

The Bio-Chemical Body

9th May 2021

**Re-energize & Re-motivate
Your Life Now!
BTTI Spring Workshop Series**

*The greatest miracle on Earth is the
human body. It is stronger and wiser
than you may realize, and
improving its ability to self-heal is
within your control.*

~ Dr. Fabrizio Mancini

Bio-Testing & Therapy
Presentation

Speaker

Eoin MacCuirc

Today's Host

Christina Benson

Co-host

Brenda Darcy

Welcome

“The body is intricately
simple and simply intricate,
If you produce the right
measure for the right
condition, you get the right
response.”

George Goodheart

Tips for Meeting Attendees

Recording: I would like to make you aware we are going to record for training purposes and monitoring purposes.

- **Mute your microphone**

To help keep background noise to a minimum, make sure you mute your microphone when meeting starts

Be mindful of background noise!

- **Position your camera properly**

If you choose to use a web camera, be sure it is in a stable position and focused at eye level, if possible.

Doing so helps create a more direct sense of engagement with other participants.

- **Limit distractions**

Avoid multi-tasking – turn off mobile

You'll focus better if you refrain from replying to emails or text

- **Q&A**

You can use the CHAT feature which allows you to ask questions or comment on something while presentation is on going. We have allowed time for Q&A at the end.

BTTI



Introduction:

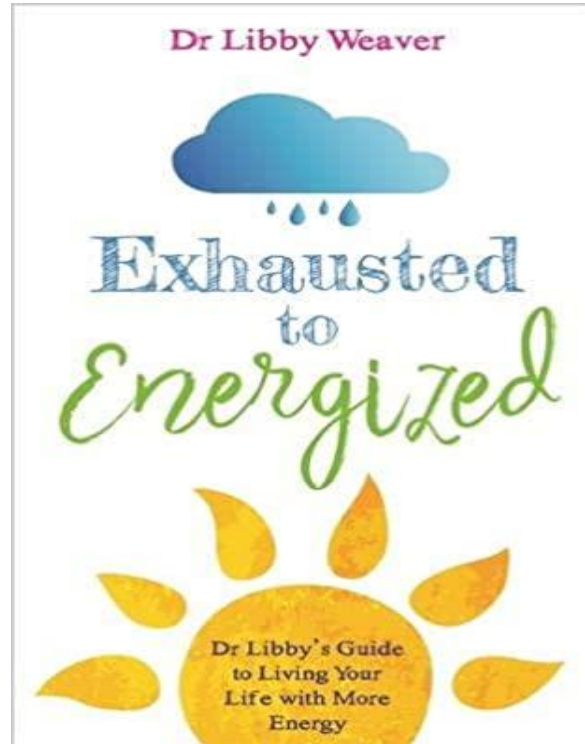
Healing from disease must always come from within a person; it cannot be imposed from without. External help is effective only if it instigates or supports the process of self-healing. Such is the case when obstacles to self-healing are removed or at least reduced and when energy is given to support various functions of the body which are otherwise too weak. The chief way to remove obstacles to the process of self-healing is by clearing the lymph system of toxins which burden the autonomic nervous system and prevent various organs, such as the pancreas or liver, from functioning properly.

But there may also be mental and/or emotional blockages as well which stand in the way of recovery because they cause too much stress or simply dampen the resolve to get well. Here is where a bit of psychotherapy can help. One way in which the healing process can be supported is by wholesome nutrition, with some emphasis on whole, unprocessed foods. Highly refined foods such as white sugar, white salt, white flour and highly processed foods such as margarine and artificially coloured, flavoured and preserved articles should be kept to a minimum.....

*Extracted:
LESSON VI – AN
APPROACH TO
VARIOUS DISEASES
Rev. Fr. J. Fox B.A.
Reflexologist
21 Halewood Road
Liverpool L25 3PH
25 Feb 1985 .*

Re-energize & Re-motivate Your Life Now!

**This series was inspired by
Dr Libby Weaver's book
'Exhausted to Energised'
And how similar her '3'
pillars of health are to the
work of
Freddie Fox
Bio-Testing & Therapy**



Dr Libby's health messages embrace her unique three-pillared approach that explore the interplay between nutrition, emotions and the biochemistry of the body.

Get ready to
re-energise & re-motivate
your
Biochemical Body!

Dr Libby Weaver

It's easy to pass off feeling tired and put it down to a multitude of things in our life, your job, your children, your relationships, but there is an enormous array of factors that might be draining you of energy and often without you even realising it.

For example, just sitting for more than an hour produces biochemical reactions in the body that make you feel more lethargic.

Also, having open loops churning over in your mind
Impacts your body in a similar
Way to having too many apps
Open on your phone, flattening
The battery and draining you of
Energy.



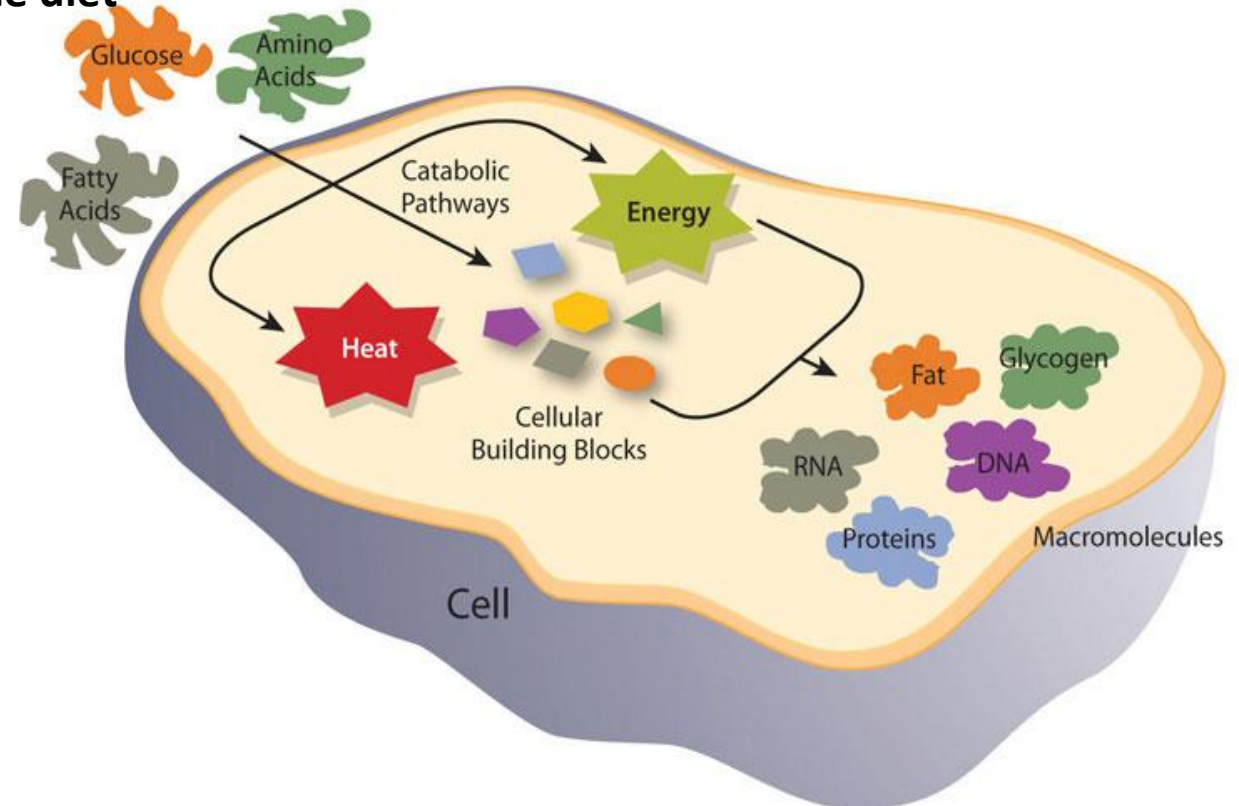
Biochemical body

'Bio' means Life

'Chemistry' is the study of the composition, structure and properties of matter.

'Biochemical' relates to the chemical processes and substances which occur within our bodies.

Food from
the diet



Breakout Rooms



Personal
introductions
10 mins

What makes you
tired?

