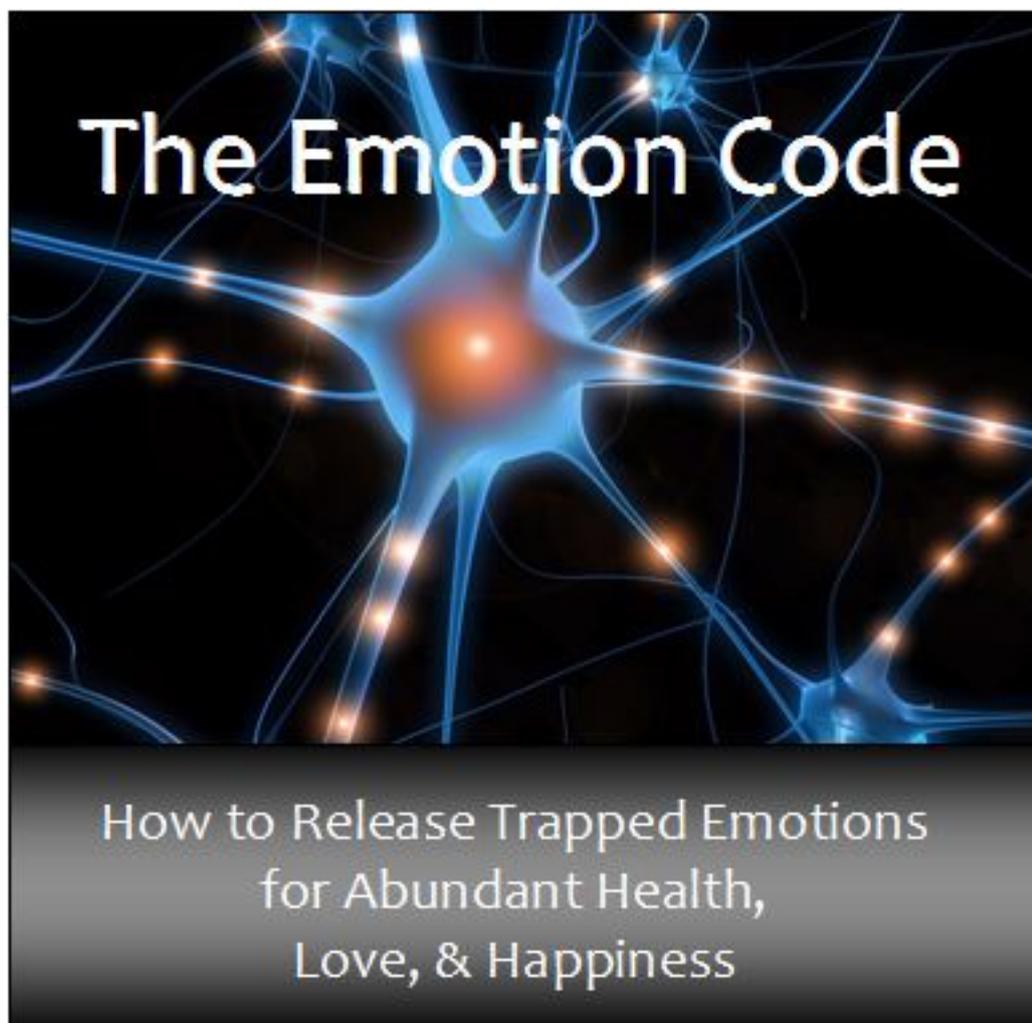


PASCAS CARE

Emotion Code *Nutritional Imbalances*



“Peace And Spirit Creating Alternative Solutions”

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PASCAS INTRODUCTION:

Documents assembled by Pascas are provided for your individual assessment and exploration. The contents are sourced from a variety of avenues and publications. Every endeavour is made to determine that the contents are of the highest level of truth and veracity. At all times we ask that you go within yourself, to ascertain for yourself, how the contents resonate with you.

Pascas provides these notes and observations to assist us all in the development and growth of our own pathways and consciousness. Pascas does not hold these contents as dogma. Pascas is about looking within oneself. Much of what we are observing is new to us readers and thus, we consider that you will take on board that which resonates with you, investigate further those items of interest, and discard that which does not feel appropriate to you.

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas Care – Energy Level of Food. From each persons perspective, results may vary somewhat. The calibration is offered as a guide only and just another tool to assist in considering the possibilities. As a contrast, consider using this technique to test the level of truth of your local daily newspaper.

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The sources of contents are noted throughout the document. In doing so, we acknowledge the importance of these sources and encourage our readers to consider further these sources. Should we have infringed upon a copyright pertaining to content, graphics and or pictures, we apologise. In such cases, we will endeavour to make the appropriate notations within the documents that we have assembled as a service via our not for profit arm, to our interested community.

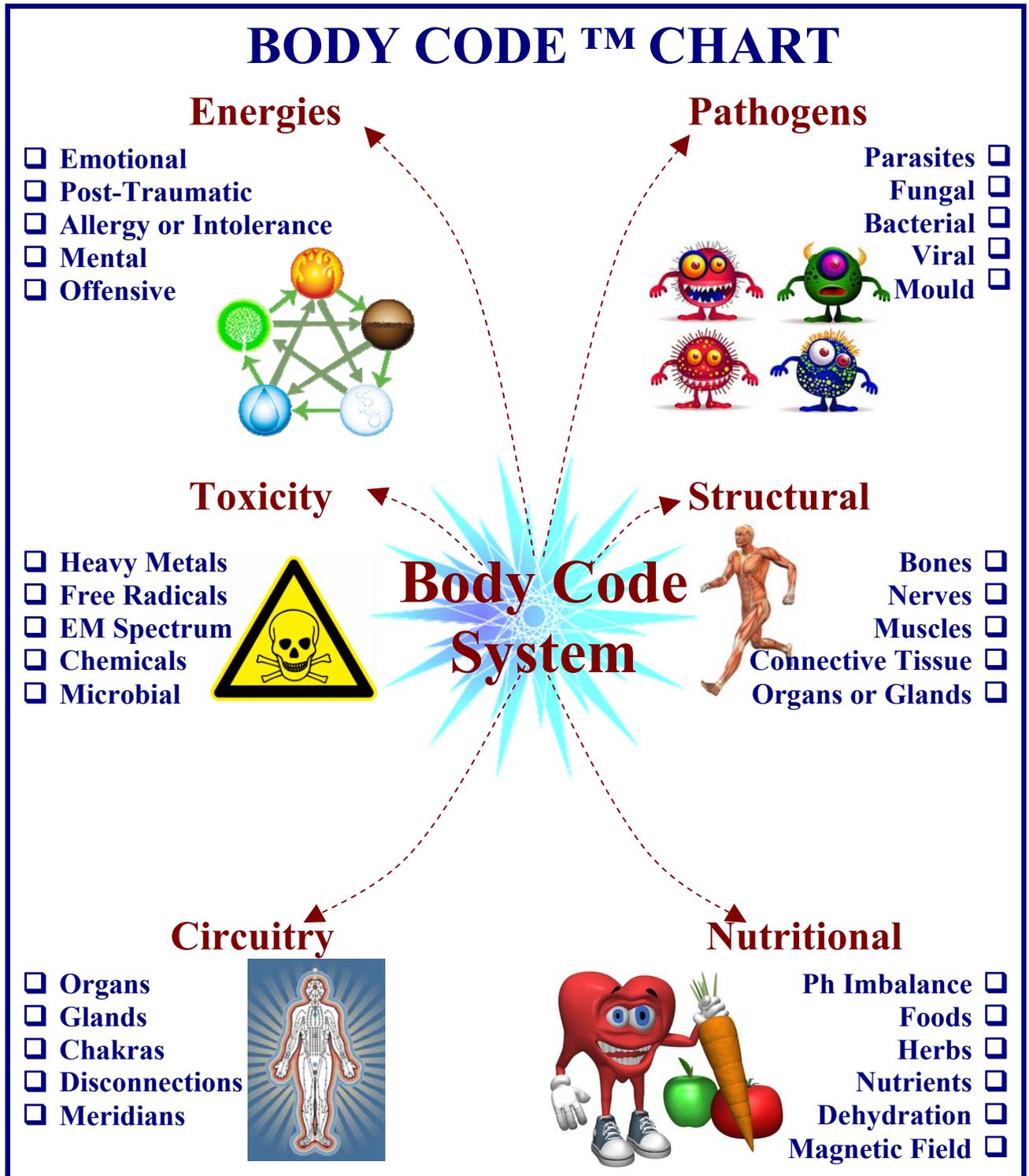
We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

Living Feelings First, *John.*

“Never can one man do more for another man than by making it known of the availability of and the Feeling Healing process and Divine Love.” **JD**

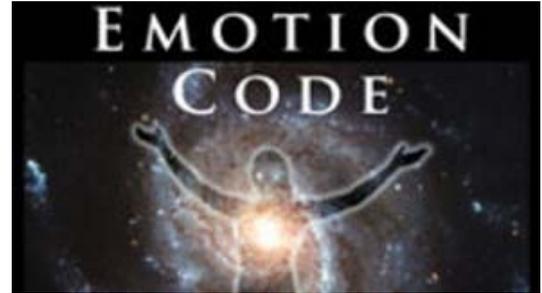
| |
|--|
| <p>Treatment Session = Management of energy flow within in our bodies = Release of Negative Emotions.</p> |
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BODY CODE – NUTRITIONAL IMBALANCES:

The purpose of this module is to help you to understand what nutritional imbalances are, how to detect them, and how to correct them.



