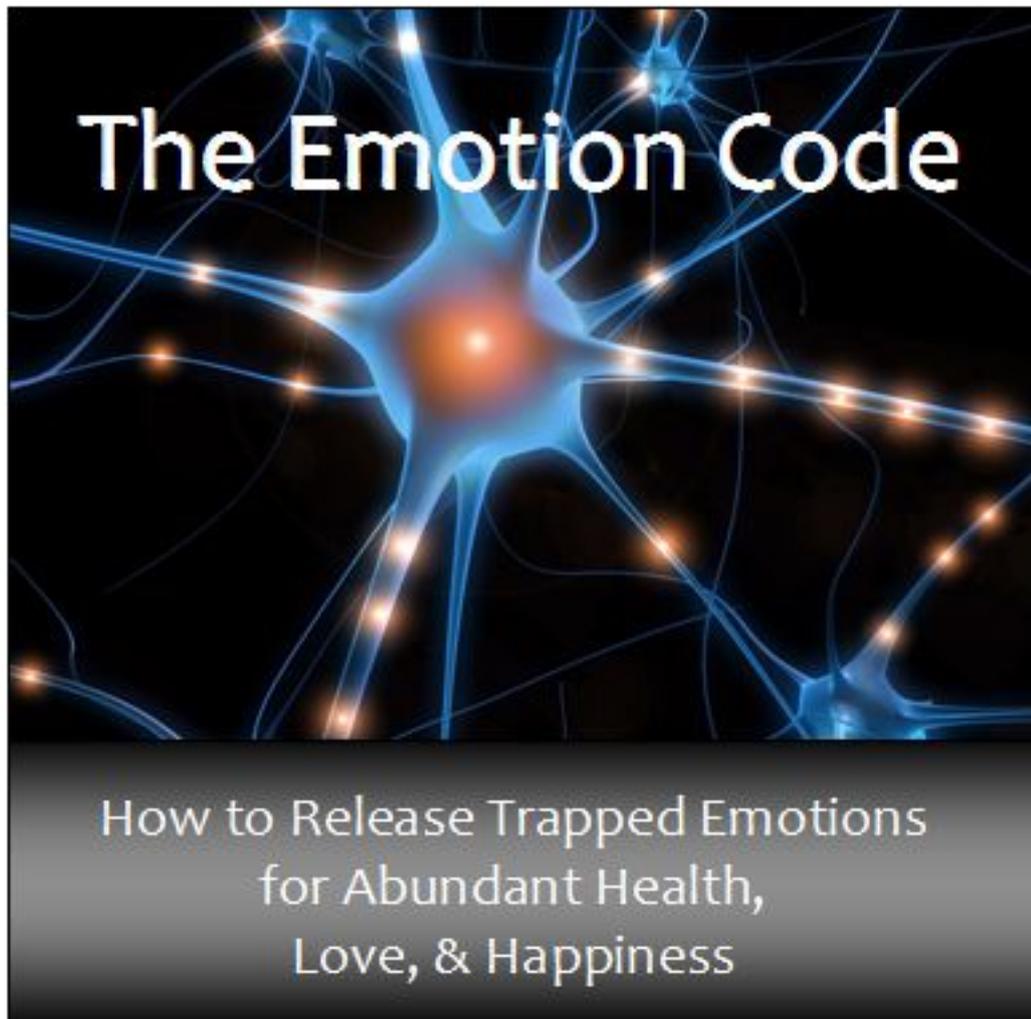


PASCAS CARE

Emotion Code Toxicity



“Peace And Spirit Creating Alternative Solutions”

PASCAS FOUNDATION (Aust) Ltd
ABN 23 133 271 593

Em: info@pascasworldcare.com
Em: info@pascashealth.com

Queensland, Australia

Pascas Foundation is a not for profit organisation

www.pascasworldcare.com www.pascashealth.com

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.

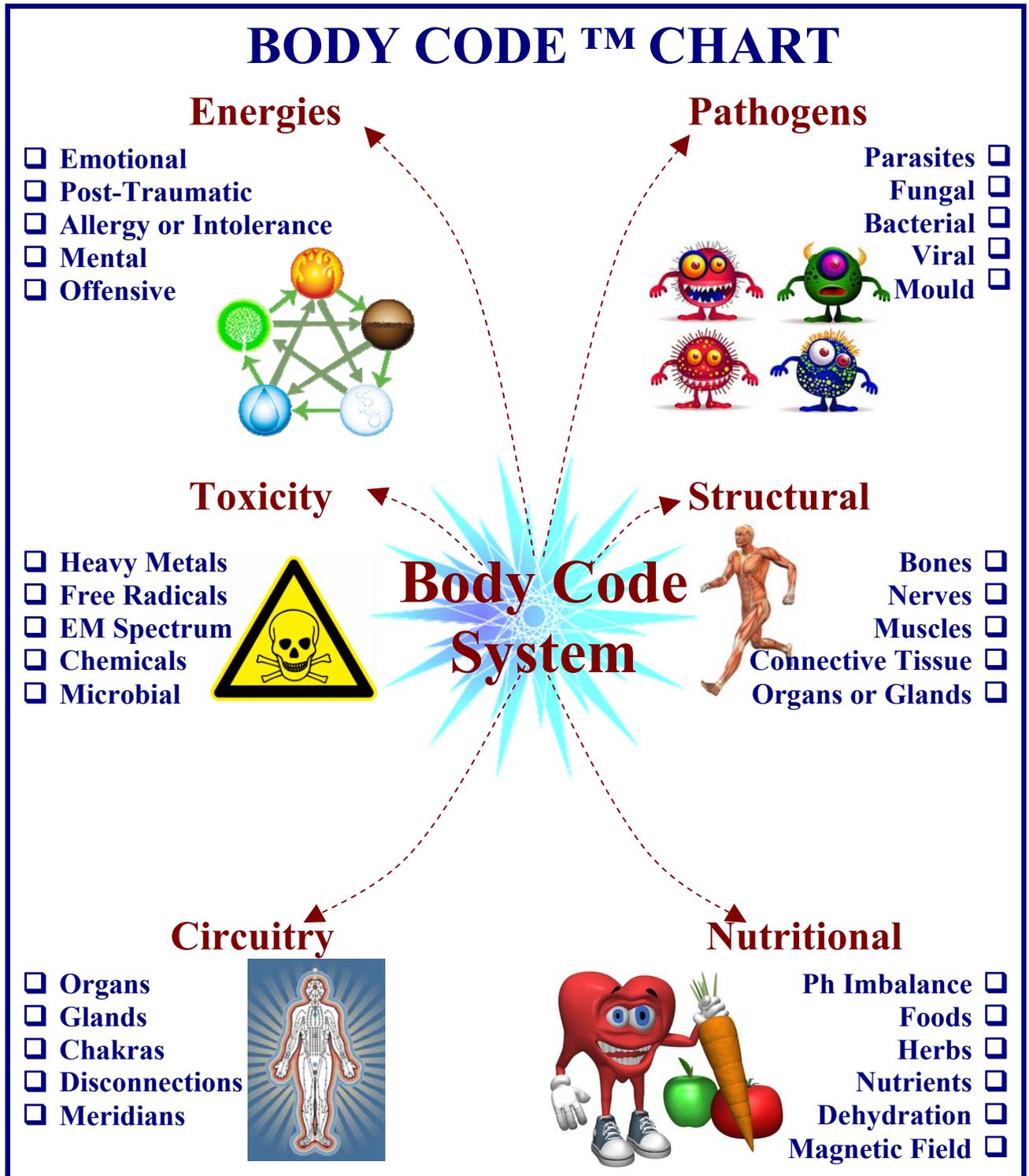
We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

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>





TOXICITY:

The Body Code Healing System

The purpose of this module is to help you understand toxicity, how to detect it and what to do to correct it. **Toxicity** is the accumulation and buildup of toxins, or toxic materials, in the bodily tissues. A relatively new phenomenon, toxicity really began to present a problem around the beginning of the Industrial Revolution and it's continued to grow worse and worse as the health of planet earth declines. Toxicity is now a worldwide problem, and unfortunately there aren't many places you can go on the earth where you don't find toxins of one kind or another.

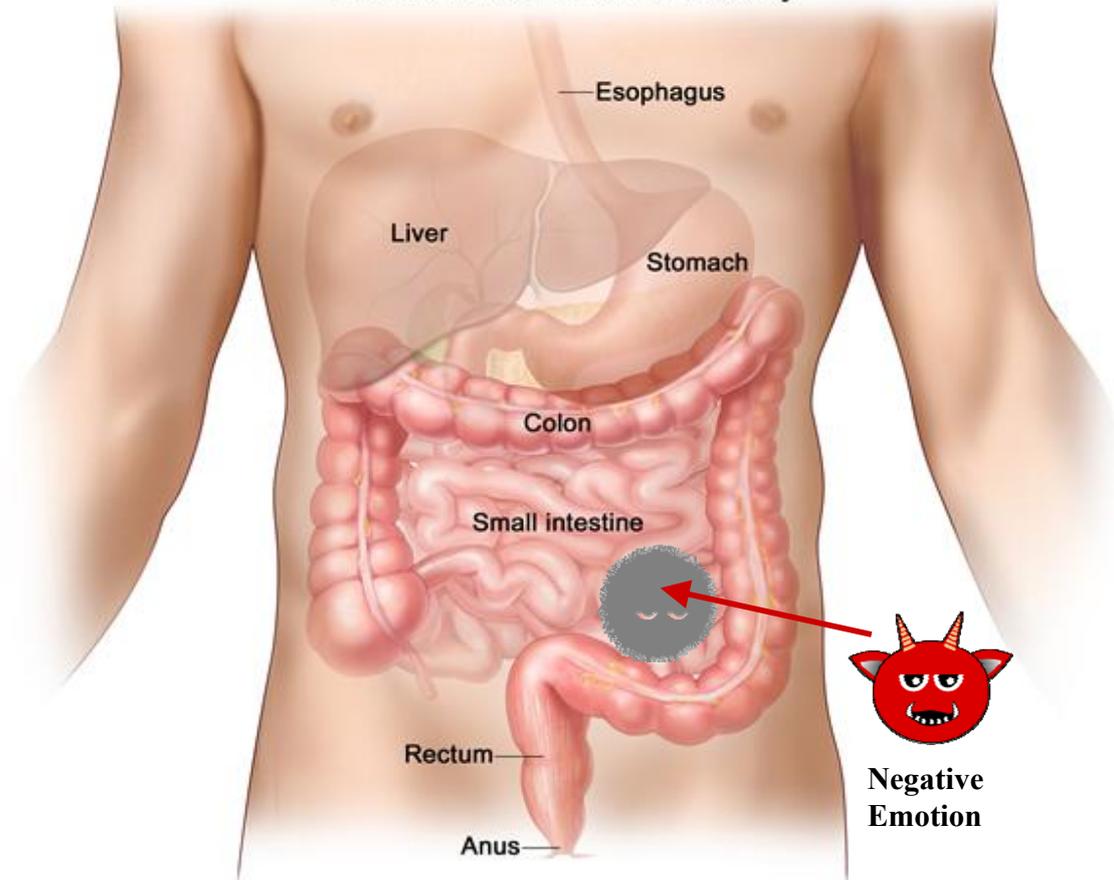
- **Understand Toxicity**
- **Understand how to detect and correct it**

A huge amount of the toxins that people are exposed to are actually from food. The average person takes in about 14 pounds (6.5 kilograms) of chemicals per year in the form of food additives: *humectants, preservatives, food colourings and so on*. The more processed food you eat, the more these toxic food additives will build up in your bodily tissues. These toxins are damaging to the body and interfere with the normal function of the immune system, but they can be eliminated and we call this process of elimination *detoxing*.

