



# **BTTI NEWSLETTER**

## **Autumn 2019**

---

### **Bio Testing & Therapy International**

- **Is a bio-energetic approach to disease**
- **Helps restore the body's natural energy**
- **Is used to gain information and give practical help to the life force in its task of detoxifying and healing**
- **Helps people to improve their health and recover from disease by working in harmony with the immune system.**

**Contact Email – [bio-testing@outlook.com](mailto:bio-testing@outlook.com)**

**Website: [www.bio-testing.org](http://www.bio-testing.org)**

# **BIO-TESTING and THERAPY INTERNATIONAL (BTTI)**

**Is the professional association that was founded out of Fred Fox's desire to have others help to pass on his work – it is based in Stillorgan, Dublin and organises workshops on alternative ways of looking at health and introduction days on Bio-Testing and Therapy.**

## **Concept of Bio-Testing & Therapy**

The basic concept of Bio-Testing & Therapy is 'Keep it Simple'. The body heals itself – if you cut your hand, your body automatically knows how to start to heal it.

Bio-Testing and Therapy teaches the holistic approach to health. We emphasise the care of the whole person, not just on a physical level but the emotional, mental and spiritual levels also. As all of these systems interrelate, dysfunction on any one level can lead to disorder in other parts of the body. In recognising this, we also recognise the body's unique capacity for self-healing

We work by stimulating the body's own capacity to heal itself, identifying key toxins and possible underlying health problems, by balancing negative feelings and helping you to take control and feel good about yourself.

Hence you can get more out of life!

## CONTENTS

	Submitted by	Page
Note rom the Chair ... ..	Christina Benson ... ..	4
Save the dates – upcoming events	Christina Benson ... ..	5
Detox the Brain ... ..	Fr Freddie Fox ... ..	6 – 13
Depression Facts ... ..	Brenda Darcy ... ..	14 – 15
Recycling update ... ..	Brenda Darcy ... ..	16
Bach People ... ..	Brenda Darcy ... ..	17 – 21
Did you Know Interesting Facts ...	Brenda Darcy ... ..	22 – 24
Affirmations ... ..	Brenda Darcy ... ..	25 – 27
Blood Soup Recipe ... ..	Brenda Darcy ... ..	28
5G ... ..	Brenda Darcy ... ..	29 – 36
Out of Fog ... ..	Brenda Darcy ... ..	37 – 41
BTTI Committee and Chart ...	Christina Benson ... ..	42 – 43

.....

Editor’s note: Welcome to our latest newsletter. The newsletter has some informative facts, fun bits, inspirational quotes and other interesting bits and pieces. Enjoy. As always, if you would like to contribute to our newsletter, please email it to either [bio-testing@outlook.com](mailto:bio-testing@outlook.com) or [Brenda.darcy@gmail.com](mailto:Brenda.darcy@gmail.com), everything would be welcome.

Hi Folks

Welcome to a New year for BTTI - hopefully together we can make it a good one!

Going forward the focus of our organisation is to support our members, to encourage their personal growth and expansion of knowledge and so promoting the availability of 'Better health for all'

We wish to encourage the sharing of knowledge in health matters as well as knowledge of resources and the committee will be putting together a 'BTTI shop' listing products and where they can be purchased if you need them. For example, Brenda Darcy has sourced 'Prill bead's' from America. If you have any knowledge for other resources, please let us know so we can add it to the list.

We also have sourced the white plastic boxes, which I am delighted about as my cardboard boxes are somewhat dogeared and look worse for wear so I am going to replace them – This means we shall be able to supply kits, but if any of you would like empty boxes they will be available at a cost of €25- €30, depending on the euro exchange rate – If interested please let us know.

I know a lot of you do other therapies and do not always consider yourself bio-testing therapist's – but you have knowledge of Freddie's work, self-help techniques etc. As I get requests through our web page for local therapists - I need names of practising therapists who are willing to take on clients and I would rather give out our members names - either associate or practising! If you would rather, I didn't give out your name, just send me an email or text.

As our organisation has been growing in Ireland for nearly 40 years and some of you consider it your 'BTTI Family' and we want to see it continue for future generations – so we need your support - If you have any other ideas of how to support our growth, please let us know

Looking forward to seeing you throughout the coming year

Warmest Regards

*Christina Benson*

*Chairperson*

*On behalf of the BTTI Committee*



# Detoxifying the Brain

© 1- 2 Jan. 1989 F.J. Fox B.A.  
21 Halewood Rd. Liverpool L25 3PH

## **1. Clearing out Foci (trapped toxins)**

(Focus means a point where light or other energy converges. Here we mean a convergence of toxic energy).

Many health problems are caused by toxic matter or toxic amounts of an otherwise good or harmless substance building up or getting trapped in the brain and related organs such as the pituitary gland or the hypothalamus. Such problems are: nasty mood changes, depression, anxiety, inappropriate motives and reactions, disorientation, poor co-ordination of muscles and movements, shaking, trembling, jerking of the body, sight and hearing problems, loss of sympathetic innervation (which over a long period causes the chronic fatigue characteristic of post viral syndrome or ME. (q.v), high or low blood pressure, hyperventilation, decline or loss of memory, sleeping problems.

The build-up most commonly occurs when toxic matter is not properly filtered out of the blood because of overloading of the kidneys, spleen or liver. Most of it is prevented from entering the cerebral fluid which flows all around the brain (subarachnoid space) because of the brain barrier (continuous endothelial cells that line the capillary beds or choroid plexus which supply cerebral fluid via the four ventricles of the brain). But the barrier is absent in part of the fourth ventricle at the back of the brain and incomplete in other ventricles [*Walton: Neurology in Pathophysiology: The Biological Principles of Disease, edited by Smith & Their, W.R Saunders Co. Philadelphia 1981 p.1291*]. Therefore it is possible for some toxic matter to pollute the cerebral fluid and cause problems where it gets concentrated. But most commonly, toxic matter gets trapped (and forms a focus or foci) in the network of capillaries themselves which make up the choroid plexus or which supply tissue fluid to the pituitary gland and the hypothalamus. The foci generally come about through clumping of blood cells (agglutination) caused by the toxic matter as it adheres to antibody material produced by the cells in self-protection (the immune system). It becomes difficult or impossible for the blood cells to pass through the capillary beds because of the small diameter of the capillaries. Blockage and build-up of toxic matter then occurs, usually with undesirable results. Such blockages are called foci.

One of the most vulnerable areas is the lateral ventricle on the right side of the brain. The temporal horn of the ventricle (behind the temple) lies adjacent to the hippocampus and

amygdala, two parts of the limbic system of the brain. The former controls the formation of new memories and the sleep-waking cycle; the latter controls emotions such as fear, anger, and sexual attraction. Sedation of the amygdala may cause docility, lack of emotional response; stimulation may cause inappropriate fear (claustrophobia, agoraphobia), anger and aggressive behaviour as well as sexual perversion. [*The Human Nervous System: Barr & Kiernan (Harper and Row 19830 pp264-271)*]. The rest of the lateral ventricle lies adjacent to the cingulate gyrus of the brain which interconnects and associates the hippocampus and amygdala with the rest of the brain. Foci in the lateral ventricle may interfere with those connections and cause inappropriate feelings, motives and reactions. In my experience, the most common toxins which affect the limbic system are **formaldehyde and fluoride**. The former seems to cause fears and phobias; the latter seems to cause aggressive feelings (anger) and behaviour.

Another very vulnerable part of the brain in the brainstem, and closely associated with it the pineal gland. The foci seems to form in the nearby choroid plexus of the third and fourth ventricles. The pineal gland is rather like a third eye, controlling one's awareness of self and of the world around one. A focus nearby can cause disorientation and the feelings of unease that go with it. Then upper portion of the brainstem is called the midbrain. On its dorsal (rear) surface are four rounded eminences called the corpora quadri-gemina. They lie immediately behind the third ventricle, and if a focus forms in the choroid plexus nearby it can affect hearing and sight. Somehow this area is also connected with feelings of depression; it is called the thymopsyche in Germany. In my experience, the most common toxins that cause depression here are cobalt, mercury, lead, benzoate and chlorate.

The part of the brainstem below the midbrain is called the pons. It is connected to the cerebellum (little brain) and appears to form a bridge connecting the two hemispheres of the cerebellum (hence its name). However it really connects the cortex of each side of the brain (cerebral hemisphere) to the cerebellar hemisphere on the opposite side and acts like a relay station to co-ordinate voluntary movements of the body. A focus in the arms of the fourth ventricle which embrace the pons seems to be the most common cause of lack of co-ordination (hence awkwardness) in such movements as walking, rotating the feet by the ankles, the hands by the wrist. It causes one to drop things easily. The vestibulocochlear and facial nerves (cranial nerves no's viii and vii) are attached to the brainstem at the bottom end of the pons. Hence movements of the eyes and facial muscles, one's sense of balance and position may be affected by foci. Nausea, sea or car sickness are possible.