LEARN HOW TO TEST:

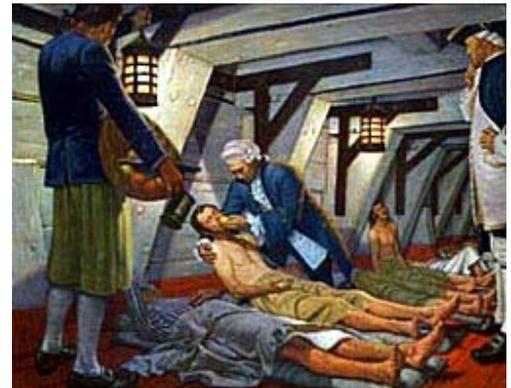
- | | |
|--------------------------------|------------------------------------|
| • Vitamins and Minerals | • Foods |
| • Herbs | • Plants |
| • pH Imbalance | • Oils |
| • Dehydration | • Magnetic Field Deficiency |

Learn How to Test

First of all we're going to talk about vitamins and minerals, how to look at different herbs and test them, what a pH imbalance is, and how that can be tested as well. We'll be looking at what to do about dehydration and how it affects you, how to test different foods, plants, and oils, and also how to test for magnetic field deficiency and what to do about it.

HISTORY

- **Importance of proper nutrition has been growing especially since the 1700's.**



First, a little bit of history. This is a picture of Sir James Lind, a surgeon in the British Royal Navy. In this picture, he's conducting some tests which eventually led him to discover that fresh fruits containing Vitamin C could be given to sailors to cure them of scurvy. Scurvy is a disease that the sailors would get on long voyages because there was no fresh food.

Therefore, they became deficient in Vitamin C and as a result, the connective tissue that would hold their teeth in their mouths would actually weaken. Their teeth would fall out and they would get nosebleeds and so on. Eventually, scurvy was fatal, but that's just one example of how nutritional deficiency can affect us in extreme ways. If you become deficient in anything, it can have an adverse effect on you.

British sailors, to this day, are known as *limeys* because they would take barrels of limes on their voyages, and the Vitamin C in the limes would prevent them from getting scurvy.

HISTORY

- **Rickets**
- **Vitamin D deficiency**
- **Sunlight**
- **Cod Liver Oil**



History of Rickets

Another nutritional-deficiency disease is rickets. You can see how the legs of these children are bowlegged or knock-kneed. They have a malformation going on, created by Vitamin D deficiency. Our bodies form Vitamin D from sunlight. There's more and more evidence coming out all the time that is indicating that Vitamin D is a very, very important vitamin, and that most of us now are not getting enough sun. Of course, there is a lot of controversy about the conventional wisdom that sunlight is bad for you and if you get too much sunlight, it'll create cancer and so on.

Normal anatomy

Rickets



I could be wrong but, my own personal opinion is, I think more people get skin cancer from trapped emotions and from sun block than they do from the sun itself. I think that it's all quite hyped, personally. Cod liver oil is another great source of Vitamin D and can overcome rickets. Rickets is one of those diseases that we don't see too much anymore, but it used to be a big problem, and it took quite awhile to figure out.

HISTORY

- **Beriberi**
- **Neurological disease**
- **Deficiency of Thiamine or B1**
- **White Rice**

History of Beriberi

Beriberi is another disease that used to be very common, especially in Asia. Beriberi is a neurological disease caused by a deficiency of thiamine or Vitamin B1.



What they found is that in the tropics when they would harvest rice, one of the common methods of preserving that rice was to actually remove the hull from the brown rice. What was left, of course is white rice, but the white rice did not contain the thiamine or Vitamin B1 because that was actually contained in the hull of the rice. Again, it took awhile to figure out what was happening. Beriberi is another disease that can be fatal but now we know what actually causes it, so it's not nearly the threat it used to be.



The Food Pyramid

The government has its own idea about what foods are good for you. The Food Pyramid was first published by the FDA in 1992. There is nothing wrong with fruits and vegetables, provided that they're as organic as you can get them. The problem is that a lot of fruits and vegetables are sprayed with as many as 10 different pesticides and herbicides as well. So that's a problem if you're buying fruits and vegetables that are commercially grown. We're going to talk about that in a few more minutes.

Milk

Milk, in its natural form when it comes right out of the cow, is actually proven to be a very healthy thing for a lot of people. In fact, there are a lot of cases now of different diseases that seem to actually go away when people go on natural cow's milk. The problem is when cow's milk is pasteurized, which means that it's heated to a certain temperature long enough to kill any bacteria that are in the milk; it changes the nature of the milk. The milk is also homogenized, which means that the normal fat content has been altered. If you remember, if you've ever seen milk that has come straight from a cow that's not been homogenized, what you'll see is a thick layer of cream that will rise at the top.

When they homogenize milk, they blend the cream into the milk so that you get these very fine microscopic droplets of fat spread throughout the milk and held in suspension. The problem with that is that it goes very easily into the blood stream and is not handled very well by the body, and so it can contribute to hardening of the arteries and so on.

Grains

One of the issues here that a lot of people have trouble with is with grains. Grains that are genetically modified cause a lot of problems. They cause a lot of allergies for a lot of people. And of course, because of genetic modification of foods (GMO) they're manipulating things now down to the DNA level, so you don't always know what you're getting. You need to be careful because it's possible to get grains that are genetically modified, and that can cause some serious reactions in the body.

A lot of people have allergies to grains because they, I believe, are actually developing allergies due to the pesticides that are in a lot of these grains. My own opinion is what happens is people eat grains that are grown in fields that are sprayed with pesticides and herbicides. So when they eat the grain, they're getting the grain but they're also getting these toxic herbicides. The body reacts to that and then forever after, it sees grain as an enemy and so it will react accordingly. These people will have allergies to grains and this is one of the reasons why so many people have trouble with wheat. But of course, there are other legacy types of grains like, for example, Quinoa and Amaranth, which is an ancient form of wheat, and I find that many people can consume these legacy grains without having any problems.

The Great Egg Scare

If there's one thing that is for certain as far as nutritional ideas go, it is that those ideas change continually. You may remember the great egg scare from about 20 years ago (1990). Scientists decided that eggs were causing heart disease, and recommended that you should never eat more than one egg a week. Of course, a few years later, they found out that wasn't really correct. I don't pay much attention to nutritional fads myself.

IDEAS CHANGE

- **The great egg scare!**
- **Cholesterol!**
- **Fats!**



Cholesterol

Speaking of cholesterol, they've never actually proven that cholesterol creates heart disease or hardening of the arteries, which is known as Arteriosclerosis. There are a lot of people out there who are taking medication to reduce their level of cholesterol. Actually, the body itself produces cholesterol. The liver produces it and it's something that your body actually needs. They've never actually proven that cholesterol causes Arteriosclerosis, but there are a lot of people taking medication for it, and the drug companies are making money on that. Another thing is fat. Fats, of course, are demonised in our society and there is evidence that indicates that fats may not be quite as bad as we think, but that fat *deficiency* can be a big problem!

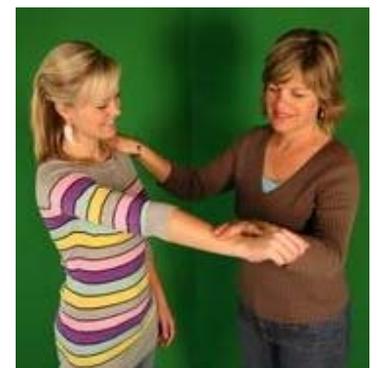
FINDING NUTRITIONAL DEFICIENCIES

- The body of the person you are kinesiology testing (or your own body, if you are testing yourself) *knows* what it needs!



FINDING NUTRITIONAL DEFICIENCIES

- Simply ask "Do you (I) have a nutritional deficiency that needs to be addressed?"
- Swaying forward or a strong muscle test will mean "Yes."



Finding Nutritional Deficiencies

Finding nutritional deficiencies is very easy because the body of the person knows what it needs. It knows exactly what it needs, and so finding nutritional deficiencies can be as simple as asking a question such as, "Do you have a nutritional deficiency that needs to be addressed?" If the answer to that is "Yes", then you can dig deeper and find out what the body needs quite easily.

To dig deeper, you can ask about categories of nutrition; this may elicit a positive response:

Do you need a:

- **Mineral?**
- **Vitamin?**
- **Herb?**
- **Food?**
- **Plant?**
- **Oil?**

Do you have (or are you):

- **pH imbalance?**
- **Dehydrated?**
- **Magnetic Field Deficiency?**

Asking More Specific Questions

To dig deeper, you can ask about categories of nutrition and this may elicit a positive response. For example, do you need a certain mineral, or a certain vitamin, or a certain herb or food, a certain plant or oil? Do you have a pH imbalance, or are you dehydrated, or do you have a magnetic field deficiency? You can also ask questions that are related to a specific symptom such as, “Is there any particular nutrition that would help this symptom of _____ that you are experiencing?” If the answer is yes, ask if it’s a mineral or vitamin, herb, magnet, food, etc. I have provided some lists for you that will make it easy to zero in and find out exactly what nutritional deficiencies a person may have.