An important thing to remember is that if trapped emotions are present, they will tend to make detoxing more difficult. For example, if you have a trapped emotion that is lodged in the liver, the major organ of detoxification in the body, every chemical reaction now taking place in the liver is going to be interfered with. The liver function will not be at 100% by any means and getting rid of harmful toxins is going to be made difficult or even impossible. Similarly, if you have trapped emotion in the small intestine, which houses a large part of your immune system, you'll also have a hard time getting rid of toxins. The immune system is responsible for clearing and removing and breaking down toxins, and if it is being compromised it won't work as well. A single trapped emotion can decrease the function of your entire immune system by up to 20%.



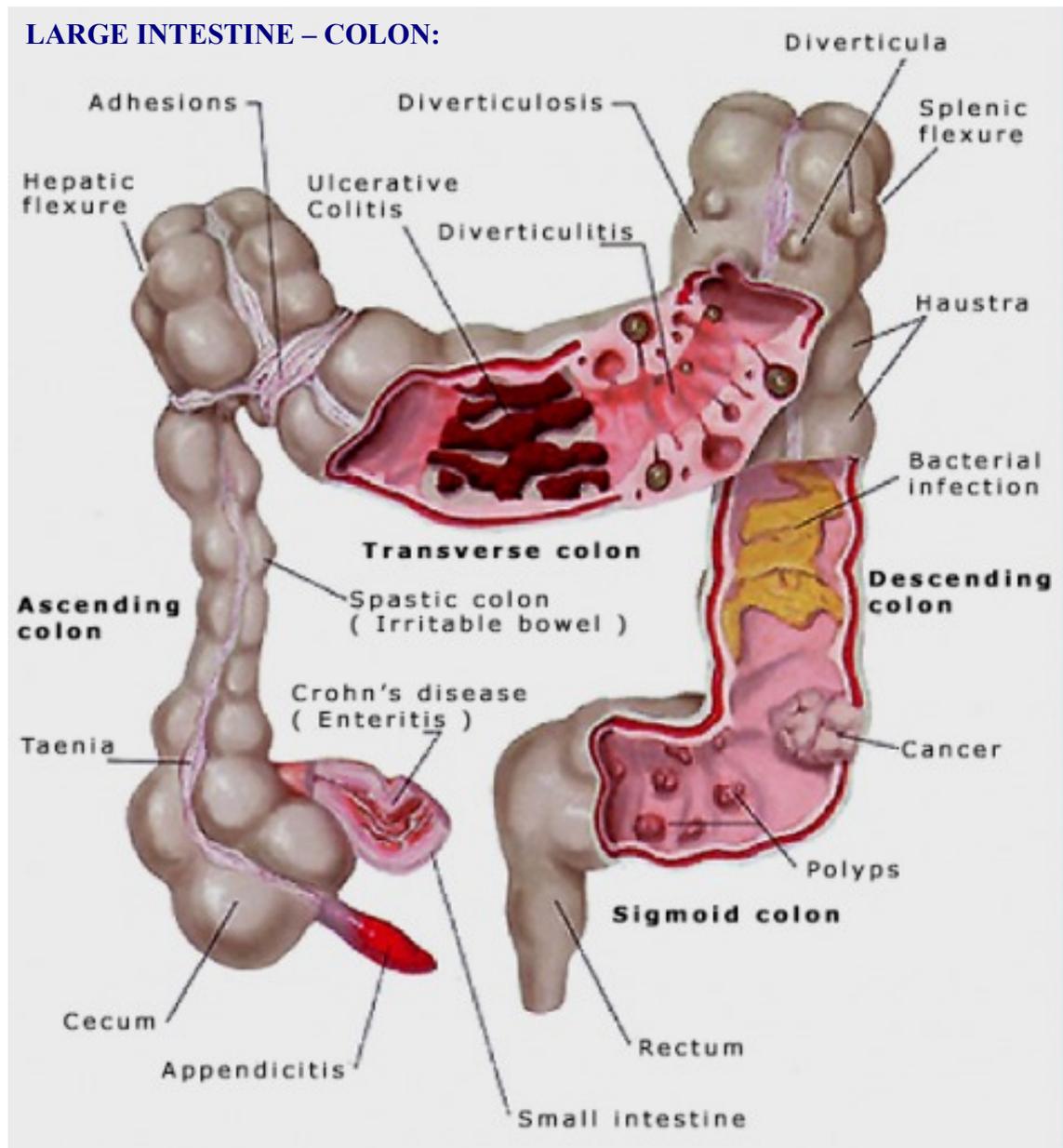
Lower Gastrointestinal Anatomy



Toxicity

- A new worldwide phenomenon.
- Heavy metals, radiation, industrial wastes, etc.
- Average intake of 14 lbs (6.5 kgs) of chemicals per year.
- Toxins can be cleared from body.
- Trapped Emotions make toxin removal more difficult.





Types of Toxins

There are many different types of toxins that affect our bodies. *Heavy metals* are a common problem, including aluminium, mercury and lead, just to name a few. There are also *food toxins*, and there are *free radicals*, which result from the aging process and the breakdown of the body. *Environmental chemicals* include things like cleaning products and pesticides.

Both *recreational drugs* and *medical toxins* like pharmaceutical drugs are damaging to the body. *Microbial toxins* refer to the waste products of infections and infestations. Parasites, bacteria, fungi,

mould – any kind of infectious agent will create waste that is classified as toxic. There are various types of energies that can be toxic as well.

Types of Toxins

- **Heavy Metals**
- **Food Additives**
- **Free Radicals**
- **Environmental Chemicals**
- **Recreational Drugs**
- **Medical**
- **Microbial**
- **Energies**

HEAVY METALS:

A common and harmful form of toxins are *heavy metals*.

HEAVY METALS

- **Gasoline**
- **The Atmosphere**
- **Paint**



Lead

If you're at least 40 or 50 years old, you probably remember, when you were young, that at every gasoline pump at every gas / petrol station, there was this sign (shown in picture) "For use of motor fuel only – contains lead." *Lead* was considered for many, many years to be an important compound to mix in the gasoline because it helped the engine run more smoothly. It's still sold in certain areas, in certain countries, and on a very limited basis for people who drive and maintain historic cars, because they won't run very well at all on gasoline that does not contain lead. The problem is that lead is toxic. Leaded gasoline was common from the 1920's until the 1980's, and during this time millions of tons of lead were put out into the atmosphere. As a result, most people in the industrialised world now have a

very high lead content in their bodies. Lead is not only from gasoline, but it can also come from paint. Leaded paint is not used anymore, but can still be found on older buildings.

HEAVY METALS

- **Mercury**
 - **Dental fillings**
 - **Fish**
 - **Air pollution**



A mercury filling has been replaced:



Mercury

Another very dangerous heavy metal is *mercury*. This picture shows a close-up of some amalgam fillings. These dental fillings contain mercury, which leaches out into the body and is one of the most toxic substances known to man.

Mercury also comes from air pollution, from coal-fired plants, which let off smoke into the atmosphere. This toxic smoke gets absorbed into the ocean water and is consumed by fish. Larger ocean fish can contain very high levels of mercury because they've eaten all the smaller fish which contain mercury, and it's built up. The larger the fish, generally speaking, the higher the level of mercury.

I have seen several cases where people were diagnosed with a major disease, and by simply getting rid of their mercury contained amalgam fillings, they were able to actually recover their health in a very dramatic manner. These kinds of fillings should always be replaced very carefully, because when the dentist goes to drill out these old mercury fillings, clouds of mercury vapour are released. You need to make sure that if you have dental fillings like this and you're going to have them removed, make sure that your dentist uses a dental dam, which is a rubber dam that protects you so that you don't get

exposed to this toxic vapour. You also need to be on a nasal breathing system to make sure you don't breathe any of the toxins in.

The Dangers of Mercury

I (Dr Bradley Nelson) had my own experience with this once, before I understood how dangerous mercury is. I went to the dentist and asked him about getting my amalgam filling removed. It was many years ago, and he thought it wasn't a big problem, but I wanted my filling replaced anyway. So he went ahead and drilled out this one mercury filling and replaced it with a white ceramic composite filling. I felt fine after the procedure, drove home, walked through my front door, walked up the stairs to my bedroom, and when I got to the top of the stairs, I completely collapsed. The next day, I had a tumour that suddenly appeared on my finger. It was a malignancy that had to be removed surgically. It just kept growing and growing and growing. That's what this thing was like. I tested myself and found that I had received about ten years worth of mercury exposure just by having that one filling removed without any precautions. So you can see that you have to be really careful if you are going to have your amalgam fillings removed. Go to somebody that knows what he or she is doing and will use every precaution.

<p>HEAVY METALS</p> <p>Aluminium</p> <ul style="list-style-type: none"> • Cookware, antiperspirants, packaged salt and baking products <p>Cadmium</p> <ul style="list-style-type: none"> • Batteries, plastics, burning of fossil fuels, tobacco smoke 	
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Aluminium

Aluminium is another damaging heavy metal. A common source of aluminium is antiperspirant / deodorants. Aluminium cookware is also unsafe to use because it leaches aluminium into food. Packaged table salt often contains sodium silicoaluminate, which contains aluminium. Sodium silicoaluminate is used in many baking products as an anti-caking agent as well. If you start reading labels, you will be amazed at how many sources of aluminium there are in seemingly harmless everyday products. Aluminium has been linked with *Alzheimer's Disease*, so if you want to keep your mind young, try to eliminate as many sources of it as possible.

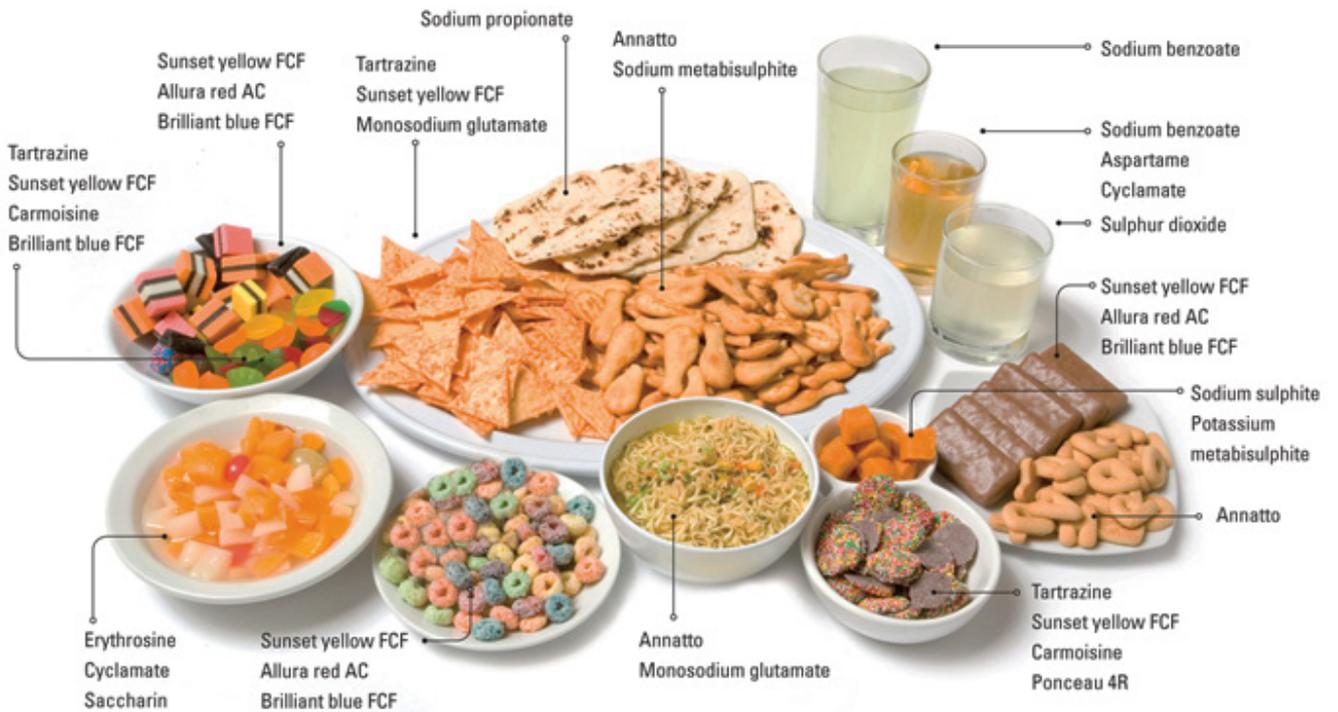
Cadmium

Cadmium is another heavy metal that is also very dangerous. It can be found in batteries, as a stabilizer for plastics and can also be inhaled through the burning of fossil fuels and municipal wastes. Tobacco smoking is a huge source for cadmium exposure, and tobacco smokers have been found to have four to five times the blood cadmium concentrations. Cadmium is a known carcinogen which can induce cancer.