When you come back, please put in
the chat 3 common themes that
your group had come across during
lockdowns

***Please add the number of
your room (Room 1) when
giving feedback in the chat***

Body's chemical reactions

Chemical reactions that take place inside living things are called **biochemical reactions**. The sum of all the biochemical reactions in an organism is referred to as **metabolism**

Metabolism includes both exothermic (heat-releasing) chemical reactions and endothermic (heat-absorbing) chemical reactions.

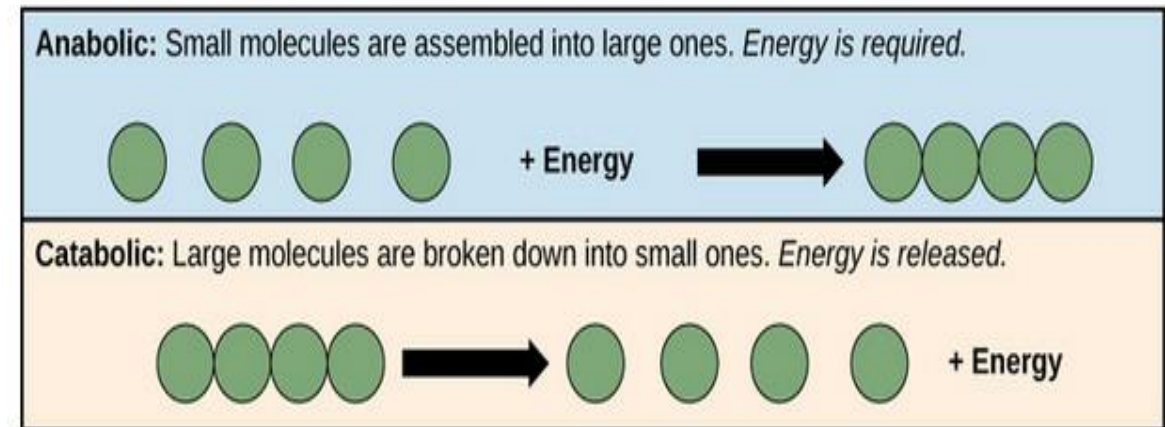
Catabolic Reactions

Exergonic reactions in organisms are called **catabolic reactions**. These reactions break down molecules into smaller units and release energy

An example of a catabolic reaction is the breakdown of glucose during cellular respiration, which releases energy that cells need to carry out life processes.

Endergonic reactions in organisms are called **anabolic reactions**. These reactions absorb energy and build bigger molecules from smaller ones. An example of an anabolic reaction is the joining of amino acids to form a protein.

Metabolic pathways



Anabolic and catabolic pathways: Anabolic pathways are those that require energy to synthesize larger molecules. Catabolic pathways are those that generate energy by breaking down larger molecules. Both types of pathways are required for maintaining the cell's energy balance.

Endocrine Glands

A plethora of hormones regulate many of the body's functions, including growth and development, metabolism, electrolyte balances, and reproduction. Numerous glands throughout the body produce hormones.

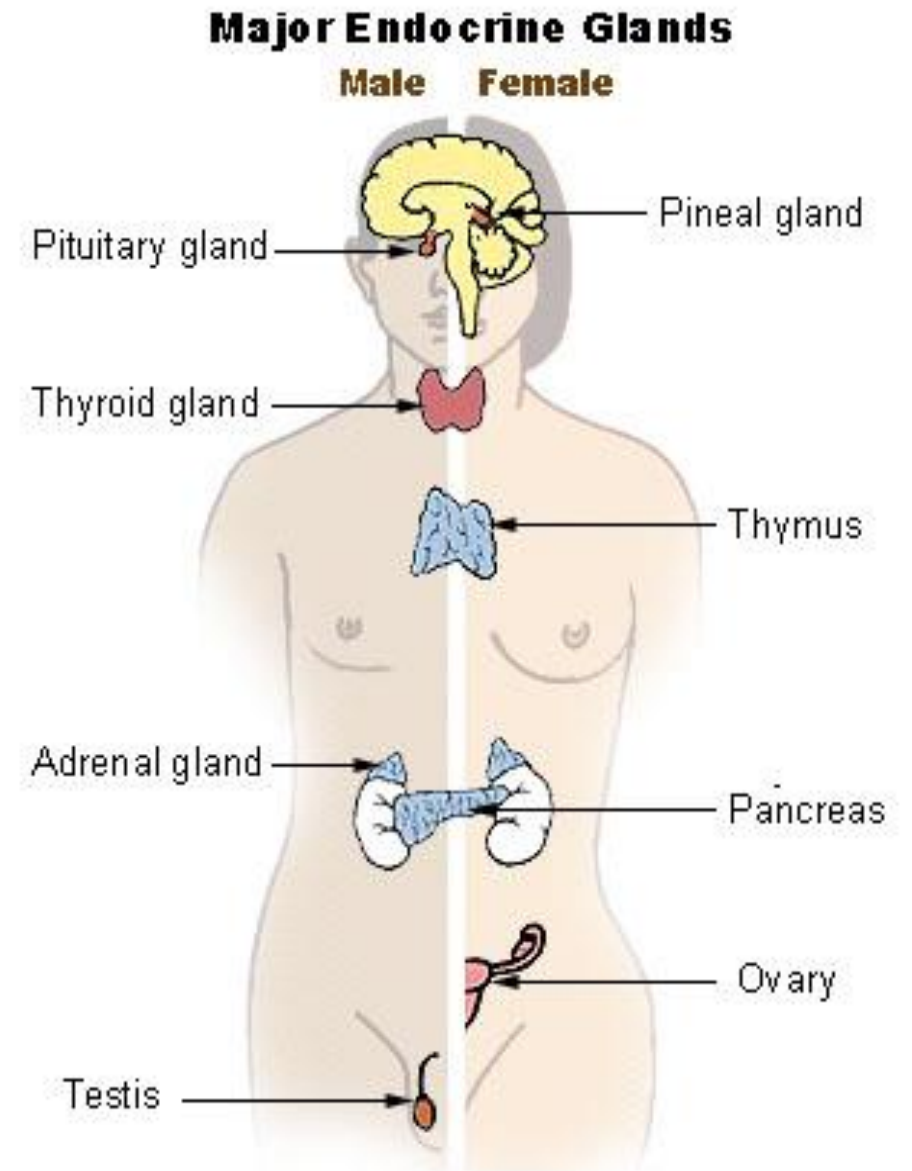
Understanding the role of hormones and neurotransmitters-
in-mental and emotional health (ref: below)

Article Objectives

The body is a complex system. In this article, you will learn about the chemical messengers of the body and how they affect mental and emotional health. You gain an understanding of brain chemistry neurotransmitter function, as well as how an imbalance of key hormones may affect your mood.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6761896/>

<https://www.universalclass.com/articles/health/understanding-the-role-of-hormones-and-neurotransmitters-in-mental-and-emotional-health.htm>



Neurotransmitters

- Neurotransmitters are chemical messengers in the body. Their job is to transmit signals from nerve cells to target cells. These target cells may be in muscles, glands, or other nerves.
- They do a lot to keep your brain and body working in conjunction with each other.

There are dozens of them - examples of some main one are listed in chart

https://www.reddit.com/r/APPsychology/comments/bi34mx/chart_of_most_important_neurotransmitters_to/

Table 9.1 Some Neurotransmitters and Their Functions

Neurotransmitter	Function	Examples of Malfunctions
<i>Acetylcholine (ACh)</i>	Enables muscle action, learning, and memory.	With Alzheimer's disease, ACh-producing neurons deteriorate.
<i>Dopamine</i>	Influences movement, learning, attention, and emotion.	Oversupply linked to schizophrenia. Undersupply linked to tremors and decreased mobility in Parkinson's disease.
<i>Serotonin</i>	Affects mood, hunger, sleep, and arousal.	Undersupply linked to depression. Some antidepressant drugs raise serotonin levels.
<i>Norepinephrine</i>	Helps control alertness and arousal.	Undersupply can depress mood.
<i>GABA (gamma-aminobutyric acid)</i>	A major inhibitory neurotransmitter.	Undersupply linked to seizures, tremors, and insomnia.
<i>Glutamate</i>	A major excitatory neurotransmitter; involved in memory.	Oversupply can overstimulate the brain, producing migraines or seizures (which is why some people avoid MSG, monosodium glutamate, in food).