- **You can also ask questions that are related to a specific symptom, such as “Is there any particular nutrition that would help this symptom of (fill in blank) that you are experiencing?”**
- **If the answer is Yes, ask if it is a mineral, vitamin, herb, magnet, food, etc. (see list).**

MINERALS and VITAMINS

Several methods of testing:

- **Ask “Do you (I) have a mineral or vitamin deficiency that needs to be addressed?”**
- **Hold or think about a particular supplement or mineral or vitamin and muscle or sway test; if it tests good, body will sway forward or test strong.**
- **Look at a page of supplements and ask “Is there something on this page that you (I) need?”**

Minerals and Vitamins

Note: Minerals are the carriers of your nutrition. If you are short of minerals then there is no benefit in taking vitamins until the mineral deficiency is remedied. The vitamins will simply pass through you until such times as the appropriate carries are in your system, namely the minerals.

As far as minerals and vitamins go, there are several methods of testing. You could simply ask if you have a mineral or vitamin deficiency that needs to be addressed. You can hold or think about a particular mineral or vitamin or supplement and you can then muscle test or sway test. If that particular thing is desired by the body, they will sway forward or the muscle test will be strong.

Supplements

You can also look at a page of supplements and simply ask, “Is there something on this page that you need or that I need?” Believe it or not, the subconscious mind is able to discern that information, and it is amazing, but it works.

HERBS

Nearly all herbs have healing or medicinal qualities.

- **The Complete Medicinal Herbal: A practical guide to the healing properties of herbs, with more than 250 remedies for common ailments by Penelope Ody and Mark Blumenthal.**
- **Herbal Home Health Care by John R Christopher.**

Herbs

Nearly all herbs have healing or medicinal qualities. A couple of good resources for you, if you'd like to find out more about herbs are The Complete Medicinal Herbal, a practical guide to the healing properties of herbs with more than 250 remedies for common ailments by Penelope Ody and Mark Blumenthal, and Herbal Home Health Care by John R Christopher. I would strongly recommend that you purchase one or both of these books as a guide to correctly using herbs. Before recommending that a person take a certain herb, make certain that you are aware of any possible problems that may result, even if the body indicates that it wants the herb.

There are some herbs, for example, that shouldn't be used during pregnancy because of what they do to reproductive organs or because of naturally-occurring substances in them.

‘Culinary herbs (basil, oregano, etc.) usually are safe in the small amounts used in cooking, but not in larger doses used for teas. Anthraquinone laxatives stimulate muscle, including the uterus, possible causing miscarriage. Uterine stimulants should be avoided for the same reason. Alkaloids, bitter principles or essential oils should be avoided because they affect functions in the mom-to-be's body as well as in the foetus. Abortifacients also might cause miscarriage. Emmenagogues promote and regulate menstruation, which should be avoided during pregnancy.’

<http://www.pregnancytoday.com/articles/medications-and-herbs/herbs-to-avoid-during-prenancy-2293/>

If you have questions about a herb or what is a safe amount, avoid the herb or ask a herbal practitioner or homeopathic doctor. Here is a list of herbs that should be avoided during pregnancy:

| | | |
|------------------------|-----------------------------|------------------|
| Anthraquinone Laxative | Periwinkle | Passion Flower |
| Aloe | Poke Root | Rosemary |
| Buckthorn | Rhubarb | Sage |
| Cascara Sagrada | Sage | Thuja |
| Docks | Senna | Thyme |
| Meadow Saffron | Tansy | Yarrow |
| Senna | Thuja | Emmenagogue |
| Uterine Stimulant | Thyme | Cascara Sagrada |
| American Mandrake | Wild Cherry | Cotton-Root Bark |
| Black Cohosh | Wormwood | Lady's Mantle |
| Blue Cohosh | Alkaloids/Bitter Principles | Licorice |
| Bloodroot | Barberry | Mayapple |
| Calamus | Bloodroot | Thyme |
| Cascara Sagrada | Celandine | Wormwood |
| Cayenne | Cinchona | Yarrow |
| Fennel | Ephedra | Mistletoe |
| Feverfew | Goldenseal | Passion Flower |
| Flax Seed | Wild Cherry | Pennyroyal |
| Goldenseal | Essential Oils | Periwinkle |
| Lady's Mantle | Calamus | Poke Root |
| Licorice | Cayenne | Rhubarb |
| Make Fern | Fennel | Senna |
| Mayapple | Juniper | Tansy |
| Mistletoe | Lavender | Thuja |
| Passion Flower | Marjoram | Rue |
| Pennyroyal | Oregano | |

Testing Dosage

When I (Dr Bradley Nelson) first started out in practice, I would test supplements by placing an increasing number of pills on the subjects tongue until weakness occurred. For example, I'd put one pill on their tongue and then muscle test them, and if they were strong, I'd put another pill on their tongue and if they tested strong for that, I'd put another one on until eventually, we got a weak muscle test, and at that point, we had arrived at the daily dosage, the dosage being one less than the number that made them weak. So in other words, if you put three on their tongue and they stay strong and then we put the fourth one on and they go weak, we would assume that they needed three of that particular supplement per day.

TESTING DOSAGE

- **I started out testing supplements by placing an increasing number of pills on the subjects tongue until weakness occurred; at that point, we had arrived at the daily dosage.**



Then I found that I could place pills on the clients' hand and test them that way. That was a lot better because, of course, a lot of pills don't taste good. Then I found that I could keep the pills in the cap on the subject's hand and the test would be exactly the same. Then I found that we could leave the pills in the bottle. We didn't even have to open the bottle.

Somehow the spirit could read and discern exactly what was in the bottle and we could get the same exact results by merely holding the bottle in the hand. Then I realised that dosage could actually be tested at any distance by simply thinking about the supplement. One of the great things about this is that, let's say you're watching TV late at night and there's a program that comes on and they're pushing a certain kind of supplement that you think sounds pretty good, and it may actually be pretty good for you. You can simply think about that supplement, and your body will either sway forward towards it, indicating that yes, it is good, or it will sway backwards away from it. Or, of course, you can muscle test yourself and if you get a strong test then that is something that you probably should get. Your body likes it.

TESTING DOSAGE

- Then I found that I could place pills on the subject hand.



TESTING DOSAGE

- Then I found that I could keep the pills in the cap, on the subject's hand.



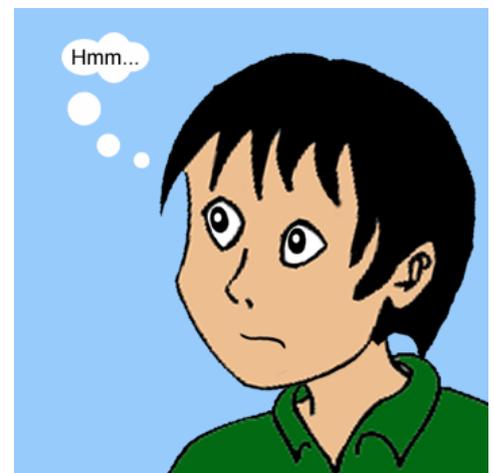
TESTING DOSAGE

- Late, I found we could leave the pills in the bottle.



TESTING DOSAGE

- Now I realise that dosage can be tested at any distance, by simply thinking about the supplement!!