FOOD ADDITIVES:

Food additives are a major cause of toxicity for people, especially in the developed countries and all industrialised nations.

- TYPES of FOOD ADDITIVES**
- **MSG**
 - **Aspartame**
 - **Preservatives**
 - **Food Colourings**
 - **Humectants**
 - **Sugar**



MSG

MSG (monosodium glutamate)

- Many different forms – disguised in packaged foods
- Read labels for: glutamate, hydrolysed, autolyzed and modified
- Causes “Chinese Restaurant Syndrome”
- Excitotoxin
- Causes obesity

Monosodium Glutamate (MSG / E621)

MSG is an amino acid used as a flavour enhancer in soups, salad dressings, chips, frozen entrees, and many restaurant foods. MSG is known as an excitotoxin, a substance which overexcites cells to the point of damage or death. Studies show that regular consumption of MSG may result in adverse side effects which include depression, disorientation, eye damage, fatigue, headaches, and obesity. MSG effects the neurological pathways of the brain and disengaged the "I'm full" function which explains the effects of weight gain.

Found in: Chinese food (Chinese Restaurant Syndrome) many snacks, chips, cookies, seasonings, most Campbell Soup products, frozen dinners, lunch meats. <http://foodmatters.tv/articles-1/top-10-food-additives-to-avoid>

Monosodium glutamate, or MSG, is present in a wide variety of different foods and is disguised under a slew of different names. The most common key words to watch for are: glutamate, hydrolysed, autolyzed and modified. These compounds do different things to food, but they are all toxic and they generally produce the same physical reaction in those who are sensitive to MSG. You may have heard of “Chinese Restaurant Syndrome”, which includes symptoms such as headache, muscle tightness, fatigue and nausea following a meal laced with MSG. Most people don’t even realise they are sensitive to MSG – they just know they feel sick a lot of the time. The reason for these symptoms is that MSG is a type of *excitotoxin*, which means that it excites nerves to death. MSG tends to be addictive, mood influencing, and it actually causes weight gain. In fact, that’s how scientists do studies on obesity in the laboratory – they create obese rats by feeding them MSG. These animals are called MSG treated rodents. There is so much information about MSG that I (Dr Bradley Nelson) have included a whole extra presentation in this Body Code package about it called *Conspiring Men*, and it addresses aspartame as well.

Aspartame

Aspartame is another very toxic substance which can be found just about everywhere – especially in chewing gum and diet foods and drinks. It is marketed under the brands Equal and Nutrasweet. Aspartame is also an *excitotoxin* and when ingested can cause headaches, stomach aches and a long list of other problems. It is an incredibly toxic substance, and works incredibly well as a pesticide. If you have an ant problem, take a little bit of aspartame and sprinkle it out on the floor. The ants will eat it,



take it home and you won't have an ant problem the next day, pretty much guaranteed. Aspartame can be found in 9,000 different products now and counting. It's really quite astounding but it's all about money and we go into that more in detail in the presentation on *Conspiring Men*.

ASPARTAME

- Artificial sweetener
- Excitotoxin
- Equal and Nutrasweet
- Chewing gum, diet foods / drinks
- Works well as a pesticide – kills ants!



Preservatives

Preservatives are used to extend the shelf life of foods, and keep them from going bad. You can talk to any mortician who has been around for very long and they would tell you that 30 or 40 years ago, when a person would die their body would have to be embalmed right away because the body would start to decompose immediately. Now, because everyone is somewhat pickled with all the preservatives that are in the food that we eat, the morticians can actually let the body lay there for two or three days before they have to start embalming it. This may seem like it makes life easier for the morticians, but it's not a good thing for the human body at all. Preservatives are toxic and can interfere with the processes that normally take place in the body, causing energy loss, weight gain and many other problems.

Food Colouring

Food colouring makes foods look good, but it's also a toxin. Many common foods such as oranges and salmon are actually dyed so they will look more "palatable". This is done because of natural variation in colour that some people don't find appetising. The problem with this is that food colouring is generally toxic. It has long been suspected in the aggravation of behavioural disorders such as ADD (Attention Deficit Disorder) and ADHD (Attention Deficit Hyperactivity Disorder), and they have also been suspected to cause further problems for those suffering from Autism.

Humectants

Humectants are used to preserve moisture and keep products from drying out before they're bought. Humectants are used in both foods and cosmetics. One of the most common humectants is called propylene glycol – found in anything from deodorant to cake mix. Propylene glycol is generally recognised as a safe additive, however it can cause skin and eye irritation, and more severe reactions like nausea and vomiting with long term exposure. Regardless of the symptoms, we know that humectants on the whole are toxic, building up in the body to cause a lowered immune system and other problems.

OTHER ADDITIVES

- Preservatives “pickle” the body
- Food colouring aggravates behavioural problems
- Humectants artificially preserve moisture and are toxic
- Sugar is toxic and causes weight gain and behavioural issues.



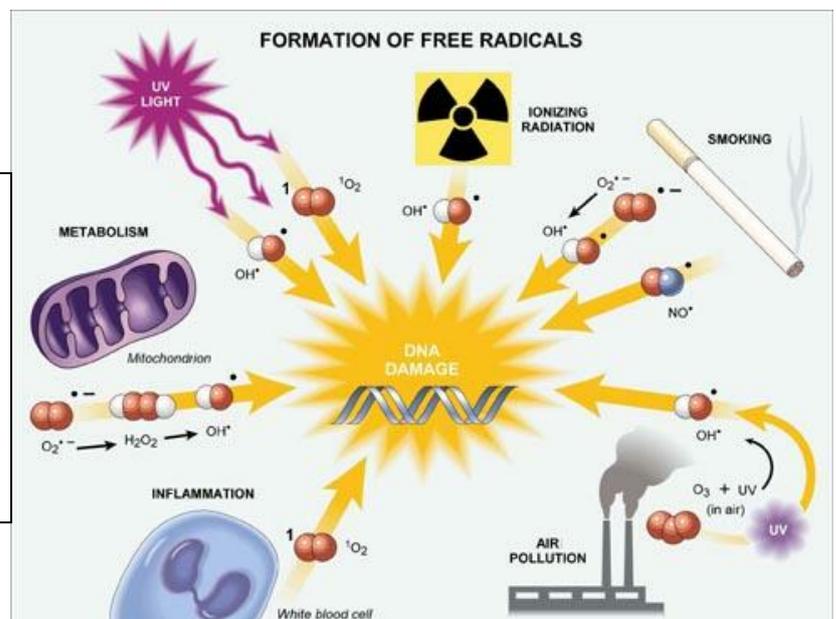
Sugar

Sugar is probably the biggest food additive there is and it also is a toxin. In its natural and unrefined form, in fruits, grains and dairy, sugar is not bad. The problem is that nowadays its easy to find refined sugar everywhere. The most harmful form of sugar is probably high-fructose corn syrup, which has been found to contain mercury. Most people eat far too much sugar for the body to process, causing weight gain, mood disturbances, and an overload on the pancreas which can eventually lead to diabetes. Excess sugar also causes oxidation of cells and the formation of damaging free radicals.

There are a couple of books about sugar that I recommend you read if you want an in depth analysis of sugar and its effects on the body. ‘Sugar Shock!’ by Connie Bennett is a new book and ‘Sugar Blues’ by William Duffy is a classic that was written probably 20 or 30 years ago. Both of those books will really open you eyes to how damaging sugar really is.

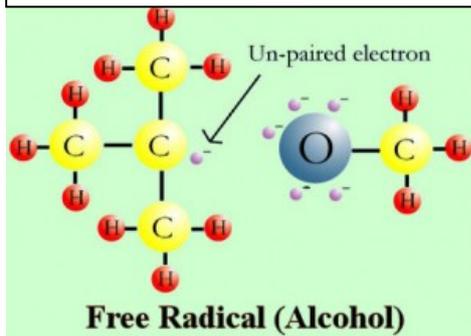
FREE RADICALS

- An unstable atom created by oxidation
- Caused by overeating, radiation, tobacco smoke, direct sunlight, smog, pollution, foods high in fats and sugar.



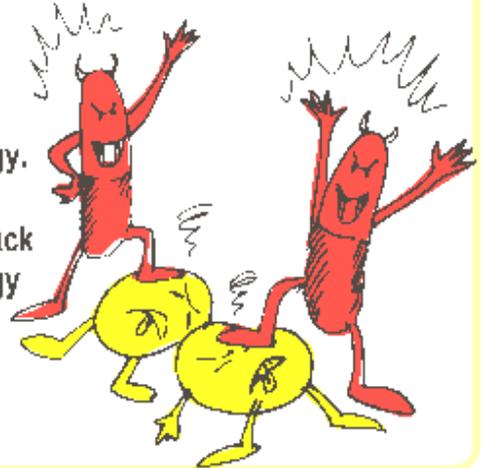
FREE RADICALS

- How the body “rusts”
- Studies show that periodic fasting and eating less calories slow down rate of free radical formation.



What are Free radicals ?

- Free radicals are like robbers which are deficient in energy.
- Free radicals attack and snatch energy from the other cells to satisfy themselves.



WHY ARE FREE RADICALS SO HARMFUL?

While it isn't possible (or necessary) to completely extinguish the existence of free radicals in the body, high levels of these ROS (reactive oxygen species) can cause potentially irreversible tissue damage. Cancer, which is ultimately the progressive accumulation of mutated cells, is a possible result of excessive free radicals.