The bottom part of the brainstem is the medulla oblongata. This is where all the other cranial nerves originate, including the vagus nerve (no. x) which controls the

parasympathetic innervation of most organs of the body apart from the pelvic area and also supplies nerves that control speech and swallowing. The medulla also contain the vital centres which control the reflexes for breathing, heart beat rate and blood pressure. Foci in the medulla can cause problems with any of the cranial nerves and vital functions. It also seems to be the most vulnerable part of the brainstem, subject to disturbance by the widest range of toxins. A focus on the cerebellum usually causes a spasm on either or both sides of the neck, each side of the muscle of the back of the neck where it meets with the occipital ridge. This is the first area to check in problems which may be related to the medulla oblongata.

The pituitary gland is also quite subject to foci, evidently in its capillary beds. If the anterior lobe is affected, the thyroid also suffers from lack of thyroxin stimulating hormone (TSH). If the posterior lobe is affected, the kidneys may produce too much urine for lack of anti-diuretic hormone (ADH).

The most devastating focus is on in the hypothalamus. It may cause a drop or collapse of the sympathetic nervous system throughout the body, leading to M.E. It may disturb the sleep cycle, the appetite or temperature control.

The importance of detoxifying the brain in cases of toxic overloading is obvious, since the brain and closely related organs are the centres which supply power and control to all organs and functions of the body. If there is a fault in the powerhouse, there is little use in tackling problems elsewhere until both power and control have been restored. Massage of the kidneys spleen and liver however are an important preparation for detoxifying the brain because these organs must be prepared to deal with toxins that come out of the brain and flood the bloodstream. The heart and lungs should also be massaged to make sure that any toxic matter which may be trapped in their capillary beds or on the endocardium is cleared out there before more is introduced from elsewhere (c.f Lymph drainage techniques p.1 bottom lines).

The importance of being able to check the vital centres in the brain as well as the filters (spleen liver kidneys), the heart and lungs to see whether they require treatment should also be obvious. Otherwise one is working in the dark, groping about for possible clues to problems. And that is no way to deal with the human body. Fortunately, a very practical and comprehensive system of physiological diagnostics exists – the fruit of discoveries, research and experience since 1953 by Dr R. Voll M.D. (Germany) and associates. It is called Electro-Acupoint (EAP) diagnostics and medicine testing (c.f. Healing from Within: A Physiological Approach; and E.A.P. Diagnostics: New Hope for Mankind; and also E.A.P Diagnostics: A Technique that can Revolutionize Medicine.



Where to begin? Detoxifying the brain can be a long drawn out process, requiring great patience and persistence. The place to begin is where the effect of burdening is the greatest. Most important of all is the hypothalamus, then the brainstem, the limbic system, the pituitary and pineal glands.

#### A. The hypothalamus

No 1 When there is focus in the hypothalamus, first check the filters etc. (as above) and treat accordingly. Then test to see whether the client can remove the focus by simply putting extra pressure on the circulation of blood to the brain. Have him or her hold both hands over the mid abdomen and then press in while at the same time bulging the abdomen out. (N.B. High blood pressure or fragile capillaries as evident from frequent nosebleeds or haemorrhage in the brain are contraindications. Also aneurisms in the brain). In any case, proceed with short light bursts of pressure not holding the pressure long. Gradually increase the amount of pressure but never beyond comfort. Avoid violence. Pause between bursts and then rest after 5-10 bursts of pressure. And retest. Often this comparatively simple technique suffices to clear the hypothalamus and then to keep it clear until the bloodstream has been filtered sufficiently to prevent re-occurrence. Repeated testing is, of course, necessary during the first treatment and then subsequently at weekly or fortnightly intervals until it becomes evident that no more foci occur. With M.E. clients in particular, the process of detoxification may take many months even a year or two (c.f M.E.: A Puzzling Problem). Great determination works!

Other useful methods of removing foci from the hypothalamus are:

No. 2 Have the client lie prone on a bed, hold him or her by the ankles and then repeatedly pull the client about 4 inches (10cm) towards you without sliding him / her on the mattress. Always allowing the body to move back on its own and then pulling it towards you again before it stops moving backwards. This causes a bit of a jerk which may clear the focus within 5 to 20 pulls. But it is best to continue the exercises for about 100 pulls in order to stabilise the hypothalamus. Since this exercise also helps clear the lymph cistern and abdominal lymph trunks into the blood stream, extra precaution is needed to ensure that the filters can cope with this extra work. (Tap spleen etc.).

No. 3 Have the client hit the side of the head with the heel of the hand of the same side of the body (i.e. ipsilateral) beginning at the base of the skull just behind the ear, then a bit higher behind the ear, next just above the ear, the just in front of the top of the ear. Allow an interval of one second between clouts. Each clout should be firm and somewhat sharp but not violent or painful. Then repeat the clouts, but in reverse order, beginning with a clout just

in front of the top of the ear and ending at the base of the skull. It may be helpful if you demonstrate this first on yourself or on your client to help him or her get the feel of the clouts for position and force. Re-test, if possible after each series of clouts and again after about 5 minutes to see whether the hypothalamus has stabilized. Repeat the treatment if necessary but with reduced force as it should be easier to clear a newly formed focus.

No. 4 Simply move the south –seeking pole of a magnet (1,000 – 3,000 gauss) back and forth over the area of focus from all different directions. Often a focus on the hypothalamus (or elsewhere on the brain) can be removed in this way within 10-20 seconds. The blood should also be treated for 3-5 minutes by holding the magnet over the heart (south seeking pole facing the body). In fact, this treatment on its own sometimes suffices to clear out foci in the brain. It also helps the filters to deal better with toxic waste.

#### B. Brainstem and Pineal Gland

Any of the above 4 techniques may work but I find that No 3 in general to be the most effective. It seems that foci often originate in the pineal area and then travel down capillary beds along the brainstem, causing a variety of problems as they descend. Toxic matter, including calcium deposits may continue coming out of the pineal area and causing problems long after other toxic matter has cleared.

#### C. Pituitary Gland

Technique No 3 is also recommended. However, the clouts may be directed immediately to the areas just over the top of the ear and just in front of the top of the ear. As a precaution, it is just as well to end up with clouts also just behind the top of the ear and then at the base of the skull behind the ear (mastoid bone).

#### D. Limbic Lobes of the Brain

Techniques No 3 and 4 are recommended. But the area of focus is now about half way between the eyebrow and the ear, sometimes higher and sometimes lower.

Conclusion: Technique No 1 is ideal for keeping the brain clear of foci. It can be repeated frequently each day until the brain is finally detoxified.

## **2. The Cerebral Fluid via the Brain Drain**

A. Cerebral fluid is the crystal-clear colourless liquid (about 125 ml in the average adult) that fills the space (subarachnoid) between the tissues that cover the entire surface of

the brain (with all its lobes and fissures), as well as the interior of the four hollow ventricles which contain the choroid plexus (complex network of blood vessels) that extract the fluid from the blood. The ventricles contain about 25 ml, the subarachnoid spaces about 75 ml on average. The amount of fresh cerebral fluid extracted from the blood by the choroid plexuses and drained back into the blood, mainly into the superior sagittal sinus located in the groove between the two cerebral lobes at the top of the head may vary from about 50 to 700 ml. It is cell free (except for some lymphocytes) practically protein free, an ultra-filtrate of the blood consisting mostly of water, oxygen and carbon dioxide in solution, glucose, along with electrolytes (ions of sodium potassium and chloride).

- B. The purpose of cerebral fluid is to maintain ideal pressure around the brain and to cushion it against sudden movements of the head. Since cerebral fluid in the subarachnoid is separated from the cortex of the brain only by a delicate tissue called pia mater, the electrolyte content of the cerebral fluid may well have a lot to do with maintaining the electrolyte environment of the brain. Since cerebral fluid also flows down and fills a small hollow the entire length of the spinal cord, it fulfils corresponding roles there; and it is called spinal fluid. It can be extracted by syringe for testing and treated by injection (an epidural) for example in cases of severe back pain.
- C. The blood supply for the production of cerebral fluid comes from both the vertebral arteries up the back of the neck and the internal carotid arteries in the side of the neck. The former combine into the basilar artery and then branch out into the posterior cerebral arteries from each of which a branch feeds blood into the choroid plexus of the fourth ventricle. The latter have a branch each supplying blood to the choroid plexuses of the lateral ventricles. It is conceivable that blockages in or narrowing of the relatively small arteries that supply the choroid plexuses with blood, as indeed, the formation of foci within the choroid plexus – can cause a shortage of cerebral fluid production and a reduction within the brain itself. This could cause intense pain and severe headache from the any movement of the head. The anterior choroidal arteries which supply the lateral ventricles appear to be especially prone to thrombosis and other foci because of their size and long course through the choroid plexus. But in my experience, the posterior choroidal arteries which supply the fourth ventricle are even more prone to foci, especially along the lengthy choroid plexus. When problems with foci occur, both the vertebral and the internal carotid arteries should be checked for hardening from fatty and /or calcium deposits. This can neatly be done by EAP testing combined with the use of a magnet (south seeking pole). Measures should then be taken to clear the arteries.