pH IMBALANCE

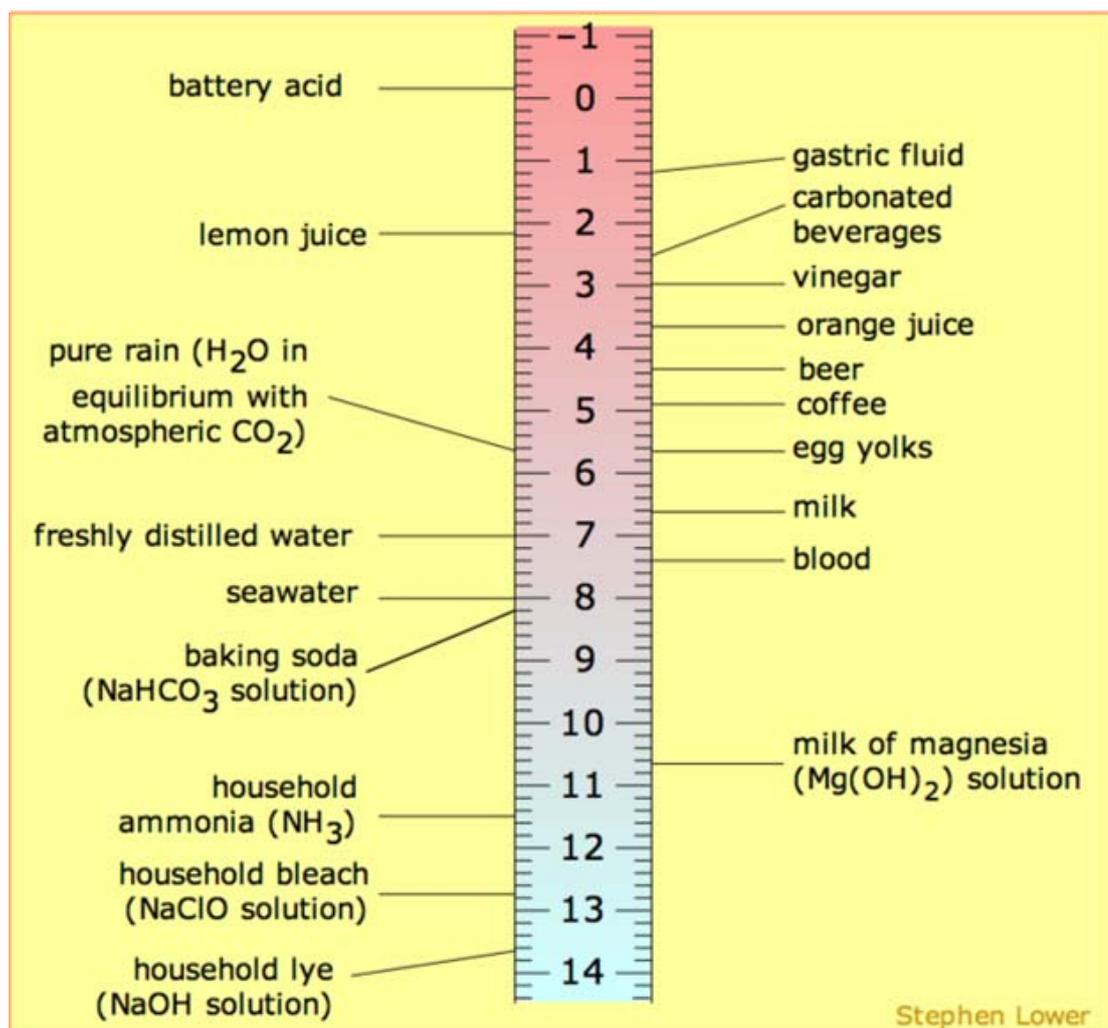
- pH is a measure of the acidity or alkalinity of a substance.
- Pure water is neutral pH, or 7.0.
- Less < than 7.0 is acidic, while greater > than 7.0 is alkaline.
- pH of 7.5 is normal for human body.

pH Imbalance

pH is defined as the negative logarithm of the hydrogen ion concentration. Potential Hydrogen.

pH imbalance is a common problem. pH is a measure of the acidity or the alkalinity of a substance. Pure water is considered to be a neutral pH, or a pH of about 7.0. Numbers that are smaller than 7.0 indicate acidity, while numbers that are greater than 7.0 are alkaline. A pH of 7.3 to 7.5 is considered normal for the human body.

Here's a scale of acidity and alkalinity and you can see at the very, very top, we have battery acid that is of course extremely acidic.



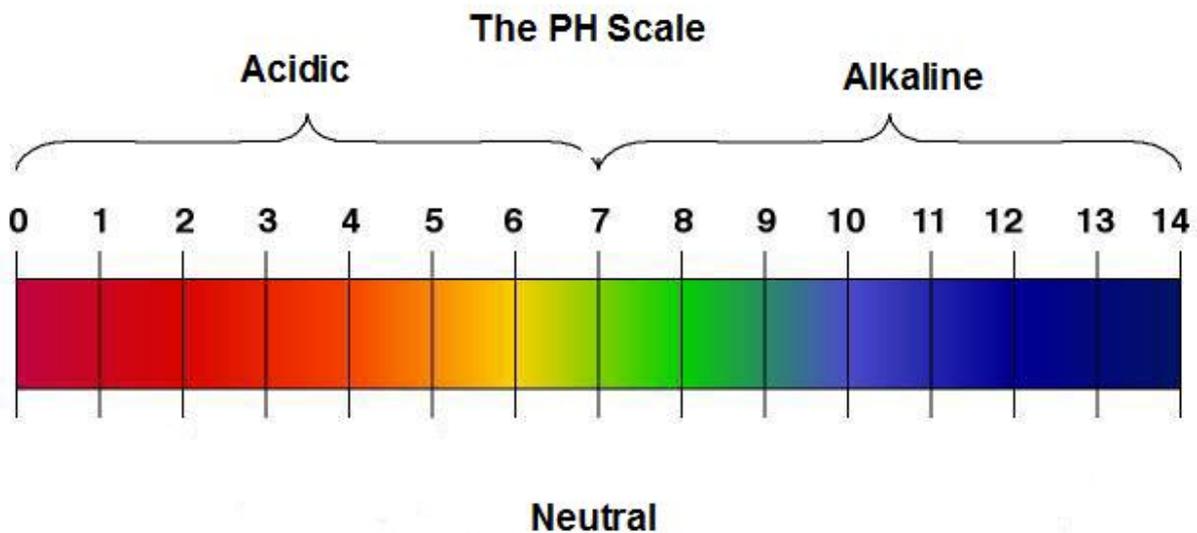
Acid

Coming down on the right side we list gastric fluid, or hydrochloric acid, which is extremely acidic, then carbonated beverages. Look how acidic, carbonated beverages are! Coca-Cola has a pH of around 2.46. Pure rain, (which is water that's in equilibrium with atmospheric carbon dioxide), comes in at just between 5 and 6. And distilled water comes in at right at 7, or neutral pH.

Alkaline

As we go down this chart of course the numbers are increasing, and we are on the alkaline side of the pH scale. You can see that sea water is about an 8. Baking soda is about 8.2 or so, milk of magnesia on the right side is about 10.5 or so, household ammonia is very alkaline, between 11 and 12. Between 12 and 13, we have household bleach, and of course you know how caustic bleach can be. You can put bleach on concrete and it will actually etch the concrete away if you leave it very long. Then even more alkaline than that is household lye. As we know, lye is used to make soap, but you don't want to ever get lye on your skin because it will take your skin off.

| | Environmental Effects | pH Value | Examples |
|---|---|----------------------|--|
| <p>ACIDIC</p> <p>↑</p> <p>NEUTRAL</p> <p>↓</p> <p>BASIC</p> | | pH = 0 | Battery acid |
| | | pH = 1 | Sulfuric acid |
| | | pH = 2 | Lemon juice, Vinegar |
| | | pH = 3 | Orange juice, Soda |
| | All fish die (4.2) | pH = 4 | Acid rain (4.2-4.4) Acidic lake (4.5) |
| | Frog eggs, tadpoles, crayfish, and mayflies die (5.5) | pH = 5 | Bananas (5.0-5.3) Clean rain (5.6) |
| | Rainbow trout begin to die (6.0) | pH = 6 | Healthy lake (6.5) Milk (6.5-6.8) |
| | | pH = 7 | Pure water |
| | | pH = 8 | Sea water, Eggs |
| | | pH = 9 | Baking soda |
| | | pH = 10 | Milk of Magnesia |
| | | pH = 11 | Ammonia |
| | | pH = 12 | Soapy water |
| | | pH = 13 | Bleach |
| | pH = 14 | Liquid drain cleaner | |



Testing pH with Acid / Alkaline Scale

In this picture we have a typical scale for testing body pH. This type of scale will vary a bit as far as the colours go, but if you go to any drugstore, you can buy a pH test kit, usually a little bottle containing pH test strips. You'll see that on this scale, the colours vary depending on how acid or how alkaline you are, and you want to be right in the middle, right at about 7.0 to 7.5.

Testing Your pH

To test your body pH, follow these three simple steps. First of all, wait for two hours after having anything in your mouth. The purpose of this is to test the saliva produced by the body (about seven quarts each day) and not the saliva and food in your mouth. We want to actually test the saliva that your body is manufacturing. You swallow the saliva that's in your mouth and then you suck new saliva from below your tongue. There are two saliva glands right below the tongue. Repeat this two more times and then apply the saliva to a piece of pH test paper. Wait about 20 seconds and then compare the resulting colour to the pH colour chart. The pH colour chart will be on the back of the bottle of pH strips that you will buy at the pharmacy.

Then check your results, and if your pH is about 7.5, your body fluids are in a healthy range. If your pH is between 6.0 and 6.5, you're becoming acidic and therefore you are at a higher risk of developing a degenerative disease. Causes of acid pH are too much meat, too much stress and too many acid-producing foods. If your pH is below 6.0 then you're highly acidic, probably mineral deficient, and you probably are manifesting symptoms of a degenerative disease. Degenerative diseases include things like cancer, autoimmune problems, and on and on.