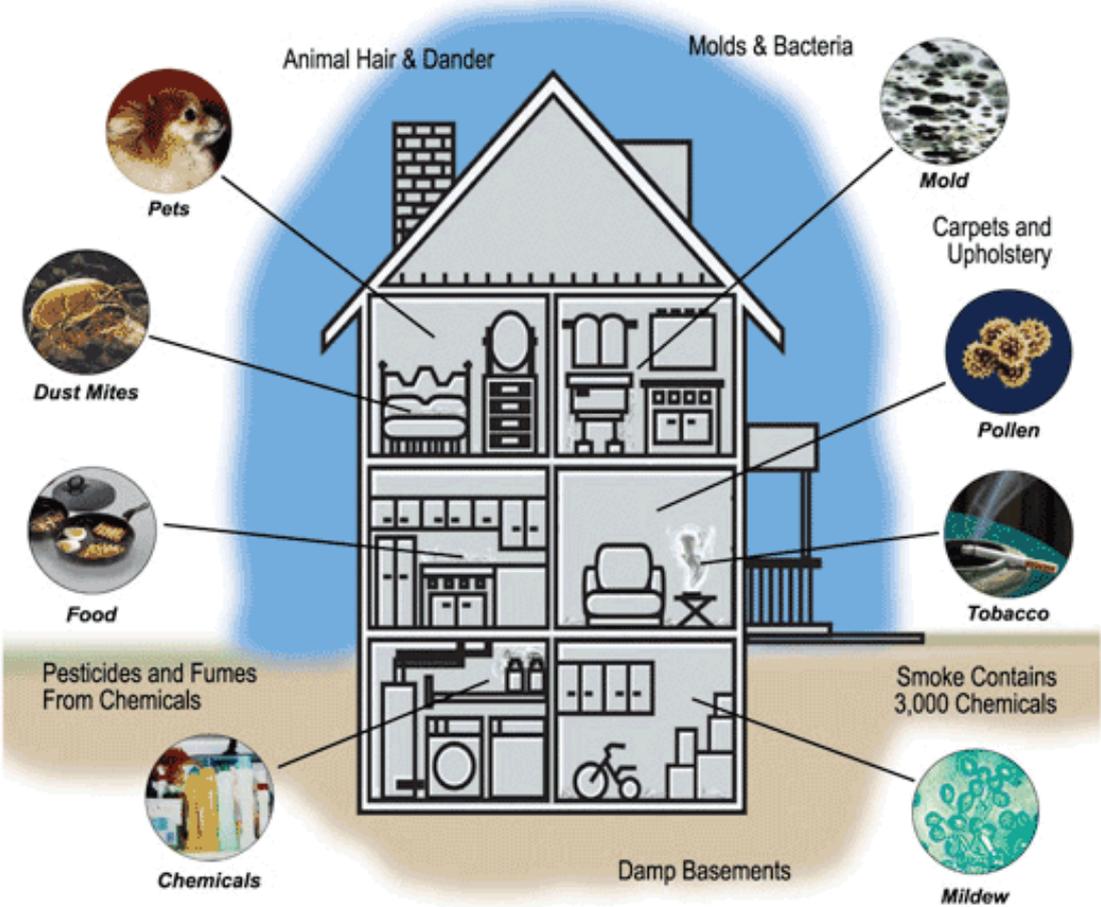


Free Radicals

Free radicals are basically unstable atoms that are created by oxidation, which disrupt the healthy living cells and accelerate the aging process and breakdown of the body. Our bodies naturally create free radicals, but tend to create *more* free radicals when we're exposed to radiation, tobacco smoke, too much direct sunlight, smog, pollution, when we overeat or when we eat foods that are high in fats and sugar.

The damage that free radicals cause could be illustrated with a saying: “it's how the body rusts”. If you look at the picture here, this car has been outside for too long and you can see that it's rusting. Metal breaks down by rusting, the body breaks down by being exposed to free radicals. Both are processes of oxidation. Studies show that periodic fasting and eating fewer calories slow down the rate of oxidation and free radical formation, thus slowing the aging process and keeping the body younger and healthier.

PASCAS
PAPERS



ENVIRONMENTAL CHEMICALS

Environmental chemicals are chemicals and toxins that you are exposed to in your own personal environment – where you live and work.

ENVIRONMENTAL CHEMICALS

- **Building materials**
- **Pesticides**
- **Herbicides**
- **Cosmetics**
- **Cleaning supplies**



Building Materials

One kind of environmental chemical would be *building materials*. Many of the toxins from building materials come from flooring, carpets, formaldehyde, paint fumes, and other harmful chemicals that are released into the air. New buildings, or buildings with fresh paint and carpet should be aired out as much as possible to keep the air breathable. Getting fresh air is imperative to your health. In fact, a study done not too long ago that showed the air inside of most homes to be more toxic than the air in the most polluted cities in the USofA. In our own home, we use the Nikken Air Wellness air purifiers to eliminate this problem, and I highly recommend them.

Pesticides and Herbicides

Pesticides are a very common problem, and one that should be avoided if possible. This picture shows pesticides being sprayed on crops. These are harmful chemicals that are sprayed, sometimes liberally, all over the food that we eat. This is just one reason why organically grown foods are better for your body. *Herbicides* are also widely used and are very toxic. Millions of tons of herbicides and pesticides are used in the industrial farming done in the western world every year.

ENVIRONMENTAL CHEMICALS

- **Toxic pesticides and herbicides are sprayed on the foods we eat.**
- **Cosmetics can contain toxic chemicals and heavy metals.**
- **Cleaning supplies are harmful – use healthy and environmentally friendly alternatives.**



Cosmetics

Cosmetics like makeup, lotions, perfumes, deodorants and hair products can also be very toxic. They might seem harmless, but many contain toxic chemicals and heavy metals. It's also been observed that a

lot of the big name brand cosmetics that you pay the most money for are the most toxic ones of all. Once you know what to look for and avoid, you can begin using products that are actually doing your body good, not damaging it.

Cleaning Supplies

Cleaning supplies can be incredibly toxic. If you do some research you'll find that the chemicals in cleaning supplies are actually very toxic to the body, not to mention the environment. Coming in contact with fumes from toxic cleaning supplies can cause respiratory problems, headache, muscle aches and fatigue, in addition to other various long-term effects with repeated exposure. There are several healthy alternatives to commercial cleaning supplies, and a lot of them actually work better than their toxic counterparts. Some natural products are so completely non-toxic that they're safe enough to drink, believe it or not. Vinegar and baking soda are also natural alternatives that are non-toxic, cheap and environmentally friendly. Cleaning supplies do not have to be toxic to do the job.

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Safe Food Foundation & Institute

PASCAS
HEALTH



Feeling
Healing with
Divine Love is
the key!



Feelings first

LIVE FEELINGS FIRST

RECREATIONAL DRUGS

Recreational drugs are a scourge of the world in our day and are destroying countless lives. They're also extremely toxic and do their damage to the body quickly and sometimes permanently. All toxins are damaging to the body as a whole, but especially damaging to the liver and the kidneys because it's the liver and the kidneys that have to purify the blood. With repeated exposure and no detoxing, toxins will build up in the liver and kidneys causing a multitude of problems.

RECREATIONAL DRUGS

- | | |
|-----------------------|------------------------|
| • Alcohol | • LSD |
| • Amphetamines | • Marijuana |
| • Caffeine | • Mescaline |
| • Cocaine | • Mushrooms |
| • Ecstasy | • Nitrous Oxide |
| • Heroin | • Nightshades |
| • Ketamine | • Tobacco |



Alcohol

Alcohol is probably the most commonly used recreational drug. Taken sparingly it doesn't do too much damage, but if abused or taken in excess, it can cause a lot of problems. The main problem that alcohol causes is interference with the liver. The liver has to work overtime to detox alcohol from the body, but in cases of repeated use with little or no recovery time, like alcoholism, the liver function can actually decrease until it is hardly functioning at all. If this persists, liver disease and eventually cirrhosis of the liver result, leading to death – you need a working liver in order to keep living.

Amphetamines

Amphetamines are chemically engineered psychostimulant drugs which act to speed up the nervous system, causing euphoria, increased concentration, hyperactivity and many other more agitating symptoms. Speeding up the natural rhythms of the body is very harmful to the adrenal glands, the kidneys and the liver. Amphetamines include pharmaceutical drugs such as Adderall, but also include *methamphetamines*, an illegal street drug commonly called meth or speed. Amphetamines in any form are toxic, and when introduced to the body, the liver will attempt to break down the chemicals into hopefully less toxic components. The physical effects of Amphetamine use are harmful, and include: weight loss, insomnia, increased blood pressure, numbness, tachycardia, risk for heart attack, and many more. Psychological effects include: anxiety, false sense of confidence, strength or well-being (all of these being dangerous to the user's safety), and possible psychosis.

Caffeine

Caffeine is one of the most common toxins people take in. I'm classifying it as a recreational drug because it's addictive, toxic, and so many people rely on it for its drug-like effects on the body.

Caffeine accumulates in the kidneys, where it will cause imbalance, especially if it builds up over time – but it doesn't even take that much to cause a problem – one cup of coffee can do it. Because caffeine creates imbalance in the kidneys, it will also tend to create low back pain. In fact, I believe it is the largest single factor that causes low back pain today. Caffeine is more dangerous than just this however – it causes *Fibrocystic Breast Disease* as well as *Benign Prostatic Hypertrophy* – a condition where the prostate becomes enlarged and creates difficulty with urination.

Cocaine

Cocaine is a drug that stimulates the central nervous system and is both very harmful and incredibly addictive. Just like any other drug, cocaine causes health problems that become worse with time and the more cocaine used. Prolonged or excessive use can result in heart and blood pressure problems, paranoid delusions, seizures and strokes – which we know can cause death, and often do in cocaine users. Cocaine also destroys the cells of the body, which you can see clearly when you look at an addict – they always seem to look 10 or 15 years older than they really are because their cells have been weakened or destroyed and the process of oxidation has been accelerated.

Ecstasy

Ecstasy, also known as MDMA is a really dangerous psychoactive amphetamine street drug that also happens to be very toxic. It causes an imbalance in the serotonin transporters in the brain, which unfortunately makes you feel great while you're on the drug, but the side effects can be difficult to devastate. At the lesser end of the spectrum, ecstasy will cause increased depression and anxiety – even after a user has quit using it. This is because the serotonin levels in the brain have been depleted and they don't automatically go up to normal again. On the other end of the spectrum is disaster. I had a patient from California who had tried ecstasy twice. The first time she tried it, she didn't notice much of anything, but the second time she tried it, it basically destroyed her health completely. When she came to me, she was 23 years old and had that terrific *fatigue* and such terrible *Fibromyalgia* that she couldn't work anymore. It was all she could do to get to the store to buy enough food to survive on. The ecstasy had done such horrible, irreparable damage to her body, and because of that there wasn't really anything I could do to help her.

Heroin

Heroin is an incredibly addictive and very damaging drug, made from the opium poppy. Heroin is used as a street drug as well as a painkiller, and is abused regularly in both forms. Psychological dependence is what makes heroin so addictive, because of the euphoria experienced when the drug is taken. Like other drugs, it is toxic and destroys the body, causing respiratory problems that are often what kills the user, as well as decreased liver function and heart problems.

Ketamine

Ketamine is a drug used medically as an anaesthetic, but used as a street drug as well. It causes impaired senses, hallucinations and problems with respiration and circulation. It is both addictive and toxic, like other drugs.

LSD

LSD is a psychedelic drug invented for medicinal and psychiatric purposes but now more frequently used as a street drug. It causes hallucinations, paranoia and euphoria. LSD as a substance is considered to be non-toxic, however, it shows up as a toxin in the body because its *energy* is very toxic.

Marijuana

Marijuana is widely thought of as being fairly harmless, but this is not true at all. Marijuana creates a kind of mould in the body when it is smoked. The mould seems to have an affinity for the joints, where it gradually damages and destroy the joints over time. Just like any drug, prolonged and excessive use causes more of the problem – so the more marijuana used, the higher the probability for joint problems. If you have a client who uses marijuana, you can actually ask their body which of their joints will be destroyed first. Usually it will be one of the larger joints like the shoulder or the knee. Often the joint that you’re found will be destroyed first will already be causing problems for the person, and this is usually quite eye opening for them.



