS Fluid./ Hypo./Pit./Corpus Callosum** – This tube contains brain matter, cerebrospinal fluid, corpus collosum, cranial nerves, ganglia gyrus, hypothalamus, pituitary and sulcus. This tube should be treated alone and then in combination with other offending substances involved in chronic disorders.
- 8) **Casein** (in milk and dairy products) – Forms casomorphin (a hallucinogen) in the stomach.
- 9) **Gluten** (from wheat and grains) – Forms glutenmorphins (a hallucinogen) in the stomach. In people with autism and ADD, the casomorphin and glutenmorphins have an opiate effect. Therefore, ingesting common wheat and milk cause brain fog and disorientation.
- 10) **Yeast Mix** – The majority of autistic children have problems with yeast overgrowth. This tube contains many strains of yeast that may be present in their bodies.
- 11,12,13) **Immune Boost 1, 2, 3** – Contain combinations of infectants which may be responsible for brain infections.
- 14) **Borna Virus** – The Borna Virus is one of the stealth viruses recently discovered. It is found in 60% of schizophrenics and only 5% in the general population. Schizophrenia and autism are on the same spectrum (see the Infection Connection Mini-Packet in Section V, Energy Frequency Tubes).
- 15) **Retrovirus** – A retrovirus is any group of RNA viruses that form DNA during the replication of their RNA. They represent a class of infections that have just recently been identified by medical science, which were previously undetected by our testing. They could represent the underlying basis for many chronic diseases of our society.
- 16) **Dental Ear Infections** – This tube was created originally as a combination of the types of infections found by Dr. John Garvey. Surprisingly, the same types of infections were found in both the autistic children and in dental abscesses.
- 17) **Pitocin** – Brand name for oxytocin, a hormone produced synthetically or obtained from domestic animals to induce active labor. The fetus may be exposed to the chemical pitocin during the birth trauma process. I find that many of the births of the autistic children were induced with pitocin.
- 18) **Rogam** – An antiserum that contains antibodies against RH (Rhesus) D factor (a substance present in the red blood cells of people with RH-positive blood). It is given to a woman who has RH-negative blood after she has given birth to a baby whose blood is RH positive. The baby is then exposed to the chemical in the breast milk. It is the first foreign chemical introduced into the small body.
- 19) **Secretin** – A hormone secreted by the lining of the duodenum and jejunum. Autistic children have been found to be lacking in this hormone. Secretin injections were a treatment choice in previous years. However, the practice has been stopped due to negative side effects. Synthetic secretin has recently been tried.

- 20) **Metallothionen** – Metallothionen is a protein necessary for the transport and detoxification of heavy metals. Blood and urine studies show that there is a dysfunction in metallothionen in 499 out of 503 (99%) of autistic patients.
- 21) **Glutathione** – Many autistic children have excess quantities of heavy metals. Glutathione is an amino acid, useful in chelating or eliminating heavy metals from the body. One theory of autism is insufficient glutathione in the body to adequately eliminate heavy metals.
- 22) **Myelin Sheath** – The myelin sheath is the covering on the nerves of the Central Nervous System and spine. Some autistic children have insufficient myelin to coat the nerves of the child's brain. Holes in the myelin coating can be shown on MRIs.
- 23) **Tympanic Cavity** – It often appears that autistic children have a disorder of the ears and hearing. They often seem deaf. The Tympanic Cavity, which encompasses the middle ear, consistently tests as relevant with the autistic children.
- 24) **Vestibular Cochlear Nerve** – The vestibular cochlear, or 8th cranial nerve, is essential for balance and hearing. Many autistic children love to spin and some are only able to learn while they are spinning. Their balance and equilibrium system seems to be disturbed.
- 25,26,27) **Electro-Magnetic Radiation / TV Computer / Fluorescent Lights** – Autistic children seem to be more reactive to electromagnetic energy from computers, TVs and even the frequency being emitted by fluorescent lights. Many of these children were premature or had difficult births. I hypothesize that the electromagnetic radiation coming off of the machines and the fluorescent lights in the delivery room and premature nursery, coupled with the birth trauma, caused the electromagnetic radiation to be particularly troublesome.
- 28,29,30) **Atmospheric Pressure / Barometric Pressure** – Many of my patients, autistic or not, have increased symptoms during changes in barometric pressure. Most are affected by the changes from high/low and low/high pressure. Perhaps their bodily fluids (cerebral spinal fluid, etc.) cannot adjust quickly enough to the pressure changes that affect all the liquids in our body. For some people, I need to treat for each individual inch of barometric pressure e.g. 29.1, 29.2, 29.3, etc.
- Many of my patients have also found relief by wearing a potentized (i.e. homeopathic) tube of barometric pressure when a storm front is due to arrive. (See Section VII, Remedy Makers for more information.) We have found that you do not need to ingest a homeopathic remedy for it to be effective – it is enough to merely wear a glass tube containing the remedy next to your skin.

My Autism Additions Collection was created for those people who already have my other collections. I have developed 2 other kits designed to cover all of the tubes used for autism if you are just starting to gather energy frequency tubes. The first kit of 50 tubes and the second kit of 100 tubes cover the basic mixes, the individual ingredients of the mixes, and the Autism Addition substances. For example, Autism Kit 50 contains a B complex tube while the Autism Kit 100 contains all of the B-vitamins individually (1-12).

AUTISM KIT 50	AUTISM KIT 100	
1. Egg/Chicken	1. B1	51. Acetone
2. Calcium/Milk	2. B2	52. Chlorine
3. Casein	3. B3	53. Ether
4. Wheat	4. B5	54. Paint
5. Gluten	5. B12	55. Turpentine
6. Vitamin C	6. B13	56. Hydrocarbons
7. B Complex	7. B15	57. Heating Fuel
8. Minerals	8. B17	58. Amylase
9. Sugar	9. Choline	59. Bromelain
10. Oxygen	10. Paba	60. Cellulase
11. Hydrogen	11. Biotin	61. Chymotrysin
12. Carbon	12. Inositol	62. HCL
13. Nitrogen	13. Selenium	63. Lactase
14. Sulfur	14. Linolenic acid	64. Lipase
15. Water	15. Linoleic acid	65. Maltose
16. Heavy Metals	16. Arachadonic acid	66. Pancreatin
17. Vaccines	17. Limbic Lobe	67. Papain
18. Toxic Chemicals	18. Arsenic	68. Pepsin
19. Petrochemicals	19. Asbestos/Silicon	69. Protease
20. Digestive Enzymes	20. Barium/Beryllium	70. Potassium Bi-carbonate
21. Neurotransmitters	21. Cadmium	71. Ptyalin
22. Limbic System	22. Tin	72. Trypsin
23. Central Nervous System	23. Copper	73. Acetylcholine
24. Vestibular Cochlear Nerve	24. Lead	74. Cholinesterase
25. Borna Virus	25. Mercury	75. Dopamine
26. Retrovirus	26. Silver/Silver Amalgam	76. Epinephrine
27. Electromagnetic Radiation	27. Gold	77. Gaba
28. Lead	28. Aluminum	78. Glutamic acid
29. Essential Fatty Acids	29. Vanadium	79. Histamine
30. Metallothionen	30. Titanium	80. Histidine
31. Reelin	31. Zinc	81. Malvin
32. Pitocin	32. Measles vaccine	82. Melanin
33. Rogam	33. Diphtheria Vaccine	83. Melatonin
34. Myelin Sheath	34. Pertussis Vaccine	84. Norepinephrine
35. Brain Mix or Brain Parts	35. Thimerasol	85. Phenylalanine
36. Mold Mix	36. Cat Vaccines	86. Serotonin
37. Candida Mix	37. Dog Vaccines	87. Taurine
38. Virus Mix	38. Styrene	88. Fluorescent lights
39. Bacteria Mix	39. 1,2-dichlorobenzene	89. TV/Computers
40. Parasite Mix	40. OCDD (dioxin)	90. Secretin
41. Yeast Mix	41. HxCDD (dioxin)	91. Low barometric pressure
42. Cell Salt Mix	42. Xylene	92. High barometric pressure
43. Magnesium	43. Benzene	93. Atmospheric pressure
44. Manganese	44. Formaldehyde	94. Emotion mix
45. Choline	45. Plastic	95. Organ mix
46. Mercury	46. Petroleum	96. Meridian mix
47. MMR Vaccine	47. Motor Oil	97. Chakra mix
48. DPT Vaccine	48. Diesel Oil	98. Cranial nerves mix
49. Hepatitis Vaccine	49. Car Exhaust	99. Glutathione
50. Polio Vaccine	50. Asbestos	100. Testosterone

12. Testosterone

To our surprise, we have found that autistic children – both male and female – often need to be treated for testosterone. Even little girls of three or four years are reactive to testosterone. I have recently seen several reports that autism may be a condition related to excess testosterone, or too much “maleness.”

13. Brain Parts

I have discussed how to use an anatomy book to identify specific body parts that cause problems. Autistic children are especially reactive to various brain parts. Following is a list of approximately 160 brain parts to test and treat if necessary.

BRAIN KIT		
Amygdala	Cortex, Orbitofrontal	Mamillary Body
Amygdaloid Body	Cortex, Parietal Left	Mater, Dura
Aperture, Lateral	Cortex, Parietal Right	Mater, Dura Periosteal
Aperture, Medial	Cortex, Prefrontal	Mater, Dura Meningeal
Arachnoid	Cortex, Pre-Motor	Mater, Pia
Arachnoid Villus	Cortex, Somatic Sensory	Matter, Grey
Arbor Vitae	Cortex, Temporal Left	Matter, White
Brain Stem	Cortex, Temporal Right	Medulla Oblongata
Capsule, External	Cortex, Visual	Mesencephalic Aqueduct
Capsule, Internal	Cuneus	Mesencephalon
Cranial, Meninges	Delencephalon	Metencephalon
Center, Cardiac	Extrapyramidal Tracts	Midbrain
Center, Hunger	Falx Cerebri	Myelencephalon
Center, Sattlety	Fibers, Associated	Olfactory Bulb
Center, Thirst	Fibers, Commissural	Olfactory Tract
Center, Vasomotor	Fibers, Optic Projection	Optic Chiasm
Centers, Apneustic	Fibers, Projection	Optic Tract
Centers, Autonomic (Parasympathetic)	Fibers, Transverse	Paraolfactory
Centers, Autonomic (Sympathetic)	Flocculus of Cerebellum	Pars Intermedia
Centers, Emotional	Fore Brain	Parventricular Zone
Centers, Endocrine	Geniculate Body	Pineal Gland
Centers, Pneumotaxic	Geniculate, Lateral	Pituitary Gland
Centers, Respiratory Rhythmic	Geniculate, Medial	Pons
Central Canal	Globus Pallidus	Precuneus
Cerebellar Peduncle, Superior	Hemisphere, Left Cerebellum	Prosencephalon
Cerebellar Peduncle, Inferior	Hemisphere, Left Cerebral	Putamen
Cerebellar Peduncle, Middle	Hemisphere, Right Cerebellum	Reticular Activating System
Cerebellum	Hemisphere, Right Cerebral	Rhinencephalon
Cerebral Aqueduct	Hind Brain	Rhombencephalon
Cerebral Peduncle	Hippocampus	Sagittal, Sinus, Inferior
Cerebrum	Hypophysis	Sagittal Sinus, Superior
Choroid Plexus	Hypothalamus	Septum Pellicidum
Cingulate System	Hypothalamic-Hypophyseal Tract	Straight Sinus
Claustrium	Infundibulum	Subarachnoid Space
Collicull, Inferior	Insula	Subdural Space
Collicull, Superior	Intermediate Mass	Substantia Nigra
Commissure, Anterior	Interventricular Foramen	Sulcus, Central
Commissure, Posterior	Lemniscus, Medial	Sulcus, Lateral
Corpora Quadrigemina	Lobe, Cerebellum Anterior	Sulcus, Parieto-Occipital
Corpus Callosum	Lobe, Cerebellum Posterior	Tectal Lamina
Corpus Striatum	Lobe, Flocculonodular	Tela Choroidea of Third Ventricle
Cortex, Auditory	Lobe, Frontal	Telencephalon
Cortex, Cerebral	Lobe, Limbic	Tentorium Cerebelli
Cortex, Frontal Left	Lobe, Occipital	Tuber Cinerium
Cortex, Frontal Right	Lobe, Paracentral	Uncus
Cortex, Mesiosephelon Left	Lobe, Parietal	Ventricle, Fourth
Cortex, Mesiosephelon Right	Lobe, Pituitary Anterior	Ventricle, Third
Cortex, Motor	Lobe, Pituitary Intermediate	Ventricles, Lateral
Cortex, Occipital	Lobe, Pituitary Posterior	Vermis
Cortex, Olfactory	Lobe, Temporal	White Matter Tracks

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14. Bacteria

Here is an extensive list of bacteria to test for possible involvement.

BACTERIA DELUXE		
Acidophilus	Echinococcus Multilocularis	Pseudomonas Pyocyanea
Acidophilus - Lactobacillus	Ehrlichia Sennetsu	Pyrogenium Avis
Actinomyces Israelii	Enterobacteria	Pyrogenium Crustacean
Actinomycetemcomitans	Enterococcinum	Pyrogenium Saltwater Fish
Aerobacter	Escherichia Coli - E. Coli	Pyrogenium Suis
Aerogenes	Francisella (Pasteurella)	Rickettsia Burnetii
Anthrachinum	Tularensis	Rickettsia Prowazekii
Bac Friendlanderi	Gonococcinum	Rickettsia Rickettsii
Bac Tetani	Haemophilus Ducreyi	Rickettsia Typhosa
Bac Welchii	Haemophilus Influenzae	Salmonella Enteritidis
Bacillinum	Helicobacter Pylori	Salmonella Paratyphi
Bacillinum Anthracis	Hemophilus Vaginal	Salmonella Typhimurium
Bacillinum Testium	Klebsiella	Salmonella Typhosa
Bacteria Morgan	Lactobacillus Bulgaricus	Scarlatinum
Bacteria Proteus	Lactobacillus Casei	Shigella Dysenteriae
Bacteroides Fragilis	Lactobacillus Helveticus	Shigella Paradysenteriae
Bacteroides Gingivalis	Legionella	Staphylococcinum
Bacteroides Intermedius	Legionella Pneumophila	Staphylococcus Abominalis
Brucella Abortus (Bang)	Medorrhinum	Staphylococcus Albus
Brucella Melitensis	Meningococcus	Staphylococcus Aureus
Brucelia Neotomae	Mycobacterium Leprae	Staphylococcus Koag Pos
Brucella Suis	Mycobacterium Tuberculosis	Streptococcinum B
Brucella Tularensis	Mycoplasma Arthritis	Hemolytocus
Calymmatobacterium	Mycoplasma Fermentans	Streptococcus Faecalis
Granulomatis	Mycoplasma Genitalias	Streptococcus Hemoyticus
Campylobacter Cinaedi	Mycoplasma Hominis	Streptococcus Pneumoniae
Campylobacter Coli	Mycoplasma Incognitus	Streptococcus Pyogenes
Campylobacter Fennelliae	Mycoplasma Orale	Streptococcus Rheumaticus
Campylobacter Foetus	Mycoplasma Penetrans	Streptococcus Scarlatinae
Campylobacter Jejuni	Mycoplasma Pirum	Streptococcus Viridans
Campylobacter Pylori	Mycoplasma Pneumoniae	Streptococcus Viridans Card
Chlamydia Pneumoniae	Mycoplasma Salivarium	Tetanus (C. Tetani)
Chlamydia Psittaci	Neisseria Gonorrhoeae	Tetanus Antitoxin
Chlamydia Trachomatis	Neisseria Meningitidis	Thermibacterium Bifidus
Clostridium Botulinum	Paratyphoidinum	Tuberculin Marmoreck
Clostridium Difficile	Pasteurella Pestis	Tuberculin Pallidum
Clostridium Innocuum	Pasturella	Tuberculinum
Clostridium Paraputrificum	Pasturelia Tularensis	Tuberculinum Avis
Clostridium Perfringens	Pasturellose Nosode	Tuberculinum Bovinum
Clostridium Tetani	Peptococc./Micrococc.	Tuberculinum Burnett
Corynebacteria Acnes	Peptostreptococcus Anaerobis	Tuberculinum Dents
Corynebacteria Anaerobis	Pertussin	Tuberculinum Kent
Corynebacteria Diphtheriae	Pittsburgh Pneumonia Agent	Tuberculinum Koch
Corynebacteria Equi	Pneumococcus	Tuberculinum Residuum
Corynebacteria Infantisepticum	Pneumocystis Carni	Tuberculinum Rosen
Corynebacteria Minutissimum	Propionibacterium Acnes	Tuberculinum Testiculatum
Corynebacteria Ulcerans	Proteus Mirabilis	Tularemia
Cryptococcus Neoform	Proteus Morgani	Typhinum
Diphtheria Bacillus	Proteus Vulgaris	Ureaplasma
Diphtheria Bacillus - Corynebac.	Pseudomonas Aeruginosa	Vibrio Cholerae
Distemperinum	Pseudomonas Putrefaciens	Yersinia Enterocolitica
Echinococcus Granulosus		