“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD

Follow these three simple steps:

- **1. Wait for two hours after having anything in your mouth (the purpose is to test the saliva produced by the body, about 7 quarts (6.6 litres) each day, and not just the saliva and food in your mouth).**
- **2. Swallow the saliva in your mouth, and then suck new saliva from below your tongue (there are two saliva glands below the tongue). Repeat 2 more times.**
- **3. Apply saliva to a piece of pH paper, wait 20 seconds, and compare the resulting colour to the pH colour chart.**
- **Check your results.**
- **If your pH is 7.5, your body fluids are in the healthy range.**

This chart is intended only as a general guide to alkalizing and acidifying foods.

| MOST ALKALINE | ALKALINE | LOWEST ALKALINE | FOOD CATEGORY | LOWEST ACID | ACID | MOST ACID |
|---|--|---|---|--|--|--|
| | | Raw Honey, Raw Sugar | Sweetners | Processed Honey, Molasses | White Sugar, Brown Sugar | NutraSweet, Equal, Aspartame, Swee 'N Low |
| Lemons, Limes, Watermelon, grapefruit, Mangoes, Papaya | Dates, Figs, Melons, Grapes, Kiwi, Berries Apples, Pears, Raisins | Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados | Fruits | Plum, Processed Fruit Juices | Sour Cherries, Rhubarb | Blueberries, Cranberries, Prunes |
| Asparagus, Onions, Vegetable Juice, Parsley, Garlic, Raw Spinach, Broccoli | Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Carob, Sweet Potato | Carrots, Tomatoes, Fresh Corn, Mushrooms, Peas, Cabbage, Olives, Potato Skin, Tofu, Soybeans | Beans, Vegetable & Legumes | Cooked Spinach, Kidney Beans, String Beans | Potatoes (without Skin), Pinto Beans, Navy Beans, Lima Beans | Chocolate |
| | Almonds | Chestnuts | Nuts & Seeds | Pumpkin Seeds, Sunflower Seeds | Pecans, Cashews | Peanuts, Walnuts |
| | Flax Seed Oil | Canola Oil | Oils | Corn Oil | | |
| | | Amaranth, Millet, Wild Rice, Quinoa | Grains & Cereals | Sprouted Wheat Bread, Spelt, Brown Rice | White Rich, Corn, Buckwheat, Oats, Rye | Wheat, White Flour, Pastries, Pasta |
| | | | Meats | Venison, Cold Water Fish | Turkey, Chicken, Lamb | Beef, Pork, Shellfish |
| | Breast Milk | Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey | Eggs & Dairy | Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese | Raw Milk | Cheese, Homogenized Milk, Ice Cream |
| Herb Tea's, Lemon Water | Green Tea | Ginger Tea | Beverages | Tea | Coffee | Beer, Soft Drinks |

TESTING pH

- **If your pH is between 6.0 and 6.5, you are becoming acidic and therefore at higher risk of developing a degenerative disease.**
- **Causes of acid pH: too much meat, stress, acid foods.**
- **If your pH is below 6.0, then you are highly acidic, probably mineral deficient, and you probably are manifesting symptoms of a degenerative disease.**
- **It is possible to test pH via muscle testing.**
- **Simply ask “Is your body pH too acidic? Or “Is your body pH too alkaline?”**
- **To change pH rapidly from acid to more alkaline:**
- **Mix a teaspoon of baking soda into a glass of water and drink 3 times a day for 2 days; this will change most acidic conditions to alkaline.**



Muscle Testing for pH Imbalances

It's also possible to test pH via muscle testing. You can simply ask, “Is your body pH too acidic?” or “Is your body pH too alkaline?”, and the body will usually give you a pretty reliable answer. It may not be as exact as using the test strips, but it is certainly faster.

Changing your pH

Most commonly people become too acidic in their pH. So, to change your pH rapidly from an acid to a more alkaline state, you can mix a teaspoon of baking soda into a glass of water and drink that three times a day for two days. This will change most acidic conditions to alkaline fairly quickly. You may need to go longer than two days, but this is the general rule of thumb. Again you can test yourself and you can simply ask, “How many teaspoons of baking soda do I need in a day? Do I need two, do I need three, do I need four, do I need five?” You can also ask, “How long should I continue this? Two days? Should I continue it for three days, or four days, or five days?” And if you test the body, it will give you a very clear answer.

DEHYDRATION

- **A common reason for a subject to become un-testable.**
- **Human body is 74% water.**
- **Common for thirst impulse is to be confused with hunger.**
- **Common symptoms are headache, joint pains, low back pain, neck pain, foggy thinking.**

Dehydration

Dehydration is a common reason for a subject to become hard to test. The human body is about 74% water and it's common for the thirst impulse to be confused with hunger. A lot of the time, when people think they're hungry, they're actually thirsty, and those hunger pangs can be satisfied by simply drinking some water.

Most Common Symptoms of Dehydration

Common symptoms of dehydration are headache, joint pains, low back pain, neck pain, foggy thinking and so on.

FOODS

- “Let your food be your medicine” – Hippocrates
- Rutgers study found much higher mineral content in organically-grown versus commercially grown vegetables.

Let Your Food be Your Medicine

Hippocrates said “Let your food be your medicine.” There was a study that was done a number of years ago by Rutgers University. Their hypothesis was that there might be a difference in mineral content in organically grown versus commercially grown vegetables. I (Dr Bradley Nelson) have reproduced a small portion of this study here for you, and you can see that on the left side, they’ve listed snap beans, cabbage, lettuce, tomatoes and spinach. They actually tested quite a few more vegetables than this but I selected these as an example.

ORGANIC VS CONVENTIONAL

| Vegetables Type of Soil Management | Minerals (in milliequivalents) | | | | | | |
|--|--------------------------------|-----------|-----------|--------|-----------|--------|--------|
| | Calcium | Magnesium | Potassium | Sodium | Manganese | Iron | Copper |
| Snap Beans | | | | | | | |
| Organic | 40.5 | 60.0 | 99.7 | 8.6 | 60.0 | 227.0 | 69.0 |
| Conventional | 15.5 | 14.8 | 29.1 | 0.0 | 2.0 | 10.0 | 3.0 |
| Cabbage | | | | | | | |
| Organic | 60.0 | 43.6 | 148.3 | 20.4 | 13.0 | 94.0 | 48.0 |
| Conventional | 17.5 | 15.6 | 53.7 | 0.8 | 2.0 | 20.0 | 0.4 |
| Lettuce | | | | | | | |
| Organic | 71.0 | 49.3 | 176.5 | 12.2 | 169.0 | 516.0 | 60.0 |
| Conventional | 16.0 | 13.1 | 53.7 | 0.0 | 1.0 | 1.0 | 3.0 |
| Tomatoes | | | | | | | |
| Organic | 23.0 | 59.2 | 148.3 | 6.5 | 68.0 | 1938.0 | 53.0 |
| Conventional | 4.5 | 4.5 | 58.6 | 0.0 | 1.0 | 1.0 | 0.0 |
| Spinach | | | | | | | |
| Organic | 96.0 | 293.9 | 257.0 | 69.5 | 117.0 | 1584.0 | 0.0 |
| Conventional | 47.5 | 46.9 | 84.0 | 0.8 | 1.0 | 19.0 | 0.5 |

Research conducted by Firman E. Bear at Rutgers University in the Natural Gardener's Catalog (1995)

You'll notice that, for example, with snap beans, that organically grown snap beans had 73 parts per million of boron. Commercially grown snap beans had 10 parts per million of boron. The green lines going across are the organically grown vegetable content of these various different minerals: boron, manganese, iron, copper and cobalt. Look at the iron in snap beans. Organically grown snap beans had 227 parts per million of iron, whereas commercially grown snap beans had about 10 parts per million of iron.

Organically vs Commercially Grown Vegetables

If you go over to the iron column, you'll see that organically grown tomatoes contained 1,938 ppm, almost 2,000 parts per million of iron. Commercially grown tomatoes had 1 part per million! All of these different minerals in the organically grown vegetables and the commercially grown vegetables were dramatically different. When people say that you're better off to purchase organically grown foods, they're really telling the truth and this study proves it. If you've ever grown your own food, especially tomatoes – they're heavenly compared to the tomatoes that you buy commercially, which are shipped green and gassed, etc. There's just no taste in those at all. There's an enormous difference. If you don't have a garden of your own, I would highly recommend that you buy a book called "Square Foot Gardening". In that book you'll learn how you can have a garden if you live in an apartment or if you live in a very small place and you don't have any land. You can still have a garden and grow some of your own things to eat. I think that as time goes on, that's going to become more and more important, not only because of the deficiencies that we're seeing in this study that we're looking at, but also because of all the poisons that are put onto our foods. It's really something.

The Price-Pottenger Institute

The Price-Pottenger Institute has been putting out very important information about nutrition and the importance of eating raw foods for many years now.

Male: Dr Weston Price was a dentist and dental researcher whose search for the causes of physical degeneration and dental decay took him all over the world to live with and investigate the diets of those traditional native populations who were pictures of exceptional health. This included the Swiss, Eskimos, Polynesians, Africans, New Zealanders, and many others, but always in remote tribal communities, which have remained on their traditional diets as they were still far removed from industrialised society and modern refined foods. He found that these populations continued to exhibit perfect physical and dental health into old age and he wrote about the traditional foods that they consumed which kept them in such fabulous condition. His book, *Nutrition and Physical Degeneration*, which the foundation continues to publish and sell every year, is still the only book of its kind, and his research is still being quoted at current scientific medical and nutritional conferences around the world.

Male: What made these people so healthy? Why is it that they didn't have the degenerative diseases that we have today? And there are many reasons of course. But again, getting back to whole foods and regardless of what kind of diet one has, because Price says people were all different in terms of their diet, depending on where they live, what the climate was, what kind of soil, for example, but the underlying, unifying factor with all of them was that they were not eating refined, revitalised foods. They were eating foods which were grown in the area in which they lived, which meant they ate foods that were seasonally ready to eat.

Female: When Dr Price began his travels back in the 1930s, he found degenerative disease was on the rise back then.

Male: Price looked upon the mouth – being a dentist of course, he looked upon the mouth as being the window to the rest of the body and because teeth were more readily accessible and easier to photograph and spot, he obviously emphasised that in his pictures. Most of Price's pictures are people with their mouth open for that very reason. But that was only the tip of the iceberg because the high incidence of cavities was indicative not only of just poor oral health, but it was indicative of overall skeletal health, and overall body health as well.