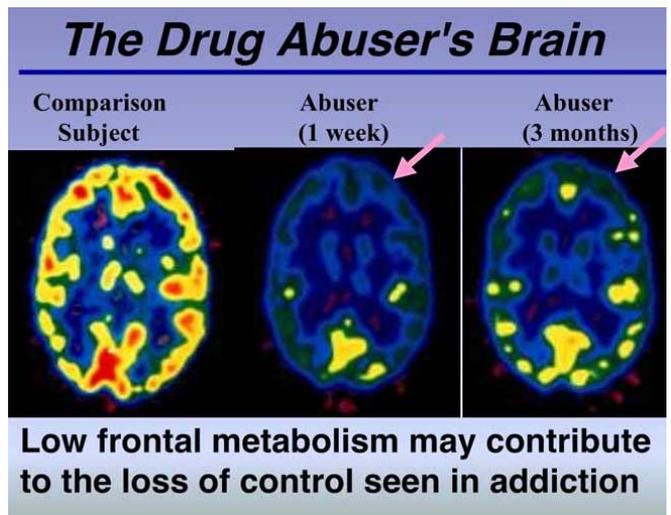
My opinion is that people who use marijuana long term often end up in wheelchairs because their joints get destroyed, their vertebral disks deteriorate, they end up in constant pain, and they most often continue to use the marijuana to help them to deal with the pain, which really makes the problem worse. There was also a study done in Miami, Florida that showed long term marijuana users developed a crust over the brain, and the brain was actually shrunken to about the size of a softball. So there are some real health problems associated with marijuana, besides the more widely recognised lack of motivation and paranoia issues.

Mescaline

Mescaline is a psychedelic drug that targets the peripheral nervous system. Like LSD, it is considered non-toxic but it has toxic energy and shows up as a toxin in the Body Code.

Mushrooms

Hallucinogenic *mushrooms*, or Psilocybin mushrooms are used as another hallucinogenic drug. They are also considered non-toxic but show up as a toxin in the body.



Nitrous Oxide

Nitrous oxide, or laughing gas also shows up as a toxin. It is used as a street drug as well as for medicinal purposes and can cause several health problems with prolonged use, as well as death from anoxia, or deprivation of oxygen.

Nightshades

The most commonly known toxic *nightshade* is the psychoactive “deadly nightshade” or belladonna. Tobacco is also a nightshade, as are edible plants such as potatoes, tomatoes, eggplants and peppers. Nightshades are known to cause inflammation and pain, due to the alkaloid chemicals they produce. The most common include nicotine in tobacco, the hallucinogenic and deadly tropane alkaloids in belladonna, and the mildly irritating alkaloids in tomatoes, potatoes, and other food nightshades. I often advise sensitive individuals to avoid nightshades altogether because they can cause such irritation of the tissues, although most people tolerate edible nightshade plants very well.

Tobacco

Tobacco is one of the top three most popular toxins out there, along with alcohol and caffeine. Tobacco is a recreational drug in and of itself. It would require an additional presentation about tobacco and the thousands of different toxic chemicals that it contains. One of the chemicals that tobacco contains is actually an insecticide, called *hydrogen cyanide* – the same drug that was used in Nazi Germany in the gas chambers.

MEDICAL TOXINS

- **All medications are toxic.**
- **Side-effects are a by-product of this toxicity.**
- **Liver and kidneys are especially vulnerable.**



Medical Toxins

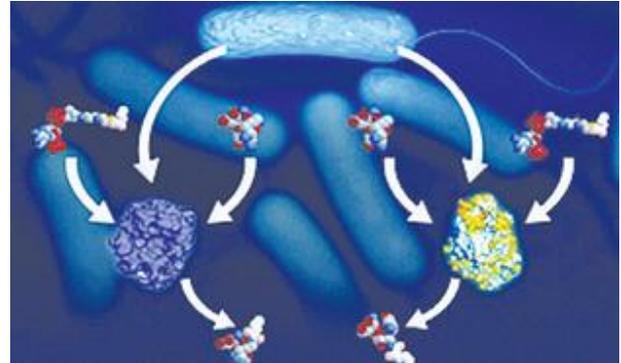
All medications are toxic to the human body – we call these *medical toxins*. Medications are used to suppress symptoms or to achieve a certain effect, but there are also unintended or unwanted effects – these are called *side effects*. Side effects are a by-product of toxicity in the body – they range from skin irritation to headache to nausea to death.

The liver and kidneys are especially vulnerable to medical toxins because they are the organs that are trying to detoxify the body of the toxic medications. Some drugs are so toxic that people have to go into the doctor every week so they can test the liver and kidneys to see if they are starting to fail yet. Medications are far too overused in western medicine. Millions of people, particularly the elderly, are using dangerous combinations of medications that are untested, yet they are still being prescribed every day without full knowledge of the possible complications that could take place.

A colleague of mine had a patient who was taking a certain medication that was so powerful, one of the side effects was actually a syndrome that's known as *furry tongue*. The medication actually created fur, or hair growing all over this person's tongue.

MICROBIAL TOXINS

- **Parasites, bacteria, fungi and mould all produce toxins (toxic waste).**
- **We can be sensitive or allergic to these toxins.**



Microbial Toxins

Pathogens such as *parasites, bacteria, fungi* and *mould* all produce their own specific toxic waste, and people can be very sensitive or allergic to these toxins.

Energetic Toxins

Another form of toxicity is *Energetic Toxins*. *Microwave radiation, cell phone radiation, and fluorescent lights* can be toxic. Colours can actually be toxic to certain people. Sound can be a toxin – if you have teenagers, you know that's true. Radiation itself is a toxin. All of these energetic toxins I just mentioned are on different wavelengths of energy along the electromagnetic spectrum. What is actually toxic is the frequencies of radiation. For example, let's discuss microwave energy. Scientists have done studies finding food cooked in a microwave will not be as healthy for you as food that is cooked in a traditional oven. This is because the toxic microwave energy actually breaks down structures in the food, causing it to be less healthy and even toxic for your body. You can try this yourself. Boil a cup of water on the stove and boil a cup of water in the microwave. Hold the cup that's been in the microwave and muscle test yourself for the water. You'll test weak. Then if you hold onto the cup of water that's been heated on the stove, you'll test strong.

ENERGETIC TOXINS

- **Microwave**
- **Cell phone**
- **Fluorescent light**
- **Colour**
- **Sound**
- **Radiation**



The radiation from cell phones is a huge problem in our day, as you can't go many places where there isn't cell phone coverage and most people, even kids have their own personal cell phones. There is enormous vested interest in keeping any studies that come out about this as quiet as possible because

there's a huge amount of money in the cell phone industry. I'm very sensitive myself to cell phone radiation. I try to use a corded headset, to keep the cell phone away from me as much as possible.

When you're first dialling a cell phone and it's first making that connection, that's when the radiation coming out of the phone is the highest. Keep the phone away from you until that point – until you've made the connection. My advice is to use a cell phone as little as possible. There are also some great devices that are made by a couple of different companies that you can actually attach to your cell phone. These will decrease that radiation to a great degree. If you don't do that, you may end up like a friend of mine who actually got a brain tumour that was pretty much the exact same size and shape as her cell phone antenna. There are more and more people getting *auditory nerve tumours*, or *brain tumours* from the use of cell phones.

Fluorescent Lights and Colour

The frequency of *fluorescent lights* can be toxic. A lot of people are susceptible or sensitive to fluorescent light. *Colour* itself can be toxic. Usually the more common thing that we see is that you can have a *deficiency* of a certain kind of colour. And again, colour is just a particular energy at a particular wavelength and if you don't get enough of a certain colour into your body, then your body can actually show a deficiency. If you get too much of a certain type of colour, that can also be an imbalance and that might sound strange, but it is something that we have on the chart that occasionally does show up.

Sound

Sound can also be toxic. This might include music, construction noise, buzzing, etc. These are all just frequencies of energy, the body doesn't discriminate – if it's toxic, it's toxic. These colour and sound imbalances can be corrected pretty easily. If a person has certain colour toxicity, you can actually roll the body and release that (3 times down the governing meridian). If they have a certain sound toxicity, it's the same thing.

And of course *radiation* can be toxic. I'll show you in a few minutes how you can actually work with all of these kinds of imbalances energetically. One of the fascinating things about toxicity is that it actually is a reason for obesity, and perhaps the biggest reason for obesity. And the reason for that is that the process of clearing toxins from the body is not 100% efficient. Even though the liver and the kidneys do the best job they can, they can't always remove every toxin, especially if there are a lot of toxins present. As a result, the excess toxins are put into the fat cells, which act as cold storage to protect the body from these poisons.

TOXINS and OBESITY

- **Process of clearing toxins from the body is not 100% efficient.**
- **Excess toxins are put into the fat cells (cold storage to protect body.**
- **More toxins = more fat.**

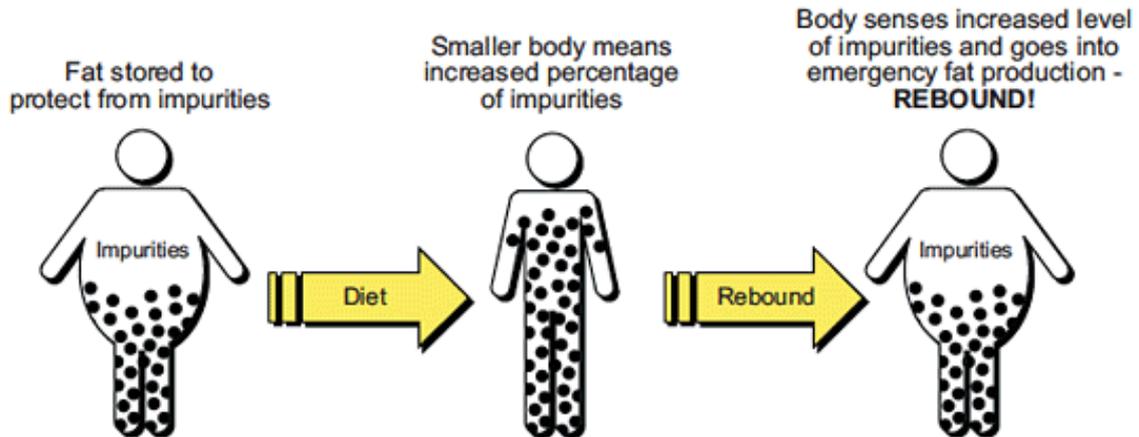


Toxins and Obesity

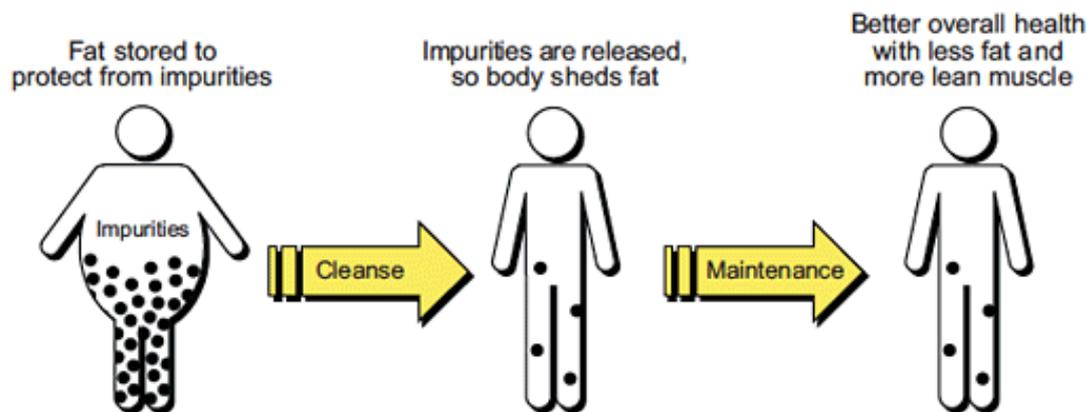
Traditional Diet vs. Cleansing

One of the ways the liver deals with impurities is to increase body fat to enfold these impurities to protect the body from their influence. Diets are not successful for long term weight loss because they don't address the need to cleanse the body of impurities.