#### **D. The Brain Drain Technique**

1. The need: Although the brain barrier excludes most toxic matter from entering the cerebral fluid, minute particles (evidently molecules) may get through at times, especially when the blood is severally overloaded due to problems with the spleen, liver or kidneys. Toxic matter may then collect in sufficient quantity to cause problems, such as depression, fear, anxiety. In my experience lead mercury aluminium formaldehyde are trouble makers. Fortunately, the material that drains out from the cerebral fluid is so fine that it rarely causes problems with blood filters, although it generally comes out in sufficient quantities to be measureable by EAP testing.
2. Preparations: A massage table, an open ended bed or course, a series of chairs in a row will do to lie on. They should be made quite comfortable. Some way of keeping track of the time should be devised beforehand, especially when one is doing the brain drain alone. All possibilities of interruption should be excluded. The blood filters should be checked in some way if possible and cleared with massage. A preparatory massage is always advisable.
3. The Technique: First, lie prone (on the abdomen) with the head extended well beyond the end of the table, bed or other device and hanging down towards the floor as nearly vertical as possible (as least by 45 degrees). Maintain this position for 5 – 10 minutes. Then turn over and lie supine (on the back) with the head hanging down in the same manner for 5 – 10 minutes. It may be helpful to give some support to the head by putting sufficient cushions on the floor or by using a low stool to rest the head on. With children and the elderly it may be necessary for someone to sit down on the floor and support the patient's head manually. This can give great reassurance. When the time is over, it is important for the draineer not to sit or get up immediately but first to lie with the head horizontal for a short time (10-20 seconds) to allow blood pressure to the head to stabilise, Then sit up, massage the spleen liver and kidneys briefly and the stand up and relax for a bit.
4. Special precautions: Very high blood pressure, a recent stroke, evidence of fragile capillaries (nosebleeds) are contra indications. Stop the drainage immediately and lie completely horizontal if distress of any kind develops.
5. Frequency: Provided the blood filters are not overloaded, the brain drain can safely be repeated several times within a week. Usually several drains should suffice to clear the cerebral fluid, but if foci keep occurring in the ventricles (affecting the limb lobe and/or brainstem) or on the pituitary or pineal glands, further brain drains may still be useful.

6. The arachnoid villi (granulations): These are sponge like structures that connect the subarachnoid space at the top of the head to the superior sagittal sinus and control the flow of cerebral fluid into the blood stream. They open when cerebral fluid pressure exceeds venous pressure, and close when the pressure is reversed. Inverting the head causes the villi to open because it increases the cerebral fluid pressure.
7. Conclusion: The Brain Drain is an excellent complementary method for treating mental, emotional and behavioural problems. And it is very safe.

\*\*\*\*\*

## WHAT CAN WE DO?

**M** is for mind / nurture and help

**E** is for energy / emotions

**N** is for nutrition (magnesium / selenium)

**T** is for time, give it freely

**A** is for attention / allowing

**L** is for listening



## DEPRESSION

According to Aware.ie, depression is described as a mental health condition which can affect thinking, energy, feeling and behaviour. It can vary from mild to severe and can have a profound impact, affecting every aspect of the individual, their relationships, family and work life. Depression is a very common condition which affects 1 in 10 people at any one time, 450,000 people in Ireland alone. Any one of us, irrespective of age, gender or background can be affected. Recovery is possible, early recognition and ongoing support are key to a positive outcome.

According to Aware, depression has eight main symptoms:

1. **F**eeling sad, anxious or guilty
2. **E**nergy, low energy, feeling tired or fatigued
3. **S**leep normal patterns are disrupted – either under or over sleeping
4. **T**hinking can be slowed down with poor concentration
5. **I**nterest – loss of interest in hobbies, family and social life
6. **v**alue of self is diminished, leading to low self esteem
7. **A**ches and pains can be experienced with no physical basis
8. **L**ife is challenging, with loss of interest in living and possible suicidal thoughts

If you experience five or more of these symptoms for two weeks or more, Aware suggests that you go and see your GP.

There are a number of treatment options available – lifestyle changes, talk therapies, medication or a combination of all.

Exercise can be very beneficial because it releases endorphins in your body which helps improve your mood.

As sleep is nearly always affected, it is important to try and have a night time routine, avoid stimulant drinks, remove electronic devices from the bedroom, try lavender or other natural remedies to reduce stress and encourage sleep

Remember that a balanced and nutritious diet produces a healthy body and healthy mind.

Alcohol is a depressant and can be a potent trigger to low mood, especially in individuals prone to depression. It can also interact dangerously with some medication.

Keep a journal or a gratitude diary and each evening write down three achievements or things you are grateful for that happened during the day which will help build self-esteem.

Consider using affirmations and focussing on what is good in your life, regardless of how big or small that is. Examples of affirmations that may work 'Today is a good day' / 'I am very good at what I do' / Just for today I will ....'

Lastly talk to people and let them know how you are feeling, either suitable family or friends or professionals as they will help you with coping skills and hear what you are saying.

Don't forget the Bach Flowers as they can help also. Consider Agrimony, Aspen, Cherry Plum, Elm, Gentian, Gorse, Hornbeam, Larch, Mustard, Pine, Rock Rose, Star of Bethlehem or Sweet Chestnut or Wild Oat.

\*\*\*\*\*

## **BI POLAR**

Bi Polar disorder can affect people in different ways. It usually involves two phases – the depression phase as outlined above and an elation phase, which has eight main symptoms:

1. Feeling elated, enthusiastic, excited, angry irritable or depressed
2. Energy is increased and the person can become over talkative or over active
3. The need for sleep is reduced along with a marked difficulty in going to sleep
4. Thinking is affected with 'racing thoughts' indecision, jumping from one topic to another, poor concentration and a feeling of 'pressure in the head'
5. Interest is increased in pleasurable activities, such as new adventures, sex, alcohol, street drugs, religion, music and art
6. Value of self is increased, leading to high self-esteem and a feeling of being able to achieve anything
7. Aches and pains disappear
8. Life can seem extremely exciting, thinking one can live forever and take reckless physical risks. If angry or distressed, a person can have suicidal thoughts.



# YOUR NEW HOUSEHOLD RECYCLING LIST

## RIGID PLASTICS



Plastic  
Drink  
Bottles



Plastic  
Cleaning  
Bottles



Butter,  
Yoghurt &  
Salad Tubs



Plastic  
Milk  
Cartons



Fruit  
& Veg  
Trays



Soap or  
Shampoo  
Bottles

## TINS & CANS



Soup  
Cans



Pet Food  
Cans



Drink  
Cans



Food  
Cans

CLEAN  
DRY &  
LOOSE



## PAPER & CARDBOARD



Letters &  
Brochures



Cardboard  
Boxes  
(Flat)



Egg  
Boxes



Toilet &  
Kitchen  
Rolls



Newspapers



Juice &  
Milk  
Cartons  
Tetra Pak



Clean  
Ireland  
Recycling

For more information go to:

#RecyclingListIRL

[www.recyclinglistireland.ie](http://www.recyclinglistireland.ie)



## **BACH PEOPLE**

We are all familiar with the Bach Flowers and use them regularly in our practice but perhaps a different approach to them is Bach People or how people portray the different aspects of the Bach flowers. Consider the following:

**Agrimony** – is the type of person who hides their worries, fears and unhappiness behind a façade of cheerfulness. They pretend to the outside world that everything is ok. To balance them they may need agrimony which would help to ease the inner torture and help return to genuine happiness.

**Aspen** people fear the unknown; they have apprehension and a feeling of uneasiness without definite reason. They need to release those fears so that they are able to turn and face the world and learn that there is no basis in them.

**Beech** individuals find it hard not to criticise the way in which other people act, speak or do things. Often they become annoyed with other people's idiosyncrasies or they get on their nerves and there is a total lack of tolerance. This remedy will help them promote understanding and lenience.

**Centaury** persons are naturally gentle and eager to please others. They don't feel they can say no to a plea for assistance and so become over worked and tired and their kind nature abused. They become weak willed and feel taken for granted and annoyed with themselves for their inability to be firm. This remedy will give them inner strength and balancing out their gentle nature and enables them stand up for themselves.

**Cerato** type question his or her own judgment all time, especially having made a decision they doubt and double question whether it is the right one and their lack of self-belief. They need the guidance reassurance and confirmation of others constantly. This will promote certainty and faith in their own intuition.

**Cherry Plum** have frightening thoughts and ideas that multiply in their imagination, they fear losing control of their mind, with fears of insanity or doing something bizarre. This will help them ease panic and bring about calm to a hysterical mind, find the stability of a rational mind, safe in the knowledge that the terrible fear is controllable.

**Chestnut Buds** are unable to learn from past experiences and so repeat the same mistakes over and over again. This remedy will bring reflection of experience so that mistakes of the past become a positive guidance in the future.

The **Chicory** person has a 'mothering' nature; they enjoy the company of family and friends especially when needed and sought for guidance. If their natural care and concern for the welfare of others becomes selfishly motivated, causing possessiveness

with a desire to manipulate, control and organise the lives of others. A few drops of this will help.

**Clematis** people have thoughts that dwell in the future; they are imaginative and creative and fantasise about what might lie ahead. If their futuristic thoughts interfere with their enjoyment of the present, leaving the person feeling bored, inattentive, day dreamy or absent minded they could benefit from this remedy. It will help them find something to look forward to and be able to focus their attention on what might be ahead but be able to appreciate what is happening in the present also. It will help overcome feelings of faintness and emotional numbness also.

**Crab Apple** is the cleansing remedy. So it is the person who is obsessed with cleanliness, tidiness and minute detail and who are very particular about their appearance. If these obsessive thoughts begin to rule their life or they are filled with self-detestation, this will help because of its general cleansing properties and will help all people who feel something needs to be cleansed within. Particularly good if recovering from illness or if it is believed that some contaminant or poison has entered the body and must be got rid of. It is also good whenever there is a pre-occupation with detail. It will bring about self-appreciation and a comfortable acceptance of oneself.

**Elm** is the type of person who is naturally capable of coping with most personal and work commitments but can become over burdened with additional responsibility. They often become discouraged and lack confidence when under pressure, or feel overwhelmed with what they have to do. This remedy will help bring about self-belief and security knowing that they can take on an unusual amount of responsibility when needed and bring about their own understanding of their own limitations so that distress in certain situations need not arise.

**Gentian** people feel discouraged by set-backs, depressed for a particular reason or have suffered a disappointment and feel disheartened when something goes wrong. This remedy will bring about faith in a positive outcome and encourage them to try again and dismiss doubts.

**Gorse** individuals feel hopeless as though nothing will ever be better, that they will never be well again. The benefit of this remedy will bring about hope so that the person has faith in a positive outcome and can be willing to try new avenues in order to accomplish what it is they wish to achieve.

**Heather** people generally enjoy companionship, conversation and talking. When they are out of balance they can become lonely and only willing to 'button hole' anyone willing to listen to them talk about themselves, their family, health, personal issues only, without listening to what the other person has to say. This remedy will bring back appreciation of

other people's needs so that conversation and companionship is mutual and more fulfilling.

**Holly** is the jealous, envious, suspicious person who has a desire for revenge, spitefulness or hatred. They can become over sensitive to influence and ideas. This will bring back forgiveness and love.

**Honeysuckle** people have lingering memories of the past, nostalgia, excessive reminiscences, recurrent dreams of past events, regrets and homesickness. When these memories take control of their thoughts so much that the mind dwells in the past at the expense of the present, they need this remedy. It will allow the mind to reflect and enjoy past memories but be able to focus on the present and what lies ahead. This will bring joy and fulfilment back into their life.

**Hornbeam** people are weary at the thought of what lies ahead, they can be lethargic and just cannot be bothered, they have become unenthusiastic, depressed at the thought of the day ahead. It is that Monday morning feeling every day that gives rise to a lack of mental strength making otherwise enjoyable tasks seem like a chore. The positive aspect of this remedy will give them greater enthusiasm and interest in life generally so that each day can be looked forward to with certainty.

**Impatiens** generally is for the type of person who is quick in thought and action, for those who see the solution to problems easily, think ahead and like to get things done. But if they have lost the desire for promptness causing impatience and irritation with people or situations that are slow. If they tend to hurry along a conversation, fidget, feel on edge all the time and are too eager to get on with the next thing they want to do, this remedy will help bring back their quick and active mind that is also patient and willing to wait for others to catch up.

**Larch** is for the type of person who tends to take a back seat and let others overshadow them because they lack confidence in their ability to succeed. When they become stifled by this attitude, feel self-conscious and doubt they will accomplish something correctly or be a success, they need this. It will bring greater confidence and faith in their ability and to know that what they attempt has a good chance of succeeding.

**Mimulus** is for the type of person who is very shy or nervous, who blush easily and feel embarrassed in the company of others. They also have fears they know what it is but cannot address it. This will give them courage and greater ease in communicating with others.

**Mustard** people are often depressed for no apparent reason; this depression comes and goes like a dark cloud passing. This will help bring back joy and happiness in living and help with insufficient interest in present circumstances.

**Oak** is for the type of person who is naturally brave and has the strength of character to keep going despite adversity but has lost these abilities due to overwork or ill health causing despondency and frustration. This will return the naturally positive side of their character and will help to acknowledge that the mind and body often do need to rest and to notice when that is needed.

**Pine** people blame themselves and constantly apologise for anything that goes wrong, even when it is not their fault. It also addresses feelings of guilt. It will bring about the understanding that others make mistakes too and so there is no need to reprimand themselves for everything.

**Red Chestnut** is the type of person who has lost their natural concern for the well-being and safety of others especially family and close friends, than they are for themselves. It is now out of harmony and proportion causing anxiety and fear. This remedy will return a more rational concern.

**Rock Rose** is the person who is terrified, has panic attacks and nightmares. This will calm their state of mind and bring peaceful thoughts about the subject of their terror back into proportion.

**Rock Water** is the type of person who leads a life of exactness, discipline and self-sacrifice which has started to affect their enjoyment of life or cause tension and rigidity of mind. They may have become over caring for the welfare of others. This will help maintain moral values with a more relaxed approach.

**Scleranthus** people find it hard to make decisions, always weighing up one idea against another and who debate in their mind every choice they have to make. When those thoughts and indecision cause mental torment this remedy can help with that uncertainty and bring about stability for fluctuating moods or a sense of imbalance and

**Star of Bethlehem** is anyone who has suffered a shock, serious news, grief or sorrow. It will help return calmness to the mind and help relieve the sudden alarm and trauma associated with emergency situations. Easing shock straight away helps to prevent what might otherwise cause a delayed reaction, but if the cause of the person's present difficulties began with shock, this remedy will still help even though the original impact has passed.

**Sweet Chestnut** is for those people who have heartache, anguish, emotional pain that cause them deep despair or despondency. It will help bring them to see the light at the end of the tunnel of darkness and reassure them that things will get better.

**Vervain** is for those who enjoy a challenge, who are enthusiastic and believe strongly in what he or she is doing and about situations that seem unfair. When they have lost those opinions and care for their cause and have become so incensed with the injustice

that they become tense, angry or unrelaxed. Also if the person is suffering from excess strain and tension from overwork, striving for perfection or emotionally fighting battles with a certain issue or project. This will bring relief of the stress so that the problem can be approached more rationally resulting in feelings of being more relaxed and looking after their own needs as well.

**Vine** is the type of person who is normally powerful and strong willed, when they know what they want out of life and believe that their way is the right and only way. They are born leaders, take charge naturally and dislike being subservient to others but when those feelings and qualities become so dominant that they become ruthless and overpower others who may not have the same strength of character. This remedy will reinstate their ability and strength for the virtue rather than using it as a weapon.

**Walnut** people normally happily go about their life with the confidence that they are progressing in their chosen direction but when they become distracted from their path by the influence of others or something changes that they cannot deal with. They need this to help them to keep sight of their own path in life, so that they do not become lost and allows the body and mind adjust to the change.

**Water Violet** is the person who is reserved, private and dignified naturally, they prefer their own company. When they feel cut off, lonely or too aloof as a result of an ever widening gap between themselves and others, they need this. This remedy will assist them to return of the natural equilibrium, their natural pride and dignity, bring back an enjoyment of their own company again but at the same time feel close to people.

**White Chestnut** is the worrier that allows mental arguments that go around and round in the mind, giving no rest and causing insomnia in many cases. This will bring back peace of mind again.'

**Wild Oat** helps people who are at a cross roads in life trying to find their true direction. When they feel dissatisfied with achievements so far or unfulfilled with their life or work. This brings back the positive attitude showing them they are on the right path and gain fulfilment and satisfies their ambition.

**Wild Rose** is generally the person who enjoys life and is content the way it is but when they feel that life is passing them by or they feel apathetic, resigned to all that happens. This brings back motivation and enthusiasm for life again.

A **Willow** person is resentful, bitter and often filled with self-pity, they sulk and have a depressing negative introspection. The benefit of this remedy is positive outward thoughts and optimism, free from any undue attachment of blame, and the warmth that allows one to forgive and forget.