Price took the foods of the societies he investigated back to his laboratory. He had samples sent back there, and he analysed them, and he found, for example, that the food values in those foods, in many of the very important nutrients such as omega-3 fatty acids, which are, as you know, finally being “rediscovered” almost 10 times higher than what we have in today's diet. Our diets today are very high in omega-6s which come primarily from grains and grain seed oils. It's a total reversal of the balance between omega-3s and 6s that Price's people had.

Male: Dr Francis Marion Pottenger, Jr. was a medical doctor who was best known for his famous 10 year nutritional feeding study that he carried out with many hundreds of cats. The cats were divided into different groups where they were fed either cooked or raw animal based foods such as cooked meat versus raw meat, pasteurised dairy versus raw dairy, and the study describes in detail all of the physical and emotional problems which developed in the cooked diet animals that never occurred in those on the healthy raw foods. The cooked diet cats never ever got past the third generation since they lost fertility and the ability to reproduce. Just as today, we have more and more clinics specialising in using drugs to help people who have become unable to give birth to children.

The study and the book we sell, which describes it, still stands alone in its ability to show the effects of consuming denatured foods as the population does at every meal.

Female: Pottenger found 30% raw and 70% cooked didn't fly. It wouldn't maintain health, but 50-50, you still felt you could get along.

Male: So those cats fed on a 100% raw diet thrived. The third generation looked just as healthy as the first generation. That's all documented in the Pottenger book called Pottenger's Cats.

Female: Pottenger found with the cats the same types of degeneration from the impoverished food, or in his case, cooked food as well. Price saw where the trading posts and modern people coming in to help the primitives were destroying them.

Male: The fascinating thing about the Pottenger cat studies is that in many ways they tied in with some of Dr Price's research. Pottenger found that in the three groups of cats, which he isolated and fed diets ranging from all raw to one-third raw and two-third cooked exhibited certain skeletal changes over the generations of the cats. The groups that were fed more of the cooked diet less proportionally of the raw diet started developing and showed skeletal deformities, primarily in the skull itself. And this is interesting because Price found the same thing with the primitive groups that he visited when they had

gone on refined foods. He also noticed, and you'll see the pictures in his book, *Nutritional and Physical Degeneration*, the narrowing of the jaw, the lifting of the upper palate, and the crowding of the teeth, which shows that the diet for cats that were fed the more proportions of the cooked food was not proper for that particular kind of animal. They weren't getting some of the nutrients that were needed to build proper skeletal shapes and it was the same thing with the people. Now when one looks around today, we can see a lot of evidence of the kind of diets that we have degenerated into as a society to a greater or lesser extent and those reflect back again on what Price was talking about and that is the more food that we use that is displacing those foods that have nutrient value, the more we are likely to be prone to things like osteoporosis and skeletal deformities and cavities of the teeth, things of that nature.

Finding Nutritional Deficiencies

You already know that it's easy to find emotions by looking at a list and by asking the body questions, dividing that list into columns and odd and even rows. I've done the same thing here in the Body Code Healing System for nutrition. This is one of the simplest ways to find out if a person has a need for something that otherwise might not be obvious.

First of all, you could look at this entire list and ask: "Is there anything on this list that you need?" If the body says yes, then you could ask: "Is what you need in column A?" or "Is what you need in column B?" then, "Is it in one of the odd rows?" or "Is it in an even row?" It's exactly like finding a trapped emotion, and you can narrow things down very rapidly in this way.

Appendicitis or Nutritional Deficiency?

Let me tell you a story about how valuable testing for nutrition in this way can actually be. I (Dr Bradley Nelson) had a patient who came to me once who had been hospitalised for about five days with pain in her right lower abdomen. Now, at first when she was admitted to the hospital, they assumed it was appendicitis and they ran the tests on her and found out that it was not appendicitis. It was something else, so they kept running tests.

For five days, she was in the hospital with this acute pain in her right lower abdomen. And after five days of being in the hospital, and after running all the tests that were available, they finally came to her and they said, "We don't really think there's anything wrong with you, we think it's all in your head because we can't find anything on our tests, and we can't keep you here any longer, you need to go." This was on a Sunday.

On Monday, she came into my office and I tested her and one of the things that we found, among other things, was that she had a need for chromium. (**Chromium** is a chemical element which has the symbol **Cr** and atomic number 24. It is the first element in Group 6. It is a steely-gray, lustrous, hard metal that takes a high polish and has a high melting point. It is also odourless, tasteless, and malleable. The name of the element is derived from the Greek word "chrōma" (χρῶμα), meaning colour,^[2] because many of its compounds are intensely coloured.) I assumed it was an incidental finding, and didn't really think too much about it at that time. I said to her, "You know, it's showing up that you need chromium, so you need to get a chromium supplement at the health food store." But I didn't really think that it had anything to do with the pain that she was in. So I fixed everything that I could find on her and she went home.

The next day, she came into my office and she was actually feeling worse. She was in a lot of pain. I can remember thinking, “This woman is going to burst her appendix and she’s going to die and it’s going to be my fault and I’ll be out of business and that will be it.” That’s what I was thinking, and I didn’t know what else to do but ask the body questions. And the very first thing that showed up when I started testing her to see what was wrong was that she had some kind of a nutritional need.

We went to the nutrition page, to column A and row 3, and right to chromium again. I suddenly remembered what has shown up the day before, and I said to her, “Did you get the chromium that showed up on you yesterday?” and she said, “No.” So I said, “Okay, I want you to leave the office right now and I want you to go the health food store and buy some chromium.”

She went to the health food store and about 25 minutes later was literally jumping up and down in my waiting room saying, “I am fixed! That fixed it!” She said that the moment she took the chromium at the health food store, the pain was instantly gone. She asked me how I figured it out and I said, “Well, it wasn’t me that figured it out. It was your body. Your body knew exactly why you needed it.” And she said, “Can you explain why that happened, why the chromium deficiency apparently was creating so much pain?” I said, “Frankly, I have absolutely no idea, but apparently your body really needed it, and luckily we were able to tune into your body and hear what it was saying.”

Nutrition

When you have nutritional deficiencies, they will hamper your body’s ability to function as well as it should, they will hamper your ability to get well, to heal from a lot of different problems, to overcome infections and so on. It’s hard to be as healthy as you can possibly be if you’ve got a deficiency of any of these nutrients.

Please note that a certain amount of caution should be exercised when testing and recommending any mineral, vitamin or herb.

“Originally the recommended daily allowance (RDA) requirements of minerals and vitamins developed by the National Academy of Science’s Food and Nutrition Board were set at levels just to prevent deficiency states. There is more and more evidence, however, that higher doses of these nutrients can be beneficial in preventing diseases and improving overall health. Another organisation, the Council for Responsible Nutrition, has tried to look at how much extra mineral and vitamin supplements can be taken. For this, they have tried to look at the literature to find:

NOAEL – the intake level at which there are no credibly-substantiated adverse reactions observed in humans;

LOAEL – the lowest intake at which some adverse effects have occurred under certain circumstances. (For many vitamins, there simply are no reports or too few reports of adverse effects at any level and, therefore, no LOAEL number can be identified.)

The Council for Responsible Nutrition has an executive summary published which is available in an Adobe PDF format. The following table is modified and condensed from that summary.”

Please refer to the tables on the two pages when recommending minerals and vitamins, and if you are in doubt about any dosage that you come up with through muscle testing, please consult a physician.

Note: Minerals are the carriers of nutrition, first consider mineral deficiencies and then go on to consider vitamins, herbs, etc.

Mineral Levels for Safe Supplementation

| Nutrient | Function | NOAEL | LOAEL | |
|----------------|--|------------------------|------------------------|-------------------------|
| Calcium | Essential for developing and maintaining healthy bones and teeth. Assists in blood clotting, muscle contraction and nerve transmission. Reduces risk of osteoporosis and may also reduce the risk of preeclampsia in pregnant women. Reduces PMS symptoms. | None established | 1500 mg | More than 2,500 mg |
| Phosphorus | Works with calcium to develop and maintain strong bones and teeth. Enhances use of other nutrients. Essential for energy metabolism, DNA structure, and cell membranes. | None established | 1500 mg | More than 2,500 mg |
| Magnesium | Activates nearly 100 enzymes and helps nerves and muscles function. Also reduces PMS symptoms | None established | 700 mg | None established |
| Copper | Involved in iron metabolism, nervous system functioning, bone health, and synthesis of proteins. Plays a role in the pigmentation of skin, hair, and eyes. | 1.5 - 3 mg | 9 mg | None established |
| Chromium (III) | Aids in glucose metabolism and may help diabetics regulate blood sugar and insulin levels. | 50 - 200 µg | 1,000 µg | None established |
| Iodine | Part of the thyroid hormone. Helps regulate growth, development and energy metabolism. | 150 µg | 1,000 µg | None established |
| Iron | Necessary for red blood cell formation and function. Amount needed is higher in women of childbearing age. | 15 mg (elemental iron) | 65 mg (elemental iron) | 100 mg (elemental iron) |
| Manganese | Necessary for the normal development of the skeletal and connective tissues. Involved in metabolism of carbohydrates. | None established | 10 mg | None established |
| Molybdenum | Needed for metabolism of DNA and RNA, and production of uric acid. | 75 - 250 µg | 350 µg | None established |
| Selenium | Essential component of a key antioxidant enzyme. Necessary for normal growth and development and for use of iodine in thyroid function. May reduce risk of certain cancers. | 55 µg | 200 µg | 910 µg |
| Zinc | Essential part of more than 100 enzymes involved in digestion, metabolism, reproduction, and wound healing. | 12 mg | 30 mg | 60 mg |