Traditional Diet



Cleansing and Replenishing



The problem is the more toxins you accumulate, the more fat you need to buffer you from those toxins. Here's essentially what happens.

An obese person will have more fat to protect the body from all the toxic impurities in their body. If they go on a diet, their body becomes smaller because it loses the fat, but it doesn't lose the toxins, which means the relative concentration of toxins in their body now is actually higher. The body will sense that increased level of impurity and it goes into an emergency fat production mode, and the fat comes right back on. In fact, sometimes they will end up having more fat than they had before. The best way to get rid of fat, in my (Dr Bradley Nelson) opinion, is to first use the Emotion Code to

determine if there are any trapped emotions that are preventing the person from losing weight, and release whatever emotions show up. Then determine the best way to cleanse the body, and complete that cleanse. When you cleanse the body of toxins, the body sheds excess fat because it doesn't *need* the fat to act as a buffer anymore. Then after that you simply maintain the body weight by preventing the intake of all these toxins we've just discussed.



Dealing with Toxins

DEALING with TOXINS

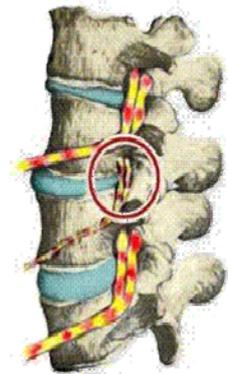
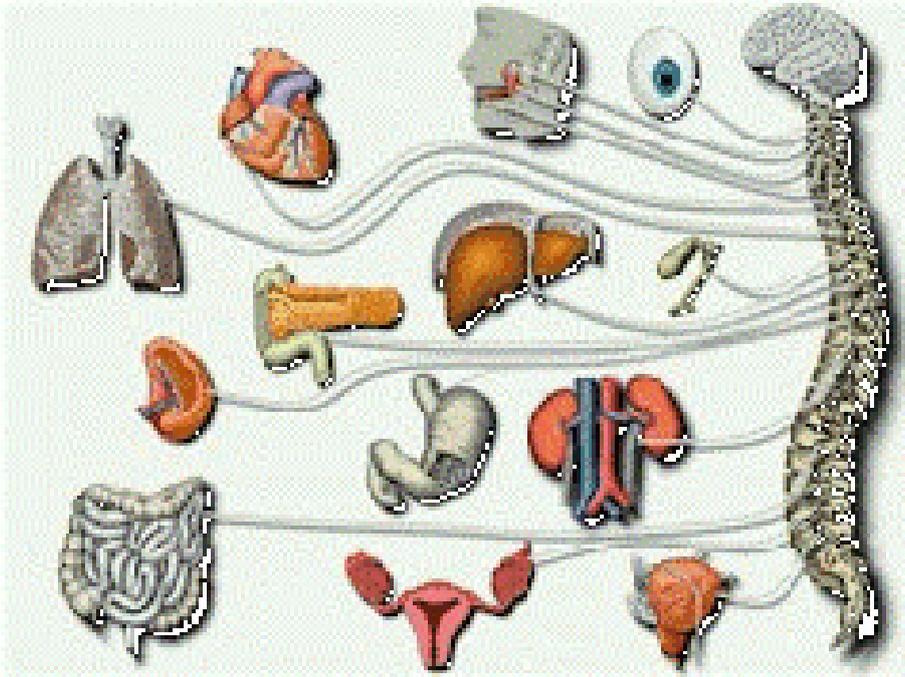
- **Organ cleanses.**
 - Liver, gall bladder
 - colon
- **Whole body cleanses for general cleansing.**
- **Specific toxin cleansing (i.e. heavy metal cleanses, etc.)**



I have known a number of people who've lost over 100 pounds (45 kilograms) just simply by cleansing. In fact if you go on the right kind of cleanse, you can lose weight safely and quickly. Typically, men can lose a pound of fat per day just by cleansing. Women can typically lose about a pound every other day. You can't lose weight that fast on any kind of a diet that I know of.

The Emotion Code is very important to weight loss because if you have trapped emotions that are preventing you from losing weight, or preventing you from releasing toxins, no matter what you do your body will hang on to that weight. You can cleanse and you can diet but the weight will come back. So what can you do to deal with toxins? There are many different kinds of cleanses that you can do. There

are specific organ cleanses, like liver or gall bladder cleanses, there are colon cleanses, whole body cleanses, and more. There are also cleanses that deal with specific toxins such as heavy metals.



HEAVY METAL CLEANSSES

- **IV Chelation**
- **Oral Chelation**
Beyond Chelation Supplement
- **ACZ-Nano (Zeolite)**
- **Etc.**



Heavy Metal Cleanses

One of the best *heavy metal cleanses* that I have found is *IV Chelation*, which a lot of people do, especially if the problem is very bad. This is where you actually go to a clinic and they put in an IV and your blood is actually cleansed of these poisons through IV Chelation. There are also oral chelation supplements that you can take. There are a few of these out there on the market but the best one that I have seen is this one. It's called *Beyond Chelation* and it was developed by the "father of chelation", Dr Garry Gordon, who you may have seen on TV advertising some of his products. The other product is called *ACZ-Nano*, which is also known as *Zeolite*. This seems to work really, really well to chelate out heavy metal toxins. In fact, I spoke recently with a client who is taking the ACZ-Nano to chelate the mercury out of her body. She told me that within a couple of days of taking the ACZ-Nano, her vision suddenly improved quite dramatically. She is actually able to see colours now that she didn't realise she was missing before! There are other methods of cleansing heavy metals, but these are the ones that I have found to be most effective so far.

Colon Cleanses

COLON CLEANSSES

- **Colonic Therapy (colon hydrotherapy)**
 - **Rinses colon with about 10 gallons (45 litres) of water in 45 minutes**
- **Commercial colon cleanses**



Colon cleanses can really help rid the body of toxins safely and quickly. One of the best ones on the market is the one called *Colonix* by *Dr. Natura*. Colon cleanses are typically kits that include any combination of herbs, natural laxatives and binding agents like bentonite clay to pull toxins out of the colon. *Colonic therapy*, also called *colon hydrotherapy* is also very effective in cleansing the colon. Instead of doing an enema at home, in which you use about a gallon (4 litres) of water, a colon hydrotherapy session is done by a professional and will typically last about 45 minutes. This involves rinsing out the colon with about 10 gallons or more of water. Sometimes the water used is oxygenated with pure oxygen to help kill micro-organisms. Most people have not experienced colonic therapy and in fact a lot of people have never even heard of it, but it is very powerful and is offered as a standard therapy at every worthwhile health recovery spa. Cleansing the colon can make an enormous difference in how you feel. The average person is carrying around a lot of toxic impacted faecal material in the colon, which can cause energy loss, weight gain, a protruding gut and many other health problems. So removing all this toxic sludge can help the colon to do its job right, raise your immune system, and help you feel more energised and healthy all around.

General Cleanses

For cleansing all different kinds of toxins from the body, there is a place called the *Optimum Health Institute*, which is in Lemon Grove, California near San Diego, and they also have another location in Austin, Texas. This is a wonderful place where you can stay for up to three weeks at a time. They will put you on a program where your body is cleansed through eating live fresh fruits and vegetables and also through the very liberal use of wheatgrass. They grow their own produce and feed you just about the healthiest diet there is, while educating you about nutrition and cleansing among other things. It's really quite an amazing place.

GENERAL CLEANSSES

- **Isagenix**
9 day or
30 day cleanses
- **www.HealersLibrary/Isagenix.com**

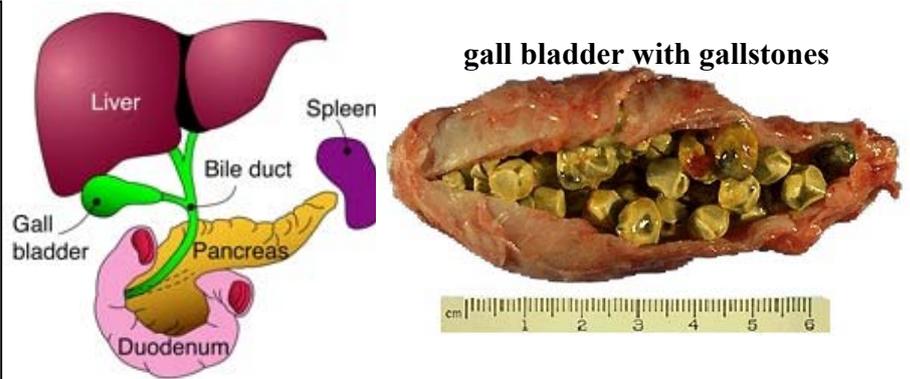


Isagenix

Isagenix is another full body cleansing program that, for most people, is easier to do than going all the way to Texas or California. *Isagenix* was designed to help people lose weight and cleanse, while providing ultimate nutrition and high energy levels. They have 2 main packages: the 9-day cleanse or the 30-day cleanse. You can simply test (kinesiology muscle testing) yourself or your clients to see which one they need. People who are very overweight or toxic will sometimes need two or three 30-day cleanses back to back. We've gotten great results with *Isagenix* and have used it for several years. Of course, there are other cleansing programs out there that are great, but *Isagenix* and the Optimum Health Institute are the two that I've had the most experience and the best luck with. You can always muscle test yourself or your clients / friends to see what other cleansing program would be the best option. For more information visit

LIVER and GALL BLADDER CLEANSE

- **Gallstones**
Made of hardened cholesterol
And/or bile salts
- **Cause problems in the gall bladder, but can be removed by cleansing.**



Here we have a picture of a gall bladder that has been opened up. What you're seeing inside the gall bladder are a bunch of *gallstones*, made of hardened cholesterol and bile salts. Gallstones are the reason why most people end up having the gall bladder removed when it has trouble, but there is a natural way to actually get rid of gallstones and that's what we call the *Liver and Gall Bladder Cleanse*. This cleanse will help to flush both toxins and gallstones out of the liver and the gall bladder. I (Dr Bradley Nelson) want to caution you that you should use this only under supervision of your doctor. Your medical doctor probably hasn't heard of this cleanse, so consult your alternative doctor before beginning it (or any type of a cleanse).

Drink a glass of organic apple juice every waking hour for two days. The organic apple juice softens things up and makes it much easier for you to pass the stones. Eat only fruits and vegetables during this time (no fats!), and if you can find beet greens (the tops of beets) eat them on both days. At the end of the two days, drink one or two tablespoons of *Epsom salts* dissolved in a glass of water. Then you drink this mixture at bedtime: one third of a cup of olive oil, one cup of Coca-Cola, and the juice of one whole lemon. The olive oil is the active ingredient in this. The Coca-Cola is optional but it just seems to make it more palatable, as drinking straight oil can be really unappetising. The lemon juice helps to make the whole thing go down easier. Lie down within five minutes of drinking this, and go to sleep. The next morning drink one bottle of *citrate of magnesia* (or magnesium citrate) and take the morning off because you're going to need to stay near the toilet. Then you watch your stools for the stones that will probably be passing. You can start eating regularly by mid-morning.

LIVER and GALL BLADDER CLEANSE

To be used under supervision of alternative doctor only!