Krebs Cycle

Also Known as the citric acid cycle

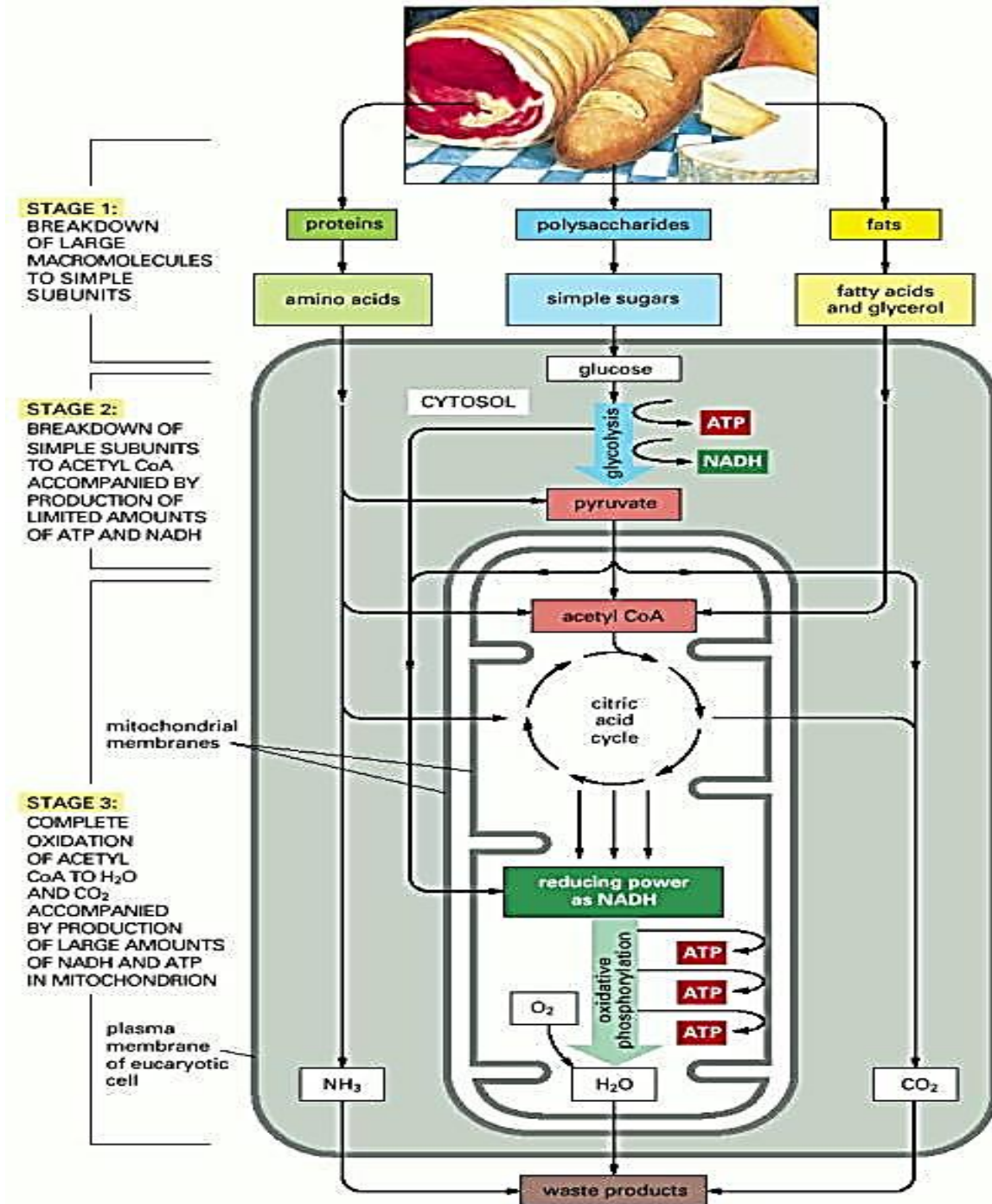
A series of chemical reactions that occur in most aerobic organisms and are part of the process of aerobic cell metabolism, by which glucose and other molecules are broken down in the presence of oxygen into carbon dioxide and water to release chemical energy in the form of ATP.

This series of reactions occur in part of the cell known as the mitochondria.

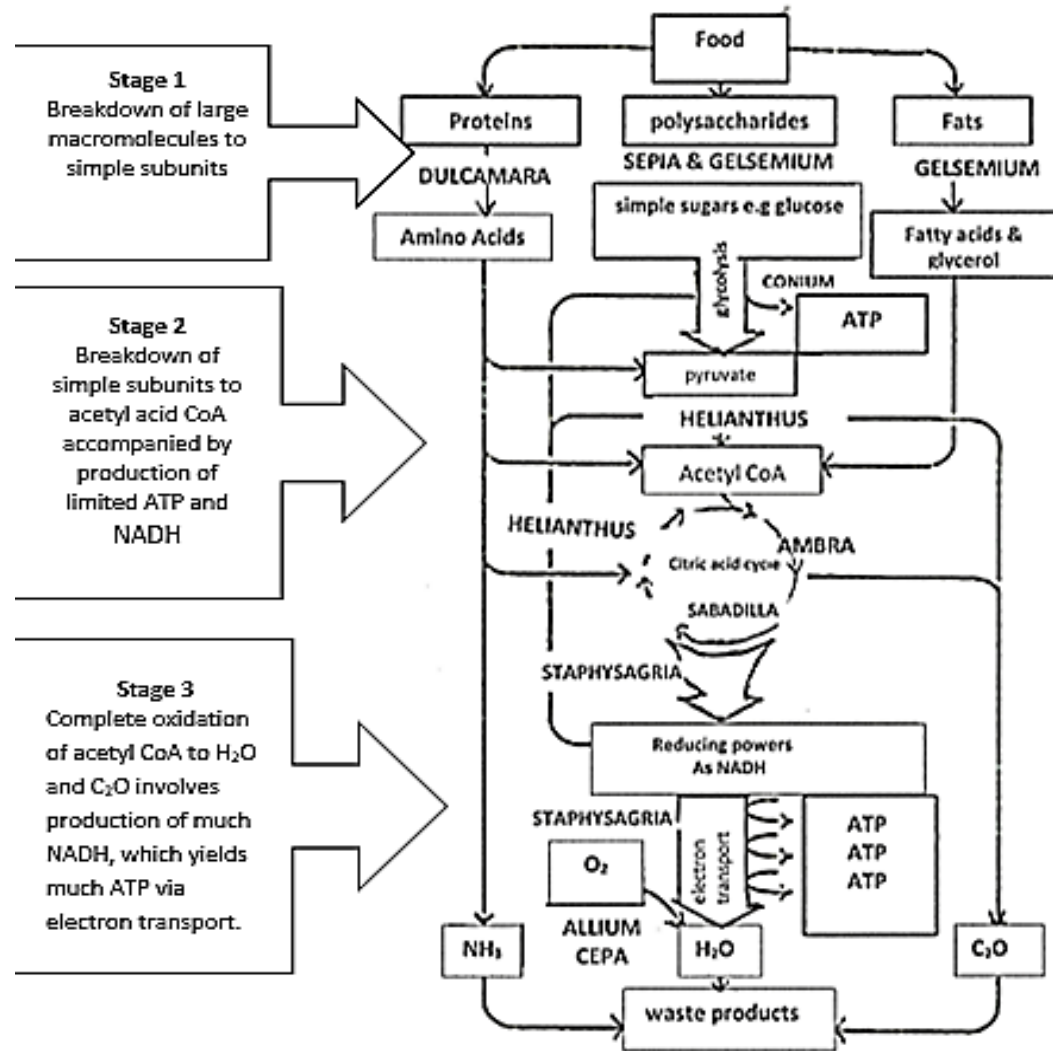
Extracted - Dr Weavers book

The best way to imagine this is that you are made up of trillions of tiny little circles (cells) and that inside each cell is a mouse on a treadmill (mitochondria) generating energy.