Vitamin Levels for Safe Supplementation

| Nutrient | Function | RDA* | NOAEL | LOAEL |
|---------------------------|---|---------------------------------------|---|--|
| Vitamin A | Promotes growth and repair of body tissues, bone formation and healthy skin and hair. Essential for night vision. | 2,600 IU (800 µg Retinol Equivalents) | 10,000 IU (3,000 µg Retinol Equivalents)(with renal disease this level is less) | 21,600 IU (6,500 µg Retinol Equivalents) |
| Beta-carotene | Serves as an antioxidant and may help protect against certain cancers, cataracts and heart disease. Converted to vitamin A in the body. | None established | 25 mg | None established |
| Vitamin D | Aids in the absorption of calcium and helps to build bone mass and prevent bone loss. Helps maintain blood levels of calcium and phosphorous. | none established | 800 IU (20 µg) | 2,000 IU (50 µg) |
| Vitamin E | Helps protect cells from free radical injury. Serves as an antioxidant and may help protect against heart disease, cataracts, and certain cancers. Needed for normal growth and development. | 12 IU (8 mg a-Tocopherol Equivalents) | 1,200 IU (800 mg a-Tocopherol Equivalents) | None established |
| Vitamin K (phylloquinone) | Needed for normal blood clotting and bone health. | .065 mg | 30 mg (as long as not taking anticoagulant drugs, e.g. Coumadin ®) | None established |
| Vitamin C | Promotes healthy cell development, wound healing, and resistance to infections. Serves as an antioxidant and may help protect against certain cancers, cataracts, and heart disease. May reduce heavy menstruation. | 60 mg | More than 1,000 mg (perhaps as high as 10,000 mg but note that some individuals get diarrhea and gastritis with gastrointestinal bleeding at levels of a 1,000 mg or more -FRJ) | None established |
| Thiamin (B1) | Essential for converting carbohydrates to energy. Needed for normal functioning of the nervous system and muscles, including the heart muscle. | None established | 50 mg | None established |
| Riboflavin (B2) | Helps in red blood cell formation, nervous system functioning, and release of energy from foods. Needed for vision and may help protect against cataracts. 400 mg/d may help prevent migraine headaches. | None established | 200 mg | None established |
| Nicotinic Acid | Promotes release of energy from foods and proper nervous system functioning. High intakes can lower elevated cholesterol. | None established | 500 mg (250 mg slow release) | 1,000 mg (500 mg slow release) |
| Nicotinamide | Promotes release of energy from foods and proper nervous system functioning. | None established | 1,500 mg | 3,000 mg |
| Pyridoxine (B6) | Essential for protein metabolism, nervous system, and immune function. Involved in synthesis of hormones and red blood cells. | None established | 200 mg | 500 mg |
| Folic Acid | Needed for normal growth and development and red blood cell formation. Reduces risk of neural tube birth defects. May reduce risk of heart disease and cervical dysplasia. | None established | 1,000 µg (1 mg) | None established |
| Vitamin B12 | Vital for blood formation and healthy nervous system. | None established | 3,000 µg | None established |
| Biotin | Assists in the metabolism of fatty acids and utilization of B-vitamins. | None established | 2,500 µg | None established |
| Pantothenic Acid | Aids in normal growth and development. | None established | 1,000 mg | None established |

Body Code System Nutrition Chart

Use this page to check for deficiencies of vitamins and minerals.

| | Column A | Column B |
|-------|--|--|
| Row 1 | Acidophilus Amino Acids Betacarotene Bile Salts | Phosphorus Picolinate Potassium Protein |
| Row 2 | Bioflavinoids Boron Calcium Calcium Lactate | Pycnogenol Selenium Silica SOD |
| Row 3 | Cell Salt Chloride Chromium Co-Enzyme Q10 | Sodium Sulfur Trace Minerals Vanadium |
| Row 4 | Cobalt Copper Germanium HydroChloric Acid | Vanadyl Sulfate Vitamin A Vitamin B Vitamin C |
| Row 5 | Iodine Iron Lecithin Lithium | Vitamin D Vitamin E Vitamin F Water |
| Row 6 | Magnesium Manganese Molybdenum Oxygen | Zinc |

Body Code Systems Foods

The next page lists all kinds of different foods. I've divided this up into four columns this time, and a number of different rows, so you might simply ask, "Is there a particular food on this page that I would benefit from?" Or, "Is there a particular thing on this list that would help me to heal?" You can ask it any way you want, but the bottom line is if there is something on this list that you would really benefit from then the body will tell you. Sometimes it's surprising, and sometimes things come up that you might not ever think of. You might need a certain kind of squash, or you might need lentils, or Amaranth, or perhaps something you have never eaten before. Just let the body guide you and it will.

Body Code System Foods Chart

Use this page to check for the need for certain foods.

| | Column A | Column B | Column C | Column D |
|--------------|---|---|--|---|
| Row 1 | Beef Liver Veal Chicken Duck | Cauliflower Celery Cilantro Collards Cucumber | Jicama Lentils Lima Beans Other Beans Parsnips | orange Papaya Peach Pear Persian Melon |
| Row 2 | Eggs Fish Shellfish Goose Lamb | Dandelion Greens Endive Eggplant Garlic Green Beans | Peas Potato Sweet Potato Turnip Winter Squash | Persimmon Pineapple Plum Pomegranate Raspberry |
| Row 3 | Nuts Seeds Tofu Turkey Cheese | Jerusalem Artichoke Kale Leek Bibb Lettuce | Acom Butternut Hubbard Spaghetti Other | Strawberry Tangerine Watermelon Amaranth Barley |
| Row 4 | Cottage Cheese Cream Cream Cheese Kefir Milk | Butter Lettuce Iceberg Lettuce Red Leaf Lettuce Romaine Lettuce | Yam Apple Apricot Banana Blackberry | Bran Flakes Buckwheat corn Millet Oat-bran |
| Row 5 | Yogurt Corn Rice Bread Rice Cakes Rye | Mung Bean Sprouts Mushrooms Mustard Greens Mustard Spinach Radish | Blueberry Boysenberry Cactus Fruit Cantaloupe Melon Casaba Melon | Oatmeal Quinoa Rice Rye SOY |
| Row 6 | Sour Dough Wheat Other Breads Pasta | Okra Onions Parsley Scallions | Cherimoya Cherry Cranberry Crenshaw Melon | Wheat Other Butter Mayonnaise |
| Row 7 | Alfalfa Sprouts Other Sprouts Artichoke Asparagus Avocado | snow Peas Spinach Squash summer Yellow | Dried Fruit Elderberry Fig (fresh) Gooseberry Grapefruit | Nut Butters Oil |
| Row 8 | Bamboo Shoots Beet Greens Bell Peppers Bok Choi Broccoli | Zucchini Swiss Chard Tomato Turnip Greens Watercress | Grapes Guava Honeydew Kiwi Kumquat | |
| Row 9 | Brussel Sprouts Cabbage Napa Red Savoy | Vegetable Starch Beets Carrots Corn Garbanzo Beans | Lemon Lime Loganberry Mango Nectarine | |

Body Code System Herbs Chart

Use this page to check for the need for certain healing herbs.

| | Column A | Column B | Column C | Column D |
|-------|---|---|--|--|
| Row 1 | Alfalfa herb Angelica root Arnica flower Aspen bark Astragalus root Baptisia root | Comfrey leaf Corn Silk Cotton Root bark Cow Parsnip root Cramp bark Damiana herb | Horsetail herb Immortal root Juniper berry Kava-Kava root Kelp frond Kola Nut | Propolis resin Pulsatilla flower Quassia wood Raspberry leaf Red Clover flower Red Root |
| Row 2 | Barberry root Bayberry root bark Benzoin gum Betony flower Black Cohosh root Black Haw root | Dandelion root Desert Willow bark Devil's Claw root Dogbane root Dong Quai root Echinacea root | Lavender leaf Licorice root Lily of the Valley root Lobelia herb Ha Huang stem Maravilla root | Rosemary leaf Sarsaparilla root Saw Palmetto fruit Shepherd's Purse herb Skullcap herb Spikenard root |
| Row 3 | Black Walnut hull Blessed Thistle herb Bloodroot Blue Flag rhz. Blue Cohosh root Blue Vervain herb | Elecampane root Elder flower Eucalyptus leaf Eyebright herb False Unicorn root Fennel seed | Marshmallow root Matarique root Milk Thistle seed Menta Poleo herb Mormon Tea Motherwort herb | Stillingia root Storksbill herb St. John's wort flower Thuja leaf Toadflax herb Usnea lichen |
| Row 4 | Blueberry leaf Boneset Brickellia herb Buchu leaf Bugleweed herb Burdock root | Feverfew flower Fireweed herb Fringetree bark Garlic bulb Gentian root, green Gingko leaf | Mullein leaf Myrrh gum Nettles herb Oat seed Ocotillo stem bark Oregon Grape root | Uva Ursi leaf Valerian root Virginia Snake root White Oak bark White Sage leaf White Willow bark |
| Row 5 | Burdock seed Calendula flower Cascara Sagrada root Catnip herb Cayenne fruit Celandine, Greater herb | Ginseng root, Wild Am. Golden Seal root Gotu Kola herb Gravel Root Grindelia flower Guarana seed | Osha root Pansy herb Partridge Berry (Squaw Vine) Passion Flower Pau D'Arco bark | Wild cherry bark Wild Ginger root Wild Yam root Witch Hazel leaf Yarrow flower Yellow Dock root |
| Row 6 | Chamomile flower Chaparral leaf Chastetree berry Cinnamon bark Clematis herb Cleavers herb | Hawthorne flower & berry Hops strobules Horehound herb Horse Chestnut bark Horseradish root | Pennyroyal herb Pipsissewa herb Pleurisy root Poke root Prickly Ash bark Prickly Poppy | Yerba Mansa root Yerba Santa leaf Yohimbe bark Yucca root |

Testing for the Right Herbs

To test for someone's need for a specific herb, you might ask, "Is there a specific herb on this list that I need for healing?" If there is, the body will guide you to it, and that's just as simple as it is.

MAGNETIC FIELD DEFICIENCY

- **Like any other deficiency.**
- **Earth's magnetic field is about 10% weaker than it was when German mathematician Carl Friedrich Gauss started keeping tabs on it in 1845, scientists say.**

Magnetic Field Deficiencies

Were you aware that you could become deficient in your magnetic field? You certainly can. Magnetic Field Deficiency Syndrome (MFDS). Also considered to be related to chronic fatigue syndrome in Japan.

Magnetic field deficiency is like any other deficiency. If you don't get enough magnetism, then you need to somehow support that need. Interestingly enough, the earth's magnetic field is about 10% weaker now than it was when German mathematician, Carl Friedrich Gauss started keeping tabs on it in 1845, and because of the nature of our lives, our constant exposure to EMF fields (electro-magnetic fields), and our loss of contact with the soil, MFDS is a very common problem.

Here's a study that was done on Fibromyalgia using magnetic mattress pads. This was a randomised, double blind pilot study that was done at Tufts University in Boston. This study concluded that, "Sleeping on a magnetic mattress pad with a magnet surface field strength of 1,100 plus or minus 50 gauss, delivering 200 to 6000 gauss at the skin surface provides statistically significant and clinically relevant pain relief and sleep improvement in subjects with Fibromyalgia. No adverse reactions were noted during this 16 week trial period. So there you are. Statistically significant changes, pain relief, and sleep improvement in patients with Fibromyalgia – simply by sleeping on a magnetic mattress pad.

MAGNETIC MATTRESS PADS FIBROMYALGIA STUDY

- **Randomised double-blind pilot study conducted by Agatha P Colbert, MD, Clinical Assistant Professor of Physical Medicine and Rehabilitation Tufts University School of Medicine, Boston, MA. Conclusions were simply this; "Sleeping on a magnetic mattress pad, with a magnet surface field strength of 1,100 +/-50 Gauss, delivering 200 – 600 Gauss at the skin surface provides statistically significant and clinically relevant pain relief and sleep improvement in subjects with Fibromyalgia. No adverse reactions were noted during the 16 week trial period.**

Magnetic Mattress Pads

Here's another study using magnetic mattress pads, carried out over a one year period in three of Japan's foremost hospitals.

There were 431 people in the study, and the conclusion was that magnetic mattress pads proved effective on neck pain, shoulder pain, back pain, lower limb pain, insomnia, and fatigue. There were no harmful side effects, and that's really something. You can't say that about very many things – that there are no harmful side effects. Of course, all drugs have harmful side effects. In fact, as I recall from the study there was an average 83% improvement in these things: neck pain, shoulder pain, back pain, lower limb pain, insomnia, and fatigue. Think about that. Those are very common problems that a lot of people suffer from. And by simply sleeping on a magnetic mattress pad, this study showed an 83% improvement in all these problems!

MAGNETIC FIELD DEFICIENCY

- **A study using magnetic mattress pads, carried out over a 1 year period in 3 of Japan's foremost hospitals by Dr Cazuo Shimodara. 431 people (216 male, 215 female).**
- **The conclusion was: magnetic mattress pads proved effective on neck pain, shoulder pain, back pain, lower limb pain, insomnia, and fatigue, and to have no side effects.**

The Blow Dryer Test

Here's a simple test to determine if a person is suffering from Magnetic Field Deficiency. I call this the blow dryer test. You need a blow dryer and some magnetic insoles from Nikken, the Japanese wellness company that creates the MagBoy, the MagCreator, and so on.

TESTING for MAGNETIC FIELD DEFICIENCY

The blow-dryer test:

Equipment needed:

- **Blow dryer**
- **Magnetic insoles from Nikken**



Have a person stand up and have them hold the blow dryer at their side. The blow dryer at point should be off.

Have the person hold out their arm and test their strength (kinesiology muscle testing). They should be strong. Then turn the blow dryer on as they continue to hold it at their side. Then perform a muscle test again with the blow dryer running, and if they've got any magnetic field deficiency at all, (and by the way most people are somewhat magnetically deficient), what will happen is they will not be able to hold their arm up. It will suddenly make them weak. In other words, the electrical magnetic field, the EMF

field, that's being put out by the blow dryer will be unbalancing enough to their body that it will overcome their body's innate ability to withstand it, and their arm will go down.

Then what you do is you simply have them put either one foot or both feet onto a Nikken magnetic insole without removing their shoes. The magnetic energy will go right through the shoe. Then, with the blow dryer running, test them again and they will almost without exception be strong, indicating that the Nikken magnetic insoles do have a protective effect, and do seem to strength us against EMF fields. We could talk about this for days but this is a quick and easy simple test to see if someone is magnetically deficient.

Nikken Magnets

Now, of course, refrigerator magnets are widely available and those work just fine for releasing trapped emotions, but the Nikken magnets work best for treatment of MFDS and for a lot of other problems as well. That's one of the reasons why we recommend the Nikken products, because if you're going to be doing the Body Code and you're going to be working on people, you're going to be using magnets constantly. You might as well spend a little bit of money and get a magnet that's going to last you for a long time, that also has some other uses as far as helping the body to function and feel better.

HOW to get MAGNETS

- **Refrigerator magnets are widely available.**
- **These work for releasing trapped emotions.**
- **For treatment of MFDS, Nikken magnets are ideal.**
- **Best way to get them wholesale is to become a Nikken consultant.**

Getting Nikken Magnets

The best way to get Nikken magnets wholesale is by actually becoming a Nikken Wellness consultant for about \$45 plus. There's no monthly obligation with this, but there is an annual renewal fee of \$19.50. That enables you to pay wholesale for any Nikken products, and you can potentially make money by selling these products as well, or enrolling other people as wellness consultants. Then you make a percentage off of things that they sell and so on. It's called network marketing, which I'm sure you're familiar with. For your registration fee of \$45.00, you'll receive 10 Nikken power patches, which are small, gold plated magnets that can be placed anywhere.

NIKKEN

- **You will also receive 10 Nikken Power Patches, small magnets that can be placed anywhere for relief of discomfort.**



These are quite powerful and very ingeniously designed little magnets on any adhesive backing which can be placed anywhere you have discomfort and they usually bring relief quite rapidly. They work very well, and are wonderful to keep with you, because nearly everyone you come into contact with is in pain, and you can help them by simply applying one of these. Usually the effect with these is immediate, and it provides a great way to open people to giving them more information about the magnetic products and the Emotion Code.

HOW to get MAGNETS

- **For US\$45 +tax, you can become Nikken “Wellness Consultant”; no monthly obligation to this, annual renewal fee of US\$19.50**
- **Pay wholesale for any Nikken Products, and potentially make money by selling these products as well.**

Enrol as a Nikken Wellness Consultant

So to enrol as a wellness consultant, you can simply visit this website: www.healerslibrary.com/store

Hopefully this overview of nutrition has helped you to get a little better idea about how it all works, how to test for nutrients, and how to find out if you need some kind of a herb, or some kind of nutrition, or some kind of food. It's a simple thing. Your subconscious mind, or the subconscious mind of the person that you're working with, knows exactly what you need, or what they need, and so determining what those needs are is really very simple. Remember: “Ask, and you shall receive!”

“The information contained in this material is intended for personal use and not for the practice of any healing art, except where permitted by law. No representation contained in these materials is intended as medical advice and should not be used for diagnosis or medical treatment.”

Feelings first

LIVE FEELINGS FIRST

<http://www.pascashealth.com/index.php/library.html>

Library Downloads – Pascas Papers

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address.

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

Firstly, consider discovering the truth of your emotional pain through Feeling Healing. Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing. Primary and most important readings are the writings of James Moncrief. Then consider the Padgett Messages, and then The Urantia Book.

To liberate one's real self, one's will, being one's soul, is begun by embracing Feeling Healing, so as to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express them fully, all whilst longing for the truth they are to show us.

Release one's pain through expressing one's feelings.

in conjunction with

Longing for the Truth when also longing for Divine Love.