Compiled from Bach Flower Remedy Pictorial Reference Cards

# DID YOU KNOW?



## 1. Drink something hot to cool down

Conventional wisdom may tell you that if you are not, drinking something cold will cool down your body. However, research has shown that on a hot day, drinking a hot beverage may help your body stay cool. The reason being that when you drink a hot drink, your body produces sweat to cool down your body temperature. Initially you may be adding heat by drinking the hot liquid but the amount of sweat that your body produces to cool down more than makes up for the added heat from the liquid. The increased perspiration is key, when the sweat evaporates from your skin, it is able to cool down your body temperature.

## 2. The strongest muscle in your body is....

Our muscle strength can be measured in different ways. If you are referring to the muscle that can exert the most force, then your calf muscle, the soleus, would be the winner. However, if you want to find the muscle that can exert the most pressure, then the jaw muscle, the masseter, would be the strongest. The human jaw can close teeth with a force as great as 200 pounds or 890 newtons!

## 3. More than half your bones are contained in your hands and feet

We are born with approximately 300 bones and cartilage which eventually fuse together by the time we reach adulthood. The adult human body consists of 206 bones. Of these bones, 106 of them are located in our hands and feet. Bones in the arms are among the most commonly broken bones and account for almost half of all adults' bone injuries.

## 4. You can physically see high cholesterol

It is possible to see signs on your body that you may have high cholesterol. Xanthelasmata or xanthelasma (bumpy yellow patches on the inside corners of your eyelids or around the

eyes, it is not harmful but in rare cases may be an indicator of possible heart disease). These are cholesterol bumps that form under your skin. It can be an indicator of possible heart disease. The lesions can be found all over the body and tend to appear on the skin of older people with diabetes or other heart ailments.



#### **5. If you are tired, exercise will help**

If you are physically tired, the best thing to do is exercise as it will give you more energy than sitting. Studies have found that the blood and oxygen flow through the body will give you more energy and improve your mood. The increase in endorphin levels can contribute to a feeling of well-being.

#### **6. Cold temperatures can be good for your health**

If you live in Canada, you know all about cold weather. But did you know that colder temperatures can benefit your health? Colder temperatures may help reduce allergies and inflammation and research has shown that it can help you think more clearly and perform daily tasks better. The cold can also help lower the risk of disease; mosquitoes that carry disease such as Zika, west Nile virus and malaria are not around during the winter season.

#### **7. Bananas can help Improve your mood**

A banana has approximately 30% of your daily recommended intake of vitamin B6. Vitamin B6 helps the brain produce serotonin, which is considered a mood stabilizer. Serotonin impacts your motor skills and emotions. It is also the chemical that helps you sleep and digest food. Eating a banana can help relieve depression and anxiety by stimulating the serotonin levels in your body.

#### **8. Optimism may help you live longer**

Can seeing the glass half full help you live longer? Studies have found that there is a correlation between increasing levels of optimism with decreasing levels of death from

cancer, infection and stroke. This is particularly true for cases of cardiovascular disease. Those that had the lightest levels of optimism had an almost 40% lower risk of heart disease.

Source : [seniorsforseniors.ca/news/do-you-know-these-surprising-health-facts](http://seniorsforseniors.ca/news/do-you-know-these-surprising-health-facts)

FOCUS ON THE JOURNEY - NOT THE DESTINATION  
JOY IS FOUND - NOT IN FINISHING AN ACTIVITY  
BUT IN DOING IT

Greg Anderson





## AFFIRMATIONS

What are positive affirmations?

In simple terms they are a phrase that holds a suggestion to what you want to believe and what you subconsciously want. Your brain / mind / belief and subconscious need to talk to each to have a profound positive result – that is your beliefs have to mean something important to you and your subconscious. There is no point in saying affirmations if you don't believe what you are saying or believe in the end result.

Simply saying an affirmation like – 'I will never eat chocolate again' will not work because deep down you know that you want to eat chocolate and so that affirmation will not accomplish anything. It has to resonate with all parts of you knowingly and subconsciously.

Remember affirmations can always be modified to suit you personally. Amend the above saying to suit yourself like – 'I will only eat chocolate once a week' or 'I will only eat chocolate after I do / don't do .....

What affirmations do is train your subconscious. They are actually a mantra (a transformation of consciousness). By repeating them over and over again, your subconscious begins to accept it and the end result is a positive outcome.

But they are more than a mantra – they help with that inner dangerous voice and can bring about change to stop the negative critic within us all from developing into a stronger powerful voice that can bring our mood down, seeing only the negative and possibly leading to anxiety and depression.

Positive self-talk can have a huge impact both personally and professionally and can help with stress management, can assist in accepting any physical or mental condition and find the positive in them.

Most important is to find the one that means something to you (and only you) which can be adapted and changed as you feel better or believe in what you are trying to achieve. Above all, make them believable and achievable for yourself.

They can be said all day every day, many times a day or just once. They are better said out loud so that you actually hear what you are telling yourself but can also be whispered or said quietly. If they are addressing a particular

problem or issue, it is best to ascertain what triggers that negative thought or behaviour and begin the affirmation immediately to help diffuse the situation.

For example, if something didn't go the way you wanted or expected, pick an affirmation that makes it acceptable. EG 'I did the best I could' or 'I know where I went wrong and won't do that again'

Make up your own affirmation, it should run easily off your tongue. If you stumble over it or can't remember what you chose, change it, make it simpler, make it personal, lengthen it or shorten it, make it specific to a person or a situation –

I know that Mary winds me up but I now choose to ignore what she is saying.

I know Mary is only doing this to provoke me, but I won't let her get to me this time.

Henry Forde said:

**If you think you can, you can**

**If you think you can't, you can't**

So here are some suggestions to work with:

Every day I am getting better

I can see a bright future

I have made mistakes but I won't let them define me

I deserve to be happy and so I will let it happen

I let go of fear of making mistakes and feeling like a failure

I am proud of what I have accomplished

I am unique and I'm OK with that

I appreciate life

I am strong

I am stronger than I know and can do this.

I accept myself and can change my thoughts to believe it

How I feel matters, therefore I concentrate on aspects of life that make me feel good

It is going to be OK,

I am Ok with who I am

I can do this

Everything will be ok, I am safe

Finally, to work successfully, always make them a positive statement or a positive negative, like

'I have no fear',

'Nothing will stop me now'

'I release the fear of ....

Reward and thank yourself for changing your thoughts so

**WELL DONE YOU, YOU ARE AWESOM, YOU ARE AMAZING**

Keep up the good work.





## BLOOD SOUP

### Ingredients

1 540g jar of Baxters sliced beetroot, diced

1 onion, peeled and diced

2 gloves of garlic, peeled and crushed

1 tbsp. rapeseed oil

1 tbsp. of sugar

600ml hot vegetable stock

Crème fraiche to taste

Salt and pepper to taste

Heat the oil up in a large frying pan and add the onions and garlic and fry over a gentle heat for 15 minutes or until very soft. Add the diced beetroot and mix well before adding the hot vegetable stock.

Simmer for 20 to 25 minutes before taking off the heat and allowing to cool slightly.

Liquidise the soup with a hand held immersion blender or in a food processor until smooth. Add a tablespoon of sugar and stir well.

Season to taste before reheating the soup over a low heat until it is hot, but do not allow to boil.

Serve immediately with crusty bread or croutons, and a swirl of crème fraiche on the top. Recreate the webbed look by putting a dollop of crème fraiche in the middle of the bowl and use a skewer or cocktail stick to pull the crème fraiche out, in a web design.

Recipe courtesy of Baxters.

# 5G

## Two interesting articles about the forthcoming 5G

### RTE

#### By Professor Kevin Curran

School of Computing, Engineering and Intelligent Systems

#### **Opinion: there have been increased health concerns about mobile phone usage and new 5G networks, but are they justified?**

The latest generation of mobile communications, 5G will have a higher frequency and bandwidth for transferring wireless data quicker than previous generations. 5G signals are less capable of traveling large distances so they require strengthening in the form of increased infrastructure such as booster antennas.

The frequencies of the microwave used in many 5G system roll-outs are in the 1-millimeter wave length. Some argue that the long-term health risks of these short microwaves have not simply been tested rigorously and the [Federal Communications Commission](#) (FCC) in the United States and mobile communications operators are simply presuming that they are safe based on [1996 research](#).

In fact, [the International Association of Fire Fighters'](#) position on locating cell towers and commercial wireless infrastructure on fire department facilities is worth noting. They [oppose](#) the use of fire stations as base stations for towers and/or antennas for the conduction of cell phone transmissions, until a study on health effects of exposure to low-intensity RF/MW radiation is conducted and it is proven they are not hazardous to the health of their members.