<https://www.ncbi.nlm.nih.gov/books/NBK26882/>



Energy Production



Simplified diagram of the three stages of cellular metabolism that lead from food to waste products.

This series of reactions produces ATP which is then used to drive biosynthetic reactions and other energy-requiring processes in the cell.

Stage 1 occurs outside cells.

Stage 2 occurs mainly in the cytosol, except for the final step of conversion of pyruvate to acetyl groups on acetyl CoA, which occurs in mitochondria.

Stage 3 occurs in mitochondria.

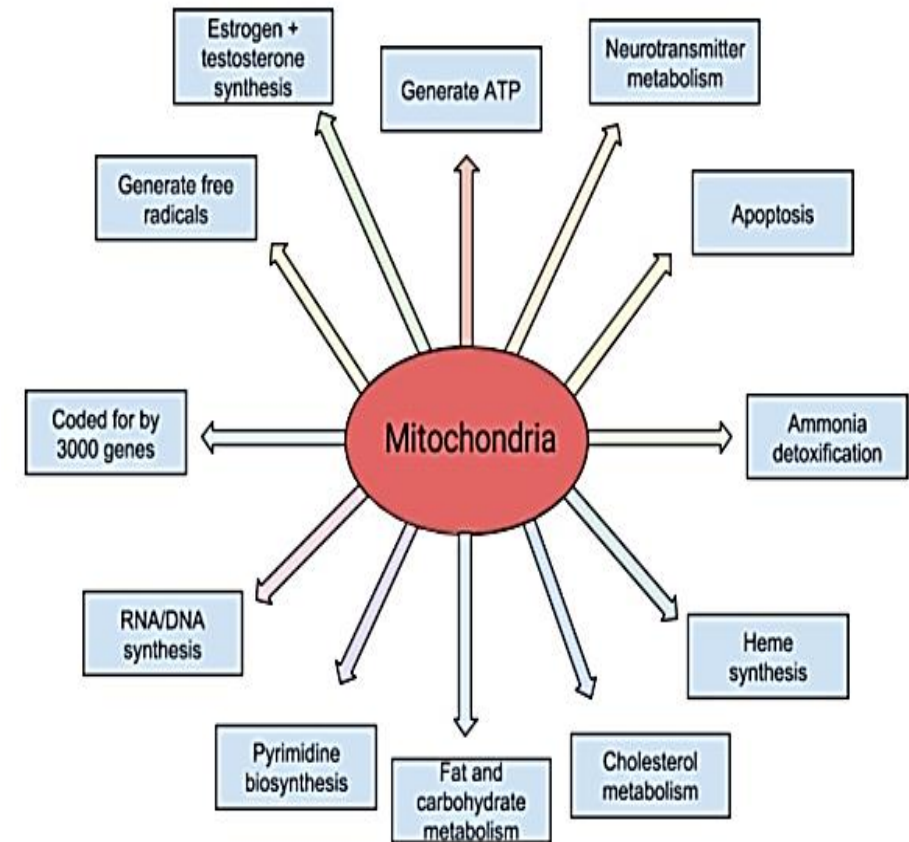
The Mighty Mitochondria₁

Every cell in your body is powered by small organelles called mitochondria(mice), which are essentially the body's energy factories.

Taking glucose from the food you eat and oxygen from the air you breathe and converts them into energy in your cells.

Simply stated, mitochondria produces ATP, and ATP is 100% essential for survival.

Without a sufficient generation of ATP, life would cease to exist.



When the mitochondria fail to meet the energy requirements of the body, symptoms of this insufficiency arise.

More and more research now suggests that mitochondrial dysfunction may be important in many different health conditions.

Exercise is the most effective way to make new mitochondria
– Dr Frank Lipman

₁Libby Weaver 'Exhausted to Energised'

<https://www.technologynetworks.com/cell-science/lists/5-roles-mitochondria-play-in-cells-289354>

<https://drfranklipman.com/2019/04/22/9-ways-to-boost-your-mitochondria-increase-energy-and-enhance-longevity/>

The Rise in Allergies

Dr Orla Cahill is a lecturer in Allergen Management and Control & Microbiology in the School of Food Science & Environmental Health

“An allergy is defined as an "immune response to a substance especially a particular food, pollen, dust or a medicine to which an individual has become hypersensitive to". Allergic reactions may be mild, moderate or, in severe cases, fatal due to anaphylaxis. The incidences of allergic diseases such as food allergies, asthma, allergic rhinitis and dermatitis have increased dramatically over the past decade. But why? What's behind the mystifying rise in allergic diseases in what some experts are calling “the allergy planet”?”

(Ref: BBC Horizon Programme 2008 ‘Allergy Planet’ researched worldwide - why are we becoming allergic to our world?)

<https://www.rte.ie/brainstorm/2018/1112/1010346-why-has-there-been-a-global-increase-in-food-allergies/> Dr Orla Cahill
Horizon Allergy Planet:

<https://www.bbc.co.uk/programmes/b00g2k9m>

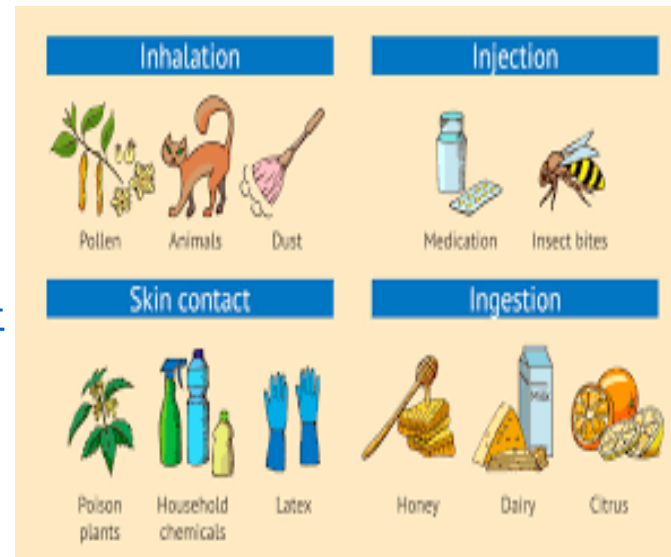
<https://www.burghwoodclinic.co.uk/114/Media>

Dr Apelles Econs

Dr Apelles Econs is the Medical Director / Registered Provider at The Burghwood Clinic. Since May 1982, the clinic has been involved in both research and the practical applications of the rapidly evolving fields of Allergy, Environmental and Nutritional Medicine.

Robyn O’Brien was a regular mum is not the most likely candidate for an anti establishment crusade - until the day her youngest daughter had a violent allergic reaction to eggs, and everything changed.

She has been called “food’s Erin Brockovich” by the New York Times and Bloomberg. She triggered an allergic reaction in the food industry when she asked: “Are we allergic to food or what’s been done to it?”



Various research theories

1. "the hygiene hypothesis"
2. Chemicals/Toxins
3. The microbiome
4. Food processing
5. Vitamin D
6. Weakened immune system

<https://www.youtube.com/watch?v=rixyrCNVGA>

Robyn O’Brien

CANDIDA ALBICANS F J Fox

Yeast-like fungus native to the alimentary canal and the vagina. When it adheres to and infects the intestinal wall, it causes simple Candidiasis. If it matures and passes spores into the bloodstream it may cause systemic Candidiasis. The spores get trapped in the capillary beds of organs throughout the body and cause fungal infection of the tissues. The fungus may also appear on the skin and nails.

(iv) P20 *Candidiasis: A physiological approach (Extract)*

(iv) P21 *Candidiasis: A Nearly Closed Case*

CANDIDIASIS: A Physiological Approach
with E.A.P. Diagnostics.

© 22 May 1988
Fred J. Fox, B.A., Ph.D. & M.D. (Med. Alt.)
21 Halewood Road, Liverpool L25 3 PH

(iv) 20

Candidiasis is an infection, usually of moist parts of the body such as the mouth, the throat and the vagina – although skin, especially between fingers and toes can also become infected. It may also be called thrush.