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15. Viruses

It is my own personal theory that the majority of our diseases have a viral infection component. I believe that people with conditions such as long term chronic diseases, chronic fatigue, multiple chemical sensitivities as well as autism probably have a chronic viral infection which has gone undetected. Medical science is just beginning to identify stealth viruses that were previously invisible in our testing. As we learn more, I suspect viruses will be shown to cause various symptoms, similar to the scenario of H. Pylori-bacteria. Doctors had traditionally blamed emotional stress as the cause of all ulcers. After it was discovered that ulcers are caused by the H. Pylori bacteria, the method of treatment switched from counseling to antibiotics.

VIRUS/VACCINES A DELUXE

Adeno Virus	Coxsackie Virus A10	Flu Influenza Virus A
Adenovirus 1	Coxsackie Virus A16	Flu Influenza Virus B
Adenovirus 10	Coxsackie Virus A2	Flu Influenza Virus R
Adenovirus 13	Coxsackie Virus A21	Flu Vaccine '85
Adenovirus 14	Coxsackie Virus A23	Flu Vaccine '86
Adenovirus 2	Coxsackie Virus A4	Flu Vaccine'87
Adenovirus 21	Coxsackie Virus A5	Flu Vaccine'88
Adenovirus 3	Coxsackie Virus A6	Flu Vaccine'89
Adenovirus 4	Coxsackie Virus A8	Flu Vaccine '90
Adenovirus 40	Cytomegalovirus (CMV)	Flu Vaccine '91
Adenovirus 41	Dengue	Flu Vaccine'92
Adenovirus 5	DHPP Vaccine	Flu Vaccine '93
Adenovirus 6	Diphtheria Tetanus Vaccine (DT)	Flu Vaccine '94
Adenovirus 7	Diphtheria	Flu Vaccine '95
Adenovirus 8	Diphtheria Active	Flu Vaccine '96
Adenovirus 9	Diphtheria-Pertussis-Tetanus-HIB	Flu Vaccine '97
Adrenal Virus	Diphtheria-Tetanus	Flu Vaccine '98
Anthrax Vaccine	Diphtheria-Tetanus-HIB	Flu Vaccine '99
Arbovirus	Distemperinum	FVRC Vaccine
Arenavirus	Dog Distemper	G.B. Virus (Gall Bladder)
Astrovirus	Dragon Virus	Glandular Fever
Avian Encephalomyelitis Vac.	Ebola Virus	Grippe Mix
BCG Vaccine	Echo Virus	Grippe V '75
Borna Virus	Echovirus 11	Grippe V '76
Borna Virus Disease	Echovirus 14	Grippe V '78
Bronchitis Vaccine	Echovirus 16	Grippe V '79
Brucella Abortis Vaccine	Echovirus 18	Grippe V '80
Bunyamwera Disease	Echovirus 20	Grippe V '83
Ca Viruses	Echovirus 30	Grippe V '84
Calicivirus	Echovirus 4	Grippe V '86 (m)
Cee-Virus	Echovirus 6	Grippe V '86 (Tri)
Cee-Virus Active	Echovirus 8	Grippe V '87
Chicken Pox (Varicella)	Eclipse 4 Vaccine	Grippe V '88
Chicken Pox in Spine	Encaphalomyelitis Vaccine	Grippe V2
Chicken Pox Vaccine	Encephalitis	Grippe V3
Chikungunya Disease	Encephalitis, California	Grippe V4
Cholera	Encephalitis, Eastern Equine	Grippe V5
Cholera Vaccine	Encephalitis, Japanese	Grippe VA2
Coronavirus	Encephalitis, Murray Valley	Grippe VA2L
Coronavirus Vaccine	Encephalitis, Powassan	Grippe VAPCH
Coxsackie Mix	Encephalitis, Russian Spring-Summer	Hanta Virus
Coxsackie VA7	Encephalitis, St. Louis	Hantaan Disease
Coxsackie VA9	Encephalitis, Venezuelan Equine	Hantavirus Pulmonary Syndrome
Coxsackie VB1	Encephalitis, Western Equine	Hemophilus Influenza
Coxsackie VB2	Enteric R.R. Virus	Hemophilus Influenza A
Coxsackie VB3	Enterovirus	Hemophilus Influenza B
Coxsackie VB4	Epstein Barr Virus (EBV)	Hemophilus Influenza C
Coxsackie VB5	Feline Leukemia Vaccine	Hemophilus Influenza D
Coxsackie VB6	Feline Leukemia Virus	Hemophilus Influenza E
Coxsackie Virus A9-B4	Filovirus	Hemophilus Influenza F

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VIRUS/VACCINES B DELUXE

Hepatitis A	Machupo (Bolivian Hemmor. Fever)	Rabies Vaccine
Hepatitis A Active	Marburg Virus	Reovirus
Hepatitis B	Marituba Disease	Respiratory Syncytial Virus (RSV)
Hepatitis B Active	Mayaro Disease	Rheumatic Fever
Hepatitis B Vaccine	ME Virus	Rhinopneumonitis
Hepatitis B+ EBV	ME Virus 150	Rhinotracheitis Bovinum
Hepatitis B+ EPS	Measles	Rhinovirus
Hepatitis C	Measles Active	Rickovirus
Hepatitis D	Measles Vaccine	RM Spotted Fever
Hepatitis E	Measles Virus Vaccine (Live)	Rocky Mountain SF Vaccine
Hepatitis New	Measles-Mumps Active	Rotavirus
Hepatitis Non A Non B	Measles-Mumps-Rubella (MMR)	Rubella
Hepatitis RVE	Measles-Mumps-Rubella Active	Rubella Active
Herpes 5 Virus	Meningitis	Rubella Virus Vaccine (Live)
Herpes 6 Virus	Meningococcal Polysa. Vaccine	Scarlet Fever Herpes
Herpes Progenitalis	Meningococcus	Simian Virus 40
Herpes Simplex	Meningococcus (A&C) Active	Small Pox
Herpes Simplex I	Mononucleosis, Infectious	Smallpox Vaccine
Herpes Simplex II	Mumps	Spinal Cord Fever
Herpes Zoster	Mumps Virus Vaccine (Live)	Sticker's Disease
Heterologous Vaccine	Nairovirus	Strep. Pneumonia
HIVI	Newcastle Disease Virus	Streptococcus Hemolyticus
HIV2	Newcastle Disease Virus Vaccine	Super Mora
HIV3	Norwalk Virus	Swine Influenza
Hong Kong Flu	Omsk Hemorrhagic Fever	Swine Influenza Vaccine
Human B Lvmphotropic Virus	Orbivirus	Tetanus
Human Immunodefic. Virus (HIV)	Otitis Media	Tetanus Active (Tetanol)
Human Papilloma Virus (HPV)	Ovtes Virus	Tetanus Active (Tetasorbate)
Human Parovovirus	Pancreas Herpes	Tetanus Diphtheria Vaccine (Td)
Influenzinum	Para Influenza Virus	Tetanus Passive (Tetagame)
Influenzinum Berlin 55	Paramyxo Virus	Thymus Fever
Influenzinum Vesiculosum	Parathyroid Virus	Thyroid Virus
Influenzinum Vesiculosum NW	Pertussis Vaccine	Typhinum
Influenzinum Vesiculosum SW	Phlebotomus Fever	Typhoid Vaccine
Influenza Le Grippe	Phlebovirus	Typhoid Vaccine, Inactivated
Influenza Mexican	Pittsburgh Pneumonia Agent	Typhoid Vaccine, Live
Influenza Toxicum	Plague Vaccine	Typhus Active
Influenza Virus A - Asian	Pneumococcal Polysa. Vaccine	Typhus Vaccine
Irifluenza Virus A - Port Chal	Pneumococcal Vaccine	Undulant Fever
Influenza Virus B - Hong Kong	Polio	Uric Herpes
Influenza Viruses	Polio Active	Vaccininum
Influenzinum Bach Poly	Poliomyelitis	Varicella Active
Influenzinum Triple Nosode	Poliovirus Vaccine	Variola
Junin (Argentinian Hemmor. Fever)	Poliovirus Vaccine (Live)	Verucca
Klebsiella Pneumonia	Poliovirus Vaccine, Inactivated (IPV)	V-Intestinal Catarrh
Kyasanur Forest Disease	Poliovirus Vaccine, Oral (OPV)	Whooping Cough
Lassa Fever	Psoriasisinum	Whooping Cough Active
Lymphocytic Choriomeningitis	Psoric Herpes	Yellow Fever
Lymphotropic Virus	Q Fever	Yellow Fever Herpes
Molluscum Contagiosum	Rabies	Yellow Fever Vaccine

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16. Parasites

Many people suspect parasites are responsible for causing numerous diseases.

PARASITES A DELUXE		
Acanthamoeba Culbertsoni	Blastocystis Hominis	Echinococcus
Acanthamoeba Rhisodes	Brugia Malayi	Echinococcus Granulosus
Acanthocephala	Brugia Timori	Echinococcus Granulosus Cysts
Anaplasma Marginale	Capillaria Hepatica	Echinococcus Granulosus Eggs
Anasakine Larvae	Cestodes-Taeniae-Tapeworm	Echinococcus Multilocularis
Ancylostoma Braziliensi-Adult	Chicken, Tapeworm-Blood V	Echinopryphium Recurvatum
Ancylostoma Caninum	Chicken, Tapeworm-CNS	Echinostoma Ilocanum
Ancylostoma Duodenale-Male	Chicken, Tapeworm-Genitourinary	Echinostoma Lindoensis
Ancylostoma Sp	Chicken, Tapeworm-Liver	Echinostoma Perfoliatum
Angiostrongylus Cantonensis	Chilimonas	Echinostoma Revolution
Anisakis Marina	Chilomastix	Eimeria Stiedae
Ascaridoidea	Chilomastix Cysts	Eimeria Tenella
Ascaris & Trichuris Eggs	Chilomastix Mensnili-Trop	Endolimax Nana Cysts
Ascaris Equorum	Clonorchis	Endolimax Nana Trophozoites
Ascaris Larve in Lung	Clonorchis Metecercariae	Entamoeba
Ascaris Lumbricoides	Clonorchis Sinesis Eggs	Entamoeba Coli Cysts
Ascaris Megalocephala	Clonorchis Sinesis-Liver Flukes	Entamoeba Coli Trophozoites
Ascaris Suum	Coccidian Protozoa	Entamoeba Gingivalis
Babesia Argentina	Cryptocotyle Lingua Adult	Entamoeba Gingivalis Trophozoites
Babesia Bigemina	Cryptosporidium	Entamoeba Hartmanni
Babesia Bovis	Cysticercus Acanthotrias	Entamoeba Histolytica
Babesia Caballi	Cysticercus Bovis	Entamoeba Histolytica Trophozoites
Babesia Canis	Cysticercus Cellulosae	Entamoeba Incadens
Babesia Cati	Cysticercus Fasciolaris	Entamoeba Polecki
Babesia Divergens	Cysticercus Ovis	Enterobacter Aerogenes
Babesia Equi	Cysticercus Tenuicollis	Enterobius Pancreaticum
Babesia Felis	Dicrocoelium Dendricum	Enterobius Vermicularis
Babesia Gibsoni	Dicrocoelium Hospes	Enterobius Vermicularis- Oxyuren
Babesia Herpailuri	Dicrocoelium Macrostomum	Eucocciidia
Babesia Major	Dientamoeba Fragilis	Eurytrema Pancreaticum
Babesia Microti	Dipetalomema Perstans	Fasciola Hepatica
Babesia Motasi	Dipetalomema Reconditum	Fasciola Hepatica Cercariae Egg
Babesia Ovis	Diphyllobothriidae	Fasciolopsis Buskii
Babesia Perroncitoi	Diphyllobothrium Cordatum	Fasciolopsis Buskii Adult
Babesia Trautmanni	Diphyllobothrium Erin. Manso.	Fasciolopsis Buskii Eggs
Babesia Vogeli	Diphyllobothrium Latum - Scol.	Fasciolopsis Cercariae
Balantidium Coli	Diphyllobothrium Parvum	Filaria
Balantidium Coli Cyst	Diphyllobothrium Taenioides	Filarisis
Balantidium Sp Trop Para Ciliate	Dipylidium Caninum	Fischoedrius Elongatus
Balantidium Suis	Dipylidium Caninum Scolex	Fish Tapeworm-Mitral-Valve
Beef Tapeworms	Dirofilaria Immitis	Fish Tapeworm-Sciatic Nerve
Beef Tapeworms, Brain	Dirofilaria Medinens	Fish Tapeworm-Transverse
Beef Tapeworms, Pulmonary	Dirofilaria Repens	Gastrothylax Elongatus
Besnotia Bennetti	Dog Heartworm	Giardia Lamblia
Besnotia Besnoiti	Dog Liver Tape Worm	Giardia Lamblia Cysts
Besnotia Darlingi	Drucunculus Medorensis	Giardia Lamblia Trophozoites
Besnotia Jellisoni	Dwarf Tapeworm-Bronchial	Gyrodactylus
Besnotia Tarandi	Dwarf Tapeworm-Heart	Haemonchus Contortus
Bile Duct Flukes	Dwarf Tapeworm-Spinal Cord	Haemoproteus
Bitharziasis (Schistosoma)	Dwarf Tapeworm-Vaginal	Haemosporina

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PARASITES B DELUXE

Hasstle Sig. Tricolor - Adult	Paragonimus Eggs	Taenia Nana
Hermatozoan Protozoa	Paragonimus Heterotrema	Taenia Ovis
Heterakis	Paragonimus Westermanli Adult	Tadnia Pisiformis
Heterophyes Breviceaca	Parascaris Equorum	Taenia Saginata
Heterophyes Heterophyes	Parathyroid Parasite	Taenia Solium
Heterophyes Katsuradai	Passalurus Ambiguus	Taenia Sp
Human Helminth Eggs	Pigeon Tapeworm	Tapeworm, Complete
Hymenolepididae	Plasmodium Cynomolgi	Tapeworm, Fish
Hymenolepis Cysticerooides	Plasmodium Falciparium	Tetrahydropyrimidine-Helmex
Hymenolepis Diminuta	Plasmodium Fastosum Adult	Thyroid Flukes
Hymenolepis Lanceolata	Plasmodium Malariae	Toxocara - Egg
Hymenolepis Nana	Plasmodium Sp	Toxocara Canis
Hypodereum Conoideum	Plasmodium Vivax	Toxocara Cati
Iodamoeba Butschlii	Pneumocystis Camii	Toxocara Mystax
Iodamoeba Butschlii Trop. & Cyst	Pork Tapeworm	Toxoplasma Gondii
Kidney Medulla Mold	Pork Tapeworm Ascending	Trematodes
Lamb Tapeworm/Bladder	Pork Tapeworm Heart	Trichinella Spiralia
Leishmania Brazilensis	Pork Tapeworm Spleen	Trichomonas
Leishmania Donovanii	Prosthogonimus Macrorchis - Egg	Trichomonas Gailinae
Leishmania Mexicana	Protozoa	Trichomonas Gailinarum
Leishmania Tropica	Sarcocystis	Trichomonas Hominis
Leishmaniasis	Schistosoma Bovis	Trichomonas Muris
Leptospirosis	Schistosoma Haematobium	Trichomonas Tnax
Leucocytozoon	Schistosoma Indicum	Trichomonas Vag.
Loa Loa	Schistosoma Intercalatum	Tichuis Trichiura
Macracanthorhynchus	Schistosoma Japonicum	Trichuis Trichiura Adult
Mansonella Ozzardi	Schistosoma Mansoni	Trichuis Trichiura Eggs
Mansonella Perstans	Schistosoma Mattheei	Trypanosoma Brucei Gambiense
Mansonella Streptocerca	Schistosoma Mekongi	Trypanosoma Burcei Rhodesiense
Mesocestoides Lineatus	Schistosoma Spindale	Tr-vpanosoma Cruzei
Metagonimus	Sheep Liver Flukes	Trypanosoma Equiperdium
Metagonimus Yokagaw	Stepnanurus Dentalus - Ova	Trypanosoma Evansi
Meteropyes W.M.	Stigeoclonium	Trypanosoma Lewisi
Moniezia - Scolex	Strongyloides	Trypanosoma Melophagium
Moniezia Expansalex	Strongyloides Papillosus	Trypanosoma Nanum
Monocystis Agilis	Strongyloides Parasitic	Trypanosoma Rangeli
Multiceps Multiceps	Strongyloides Ransomr	Trypanosoma Simiae
Multiceps Serialis	Stron-yloides Ratti	Trypanosoma Theileri
Myxosoma	Stron-yloides Stercoralis	Trypanosoma Vivax
Naegleria Fowleri	Taenia Balaniceps	Urocleidus
Necator Americanus	Taenia Brachysoma	Veal Tapeworm-Bladder
Necator Americanus Eggs	Taenia Cervi	Veal Tapeworm-Colon
Nematodes - Roundworms	Taenia Confusa	Veal Tapeworm-Fallopian
Notocotylus Quinqeserialis	Taenia Crassicolois	Veal Tapewonn-Gall Bladder
Onchocerca Volvulus	Taenia Demarariensis	Veal Tapeworm-Genitourinary
Opisthorchiasis Felineus	Taenia Echinococcus	Veal Tapeworm-Kidney
Opisthorchiasis Noverca	Taenia Elliptica	Vibrio Cholerae
Opisthorchiasis Sinensis	Taenia Hydaogena	Vibrio Parahaemolyticus
Opisthorchiasis Viverrini	Taenia Krabbei	Vibrio Vulnificus
Paragonimus Africanus	Taenia Madagascariensis	Wuchereria Bancrofti

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17. Chemicals

Our current environment is filled with toxic chemicals that contribute to the rain barrel effect.

TOXIC CHEMICAL MIX

1. Styrene
2. 1,2-dichlorobenzene
3. OCDD (dioxin)
4. HxCDD (dioxin)
5. Xylene
6. Benzene
7. Formaldehyde
8. Plastic

PETROCHEMICAL MIX

1. Petroleum
2. Motor oil
3. Diesel oil
4. Car exhaust
5. Asbestos
6. Acetone
7. Chlorine
8. Ether
9. Paint
10. Turpentine
11. Hydrocarbons
12. Heating fuel

ADDITIONAL CHEMICALS

- | | |
|------------------|-----------------------|
| 1. Fertilizers | 16. Ethanol |
| 2. Foam Rubber | 17. Formic Acid |
| 3. Graphites | 18. Isopropyl Alcohol |
| 4. Herbicides | 19. Nitrous Oxide |
| 5. Insulation | 20. Propane |
| 6. Menthol | 21. Briquets |
| 7. Nicotine | 22. Urethane |
| 8. PCB | 23. Acetate |
| 9. Polyvinyl | 24. Freon |
| 10. Strychninum | 25. Fiberglass |
| 11. Tattoo Dye | 26. Latex Glove |
| 12. Teflon | 27. Newspaper Ink |
| 13. Toner | 28. Silicone |
| 14. Volcanic Ash | 29. Styrofoam |
| 15. Acid Fog | 30. Sulfites |

18. Mold / Fungus

Many of the autistic children have symptoms that seem related to mold or fungus. Some children are clearly more symptomatic on days when the mold count is high. Most autistic children have digestive problems that may resemble systemic candida, with mucous-filled, unformed stools.

Ethan had mucous-filled, loose stools alternating with severe constipation. After treatment for his stools (and therefore whatever yeast they contained) and a homeopathic remedy for his stools, Ethan had normal bowel movements.

The mold mix from the Expanded Core Collection contains the following mold/fungus items.

MOLD / FUNGUS MIX

1. Absidia Cornymbipera
 2. Aflatoxin
 3. Alternaria Tenius
 4. Asperillus Fumigatus
 5. Aspergillus Niger
 6. Cephalosporium
 7. Helminthosporium
Satium
 8. Penicillum Roquefort
 9. Trichophyton Mix
-

The next page shows a more extensive list of molds and fungus, including various strains of candida.

MOLD / FUNGUS DELUXE

Absidia Cormbifera	Fusarium Arium	Rhizopus Nigricans
Actinomyces Israelii	Fusarium Oxysporum	Rhodotorula Glutinis
Aflatoxin	Fusarium Solani	Rhodotorula Mucilaginosa
Agaricus Muscarius	Fusarium Spp.	Rinkel Mold Mix A
Alternaria Tenius	Fusarium Vasinfectum	Rinkel Mold Mix B
Aspergillus Clavatus	Gelasinospora Cerealis	Rinkel Mold Mix C
Aspergillus Flavus	Geotrichum Candidum	Saccoromyces Cerevisiae
Aspergillus Fumigatus	Gliocladium Fimbriatum	Scatolum
Aspergillus Glaucus	Helminthosporium Sativum	Schimmelpilz I
Aspergillus Nidulans	Histoplasma Capsulatum	Schimmelpilz II
Aspergillus Niger	Histoplasma Farcimosum	Scopulariopsis
Aspergillus Terreus	Histoplasma Mix	Sorghum Smut
Aspergillus Versicolor	Hormodendrum Cladosporium	Spondylocladium Atrovirens
Barley Smut	Johnson Grass Smut	Sporobolomyces Salmonicolor
Bermuda Grass Smut	Mercaptan	Sporothrix Carnis
Blastomyces Brasiliensis	Microsporum Audouinii	Sporothrix Schenkii
Blastomyces Dermatitidis	Microsporum Canis	Sporotrichium Pruinosum
Botrytis	Microsporum Gypseum	Stachybotrys Atra
Cadosporium Herbarum	Microsporum Mix	Stemphylium Botryosum
Candida Albicans	Monotospora	Stemphylium Sarcinaeforme
Candida Glabrata	Mucokehl	Stemphylium Solani
Candida Kefir	Mucor Circinelloides	Taenia
Candida Krusei	Mucor Corymbifera	Taenia Pisiformis
Candida Parapsilosis	Mucor Mix	Thioether
Candida Pseudotropicalis	Mucor Mucedo	Thiosamin
Candida Robusta	Mucor Plumbeus	Thiourea
Candida Rugosa	Mucor Racemosus	Thodotorula Glutinis
Candida Stellatoidea	Mycogone Alba	Torulopsis Glabratis
Candida Tropicalis	Neurospora Sitophila	Trichoderma Lignorum
Cephalosporium	Nigrospora Sphaerica	Trichoderma Viride
Cephalothecium, Roseum	Nocardia Asteroides	Trichomonal Flour
Chaetonium Globosum	Oat Smut	Trichophytie
Cladosporium Cladospor.	Paecilomyces Varioti	Trichophyton Anthroderma
Cladosporium Fulvum	Pefrakehl	Trichophyton Cutaneum
Cladosporium Herbarum	Penicillium Frequentans	Trichophyton Equinum
Claviceps Paspali	Penicillium Camemberti	Trichophyton Gallinae
Claviceps Purpurea	Penicillium Chrysogenum	Trichophyton Mentagrophytes
Coccidiomyces Immitis	Penicillium Cyclopium	Trichophyton Roseum
Corn Smut	Penicillium Digitatum	Trichophyton Rubrum
Cryptococcus Neoformans	Penicillium Expansum	Trichophyton Schoeleini
Cryptosporidium	Penicillium Italicum	Trichophyton Terrestre
Cunninghamella Elegans	Penicillium Notatum	Trichophyton Tonsurans
Curvularia Spicifera	Penicillium Roqueforti	Trichophyton Verrucosum
Dermatophilus Congolensis	Penicillium Rubrum	Trichophyton Violaceum
Epicoccinum Purpurascens	Penicillium Spp.	Trichosporon Sp.
Epicoccum Cinnabarinum	Penicillium Uticsalt	Trichothecium Roseum
Epicoccum Sp	Penicillium Aspergillus, Rhizopus	Vericullium Albo
Epidermophyton. Floccosum	Penicillium Brevicompactum	Wheat Bunt
Ergot Sclerotium	Phoma Destructiva	Wheat Smut
Foxtail Smut	Pullaria Pullulans	Wheat Steam Rust

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19. Detective Work for Autism

It is critically important that you take the time to study the child's history of vaccinations, illnesses, injuries and allergic reactions. If possible, get a copy of the child's medical records. Encourage the mothers of your autistic patients to recall their pregnancy and delivery. Note any medications taken, and exposures to chemicals and stress levels. Test anything – and everything – for possible influence.

Books or articles on autism can be invaluable resources of new substances to test. *Time Magazine's* May 6, 2001 cover story on autism gave me several new substances to include when testing my autistic patients for sensitivities. I wrote down all of the brain parts thought to have involvement from the articles to test. Here is a sample. Use all of your research and readings to identify new possibilities.

- Parietal cortex
- Purkinse Cells
- Serotonin
- Glutamate
- Gaga
- Pre-frontal cortex
- Hippocampus
- Limbic system
- Brain stem
- White matter
- Gray matter
- Cerebral cortex
- VIP
- Fusiform Gyros
- Cerebellum
- HOXA1

E. Autism Treatment Protocols

Treating children with autism requires flexibility and creativity, but can also be incredibly rewarding. It is important to prepare parents, in the beginning, to expect long-term treatment. Until we find the magic bullet, treatment for autism will be slow.

You will need to use a parent for surrogate muscle testing. Have the parent touch the skin of the child. Put the energy frequency tube on the child's skin, in their sock or diaper, held in their hand, or placed against a reactive problem area. Muscle test the parent for information about the child. Be sure to test the tubes on the child's head (brain) and digestive system since autistic symptoms are centered on those two areas.

After treatment, I re-check each substance individually. The autistic child has more difficulty holding a treatment due to their compromised immune system. Therefore, I often copy the energy frequency tubes for the parents to perform booster treatments at home. I always teach parents both how to muscle test and how to do the treatments at home. They learn a variety of treatments. Most parents purchase an eTox Plus Laser to use at home. I then create potentized tubes for the child to wear along with a Pulse Laser Tube. These added home treatments strengthen the initial treatment, which cuts down on the number of re-treatments necessary.

Record the substances to re-test at the next session. Re-treat if necessary. You may find that the autistic children need more re-treatment on substances than your other patients.

Utilize your best detective skills to investigate and uncover issues impacting the child with autism. Investigate the child's history and watch their reactions as you test and treat them.

E. Autism Treatment Protocol *(continued)*

1. Put substance in child's energy field

- a. Touching body
- b. In sock
- c. In diaper
- d. Hold in hand

2. Muscle test parent touching child as surrogate

- a. If muscle test is strong – substance is okay
- b. If muscle test is weak – shows sensitivity

3. Once a substance sensitivity is identified

- a. Avoid substance if appropriate
- b. Treat substance

4. Basic treatments

- a. Hold substance in energy field while doing
 - Spinal Release
 - Laser Spray
 - Body Talk
 - EFT
 - Holloway
 - Karate Chop 33
 - LaserLight Technique

5. Machine assisted treatment

- a. Wear in energy field
 - potentized substances
 - potentized body fluids
 - Pulse Laser Tube

6. Parents work as partners in eTox autism treatment

- a. Learn muscle testing
 - test foods eaten at home
 - test if treatment is complete
- b. At-home treatments to support office treatments

Allergies, Lifestyles and Health have found the following items to be especially significant in the treatment of ADD and ADHD. Since I feel the attention disorders are on a continuum with the autism spectrum disorders, I believe it is helpful to test the following items.

ADD/ADHD

Corpus Callosum	Riboflavin (Vitamin B ₂)
Basal Ganglia	Niacin
Caudate Pallidus	Pyridoxine (Vitamin B ₆)
Globus Pallidus	DHA
Frontal Lobes	N-3 Fatty Acid
Glucose Metabolism	Linolenic Acid (LA)
Pre-motor Cortex	Gamma-Linolenic Acid (GLA)
Superior Prefrontal Cortex	Dihomogammalinolenic Acid (DGLA)
Brain Metabolism	Arachidonic Acid (AA)
Right Hemisphere	Docosapentaenoic Acid
Frontal Striatal Dopamine Function	Alpha-Linolenic Acid (ALA)
Bilateral Striatal Dopamine Function	Stearidonic Acid (SA)
Dopamine Transporter Gene (DAT1)	Eicosapentaenoic Acid (EPA)
D4 Dopamine Receptor Gene (DRD4)	Docosapentenoic Acid (DPA)
Human Thyroid Receptor Beta Gene	Docosahexaenoic Acid (DHA)
Omega-3 Fatty Acid Deficiency	Cyanogenic Nitrates
Food Additives	Salicylates
Norepenephrine	BHT
Dopamine	BHA
Serotonin	TBHQ
Dorsal Adrenergic Bundle	FD+C Blue No. 1 (Brilliant Blue FCF)
Locus Ceruleus	FD+C Blue No. 2(Indigotine)
Ventral Tegmentum	FD+C Green No. 3 (Fast Green FCF)
Raphe Nuclei	FD+C Red No. 40 (Allura Red AC)
Dopamine Receptor (D4)	FD+C Red No. 3 (Erythrosine)
Substantia Nigra	FD+C Yellow No. 5 (Tartazine)
Cerebellar Vermis	FD+C Yellow No. 6 (Sunset Yellow)
Acetylcholine	Milk
Gaba-Gammaaminobutyric Acid	Egg
Glutamate	Peanuts
B-Endorphin	Wheat
Generalized Thyroid Hormone (GRTH)	Soy
480-bp allele of the Dopamine Transporter Gene (480-bp DAT1 allele)	Tree Nuts
DRD4-7-repeat allele	Shellfish
DRD4mRNA	Fish
Folic Acid (Folate)	Temporal Lobes
Thiamin (Vitamin B ₁)	Frontal Lobes
	Parietal Lobes

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Appendices

APPENDIX A:

Aaron Bar-David, a Special Autistic Child

I have been working with a very special autistic patient, Aaron Bar-David. He is 18 years of age. Although he is essentially mute, he is still able to write beautiful, sensitive poetry. Most of his writing has been accomplished through facilitated speech (his wrist is supported while he points to letters on a board).

Here is a poem Aaron has written about our work together.

Sandi

*Gifts of healing
pour from Sandi,
gifts of love too.
Her hands work wonders on me.
Imagine a tornado
lulled to a gentle breeze.
A life of peace draws near,
a long life too.
Here in her home
sweet miracles happen.
Here in her home,
gifts last for a long time.
Here in her home,
gifts love their way
into your body,
and inside,
I can feel at home anywhere*

Aaron Bar-David, June 2001

Aaron's poor coordination made it difficult for him to use a regular computer keyboard. Pat Carrington, PhD was willing to write an article about Aaron in her EFT-Innovations Newsletter. We received donations for him to be able to purchase a special, large-key keyboard that has color-coded keys with a plastic cover to prevent his fingers from sliding from key to key. This keyboard helped to solve some of the problems caused by his poor vision and difficulty with fine motor planning.

I am so grateful for people's generosity that is allowing Aaron to express himself. Here is one of his first poems after receiving the keyboard. When you see an autistic child, realize that these types of thoughts may be locked inside.

*dear friends
HERE i am at mykeyboard with big keys
YOU HEAR the voice of one finger typing
today i ama man in print
my arm flies free to the letters i ask to speak for me
my quiet years are over
real tears flow from my eyes
real truth fills this page
please listen to the words i yearn to say
i am a man now
a lot of things are still hard for me
typing is not hard now
thank G d
typing heals me now
freedomlifts me to heaven on radiant light
the new year will try us and surprize us
powerful love teaches us to help each other
powerful faith teaches us peace
let G d guide your steps in truth
open your soul to guidance
and pray
pray until your heart pours your truth into the healing light of the Holy One
pray until the G d of the universe can feast on your prayers
pray until real pain bursts open to joy*

Aaron Bar-David, Jewish New Year 2002

You can read more of Aaron's poetry on his website, www.aaronbardavid.org. If you would like to help Aaron purchase a text-to-voice attachment to his computer, please send your donation to:

Aaron Bar David Foundation
c/o Debra Thomas
P.O. Box 2014
East Millstone, NJ 08875

APPENDIX B:

Release Form for Energy Psychology Treatments

The following is a release form developed by Jim Lane, PhD, who has kindly given it to me to pass on to others in our field. Dr. Lane advocates using the form before administering our innovative Energy Psychology techniques. It may be especially important when working with allergies and sensitivities since this type of treatment is new to therapists.

CONSENT FOR NOVEL TREATMENT OF SUBSTANCE SENSITIVITIES

I understand that the psychoenergetic treatment of sensitivities to substances is a novel treatment that is outside the domain of the conventional psychological and counseling practices. I also understand that, although there is clinical evidence that indicates that this treatment can be helpful, there are no controlled scientific studies at this time, that demonstrate the efficacy of these methods. I understand that this treatment may bring up strong emotional feelings or other unexpected physical sensations. With these understandings in mind, I agree to engage in this treatment of my own free will and feel under no pressure from my therapist to do so. I also agree to consult other medical professionals, as indicated, and agree to use discretion in my exposing myself to substances to which I have had adverse reactions in the past.

Printed name _____

Signed _____

Date _____

Witnessed _____

Date _____

APPENDIX C: Allergy Test and Treatment Protocol

The Allergy Test and Treatment Protocol form was developed by Gary Travis, PhD. It is a way to record the testing and treatment of energy tubes from the various collections.

Enter Date: _____

Check (4) Collection used: Expanded Core ____ Body ____ Food ____ Emotions ____

1. Muscle test client with the following statements:
 - a. Does your *body* give permission to treat your allergies?
 - b. Does your *conscious mind* give permission to treat your allergies?
 - c. Does your *subconscious mind* give permission to treat your allergies?
 - d. Does your *soul* give permission to treat your allergies?

Note: If any statement tests weak; treat with PR
2. Muscle test client while they hold the allergy tube in their navel

Note: If muscle tests weak; treat with Laser Spray, Cortex/Sternum Tap or EFT; and re-test

Caution: treat *only 3* allergy tubes during a session to prevent overload
3. Muscle test client after *treating each* allergy tube with the following statements:
 - a. Is treatment for this tube complete?
 - b. Is treatment for this tube 100% complete?
 - c. Is treatment for this tube 100% complete in the future?
 - d. Do you need to hold tube longer? If YES test for how long (1-5 minutes)?
 - e. Do you need to avoid this substance? If YES test for how long (1-25 hours)?
4. Muscle test client after each *treatment* with the following statements:
 - a. Is it OK to *test* another allergy tube?
 - b. Is it OK to *treat* another allergy tube?

Note: If any statement tests weak; treat with PR; and re-test.
If the re-test is weak *end the session*
5. Encourage client to get extra rest and drink water so the treatment will hold.
6. Record the following:
 - a. Check (4) all tube numbers *tested*:
1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10 ___ 11 ___ 12 ___ 13 ___ 14 ___ 15 ___
16 ___ 17 ___ 18 ___ 19 ___ 20 ___ 21 ___ 22 ___ 23 ___ 24 ___ 25 ___ 26 ___ 27 ___ 28 ___ 29 ___ 30 ___
 - b. Check (4) all tube numbers *treated*:
1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10 ___ 11 ___ 12 ___ 13 ___ 14 ___ 15 ___
16 ___ 17 ___ 18 ___ 19 ___ 20 ___ 21 ___ 22 ___ 23 ___ 24 ___ 25 ___ 26 ___ 27 ___ 28 ___ 29 ___ 30 ___

APPENDIX D: Identification of Reactive Substances

- Expanded Core Collection -

CONTENTS OF EXPANDED CORE COLLECTION	CHECK IF WEAK	SEVERITY* 4-1	TYPE OF TREATMENT	RE-TEST
1. Egg/Chicken				
2. Calcium/Milk Mix				
3. Vitamin C Mix				
4. B-Complex Mix				
5. Sugar Mix				
6. Mineral Mix w/Iron				
7. Heavy Metal Mix				
8. Toxic Chemical Mix				
9. Petrochemical Mix				
10. Pesticide Mix				
11. Vaccine Mix				
12. Enhancer				
13. Blood				
14. Candida Mix				
15. Chocolate/Caffeine/Coffee				
16. Cleaning Chemical Mix				
17. Dust/Dust Mites				
18. Formaldehyde				
19. Hormone Mix				
20. Mold Mix				
21. Neurotransmitter Mix				
22. Newspaper/Newspaper Ink				
23. Perfume Mix				
24. Pollen/Weeds/Grass/Trees				
25. RNA/DNA				
26. Smoking/Tobacco				
27. Staphylococcus/Streptococcus				
28. Titanium/Surgical Steel				
29. Virus Mix				
30. Vitamins A,E,D,K				

***Severity Scale:** 4 (Ring Finger) = Severe
 3 (Middle Finger) = Moderate
 2 (Index Finger) = Mild
 1 (Open Hand) = Very Mild

APPENDIX D: Identification of Reactive Substances

- Foods Collection -

CONTENTS OF FOODS COLLECTION	CHECK IF WEAK	SEVERITY* 4-1	TYPE OF TREATMENT	RE-TEST
1. Dairy Products				
2. Wheat				
3. Corn				
4. Eggs				
5. Soy				
6. Peanuts				
7. Sugar				
8. Aspartame				
9. Bananas				
10. Beer and Wine				
11. Berries				
12. Black Pepper				
13. Chicken				
14. Citrus Fruits				
15. Digestive Enzymes				
16. Essential Fatty Acids				
17. Food Additives				
18. Food Coloring				
19. Garlic				
20. Gluten				
21. Green and Red Peppers				
22. MSG				
23. Nuts				
24. Oats				
25. Onions				
26. Potatoes				
27. Rye				
28. Shrimp and Other Shellfish				
29. Tomatoes				
30. Yeast				

***Severity Scale:** 4 (Ring Finger) = Severe
 3 (Middle Finger) = Moderate
 2 (Index Finger) = Mild
 1 (Open Hand) = Very Mild

APPENDIX D: Identification of Reactive Substances

- Basic Body Collection -

CONTENTS OF BASIC BODY COLLECTION	CHECK IF WEAK	SEVERITY* 4-1	TYPE OF TREATMENT	RE-TEST
1. Acid				
2. Base				
3. Endocrine System				
4. Immune System				
5. Limbic System				
6. Adrenals				
7. Bladder				
8. Blood/Lymph				
9. Brain/Nervous System				
10. Gallbladder				
11. Heart				
12. Kidney				
13. Large intestine				
14. Liver				
15. Lungs				
16. Pancreas				
17. Pituitary/Pineal/Hypothalamus				
18. Prostate				
19. Small Intestine				
20. Spleen				
21. Stomach				
22. Thymus				
23. Thyroid/Parathyroid				
24. Uterus/Ovary				
25. Saliva/Mucus				
26. Sweat/Urine/Lubricant				
27. Tears				
28. Estrogen				
29. Progesterone				
30. Testosterone				

***Severity Scale:** 4 (Ring Finger) = Severe
 3 (Middle Finger) = Moderate
 2 (Index Finger) = Mild
 1 (Open Hand) = Very Mild

APPENDIX D: Identification of Reactive Substances

- Emotion Collection -

CONTENTS OF EMOTION COLLECTION	CHECK IF WEAK	SEVERITY* 4-1	TYPE OF TREATMENT	RE-TEST
1. Abandonment				
2. Anger				
3. Anxiety				
4. Apathy				
5. Betrayal				
6. Confusion				
7. Depression				
8. Deprivation				
9. Despair				
10. Disappointment				
11. Discouragement				
12. Disgust				
13. Disillusionment				
14. Envy				
15. Fear				
16. Frustration				
17. Grief				
18. Guilt				
19. Hatred				
20. Helplessness				
21. Hopelessness				
22. Jealousy				
23. Joy				
24. Panic				
25. Rage				
26. Rejection				
27. Resentment				
28. Sadness				
29. Shame				
30. Terror				

***Severity Scale:** 4 (Ring Finger) = Severe
 3 (Middle Finger) = Moderate
 2 (Index Finger) = Mild
 1 (Open Hand) = Very Mild

APPENDIX D: Identification of Reactive Substances

- Neurotransmitters & Digestive Enzymes Collection -

CONTENTS OF NEUROTRANSMITTERS & DIGESTIVE ENZYMES COLLECTION	CHECK IF WEAK	SEVERITY* 4-1	TYPE OF TREATMENT	RE-TEST
NEUROTRANSMITTERS				
1. Acetylcholine				
2. Cholinesterase				
3. Dopamine				
4. Epinephrine				
5. Gaba				
6. Glutamic acid				
7. Histamine				
8. Histidine				
9. Malvin				
10. Melanin				
11. Melatonin				
12. Norepinephrine				
13. Phenylalanine				
14. Serotonin				
15. Taurine				
DIGESTIVE ENZYMES				
16. Amylase				
17. Bromelain				
18. Cellulase				
19. Chymotrysin				
20. HCL				
21. Lactase				
22. Lipase				
23. Maltose				
24. Pancreatin				
25. Papain				
26. Pepsin				
27. Protease				
28. Potassium Bi-carbonate				
29. Ptyalin				
30. Trypsin				

***Severity Scale:** 4 (Ring Finger) = Severe
 3 (Middle Finger) = Moderate
 2 (Index Finger) = Mild
 1 (Open Hand) = Very Mild

APPENDIX D: Identification of Reactive Substances

- Vaccines & Heavy Metals Collection -

CONTENTS OF VACCINES & HEAVY METALS COLLECTION	CHECK IF WEAK	SEVERITY* 4-1	TYPE OF TREATMENT	RE-TEST
VACCINES				
1. MMR/MMR2 vaccine				
2. Measles vaccine				
3. DPT vaccine				
4. Diphtheria vaccine				
5. Pertussis vaccine				
6. Tetanus vaccine				
7. Hepatitis vaccine				
8. Small pox vaccine				
9. Polio vaccine				
10. Chicken pox vaccine				
11. Thimerosal (mercury preservative) vaccine				
12. Cat vaccines				
13. Dog vaccines				
14. Flu vaccine 1999				
15. Flu vaccine 2000				
HEAVY METALS				
16. Aluminum				
17. Arsenic				
18. Asbestos/Silicon				
19. Barium/Beryllium				
20. Cadmium				
21. Copper				
22. Gold				
23. Lead				
24. Mercury				
25. Nickel				
26. Silver/Silver amalgam				
27. Tin				
28. Titanium				
29. Vanadium				
30. Zinc				

*Severity Scale: 4 (Ring Finger) = Severe
 3 (Middle Finger) = Moderate
 2 (Index Finger) = Mild
 1 (Open Hand) = Very Mild

APPENDIX D: Identification of Reactive Substances

- *B-Vitamins & Minerals Collection* -

CONTENTS OF B-VITAMINS & MINERALS COLLECTION	CHECK IF WEAK	SEVERITY* 4-1	TYPE OF TREATMENT	RE-TEST
<i>B-VITAMINS</i>				
1. B1				
2. B2				
3. B3				
4. B4				
5. B5				
6. B6				
7. B12				
8. B13				
9. B15				
10. B17				
11. Biotin				
12. Choline				
13. Folic Acid				
14. Inositol				
15. PABA				
<i>MINERALS</i>				
16. Boron				
17. Magnesium				
18. Calcium				
19. Chlorine				
20. Iron				
21. Manganese				
22. Metal Alloy				
23. Molybdenum				
24. Chromium				
25. Phosphorus				
26. Fluorine				
27. Potassium				
28. Iodine				
29. Selenium				
30. Sodium				

***Severity Scale:** 4 (Ring Finger) = Severe
 3 (Middle Finger) = Moderate
 2 (Index Finger) = Mild
 1 (Open Hand) = Very Mild

APPENDIX D: Identification of Reactive Substances

- Autism Additions Collection -

CONTENTS OF AUTISM ADDITIONS COLLECTION	CHECK IF WEAK	SEVERITY* 4-1	TYPE OF TREATMENT	RE-TEST
1. Brain (General)				
2. Frontal lobe				
3. Parietal lobe				
4. Temporal lobe				
5. Occipital lobe				
6. Midbrain/Cerebellum				
7. CS Fluid/Hypo/Pit./Corpus Callosum				
8. Gluten				
9. Casein				
10. Yeast				
11. Immune Boost 1				
12. Immune Boost 2				
13. Immune Boost 3				
14. Borna Virus				
15. Retrovirus				
16. Dental/Ear infections				
17. Pitocin				
18. Rogam				
19. Serotonin				
20. Metallothionen				
21. Glutiathione				
22. Myelin Sheath				
23. Tympanic cavity				
24. Vestibular-cochlear nerve VIII				
25. Electromagnetic radiation				
26. TV/Computers				
27. Fluorescent lights				
28. Atmospheric Pressure				
29. Low barometric pressure				
30. High barometric pressure				

***Severity Scale:** 4 (Ring Finger) = Severe
 3 (Middle Finger) = Moderate
 2 (Index Finger) = Mild
 1 (Open Hand) = Very Mild

APPENDIX D: Identification of Reactive Substances

- Essential Nutrients of Life Collection - (page 1 of 2)

CONTENTS OF ESSENTIAL NUTRIENTS OF LIFE COLLECTION	CHECK IF WEAK	SEVERITY* 4-1	TYPE OF TREATMENT	RE-TEST
1. Vitamin A				
2. Vitamin D				
3. Vitamin E				
4. Vitamin K				
5. B1				
6. B2				
7. B3				
8. Biotin				
9. Folic Acid				
10. B5				
11. B6				
12. B12				
13. Vitamin C				
14. Protein				
15. Water				
16. Calcium				
17. Phosphorus				
18. Sodium				
19. Sulfur				
20. Chlorine				
21. Magnesium				
22. Iron				
23. Selenium				
24. Zinc				
25. Manganese				

***Severity Scale:** 4 (Ring Finger) = Severe
 3 (Middle Finger) = Moderate
 2 (Index Finger) = Mild
 1 (Open Hand) = Very Mild

APPENDIX D: Identification of Reactive Substances

- Essential Nutrients of Life Collection - (page 2 of 2)

CONTENTS OF ESSENTIAL NUTRIENTS OF LIFE COLLECTION	CHECK IF WEAK	SEVERITY* 4-1	TYPE OF TREATMENT	RE-TEST
26. Copper				
27. Cobalt				
28. Molybdenum				
29. Iodine				
30. Vanadium				
31. Copper				
32. Tin				
33. Nickel				
34. Silicon				
35. Leucine				
36. Lysine				
37. Isoleucine				
38. Methionine				
39. Histidine				
40. Phenylalanine				
41. Theonine				
42. Tryptophan				
43. Valine				
44. Nonessential nitrogen				
45. Glucose				
46. Linoleic acid				
47. Oxygen				
48. Hydrogen				
49. Nitrogen				
50. Carbon				

***Severity Scale:** 4 (Ring Finger) = Severe
 3 (Middle Finger) = Moderate
 2 (Index Finger) = Mild
 1 (Open Hand) = Very Mild

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APPENDIX F: RELATED TRAINING

1. **Allergy Antidotes™** – The Energy Psychology Treatment of Allergy-like Reactions – Basic and Advanced
Contact: Sandi Radomski at sandiradom@aol.com or www.allergyantidotes.com
2. **Bioaset**
Contact: Ellen Cutler at www.bioasetinstitute.com
3. **Choices**
Contact: Patricia Carrington, Ph.D. at www.eftupdate.com
4. **Edx™**
Contact: Fred Gallo at www.energypsych.com
5. **Emotional Freedom Technique (EFT)**
Contact: Gary Craig at www.emofree.com
6. **GIFTS Seminar** – The Bioenergetic and Metabolic Protocol for the Treatment of Auto-immune and Autism Spectral Disorder
Contact: Pat Omiecinski at PATO14001@aol.com
7. **iST**
Contact: Don Elium at www.members.aol.com/elioms/ist.html
8. **JMT**
Contact: Carolyn Jaffe and Judith Mellor at www.jmt-jafmeltechnique.com
9. **LaserLight Technique™**
Contact: Sandi Radomski at sandiradom@aol.com or www.allergyantidotes.com
10. **NAET (Nambudripad's Allergy Elimination Technique)**
Contact: Dr. Devi Nambudripad at www.naet.com
11. **Resonance Tuning**
Contact: Alan Handlesman at alanhand@aol.com
12. **Seemorg Matrix**
Contact: Asha Clinton at www.seemorgmatrix.com
13. **TAT (Tapas Acupressure Technique)**
Contact: Tapas Fleming at www.tat-intl.com

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