*From RTÉ Radio 1's This Week, Nicole van der Meulen, senior strategic analyst with Europol, on how 5G internet access will mean a greater threat to business and personal security*

What we do know to date about mobile phone radiation and cancer is that the radio frequency radiation they emit does not increase the risk of brain tumours. However, there is strong [evidence](#) that mobile phone radiation affects sperm

levels in men. It is a difficult diagnosis to make as the way we use mobile phones keeps changing in addition to the amount of radiation they emit.

There are new concerns that with the coming deployment of 5G networks, we will be exposed to more dangerous radiation. Most of the research to date has been performed on 3G and 4G networks so we do need to examine if cell radiation's cancer effects for 5G are different. Regulators will also need to ensure policies reflect new levels of exposure. The amount of radiation people can safely be exposed to is measured by the specific absorption rate (SAR). The current limit for mobile phones is 1.6 watts of energy per kilogram of tissue however these regulations have not been updated for many years.

## **Radio frequency exposure and cancer**

Mobile phones emit radiation of varying power on the electromagnetic spectrum. There is ionizing and non-ionizing radiation. The waves emitted from radios, mobile and mobile cell towers, Wi-Fi routers, and microwaves are all referred to as "non-ionizing" radiation. These waves do not carry enough energy to strip electrons from atoms and molecules i.e. Ionize.

On the other hand, ionizing radiation is something we control as we know it can damage our DNA so we restrict the amount of X-rays a person is exposed to. However, non-ionizing radiation from mobiles does have enough energy to break our DNA, and cause cancer.

*From RTÉ Radio 1's Morning Ireland in June 2011, Dr Robert Baan, International Agency for Research on Cancer, says mobiles phones are possibly carcinogenic to humans*

Some question this and ask if another mechanism other than direct DNA damage could instead lead to cancer or other biological problems. Beyond specific thresholds, radiation can damage the functioning of tissues or organs and can produce acute effects such as hair loss, radiation burns, skin redness or acute radiation syndrome. [These effects are more severe at higher doses](#) and higher dose rates e.g the dose threshold for acute radiation syndrome is about 1 Sv (1000 mSv).

Exposure to low-frequency electric and magnetic fields generally results in negligible energy absorption and no measurable temperature rise in the body. However, exposure to electromagnetic fields at frequencies above about 100 kHz can lead to [significant absorption of energy and temperature increases](#).

## Does increased phone usage lead to cancer?

No-one can definitively state at this time whether mobile radiation causes cancer. The reason is due to our inability to stage the gold standard of clinical trials which is a randomised controlled trial (RCT). In an RCT, test subjects are randomly assigned to one of two groups where one group gets a treatment and the other gets a placebo.

"While animal studies can be a poor way to understand human health, it is worth pointing out that not all research studies conclude that mobile phones are risk free"

To conduct an RCT with 5G and cancer (or mobile phones in general) would be too expensive and possibly impossible as you would have to recruit thousands of people and try to enforce a plan on each one as to how they use their phones for a period of say five years. If that was not hard enough, then you also have to select a group who are willing to go without mobile phones

Instead, we simply have to rely on "observational" data which tracks people's real-world mobile phone use and their disease incidence. Observational data studies of course tend to be weaker and less clear-cut than experimental studies like Random Controlled Trials (RCTs) but they can tell us about associations between phenomena. To date, the best independently conducted human studies have concluded that using mobile phones is not associated with an increased risk of brain tumours in humans.

### 5g vs 4G

5G technology is effective only over short distances so new antennas will be required in much more dense patterns than ever before and this will lead to increased radiation exposure. However, the overall exposure is expected to remain low and well within the [guidelines](#) from [the International Commission on Non-Ionizing Radiation Protection](#) (ICNIRP). Some 5G will use similar frequencies to existing 4G, but other deployments will use higher frequencies, where in those cases there will be less penetration of radio waves through materials such as walls.

If mobile phones caused brain tumours at the same rate as cigarettes cause lung cancer, someone would have spotted it

The global research to date on the cancer incidence data in humans suggests no avalanche of head and neck tumours. It is reasonable to assume that if there was a big risk, we would have seen it by now. In 2012 [an independent](#)

[report](#) concluded that there is no convincing evidence that being exposed to radio frequency fields, including those from mobile phones, masts and base stations within the guidelines could affect somebody's health.

Basically, if mobile phones caused brain tumours at the same rate as cigarettes cause lung cancer, someone would have spotted it. Yes, there are studies out there which have at times pointed to a smoking gun. For instance, one of the most robust animal studies from the [US National Toxicology Program](#) (NTP) determined there is "[clear evidence](#)" that male rats exposed to high levels of 2G/3G radio frequency radiation developed heart schwannomas. While animal studies can be a poor way to understand human health, it is worth pointing out that not all research studies conclude that mobile phones are risk free.

There can be scaremongering in this area but, due to the difficulty in accurately measuring the effects conclusively of 5G radiation on humans, it is not clear as to who is "extreme". In fact, there was a [petition](#) last year signed by 236 experts warning that 5G will massively increase human exposure to mobile phone radiation. The petition had scientists and doctors from 35 countries calling for a moratorium on the roll-out of 5G until independent scientists have investigated the health risks.

*From RTÉ Archives, [Off the Rails looks at how the mobile phone has become a fashion essential and status symbol](#)*

More research that examines the different mechanisms by which non-ionizing radiation may or may not harm our health has to be welcome and should also feed into regulation. For example, mobile phone manufacturers in the United States test devices for compliance with wireless radiation emission standards by placing them against the head, and near the torso with a 5mm separation from the body. However, when we place a phone in our body, it does not have a 5mm gap, so the all-important specific absorption rate will be higher.

**READ: [Perks and challenges: a guide to 5G](#)**

As our exposure to wireless radiation from multiple sources is much higher than even 10 years ago, it is worth considering minimising your exposure to radio frequency radiation. Don't take your mobile to bed or keep it in your pocket and try to use hands-free technology as much as possible.

**The views expressed here are those of the author and do not represent or reflect the views of RTÉ**



# Does 5G pose health risks?

By Reality Check team BBC News

15 July 2019

The 5G mobile network has been switched on in some UK cities and has led to questions about whether the new technology poses health risks.

So what are the concerns, and is there any evidence to back them up?

## What's different about 5G?

As with previous cellular technologies, 5G networks rely on signals carried by radio waves - part of the electromagnetic spectrum - transmitted between an antenna or mast and your phone.

We're surrounded by electromagnetic radiation all the time - from television and radio signals, as well as from a whole range of technologies, including mobile phones, and from natural sources such as sunlight.

5G uses higher frequency waves than earlier mobile networks, allowing more devices to have access to the internet at the same time and at faster speeds.

These waves travel shorter distances through urban spaces, so 5G networks require more transmitter masts than previous technologies, positioned closer to ground level.

## What are the concerns?

The electromagnetic radiation used by all mobile phone technologies has led some people to worry about increased health risks, including developing certain types of cancer.

In 2014 [the World Health Organization \(WHO\) said that "no adverse health effects have been established as being caused by mobile phone use"](#).

However, the WHO together with the International Agency for Research on Cancer (IARC) has classified all radio frequency radiation (of which mobile signals are a part) as "possibly carcinogenic".

It has been put in this category because "[there is evidence that falls short of being conclusive that exposure may cause cancer in humans](#)".

Eating pickled vegetables and using talcum powder are classed as having the same level of risk.

Alcoholic drinks and processed meat are classed as higher risk.

A toxicology report [released in 2018 by the US Department of Health](#), and pointed to by those expressing safety concerns, found that male rats exposed to high doses of radio frequency radiation developed a type of cancerous tumour in the heart.

For this study, rats' whole bodies were exposed to radiation from mobile phones for nine hours a day every day for two years, starting before they were born.

No cancer link was found for [the female rats or the mice studied](#). It was also found that rats exposed to the radiation lived longer than those in the control group.

A senior scientist on the study said "exposures used in the studies cannot be compared directly to the exposure that humans experience when using a cell phone", even for heavy users.

Dr Frank De Vocht, who helps advise the government on mobile phone safety says "although some of the research suggests a statistical possibility of increased cancer risks for heavy users, the evidence to date for a causal relation is not sufficiently convincing to suggest the need for precautionary action".

However, there is a group of scientists and doctors who have written to the EU calling for the rollout of 5G to be halted.

## **Radio waves are non-ionising**

The radio wave band - used for mobile phone networks - is non-ionising, "which means it lacks sufficient energy to break apart DNA and cause cellular damage," says David Robert Grimes, physicist and cancer researcher.

Higher up the electromagnetic spectrum, well beyond those frequencies used by mobile phones, there are clear health risks from extended exposure.

The sun's ultra-violet rays fall within this harmful category, and can lead to skin cancers.

There are strict advisory limits for exposure to even higher energy radiation levels such as medical x-rays and gamma rays, which can both lead to damaging effects within the human body.