The agent is a fungus – more specifically, a yeast – that is usually ingested with food, but may also be breathed in or picked up by contact. It seems to be almost native to the intestinal tract and only causes disease when it grows out of control due to a shortage of antagonistic bacteria, such as Acidophilus; or to the presence of toxic matter conducive to its growth, such as mercury (and perhaps also nickel). Stagnation in the intestinal tract certainly favours infection, and here again, metals such as mercury, nickel, silver, cobalt, gold, aluminium, calcium combined with tannin may be involved. Most are filtered from the bloodstream by the liver and pass through the bile tract to the small intestine and then the colon. They often adhere to the intestinal wall and interfere with peristalsis (enteric nervous system). The yeast that causes Candidiasis is Candida albicans. When it proliferates it forms a mass of branching, threadlike filaments which cling to the intestinal wall with rhizoids that seem capable both of absorbing nourishment from and emitting spores into the bloodstream. Once the spores enter the bloodstream, they can cause problems – especially, it appears to me, with microcirculation – in distant parts of the body. When that happens, Candidiasis becomes systemic. AS one American Doctor exclaimed during a seminar in Germany in 1985:

“In the U.S.A., Candidiasis has become an epidemic. You can see the stuff floating in the blood.” My response to that remark was quite direct: “The way everything in the U.S.A. is pasteurised: the milk, the cheese, the yogurt, even the beer; and the way antibiotics are dished out for the least sign of possible infection, what else can one expect?”

THE WONDERS OF YEAST



@SKELETON-CLAW

SKELETONCLAW.COM

<https://www.creative-biolabs.com/drug-discovery/therapeutics/invasive-candidiasis.htm>

THE GUT MICROBIOME

We are not alone in our bodies. Living inside every person are trillions of microorganisms — bacteria, viruses, fungi and other life forms that are collectively known as the microbiome.

Various organs have distinct microbial inhabitants, but the group that has attracted the most attention in biomedical research is the one in the gut.

Yeast overgrowth, including but not limited to candida, is quite common and can be triggered by a number of things. These include a high-sugar diet; impaired immunity; use of drugs, like antibiotics, birth control pills, estrogen, and steroids;

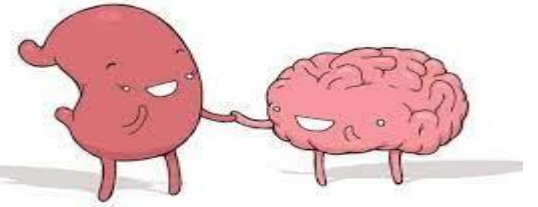
<https://www.youtube.com/watch?v=B9RruLkAUm8> Your Gut Microbiome/ErikeEbbel Angle

<https://www.youtube.com/watch?v=IDqMB6C1uys> Microbiome: Gut bugs and you/Warren Peters

<https://www.youtube.com/watch?v=oVDh6w6secs> Make Pooping Great Again/ Jackson Long

The Bottom Line

Your gut microbiome is bacteria, fungi and other microbes.



The gut microbiome plays a very important role in your health by helping control digestion and benefiting your immune system and many other aspects of health.

An imbalance of unhealthy and healthy microbes in the intestines may contribute to weight gain, high blood sugar, high cholesterol and other disorders.

To help support the growth of healthy microbes in your gut, eat a wide variety of fruits, vegetables, whole grains and fermented foods.

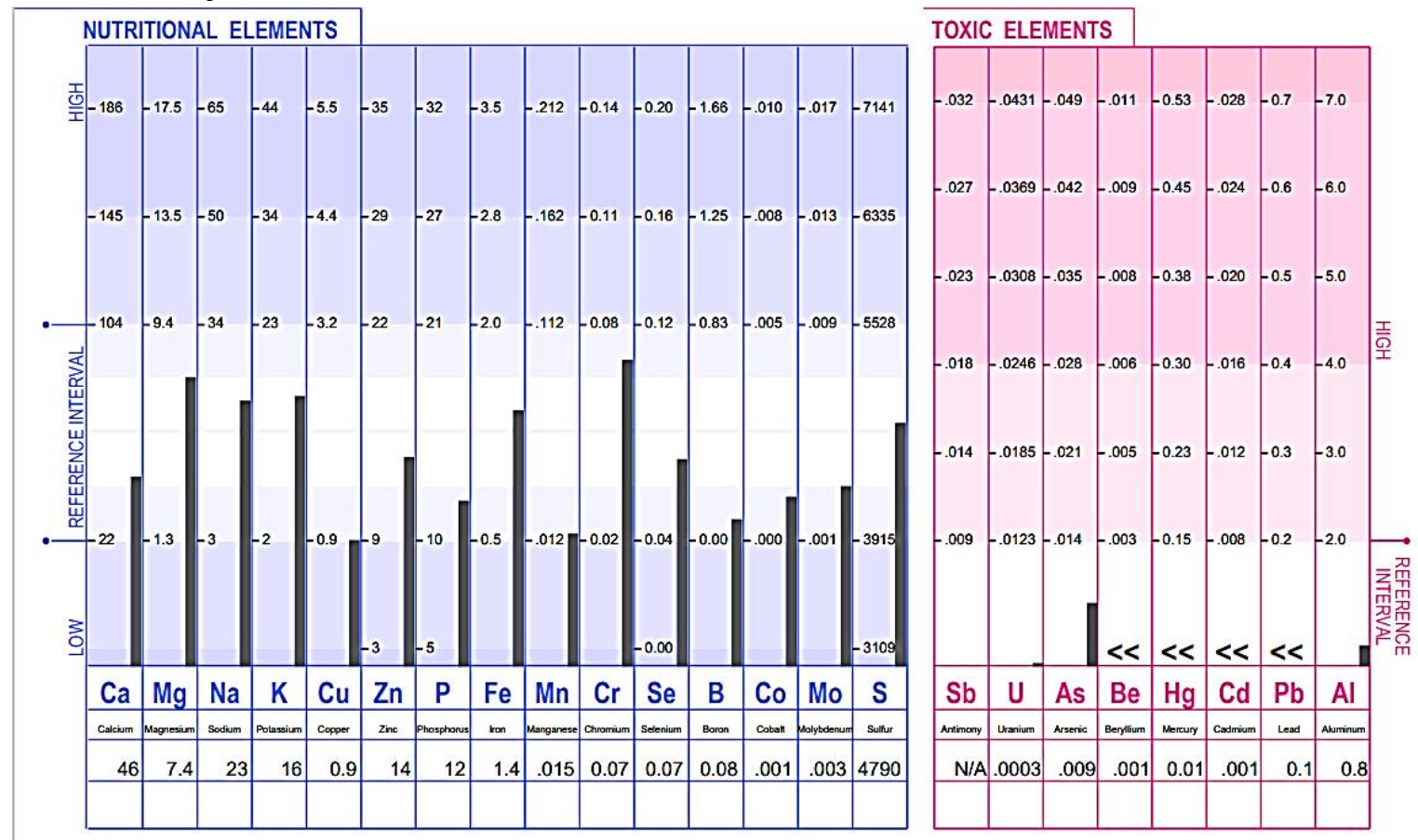
How do I find out if I have a bio-chemical issue?

Bio-Testing & Therapy

BIOTESTING & THERAPY					
key toxins list					
chemicals					
Acetone	Fluoride F1	Petroleum	Chromium Cr	Tin Sn	Penicillium
Acrylate	Formaldehyde	Phenol	Cobalt Co	Titanium Ti	Phenacetin
Alcohol	Formic acid	Sulphur S	Copper Cu	Zinc Zn	Pilocarpin
Alolin	Gas (Natural)	Tannin	Gold Au	Atropine	Salbutamol
Benzene	Glycerol	Transfats	Iron Fe	Cortisone	Salicylic Acid
Benzoate	Insecticide	Urethan	Lead Pb	Diazepam	Tetracycline
Caffein	Lanolin	Uric Acid	Mercury Hg	Erythromycin	
Carbonmonox	Menthol	Aluminium Al	Nickel Ni	Morphine	Caesium Cs
Chlorine Cl	Mon. Sod. Glut.	Cadmium Cd	Palladium Pd	Oxalic AC.	Radon Rn
Cholesterol	Nicotine	Calcium Ca	Silver Ag	Paracetamol	Strontium St
		Calcifications	Amalgam	Medical Kit	X-Rays Co

Nosodes					
ACNE BACILLUS	COXSACKIE A7	KLEBSIELLA	POLLEN	SYPHILLINUM	BCG VAC. 7
				Viral factor	Calmette-Guerin
ACNE VULGARIS	COXSACKIE B4	PNEUMOCOCCOC 7	PROTEUS/ENT 7	TB BACILLUS	COW POX
			Intestinal buffers	Mycobacterium	Vaccine
ACTINOMYCES	DIPHTHERIA 7	LEPTOSPIRA	PSORIASIS	TB BOVINE	POLIO SALK
Actinomycin Israeli	Corynebact/Diph	Weil's disease	Skin Disease	Dairy/milk TB	Vaccine
AFLATOXIN	DYSBIOSES 7	LYMES	PTOMAINE TOX. 7	TETANUS TOX	RUBELLA VAC.
Aspergillus flavus	Gastro-intestinal		Putrefaction toxins	Clostridium Tetani	Virus + Formalin
BORNA VIRUS	ENTEROCOCC	MALARIA 7	PYGENIC STAPH	TOXOPLASMA	SMALL POX VAC.
Nervous system	Intestinal buffer	Plasmodium	Milk-dairy bacteria	Cat-scratch virus	Vaccine
BOTULINUM7	EPSTEIN-BAR V.	MEASLES	RUBELLA		
Chlostridium Bot	Glandular Fever	Morbillivirus	German measles		
BRUCELLA	HELICOBACT 7	MENINGITIS	SALMONELLA	LYSSIN	CYSTIC
Undulant fever	Intestinal bug	Meningococcus		Fear factor	
CANDIDA ALB. 7	HEPATITIS A	MUMPS VIRUS 7	SALMONELLA TYPHI	MEDORRHINUM	PRE-CANCER
Fungus/Yeast	DNA Virus	Para Influenza		Earthly factor	
CHOLERA 7	HEPATITIS B	PERTUSSIS 7	SCARLET FEVER 7	PSORINUM	CANCEROUS
Vibro cholerae	RNA Virus	Whooping cough	Haemolytic strep	Emotional factor	Malignancy
CLOSTRIDIUM	HERPES SIMP	PINWORM TOX. 7	SCLEROSIS 7	TUBERCULIN	HIV-1 VIRUS 8
Intestinal bacilli	Cold Sore	Enterobius Vermic	Galactose phosph.		Retrovirus
CONDYLOMA	HERPES ZOSTER	PLAGUE 7	STAPHYLOCOCCUS		MALANDRINUM
Acuminatum	Chicken Pox	Yersinia pestis	Common Infection		Malignancy Test
CORYNEBACT 7	INFLUENZA 7	POLIOVIRUS	STREPTOCOCCUS	INHERITED FAC	
Haemolytic Strep	Broad spectrum	Enterovirus	Common Infection	Lys-Med-Psor-Tub	

Hair Analysis



Breakout Rooms



Discussion

15 mins

What could be
disturbing YOUR
bio-chemical
balance?

When you come back please put in
the chat 3 common
themes/feelings that your group
had come across after viewing this
clip.

***Please add the number of
your room (Room 1) when
giving feedback in the chat***

SOMATIDS

Somatids, are microscopic energy particles. They are found in all things including humans, animals, fruit, veg, and the sap of plants and also in lifeless organic matter like rocks and ashes. They are apparently indestructible.

Looking at the somatid cycle (this is shown on our BTTI sheets under the Combination Remedies for the Blood Cells Vial information) the first three stages are normal and are necessary in the human body as an immune response initiator.

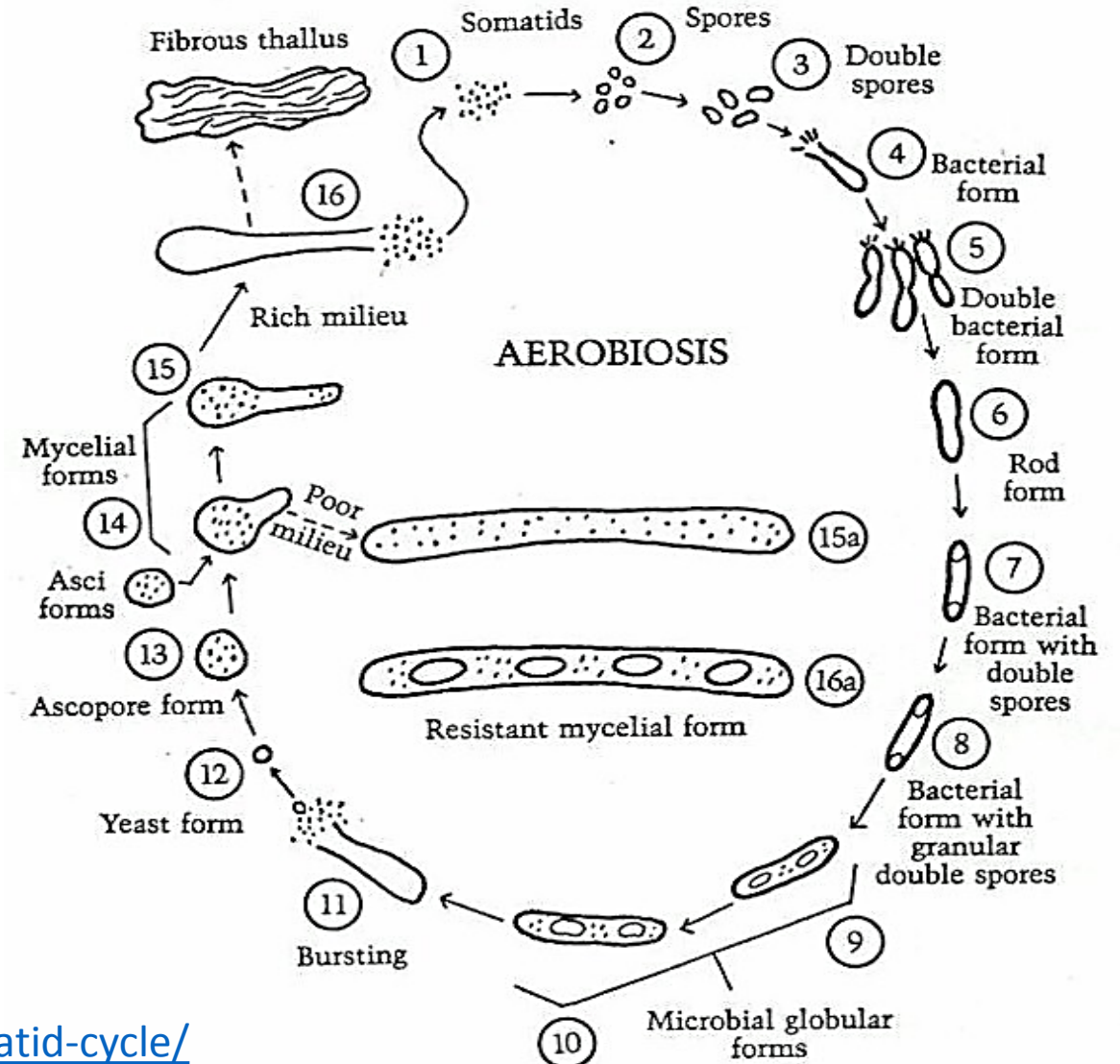
Noelle Quinn (BTTI Teacher)

Great instructions on how to balance the somatid cycle on webpage

Noelle Quinn - <https://bio-testing.org/members-articles/the-somatid-cycle/>

Somatid cycle - <https://www.life-enthusiast.com/articles/pleomorphism-gaston-naessens/>

Somatid Cycle



At the beginning of February, I finally learned the proper role of Dr Schlüsser's tissue salts in therapy. It became clear to me as I read the report of a nutritionist on a course given my Leslie Fisher of Blackmore's Research Foundation. From what she wrote, I could only conclude that the tissue salts supply the body with the colours it needs to metabolise substances, good and bad. They complement the colours provided by the body's own enzymes and enables the body to deal with toxic matter naturally.

An obvious conclusion is that tissue salts should be able to replace the colours (and photons) we have been providing for this purpose in cyclic colour therapy. They should enable the body to metabolise toxic substances released from tissues and organs with the help of appropriate homeopathic and flower remedies. I tried this out immediately: it does seem to work all right, and I have been using the tissue salts in place of cyclic colour therapy ever since. Their use makes therapy much simpler and faster. The speed with which they act is unbelievable. Yet they seemingly help the body to metabolise toxic substances as effectively as cyclic colour therapy since the "shells" (calcium, etc) and radiation come out just the same.

Leslie Fisher claims that an imbalance of tissue salts is the lowest common denominator to all diseases and that therefore the first action we take should be to identify which tissue salt is called for at a time. But instead of Sodium Chloride, it is better to use Sodium Phosphate and Potassium Chloride together. *

I usually identify the key toxins related to a health problem first and then go to identify the appropriate tissue salt. But if there is difficulty in getting a sample of the toxin, I identify the tissue salt first and use it to start the process of detoxification. Place a vial of the tissue salt on the body of the client and then tap of each toxic/waste substance. After identifying the inherited factor, add the corresponding remedy and then tap once for each new remedy until nothing more comes out. Finally, identify the Bach Flower remedy with its emotional content and have the client make the corresponding affirmation. One may, of course, also give drops or place a vial of the Flower remedies on the body.

For therapy one need but tap once for each substance. There is no longer any need to tap 5 or 7 times each colour to ensure deep detoxification. Each tap also replaces a complete cycle of colours (30-35 taps) which would otherwise be needed to help the body to deal with each substance. The shells (calcium, cholesterol, etc) appear as before after all the toxic substances with their different inherited factors have been dealt with. Finally, radiation also appears. From this it is obvious that the tissue salts enhance the effectiveness of the homeopathic remedies immensely.

Celloidal Minerals

W.H. Schlüsser, (1821-1898) a German physician identified 12 tissue salts, which he located in every human cell, which are vital mineral constituents of the body. He concluded that missing inorganic mineral salts will cause disruption to the living processes and therefore create illness.

Following on these discoveries, the Celloid Mineral Therapy was developed back in the 1930's by an Australian Naturopath, Maurice Blackmore. He spent many years researching the physiological role of minerals in the process of disease and health. The Celloid's differ from other minerals because they are in combinations that are found naturally in living tissue and are more easily absorbed by the body.

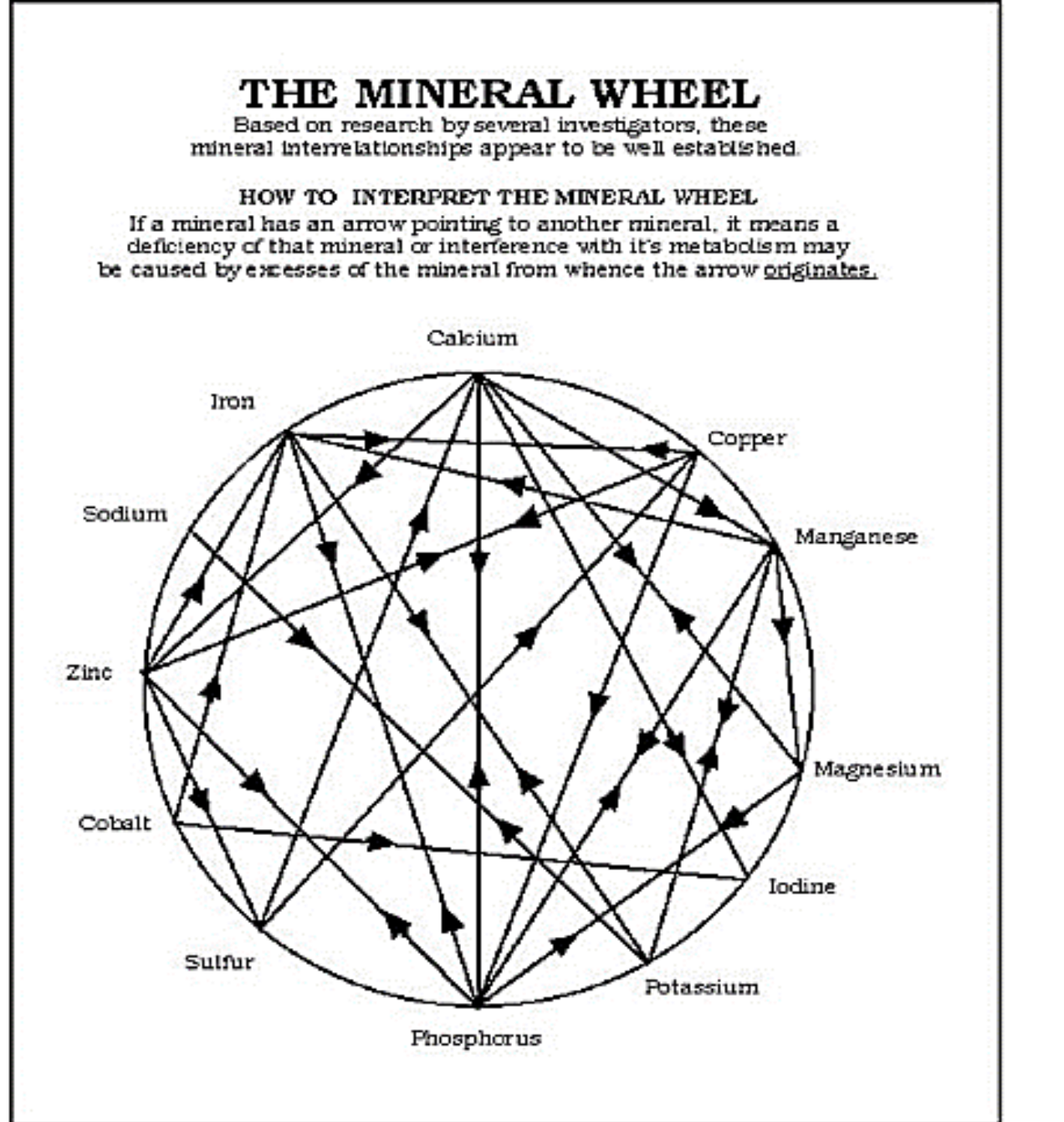
In 1983, Fr. Freddie Fox realised the proper role of these tissue salts in therapy. He concluded that the tissue salts (key catalysts of metabolism) supply the body with the colours it needs to metabolise substances good and bad. They complement the colours provided by the body's own enzymes and enable the body to deal with toxic matter naturally.

(ii) P51 TISSUE SALTS IN THERAPY
Celloid Minerals in Brief

© 27 Feb 1993
Fred J Fox.

The Mineral Wheel

Covered last month -
To Recap.... certain minerals when taken in high amounts deplete others. Getting enough Minerals and balancing them is crucial to physical and mental health. As an example, many people consume a lot of Calcium through their diets. Calcium depletes Magnesium so it may be something you want to supplement with. If you're already supplementing with a mineral, be cautious of any negative effects you may experience as a result of depleting its associated mineral.



What are Postbiotics?

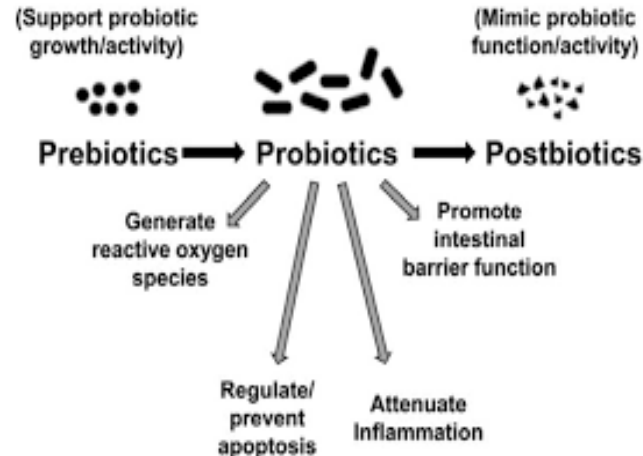
Recent research presents evidence that most of the positive effects we used to attribute to probiotics are due to postbiotics. They may also provide the bases for the proper processing of prebiotics.

Sources of Postbiotics

- *Yogurt *Sauerkraut
- *Miso soup *Kefir
- *Soft Cheeses *Pickles
- *Sourdough bread
- *Buttermilk *Tempeh

Health Benefits

1. May help lower blood sugar
2. Supports probiotics
3. Treats Diarrhoea
4. Antimicrobial properties
5. Reduces Inflammation
6. Helps Support Immune System



While the names are all very similar, they are different elements that are, nonetheless, related.

Prebiotics:

Nutrients that qualitatively change the composition of gut microbiota by providing “food” that promotes good bacteria growth. Prebiotics are mainly dietary fibre, like that you find in fruits, vegetables, and whole grains.

Probiotics:

These are the gut microbes themselves. They have been attributed with the health promoting aspects of the microbe ecosystem, including strengthening the barrier against infection, as well as the antibacterial, immune-modulating, and anti-inflammatory aspects. You find probiotics in foods like yogurt, kefir, kombucha, and kimchi.

Postbiotics:

Postbiotics are the metabolites of probiotics, or the components that result from probiotic activity in the gut, like fermentation. As intestinal microbes consume prebiotic fibre, the result of that fermentation or consumption is what is known as postbiotics.

Lymph Drainage

Lymph is a vital liquid in the body.
Like the blood it cleans out waste in the body.
Lymph attacks toxic matter in the body breaking it down into its reusable components.
Proper lymph function is imperative for a healthy body.
Unlike the blood the lymph has no pump to move it around the body. It is only when the body is active that lymph moves. It is the lymph and the lymph nodes that deal with the larger toxins in the body that cannot pass through the bloodstream.

BT&T encourage skin brushing and have a set of lymph drainage exercises to actively encourage the lymph to flow throughout the body scavenging as it goes.

Clearings

Liver swipe (Papillae Vateri)
Gallbladder
Lymph (Birdie)
Liver/Spleen Points
Ileo Caecal Valve
Portal Veins

<https://branchbasics.com/blogs/healthy-living/16-ways-to-activate-your-lymphatic-system>

BT&T Handouts: Dry skin brushing/ 6 Lymph clearing exercises – email: bio-testing@outlook.com



What backs up the lymph?

Processed Foods: An unhealthy diet, particularly one containing processed foods and bad fats, will lead to a sluggish lymphatic system.

Chemical Exposures: When your body is exposed to harmful chemicals in skin and body care products, cleaning products or pesticides, it may be unable to unload or detoxify immediately.

Lack of Movement: Proper lymphatic flow requires deep breathing and body movement - the contraction of skeletal muscles force tiny one- way valves of the lymph system to open and close and push the fluid to the subclavian veins.

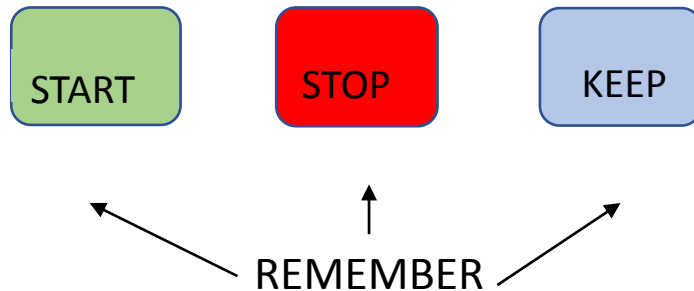
Dehydration: Being dehydrated can contribute to poor lymphatic drainage and cause lymphatic stagnation.

Stress: The waste products of stress-fighting hormones are acidic and an acidic body leads to lymph congestion.

Chronic Digestive Imbalance: Chronic constipation or diarrhoea due to damaged intestinal villi promotes lymph congestion.

Reflection

How Re-energize & Re-motivate is Your Life Now?



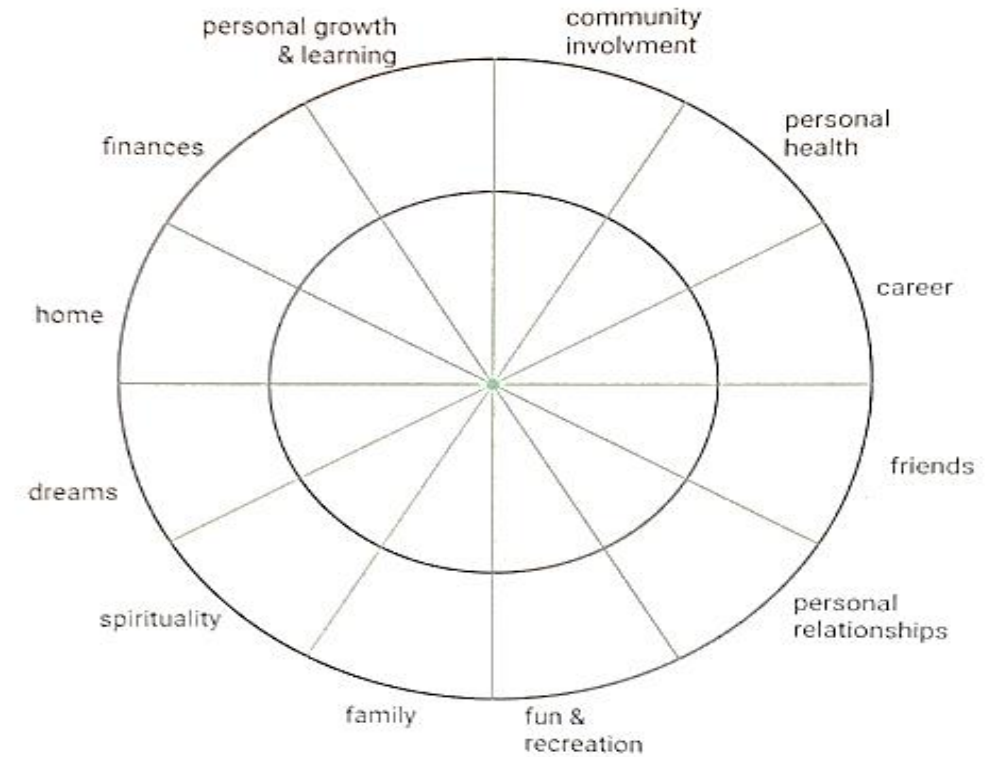
Reflective Practice is simply a method of self-improvement
In all areas of life – If journaling is not your forte!

You could try other tools or just find what works for you.

Wellness Wheel

The 12 sections of the Wellness Wheel represent balance. Regarding the centre of the wheel as 0 (unfulfilled) and the outer edge as 10 (fully satisfied), rank your level of satisfaction with each wellness (life) area plotting a point for each dimension on the wheel.

Connect your scores by joining the plotted points with a curved line and evaluate your results to see which Wellness areas you need to improve and work on in your own life.



Some reflection exercises

Part 1

How does your wheel look to you?

Where in your life do you appear 'out of balance'?

Which sectors of the wheel do you want to focus on?

How would you like these sectors to look?

What could you do to bring about these changes?

What support do you require?

Part 2

What I want more of in my life is:

What I want less of in my life is:

What am I going to start saying 'yes' to?

What am I going to start saying 'no' to?

Bio-Testing & Therapy

Bio-Testing & Therapy is a Bio-energetic approach to disease, restoring the body's natural energies. It is used to gain information from and give practical help to the life force, in its task of detoxifying and healing. It helps people to improve their health and recover from disease by working in harmony with the immune systems.

Fr. Fox electronically recorded the energies of the 72 most common chemicals affecting the organs of the body as well as those of the 72 most common microbes, on magnetic tape, in small glass vials to assist in the diagnostic process.

One of the first things to keep in mind is that homoeopathic remedies and nosodes are not primarily chemical but rather energetic by nature. They are more related to physics than to chemistry.

In the same way he also recorded (590) homoeopathic remedies needed following diagnosis. These energise or relax the organs or systems found to be affected by the indicated toxins. Each organ or system radiates a complex and unique magnetic field of energy. Homoeopathic remedies resonate with these fields of energy and help to correct them if they are out of tune. BT&T have several kits with which aid this process.



Available also are empty kit boxes
Email: bio-testing@outlook.com

Contacts

Our web page www.bio-testing.org

News - For resources from today's session

For membership form

www.bio-testing.org/membership/

Email: bttiireland@gmail.com

Next BTTI Event

AGM

End of May 2021
date to be arranged

Further Workshops Autumn 2021

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