- **Drink a glass of organic apple juice every waking hour for two days, eating only fruits and vegetables.**
- **Eat beet greens if available during these two days.**
- **At the end of the two days, drink 1 to 2 tablespoons of Epsom salts dissolved in water.**
- **Blend the following and drink at bedtime:**
 - **1/3rd cup of olive oil**
 - **1 cup of Coca Cola**
 - **Juice of 1 lemon**
- **Next morning, drink 1 bottle of Citrate of Magnesia and take the morning off. Watch stools for gallstones being eliminated.**

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

KIDNEY FLUSH

- **Kidney stones are made of calcium and other minerals.**
- **Normally pass through the urine, but large stones get stuck.**
- **Large stones = extreme pain.**
- **Can be dissolved with Kidney Stone Flush.**



Kidney Stone Flush

Like the liver, the kidneys are responsible for filtering toxins from the body. Sometimes toxins accumulate in the kidneys, along with dissolved urinary minerals that form what are called kidney stones. Most of the time these kidney stones are small enough that they can be eliminated with no symptoms through the urine, but sometimes they are too large to pass through the urinary tract, causing incredible pain and malfunction of the urinary tract. This picture is a close up of a large kidney stone. If you look closely you can see the sharp, pointy crystals covering the kidney stone – it’s obvious why these cause such intense pain. The pain is typically experienced in the lower back, the hip and around the front of the lower abdomen, on the side of kidney with the stones.

Again, you should always check with your alternative doctor before beginning any type of cleanse. That being said, the kidney flush is easy, effective and fast. Simply drink six 12-ounce (340ml) bottles of Classic Coca-Cola within 1 hour, and follow that with 4 ounces (120ml) of pureed asparagus. The combined acids in the Coca-Cola and the asparagus is often enough to dissolve the stones.

KIDNEY STONE FLUSH

To be used under supervision of alternative doctor only!

- Buy 6 x 340ml bottles of Classic Coca-Cola.
- Drink all 6 bottles within a 1 hour period.
- Follow with 120ml of pureed asparagus.



Energetic Treatment of Toxins

There is another way that you can work with many toxins in the body and that is to *treat them energetically*. This works because what all toxins are is pure energy!

ENERGETIC TREATMENT of TOXINS

- All toxins are pure energy.
- Think of toxins as cloud of energy in the body.
- Identify location of toxin and treat magnetically!



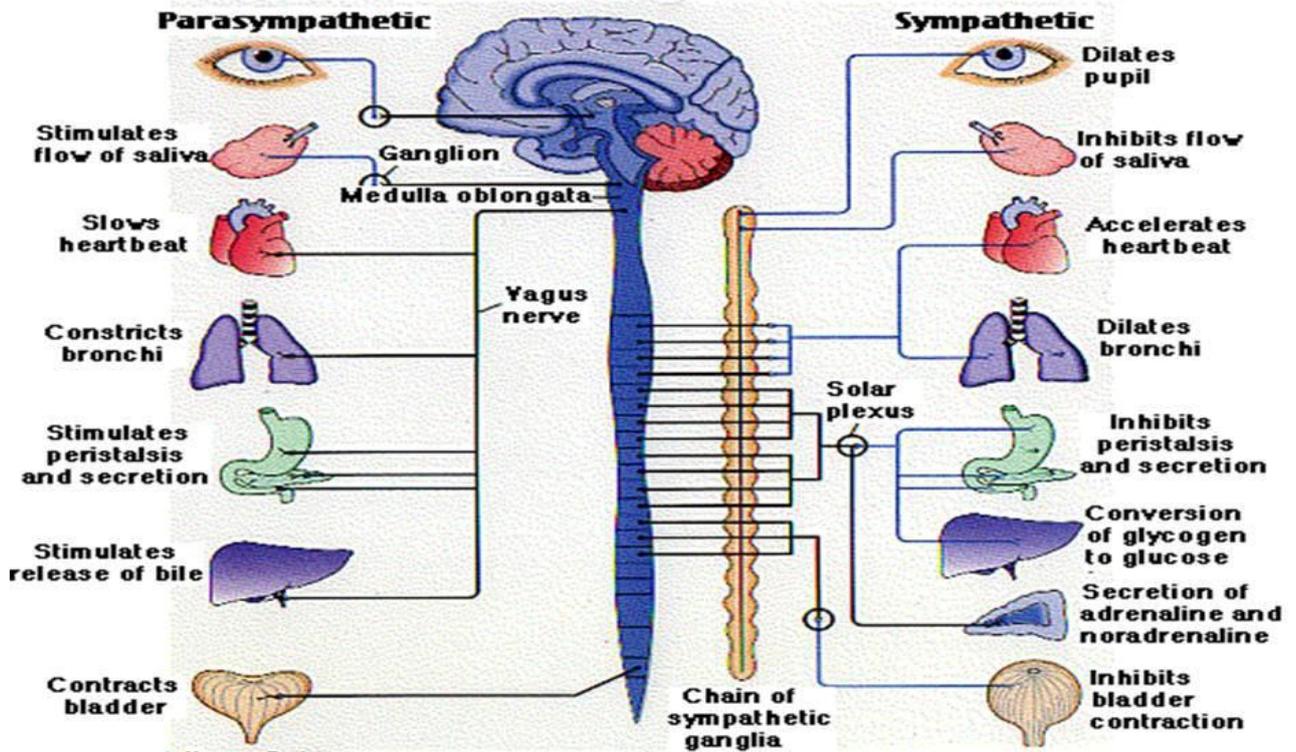
When looking for toxins to release, remember that toxins can be spread throughout the body or accumulated in a certain organ. Typically you'll find toxins concentrated in fatty tissues like the fat overlaying the stomach, or you'll find them in the cleansing organs like the liver or the kidneys. If you think of toxins as being like a cloud of energy in the body, then I believe it is possible to identify the location of that toxin and literally treat the toxin magnetically – just like releasing a trapped emotion or any other energy. I think this is totally dependant upon your own faith and belief, as well as the faith and belief of the person you are working on. If your belief is strong enough, “all things are possible to those that believe”. Be a believer!

Dr Brad

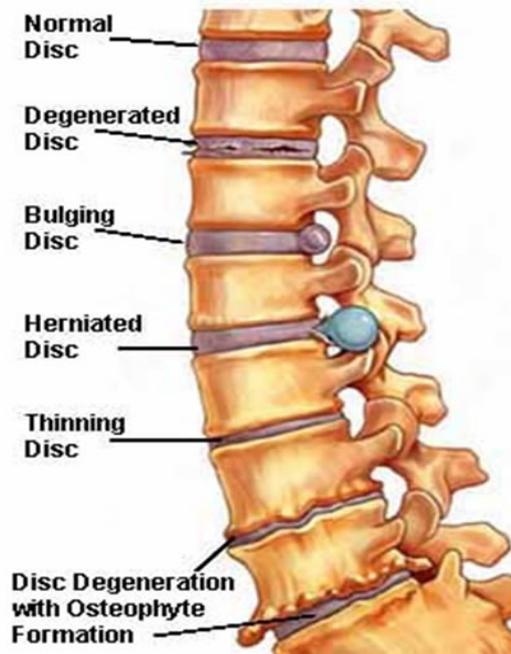


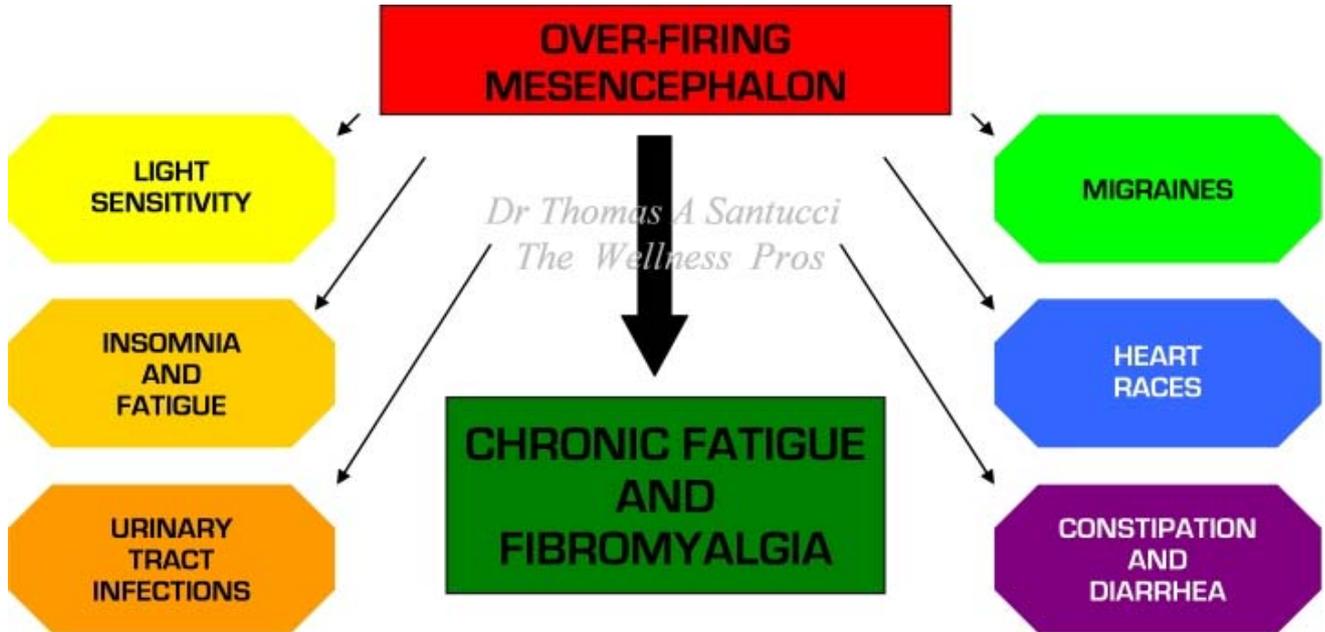
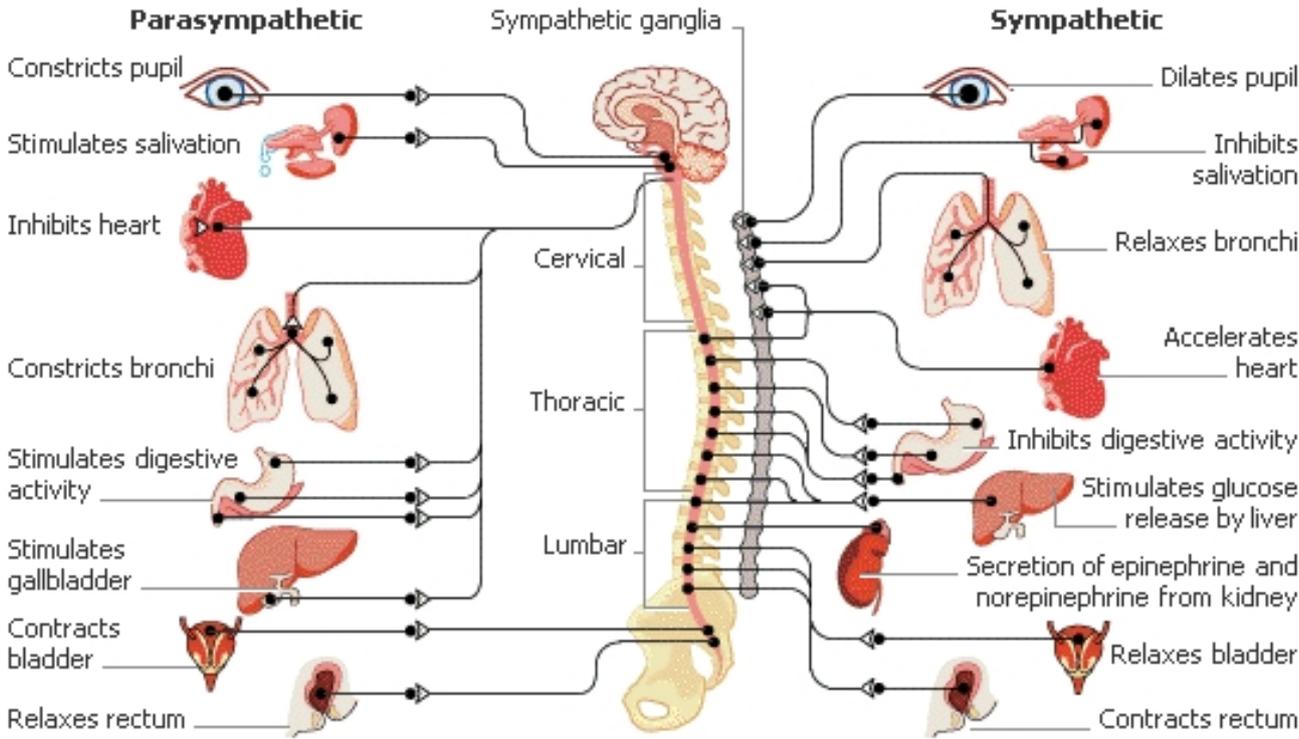
“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process with Divine Love.” JD