"People are understandably concerned over whether they might elevate their risk of cancer, but it's crucial to note that radio waves are far less energetic than even the visible light we experience every day," says Dr Grimes.

"There is no reputable evidence," he says "that mobile phones or wireless networks have caused us health problems."

## **Should we be worried about 5G transmitter masts?**

5G technology requires a lot of new base stations - these are the masts that transmit and receive mobile phone signals.

But crucially, because there are more transmitters, each one can run at lower power levels than previous 4G technology, which means that the level of radiation exposure from 5G antennas will be lower.

The UK government guidelines on mobile phone base stations says [radio frequency fields at places normally accessible to the public are many times below guideline levels](#).

## **What about heating dangers?**

Part of the 5G spectrum permitted under international guidelines falls within the microwave band.

Microwaves generate heat in objects through which they pass.

However, at the levels used for 5G (and earlier mobile technologies) the heating effects are not harmful, says Prof Rodney Croft, an adviser to the International Commission on Non-Ionizing Radiation Protection (ICNIRP).

"The maximum radio frequency level that someone in the community could be exposed to from 5G (or any other signals in general community areas) is so small that no temperature rise has been observed to date."

## **Limits to exposure**

The UK government says "while a small increase in overall exposure to radio waves is possible when 5G is added to the existing network, the overall exposure is expected to remain low".

The frequency range of the 5G signals being introduced is within the non-ionising band of the electromagnetic spectrum and well below those considered harmful by the ICNIRP.

"The exposure that 5G will produce has been considered in great depth by ICNIRP, with the restrictions set well below the lowest level of 5G-related radio frequency that has been shown to cause harm," says Prof Croft.

The WHO says electromagnetic frequency exposures below the limits recommended in the ICNIRP guidelines do not appear to have any known consequence on health.

Other interesting articles

### [How Worried Should You Be About the Health Risks of 5G?](#)

<https://www.howtogeek.com> > how-worried-should-you-be-about-the health

<https://www.livescience.com/65959-5g-network.html>

<https://eluxemagazine.com/magazine/dangers-of-5g/>

<https://www.androidauthority.com/5g-dangers-895776/>



Confucius says:

**A friend is someone who thinks you are a good egg,  
even though you are slightly cracked.**



# Out of the Fog: Strategies to Prevent Brain Fog and Sharpen Cognitive Function

The Kaplan Centre

It's easy to take your mental health for granted until one day you realize that you haven't been feeling as mentally sharp as you once were. Maybe you're having more frequent slips in memory or you feel like you're walking around with your head in a cloud. When these moments occur, you may be quick to dismiss them, but brain fog, in a sense, is the body's way of indicating that the brain is not working the way it's supposed to be.

So, what is brain fog and why does it happen?

Brain fog is not an actual clinical condition, but rather a term for a subjective set of symptoms that people experience. Some may be affected by poor concentration or a decrease in intellectual productivity, while others may experience memory problems (difficulty with recalling words, details, etc.). Other symptoms can include feelings of confusion, depression, and headaches. People of any age and gender can experience any one or all of these symptoms at any given time.

These changes in cognitive function are not only mentally exhausting, but they can also have a very real effect on a person's emotional wellbeing.

Operating in a reduced state of mental acuity can knock down a person's self-confidence, cause workplace productivity to suffer, and may even be a reason to withdraw from social outings. But it's important to understand that brain fog is not a normal part of the aging process.

There are many factors that can initiate symptoms of brain fog; some that you may not think are related. Unlike dementia, which can be permanent, and in some cases, progressive, brain fog symptoms are likely to improve when contributing factors are addressed.

Here are 6 common contributors with tips on what you can do to improve or even eliminate your symptoms all together.

## 1. Poor nutrition.

The connection between the brain and the gut is also known as the “gut brain axis.” It’s a bi-directional connection, which means that the gut and the brain essentially speak to each other. This means that when the integrity of one component is compromised, the other is directly affected.

Therefore, poor nutritional choices will have a direct effect on brain function.

Highly processed meals and drinks that are loaded with simple sugars and other artificial ingredients can cause a disruption in the gut flora and lead to a condition called intestinal permeability, or leaky gut. When the gut lining is weakened unwanted substances are able to break through the bloodbrain barrier and circulate throughout the body.

In addition, common food additives like aspartame, Monosodium Glutamate (MSG) and nitrates promote widespread inflammation and oxidative stress by producing free radicals that cause damage to brain cells and DNA when they overwhelm antioxidant levels in the body.

**Solution:** We should never take our food choices for granted! There are things that can be done nutritionally to help clear brain fog, boost energy, and increase productivity.

Start by cutting down on processed foods and eating whole, organic, and non-GMO foods whenever possible. Next, eat probiotic rich foods to help balance your gut flora and get rid of harmful bacteria. Probiotic-rich foods include sauerkraut, kimchi, Kombucha (watch out for sugar content), and kefir. If you

have trouble getting these foods onto your plate, another great way to get good bacteria into your diet is supplementing with a daily probiotic.

## 2. Bio-toxicity and Neurotoxicity

Bi-toxins and neurotoxins are environmental toxins that can poison our physical and mental health. As toxins penetrate the blood-brain barrier, they are free to circulate throughout the body – including the brain! Once there, the glial cells that work to defend the nerves and brain cells from damage are compromised and unable to do their job. Although the symptoms vary, a common complaint of someone diagnosed with some form of toxicity is brain fog.

**Solution:** Eliminating bio-toxins and neurotoxins from your home is the first step in any detoxification process. This may mean professional removal of mould-infested areas, air purification, and a change to buying “green” products that do not contain harmful ingredients like pesticides and other toxic ingredients. You’ll also need to make changes to your diet to exclude food items that may contribute to leaky gut.

A compromised gut lining will allow more toxic substances to circulate through your body instead of being eliminated. If you have symptoms of brain fog talk to your physician about whether getting tested for the presence of bio-toxins or neurotoxins make sense for you.

## 3. Sleep Disorders

In the United States, as many as one-third of adults do not get the quality of sleep the body requires. It’s during sleep when the body is able to repair itself by calming inflammation and maintaining hormone production. When these two processes – both important elements in brain health – are compromised it can negatively impact your memory, decision-making, the capacity to focus one’s attention, and the ability to complete complex creative activities, among other things.

Solution: There are a lot of things you can do to improve your sleep pattern. Breathing techniques, meditation, dietary adjustments, starting an exercise routine (or adjusting your current one), and establishing a bedtime routine are just a few examples.

If you think you may have an actual sleep disorder, a first step in further evaluation is to answer the eight questions on the [Epworth Sleepiness Scale](#). If your score is equal to, or higher, than 10 the results should be discussed with your doctor.

## 4. Celiac Disease

People with Celiac Disease (CD) are no strangers to brain fog. Just like poor nutritional choices can lead to leaky gut, so can an allergy or sensitivity to gluten. The difference is, with Celiac Disease your immune system mistakes gluten, a normally benign food ingredient for most, as a foreign and deadly invader. When it's detected in the body, the immune system begins to attack and destroy the gut lining and causes leaky gut. Once the villi are damaged the body is unable to absorb the nutrients it needs to keep the brain and body healthy and allows harmful substances to enter. Brain fog is a common symptom of people who are ultimately diagnosed with Celiac Disease or gluten intolerance.

Solution: Patients who have been diagnosed with Celiac disease and/or gluten intolerance report a noticeable and significant improvement in cognitive impairment after eliminating gluten from their diet.

## 5. Oestrogen:

In women, the onset of menopause can trigger a myriad of symptoms including fatigue, weight gain, mood swings, hot flashes, joint pain, and brain fog. Research suggests that when it comes to changes in memory and other mild cognitive impairments that accompany menopause, the decline of estrogen levels may be partly to blame. We know that the brain is full of estrogen receptors that have neuroprotective and antioxidant



benefits. The decline of estrogen during menopause compromises neuronal function and increases the risk of developing age-related neurodegenerative disorders.

**Solution:** Although there is no single solution that works for every woman, bioidentical hormone replacement therapy can relieve many of the unpleasant symptoms that most women experience during menopause, including brain fog. Talk to your doctor about a screening that will help identify hormonal imbalances so they can be effectively treated.

## 6. Side- Effects from Medication

Statistics show that over 20% of US adults report using 3 or more prescription drugs in the past 30 days and nearly 12% use 5 or more. Additionally, it's not unusual that patients receive prescriptions from specialists in addition to their primary care physician, and supplement use is not always reported accurately. This leaves a lot of room for unwanted side effects, including brain fog.

**Solution:** Make sure to review your medications with your primary physician annually, and more often if necessary, particularly if you feel like you haven't been yourself.

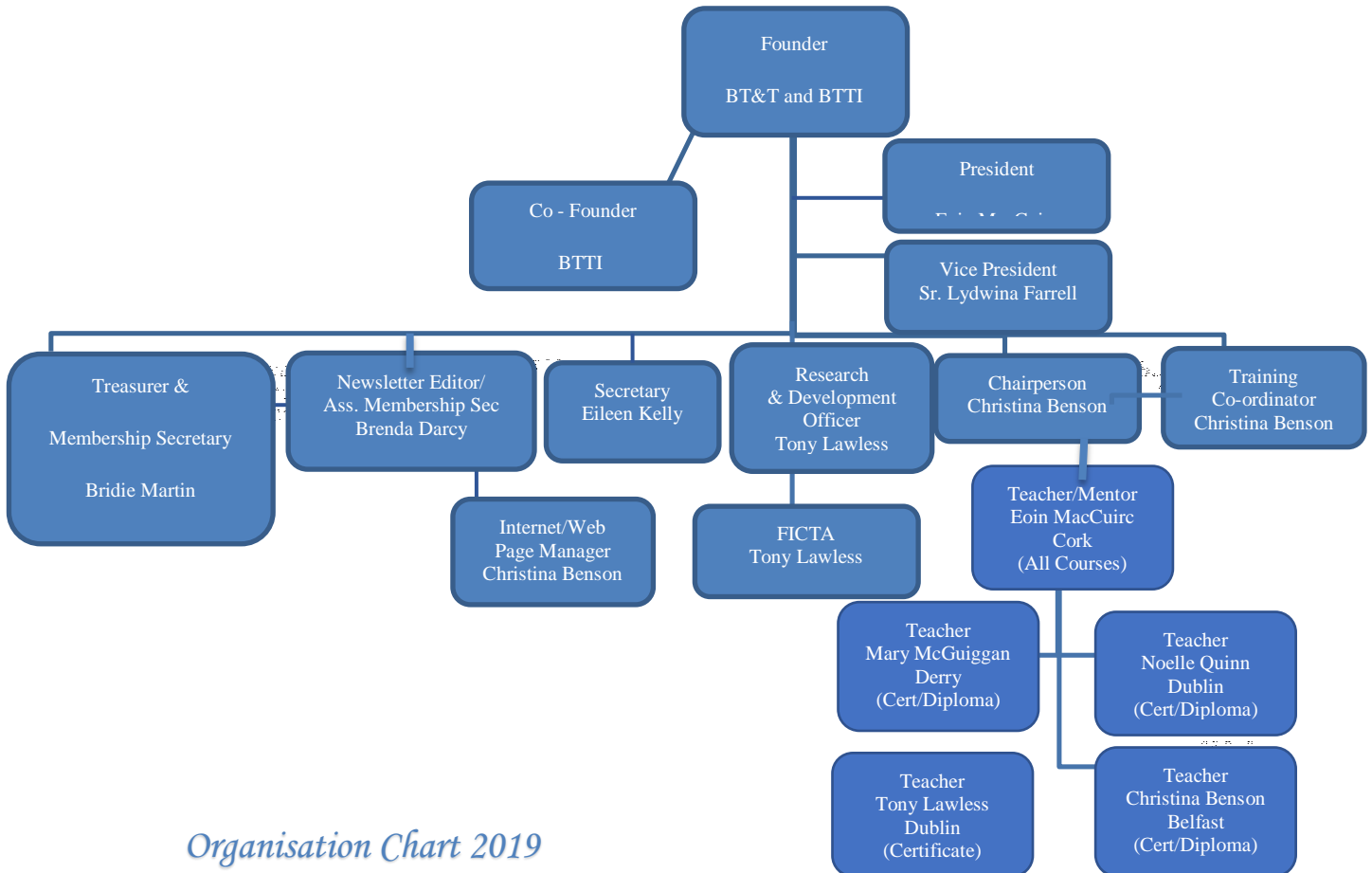
In sum, the good news about brain fog is that there are ways to help clear it up, boost your energy, and improve your productivity and memory. The key is keeping your brain well-fed, your body well-rested, and keeping your physician in the know about any changes in your mental acuity.

Taken from the Kaplan Clinic 06/08/2019. More information, visit [KaplanClinic.com/building-a-better-brain/](https://KaplanClinic.com/building-a-better-brain/).

### References:

Carabotti M, Scirocco A, Maselli MA, Severi C. The gut-brain axis: interactions between enteric microbiota, central and enteric nervous systems. *Annals of Gastroenterology*. 2015;28(2):203-209. Jedrychowski, Et al. Cognitive function of 6-year old children exposed to mold-contaminated homes in early postnatal period. *Prospective birth cohort study in Poland. Physiology & Behavior*. Volume 104, Issue 5, 24 October 2011. Lichtwark, Et al. Cognitive impairment in coeliac disease improves on a gluten-free diet and correlates with histological and serological indices of disease severity. *Alimentary Pharmacology & Therapeutics*. Volume 40, Issue 2, July 2014. Yelland GW, Gluten-induced cognitive impairment ("brain fog") in coeliac disease. *Journal of Gastroenterology and Hepatology*. 2017 Mar; 32 Suppl 1:90-93. doi: 10.1111/jgh.13706. Zárata S, Stevnsner T, Gredilla R. Role of Estrogen and Other Sex Hormones in Brain Aging. *Neuroprotection and DNA Repair. Frontiers in Aging Neuroscience*. 2017;9:430. Published 2017 Dec 22. doi:10 Tags: [brain health](#), [cognitive health](#), [foggy head](#), [nutrition](#), [sleep](#), [toxins](#)

# ‘THE ASSOCIATION’



*Organisation Chart 2019*

## Contact Details

**Eoin MacCuirc:** emaccuirc@gmail.com

**Sr. Mary Lydwina Farrell:** mlydwinafarrell@gmail.com

**Christina Benson:** christinabenson1@outlook.com

**Eileen Kelly:** gdaeilo@yahoo.co.uk

**Bridie Martin:** martinbridieh@gmail.com

**Brenda Darcy:** brenda.darcy@gmail.com

**Tony Lawless:** naturalhealing.ie@gmail.com

**Mary McGuiggan:** marypmcguiggan@gmail.com

**Noelle Quinn:** quinn.noelle@gmail.com

**General enquiries:**

Mobile Number: 0857435269

Email: bio-testing@outlook.com

\*\*\*\*\*

As a result of our AGM on the 16<sup>th</sup> June 2019 we have the following members on committee

**BTTI Organisation 2019 - Officers and Contact Details**

**President:** Eoin MacCuirc: emaccuirc@gmail.com

**Vice President:** Sr. Mary Lydwina Farrell: mlydwinafarrell@gmail.com

**Chairperson & Web:** Christina Benson: christinabenson1@outlook.com

**Secretary:** Eileen Kelly: gdaeilo@yahoo.co.uk

**Treasurer:** Bridie Martin: martinbridieh@gmail.com

**Newsletter Editor:** Brenda Darcy: brenda.darcy@gmail.com

**Research & Development & FICTA:** Tony Lawless: naturalhealing.ie@gmail.com

**Teacher's committee**

Mary McGuiggan: marypmcguiggan@gmail.com

Noelle Quinn: quinn.noelle@gmail.com

Eoin MacCuirc

Christina Benson

Tony lawless

**General enquiries:**

BTTI Number Mobile: 0857435269

Email: bio-testing@outlook.com

## Desiderata

Go placidly amid the noise and haste,  
and remember what peace there may be in silence.  
As far as possible, without surrender be on good terms with all persons.  
Speak your truth quietly and clearly; and listen to others,  
even the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons, they are vexations to the spirit.  
If you compare yourself with others, you may become vain and bitter;  
for always there will be greater and lesser persons than yourself.  
Enjoy your achievements as well as your plans.

Keep interested in your own career, however humble;  
it is a real possession in the changing fortunes of time.  
Exercise caution in your business affairs; for the world is full of trickery.  
But let this not blind you to what virtue there is;  
many persons strive for high ideals; and everywhere life is full of heroism.

Be yourself.  
Especially, do not feign affection.  
Neither be cynical about love;  
for in the face of all aridity and disenchantment  
it is as perennial as the grass.

Take kindly the counsel of the years,  
gracefully surrendering the things of youth.  
Nurture strength of spirit to shield you in sudden misfortune.  
But do not distress yourself with dark imaginings.  
Many fears are born of fatigue and loneliness.  
Beyond a wholesome discipline,  
be gentle with yourself.

You are a child of the universe, no less than the trees and the stars;  
you have a right to be here.  
And whether or not it is clear to you,  
no doubt the universe is unfolding as it should.

Therefore be at peace with God, whatever you conceive Him to be,  
and whatever your labors and aspirations,  
in the noisy confusion of life keep peace with your soul.

With all its sham, drudgery, and broken dreams,  
it is still a beautiful world.  
Be cheerful.  
Strive to be happy.

Max Ehrmann, Desiderata, Copyright 1952.