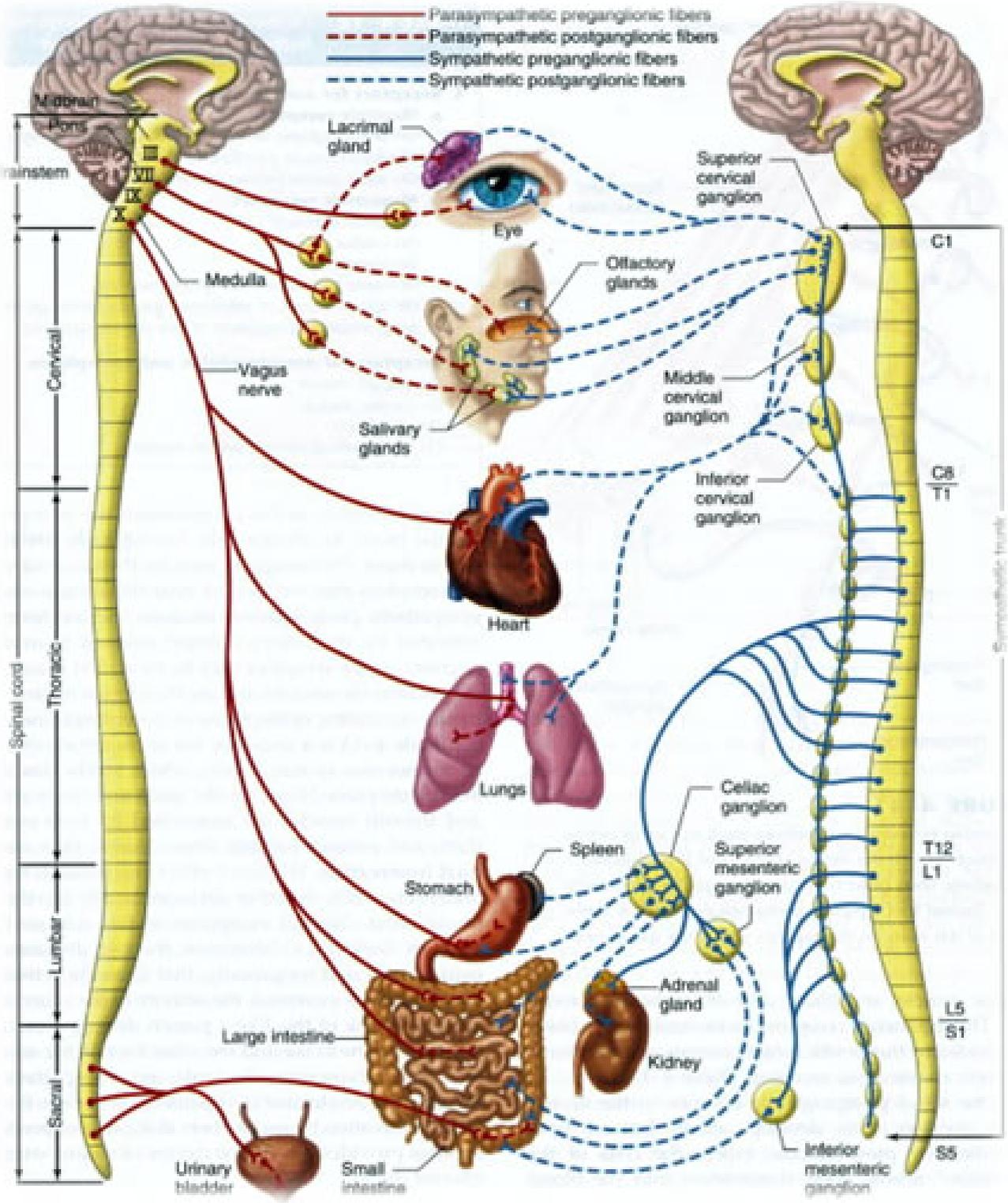
BLOCKED NERVES → ORGANS DIE



Examples of Disc Problems

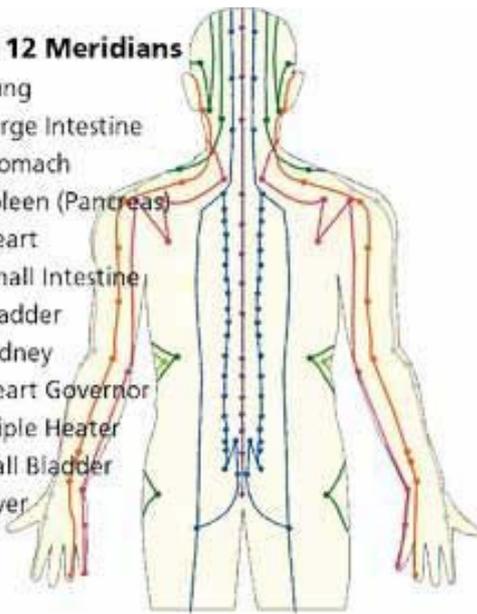




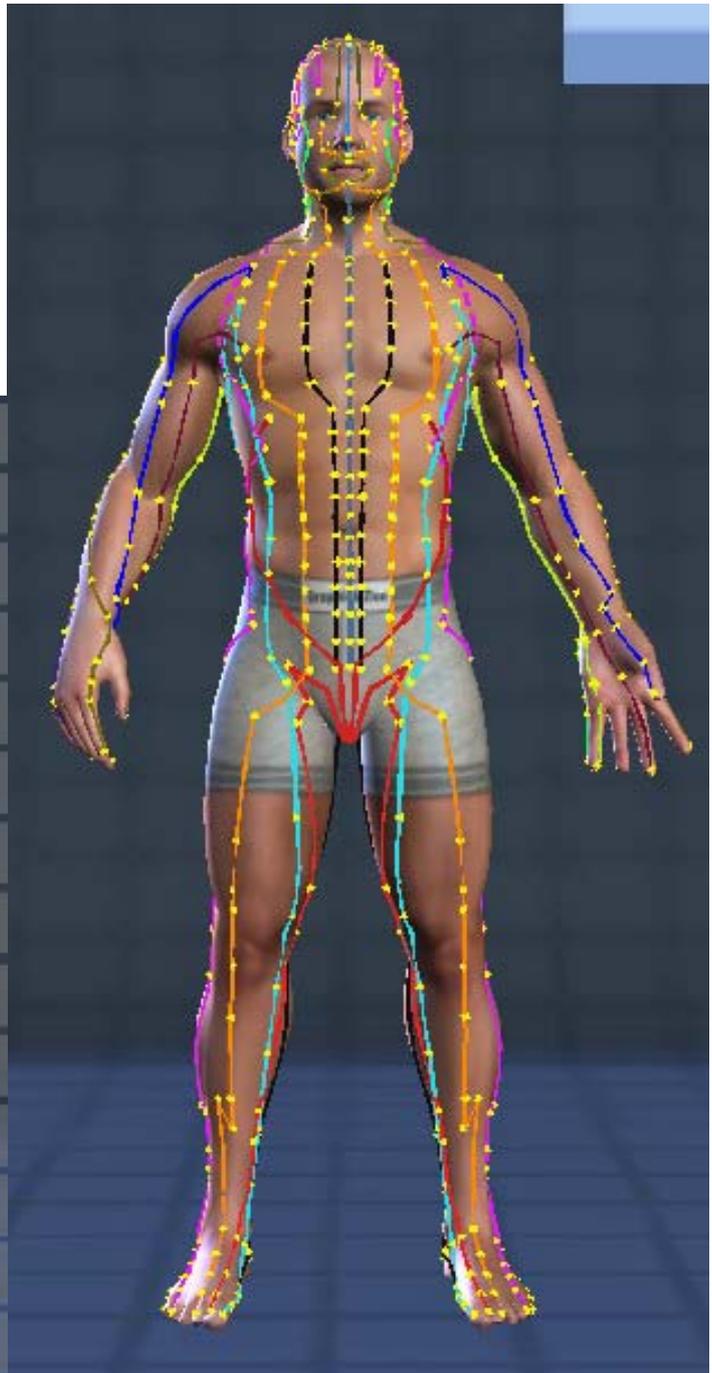


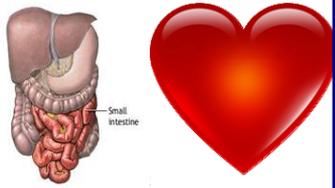
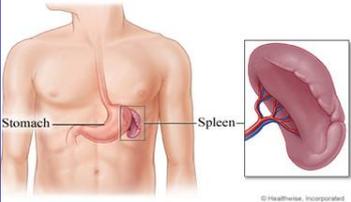
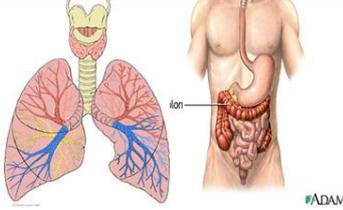
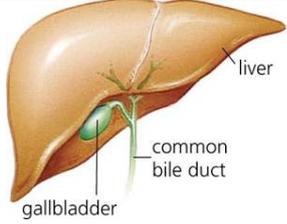
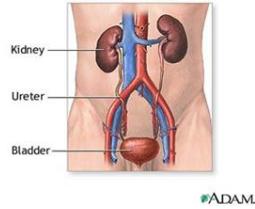
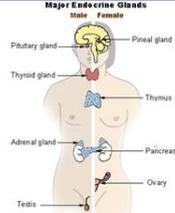
The 12 Meridians

- Lung
- Large Intestine
- Stomach
- Spleen (Pancreas)
- Heart
- Small Intestine
- Bladder
- Kidney
- Heart Governor
- Triple Heater
- Gall Bladder
- Liver



- Lung
- Large Intestine
- Stomach
- Spleen
- Heart
- Small Intestine
- Bladder
- Kidney
- Pericardium
- Triple Burner
- Gall Bladder
- Liver
- Governing Vessel (Du Mai)
- Conception Vessel (Ren Mai)



Organs	EMOTION CODE™ CHART		
	Column A	Column B	
	Row 1 Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Un-received	Effort Un-received Heartache Insecurity Over joy Vulnerability
	Row 2 Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
	Row 3 Lung or Colon	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubbornness
	Row 4 Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
	Row 5 Kidneys or Bladder	Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wishy Washy
	Row 6 Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless