

The Nutritional Body

28th March 2021

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



*Don't get me wrong, I
admire elegance and
have an appreciation of
the finer things in life.
But to me, beauty lies in
simplicity.*

Mark Hyman

Welcome

Presentation

Eoin MacCuirc

Today's Host

Christina Benson

Co-host

Brenda Darcy

Tips for Meeting Attendees

- **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.

- **Recording**

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

BTTI

'Keep it simple'
Freddie's Fox

Bio-Testing & Therapy Founded by Freddie Fox in the 1980's has a holistic approach to health – emphasising the care of the whole person, not just on a physical level, but emotionally, mentally and spiritually, believing that as all these systems are interrelated, dysfunction on any one level can lead to disorder in other parts of the body.

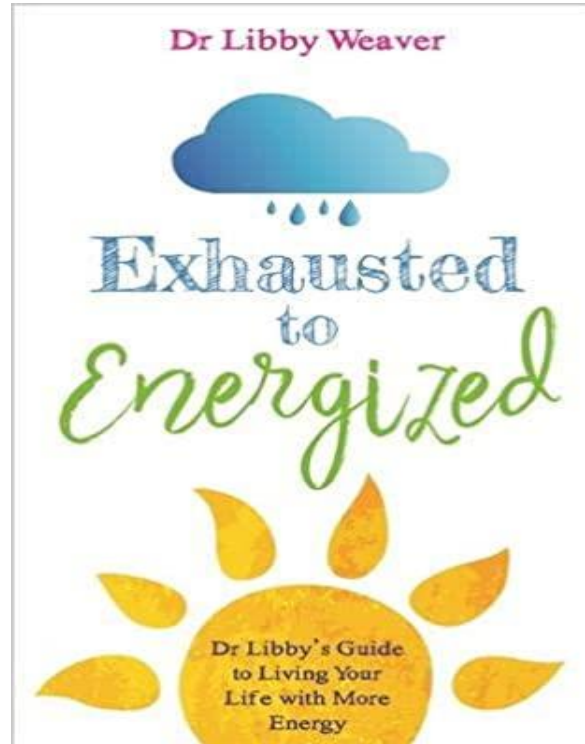
Freddie introduced us to the body's unique capacity for self-healing and left us the **BASIC PRINCIPLES of the alternative approach to health**

1. All healing comes from within.
2. It is our life-force that works the miracle of healing.
3. The immune system is the life force in its protective role.
4. Natural therapies enhance the life-force and the immune system.
5. Every person has a natural right to the means of good health.
6. Every person has a right to natural therapies.
7. To recover from disease, we must enhance the immune system.
8. To achieve good health, we must follow the laws of nature

Today's webinar on The Nutritional Body looks at the digestive system and food. 'simply' – as nourishment for our bodies and as nature intended, hopefully it will inspire you to look more closely to what, when and how you feed your body and therefore your mind and spirit!

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**



**The Emotional Body
(Feb)**

**The Nutritional Body
(Mar)**

**The Bio-chemical Body
(May)**

What is Nutrition

Nutrition is the study of how food and drink affects our bodies with a special regard to the essential nutrients necessary to support human health. It looks at the physiological and biochemical processes involved in nourishment and how substances in food provide energy or are converted into body tissues. These nutrients which are the source of energy for our bodies are classed as: carbohydrates, fats, fibre, minerals, proteins, vitamins, and water.

GOOD NUTRITION
means
obtaining the
right amount of
nutrients from
healthy foods in
the right
combinations.

Digestion

The function of the digestive system is to break down the foods you eat, release their nutrients, and absorb those nutrients into the body. Although the small intestine is the workhorse of the system, where the majority of digestion occurs, and where most of the released nutrients are absorbed into the blood or lymph, each of the digestive system organs makes a vital contribution to this process.

Why is digestion important?

Digestion is important because your body needs nutrients from food and drink to work properly and stay healthy.

Proteins

Fats

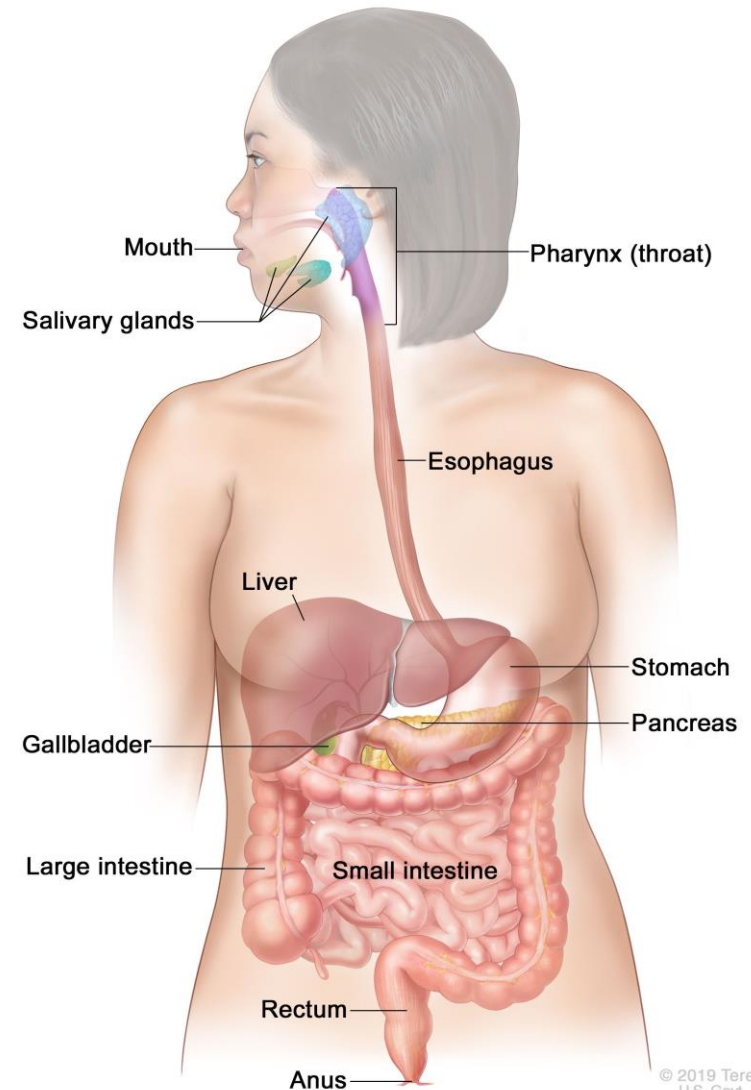
Carbohydrates

Vitamins

Minerals

and water are nutrients.

Digestive System



The Digestive process

Organ	Movement
Mouth	Chewing
Oesophagus	Peristalsis
Stomach	Upper muscle in stomach relaxes to let food enter, and lower muscle mixes food with digestive juice
Small intestine	Peristalsis
Pancreas	None
Liver	None
Large intestine	Peristalsis

Your digestive system breaks nutrients into parts small enough for your body to absorb and use for energy, growth, and cell repair.

- Proteins break into **amino acids**
- Fats break into **fatty acids and glycerol**
- Carbohydrates break into **simple sugars**

What happens to the digested food?

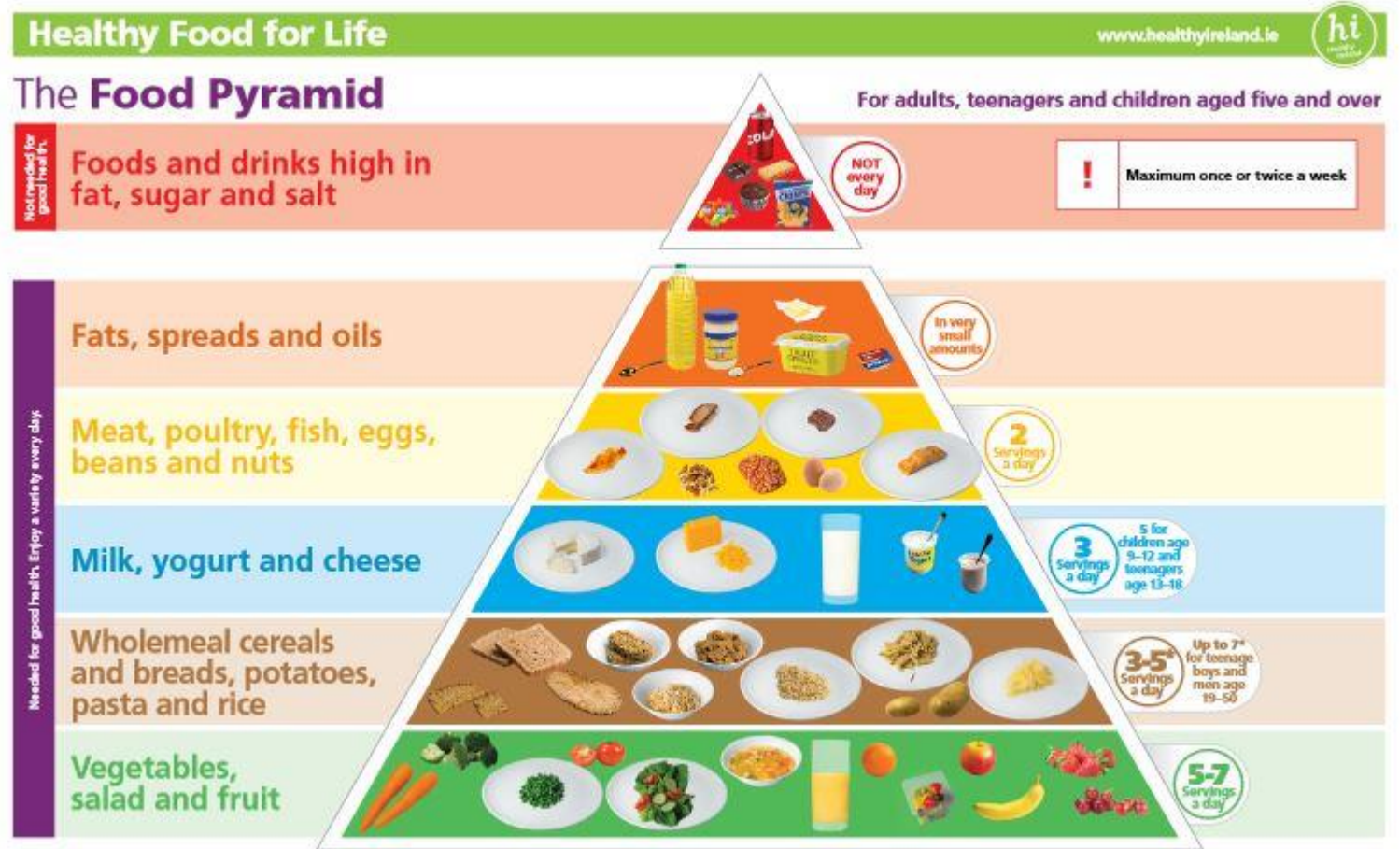
- The small intestine absorbs most of the nutrients in your food, and your circulatory system passes them on to other parts of your body to store or use.
- Special cells help absorbed nutrients cross the intestinal lining into your bloodstream. Your blood carries simple sugars, amino acids, glycerol, and some vitamins and salts to the liver. Your liver stores, processes, and delivers nutrients to the rest of your body when needed.
- The lymph system a network of vessels that carry white blood cells and a fluid called lymph throughout your body to fight infection, absorbs fatty acids and vitamins.
- Your body uses sugars, amino acids, fatty acids, and glycerol to build substances you need for energy, growth, and cell repair.
- Your hormones and nerves work together to help control the digestive process. Signals flow within your GI tract and back and forth from your GI tract to your brain.

Basic Nutrition

For years Government Guidelines to Healthy Eating was to cut these words From Your Diet Sugar, Salt, and Fats

Each has a story!

2021



FRED FOX (BT&T)

The PANCREAS and RELATED PERMEABLE POINTS

In the HANDS and RIGHT FOOT according to R. Voll, M.D.

Source: The FUNDAMENTALS of ELECTROACUPUNCTURE according to VOLL by Leonhardt, M.D. (M.L.V. Uelzen 1980)

Procedure:

Check the insulin/glucagon secretion of the Islets of Langerhans on the triple Warmer points Tw 1c on both hands. The Beta cells (80%) secrete Insulin, the Alpha cells (20%) secrete Glucagon. Together, under control of the Hypothalamus, and in harmony with the pituitary and adrenal glands they control the levels of glucose in the blood.

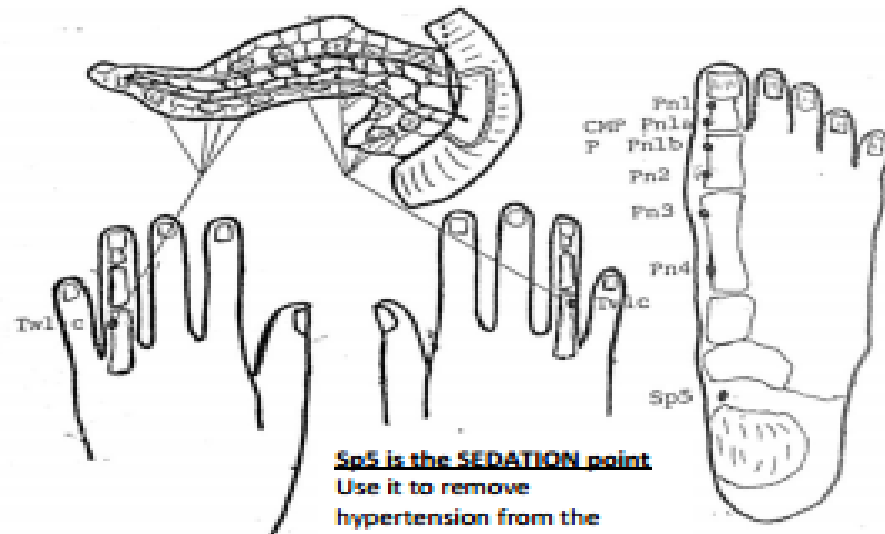
Acupressure treatment:

To remove hypertension, use a deep, slow movement of the fingertip outwards towards the end of the hand.

To energeise, use a light, quick movement inwards towards the wrist.

Hypertension may cause a shortage of insulin. * diabetes mellitus

Hypotension may cause an excess of insulin. ** hypoglycaemia



Acupressure treatment on the Feet

To relax, massage towards the ankle.

To energeise, massage towards the tip of the toes.

On the right foot check/treat the pancreas points for digestive secretions of the pancreas.

Pn 1 For protein digestive enzymes trypsin, chymotrypsin, erepsin (also secreted by jejunum) and the proteases, to convert peptones (from proteins partially digested by pepsin in the stomach) into amino acids.

Pn 1a Control measuring point for the whole digestive function of the pancreas.

Pn 2 For protein digestive enzyme nuclease which handles nucleoprotein (the nuclei of cells). For nucleic acid metabolism & uric acid synthesis. Treat for gout & other forms of arthritis.

Pn 3 For the carbohydrate digestive enzymes amylase, & maltase to convert sugar and starch into monosaccharides, mainly glucose. Also, for the endocrine functions of the pancreas, i.e., the secretion of insulin and glucagon. Check and treat here also for diabetes and hypoglycaemia.

Pn 4 For the fat (lipids) digestion enzymes lipase and esterase (which must be activated by bile). Check/treat this point and the gallbladder points in fat digestion problems.

CLASSICAL TREATMENTS: (CF. Spleen chart)

Pn 1 (Sp 1) is recommended for treating dream disturbed sleep, convulsions, and mental disorders.

Pn 2 (Sp 2) THE EXCITATION POINT To sharpen the mind.

Pn 3 (Sp 3) for rheumatoid arthritis in the toe.

Pn 4 (Sp 4) A KEY THERAPEUTIC POINT, related to The Rushing Vessel or Vital Vessel, which energises the pelvic area and ends at the eyes. Use to treat various types of heart pain, tightness in the chest, stomach ache and hyperacidity, diarrhoea, abdominal pain, and lumbago. I find it useful in treating hypertensive insomnia, colaness & general weakness. Also, for balancing the female cycle.

Faulty Fat Metabolism and Related Diseases

FAULTY FAT METABOLISM AND RELATED DISEASES:

F.J. Fox, B.A. PH.D. (Med. Alt.)
21 Halewood Road, Liverpool L25 3PH
© 7 Aug 1988

Multiple Sclerosis, Motor Neurone Syndrome, Cerebral Ataxia, Muscular Dystrophy (other than Duchenne's, which is here – /ditary.)

What a distressing experience it must be to find oneself losing control over the use of one's muscles. How shattering to be told that one is suffering from disease for which there is no known cure and no recovery. Sadly, that has been the experience of millions of people still living in the world today, and many millions more who have already passed away. Lives shattered by disease before which sophisticated modern scientific is powerless.

The key to solving the mystery behind these and many other degenerative diseases was discovered through the genius of a German medical Doctor, Reinhold Voll who pursued the discovery made earlier both in Japan and in Austria that acupuncture points are energetically related to the autonomic nervous system, and that the working of the autonomic nervous system can be assessed by measuring electrical resistance of points with an instrument.

Dr. Voll and associates determined objective norms for making these measurements, developed reliable and practical instruments for making them, and then painstakingly established which particular parts of the body various acupuncture points are energetically related to via the autonomic nervous system. Gradually it became clear that if the "reading" of a point is too high or too low it is either because of a fault in the autonomic nervous system itself or because the organ related to the point is overburdened with toxic matter. Should such a condition persist for a long time, degeneration is inevitable.

NOTES

The high amounts of phosphates in our diet due to fertilizers may require extra zinc, iron, calcium, magnesium to balance them off.

Excessive exposure to cobalt (e.g., in dentures and bridges) or copper (e.g., in bracelets or contraceptive coils) may lead to shortage of iron, and therefore, to anaemia.

Exposure to copper increases the need for zinc.

A shortage of zinc increases the risk of cadmium and lead poisoning.

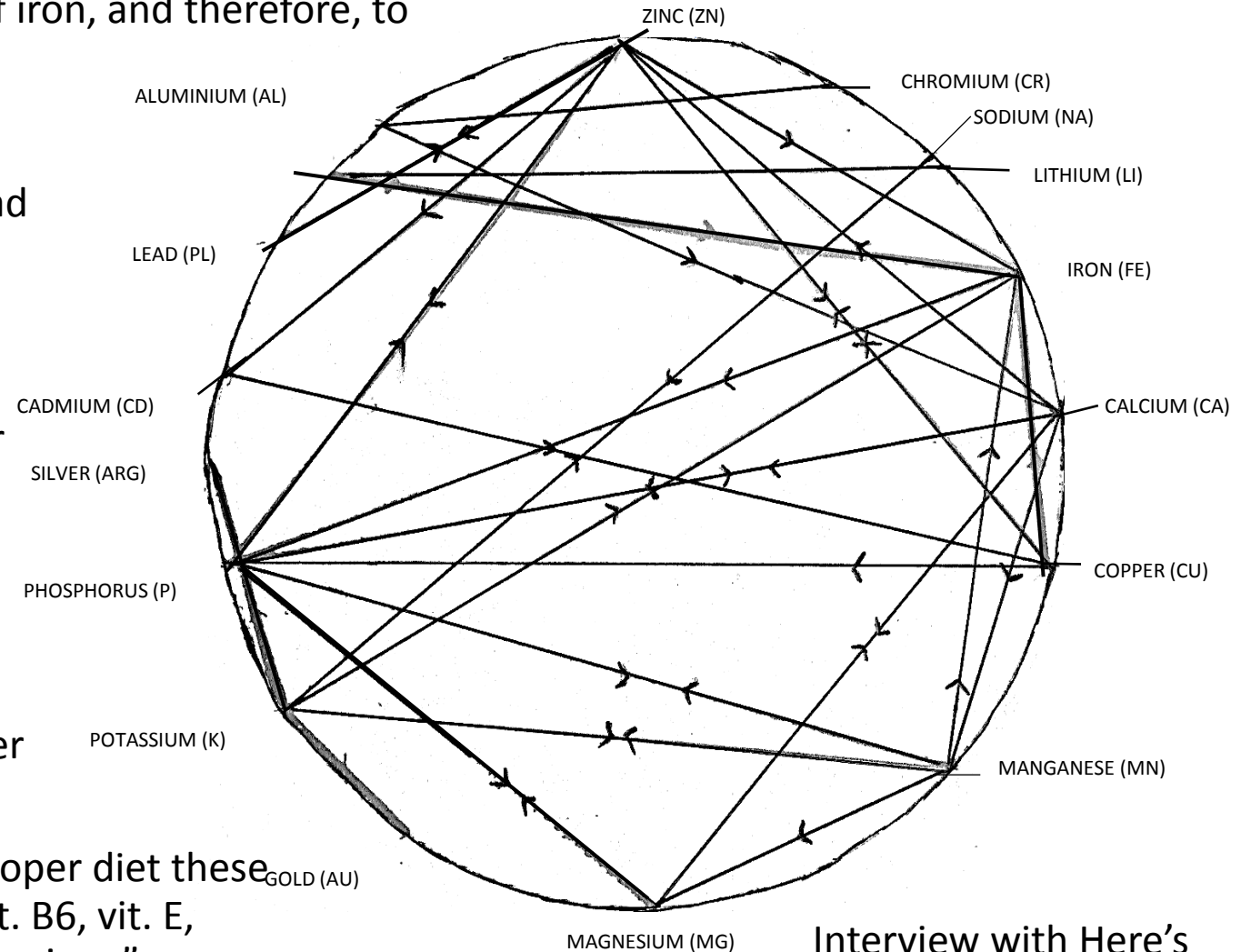
Excessive sodium may lead to a shortage of potassium with consequent weakness towards silver or gold.

If you take extra zinc, e.g., as an antidote against copper or lead, then you may also need extra iron to balance it off, & extra manganese to balance off the extra iron. A shortage of phosphorus would be unusual.

Schizophrenia, rheumatoid arthritis, and cancer are examples of diseases which involve a shortage of zinc and manganese and an excess of copper. (Dr. Carl Pfeiffer {Mental and Elemental Nutrients} Brain Bio Centre N.J.)

“You can't get everything you need from the so-called proper diet these days; so, you should take a basic supplement of vit. C, vit. B6, vit. E, and the minerals zinc, manganese, molybdenum and selenium.”

Balancing the Body's Minerals



Interview with Here's Health Feb. 1984

Breakout Rooms

Personal
introductions
10 mins

How have your eating
habits changed
throughout
lockdowns?

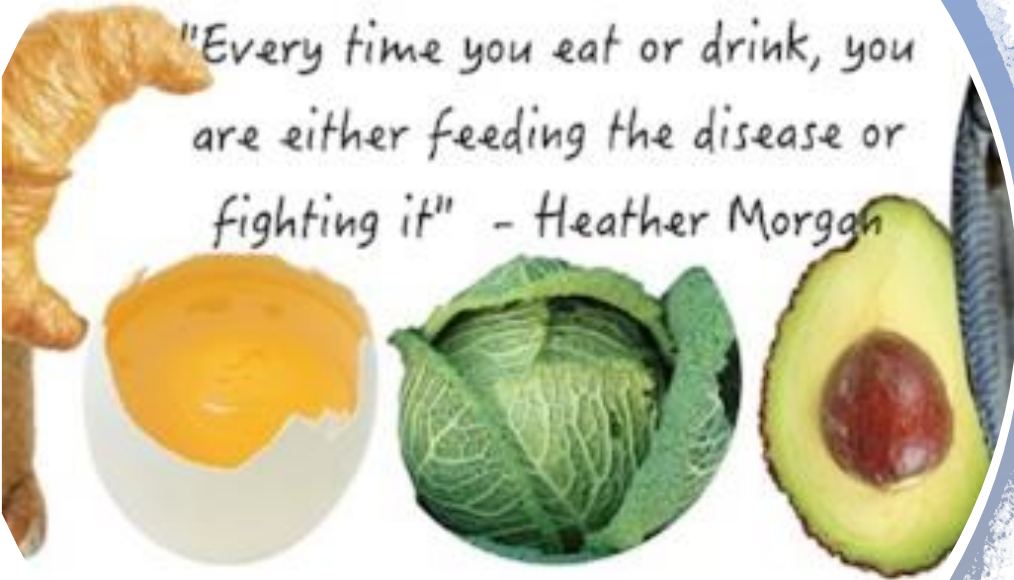


When you come back, please put in
the chat 3 common themes that
your group had come across during
lockdowns

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

You can change your
thought on food!

"Every time you eat or drink, you
are either feeding the disease or
fighting it" - Heather Morgan



Mark Hyman

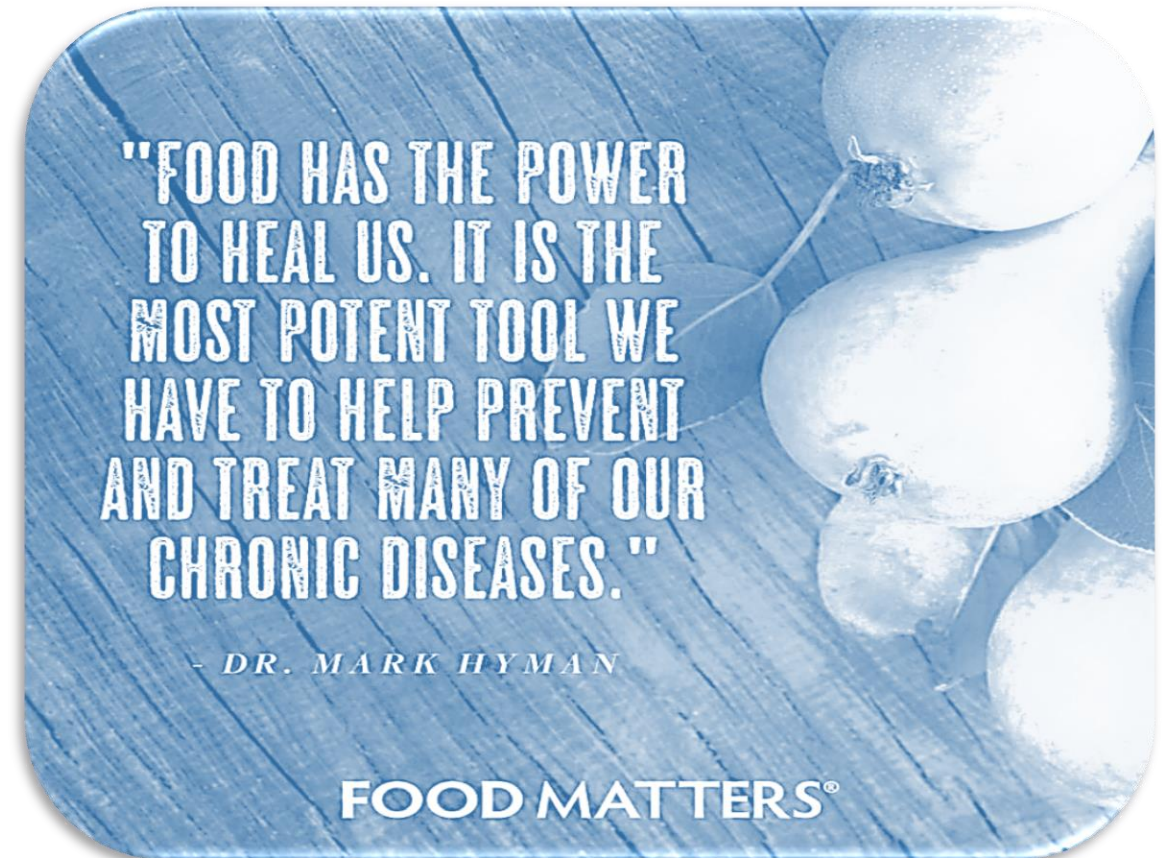
Dr. Mark Hyman is leading a health revolution—one revolved around using food as medicine to support longevity, energy, mental clarity, happiness, and so much more.

Dr. Hyman is a practicing family physician and an internationally recognized leader, speaker, educator, and advocate in the field of Functional Medicine.



Video

“Food as Medicine Preventing & Treating”



Breakout Rooms

Discussion

15 mins

Food as Medicine Preventing & Treating

Dr. Mark Hyman



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



What

When

How



Maximizing your energy

What - Choice *of nutrition*

Food combining

Fasting

Real Food

Plant based food diet

Vegan/vegetarian

Healthy relationship with food

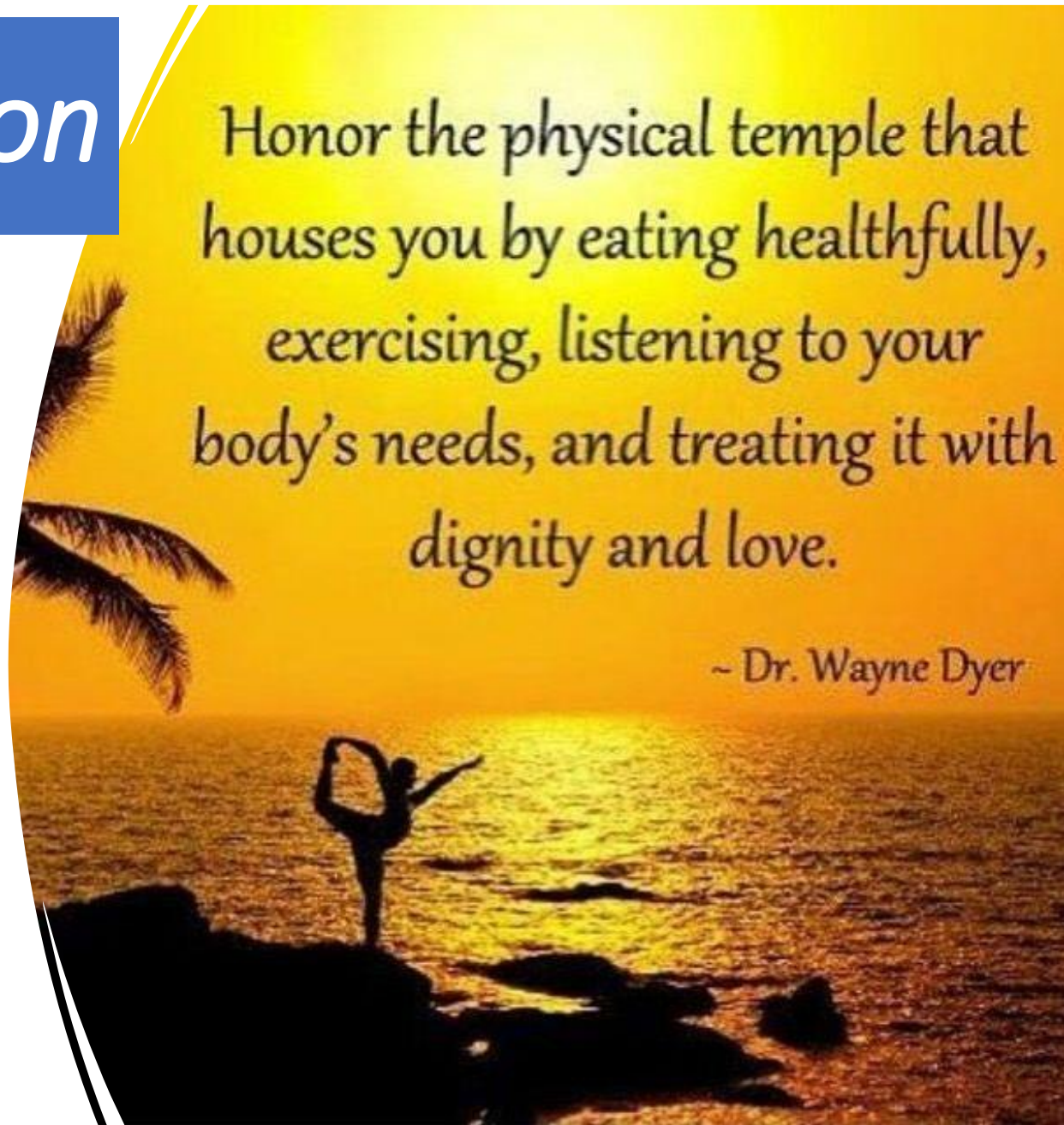


Joel Wallach

Your body needs 90 essential nutrients

Honor the physical temple that houses you by eating healthfully, exercising, listening to your body's needs, and treating it with dignity and love.

~ Dr. Wayne Dyer



Real Food

Everyone has an opinion on what makes up a healthy diet, so much so that it can get very confusing.

What is Real Food?

‘Keeping it Simple’, real food is food as it’s found in nature (single-ingredient foods are best, as are unprocessed, unaltered foods made without any chemicals or additives).

Real food is food that has stood the test of time (meaning ‘Eat like your Granny ate’ – although that is being diluted as generations change).

It’s food that nourishes our bodies and minds with vitamins and minerals and makes us feel good after we eat it – Not food that make us feel like we need a nap or a toilet close by!

ULTIMATE GUIDE: *Real, Whole Food*



FRUITS & VEGETABLES: LOCAL, SEASONAL AND/OR ORGANIC WHEN POSSIBLE.



MEAT & SEAFOOD: WILD, GRASS-FED, PASTURED AND/OR HUMANELY-RAISED WITHOUT HORMONES OR ANTIBIOTICS WHEN POSSIBLE.



DAIRY & EGGS: FULL-FAT, GRASS-FED, PASTURE-RAISED WHEN POSSIBLE (RAW AND/OR UNPASTEURIZED PREFERRED).



WHOLE GRAINS: MUST BE 100% WHOLE GRAIN; ANCIENT, GLUTEN- AND WHEAT-FREE GRAINS PREFERRED.



BEANS & LEGUMES, INCLUDING GREEN BEANS, SNAP PEAS AND LENTILS: SOAKING HELPS WITH DIGESTION, BPA-FREE CANS WHEN POSSIBLE.



SEEDS & NUTS: RAW, UNSALTED, UNSWEETENED AND/OR ORGANIC WHEN POSSIBLE.



SPICES, HERBS & SEASONINGS: FRESH/DRY/GROUND; MINIMALLY PROCESSED AND ORGANIC WHEN POSSIBLE.



UNREFINED, VIRGIN, COLD-PRESSED OILS & FATS: COCONUT OIL, OLIVE OIL, GRASS-FED BUTTER, GHEE, PALM SHORTENING AND RENDERED ANIMAL FATS, LIKE TALLOW AND LARD.



NATURAL, UNREFINED SWEETENERS: HONEY, MAPLE SYRUP, COCONUT PALM SUGAR AND DATES (RAW WHEN POSSIBLE).

MICHAEL GREGER (MD)

Michael Greger is an American physician, author, and professional speaker on public health issues, *In his book 'How not to die' he shares his 'Daily Dozen' - the twelve foods we should all eat every day to stay in the best of health. ...*



As a physician specializing in nutrition, my priority is to the health of the public.

-Michael Greger

Everything we should ideally strive to fit into our daily routine for optimal health and longevity.

- BEANS** ✓✓✓
Servings: 3 per day
ex: ½ c. cooked beans, ¼ c. hummus
- FRUITS** ✓✓✓
Servings: 3 per day
ex: 1 medium fruit, ¼ cup dried fruit
- GREENS** ✓✓
Servings: 2 per day
ex: 1 cup raw, ½ cup cooked
- FLAXSEED** ✓
Servings: 1 per day
ex: 1 tablespoon ground
- GRAINS** ✓✓✓
Servings: 3 per day
ex: ½ cup hot cereal, 1 slice of bread
- EXERCISE** ✓
Once per day
ex: 90 min. moderate or 40 min. vigorous
- BERRIES** ✓
Servings: 1 per day
ex: ½ cup fresh or frozen, ¼ cup dried
- CRUCIFEROUS** ✓
Servings: 1 per day
ex: ½ cup chopped, 1 tbs horseradish
- VEGETABLES** ✓✓
Servings: 2 per day
ex: ½ cup nonleafy vegetables
- NUTS** ✓
Servings: 1 per day
ex: ¼ cup nuts, 2 tbs nut butter
- SPICES** ✓
Servings: 1 per day
ex: ¼ teaspoon turmeric
- BEVERAGES** ✓✓✓
Servings: 60oz per day
ex: water, green tea, hibiscus tea

Download Dr. Greger's Daily Dozen app and start tracking your daily servings right now.

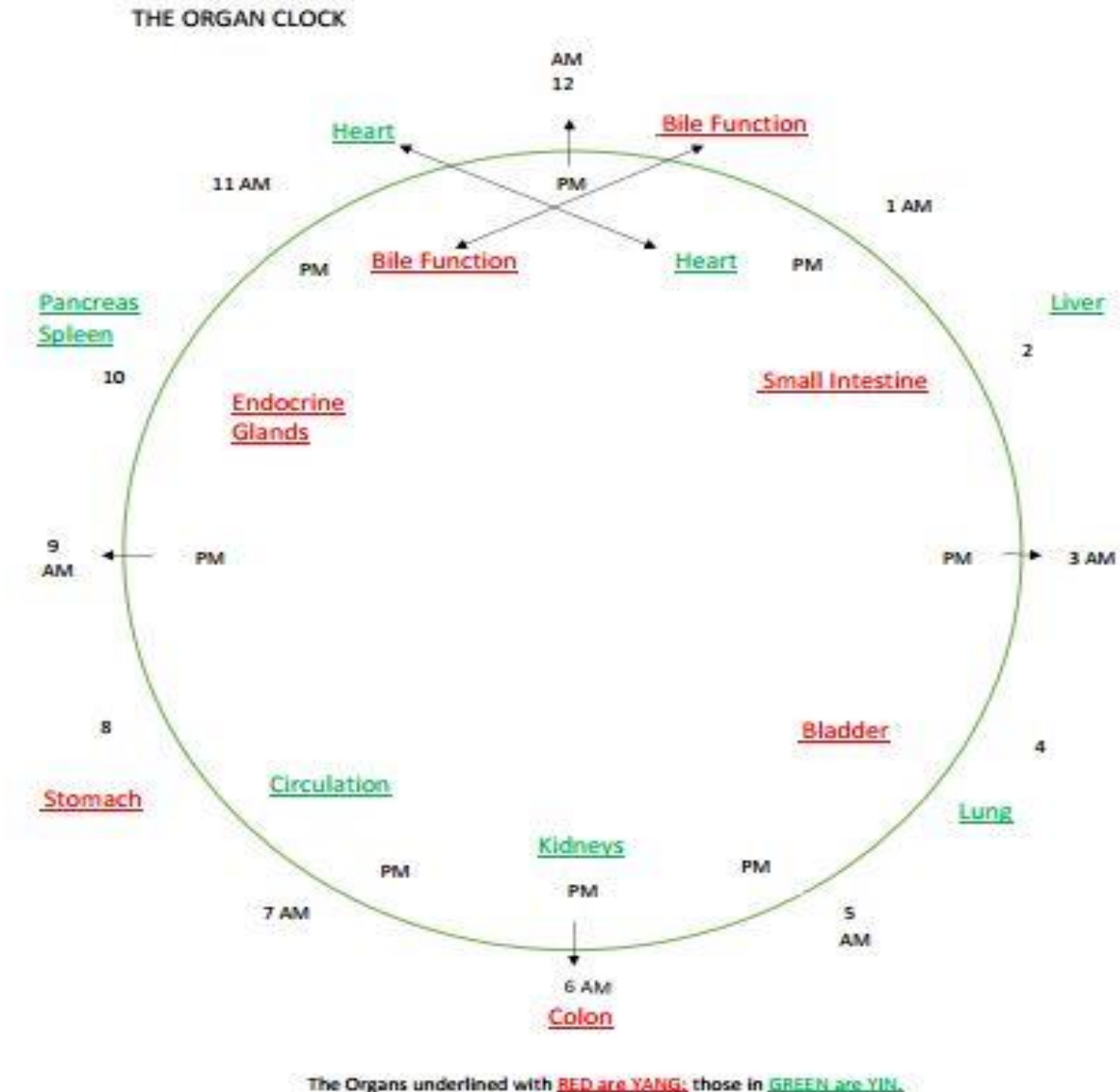
 

When

Last month we talked about the role the circadian clock plays in digestion (See Webpage) - It is important to note **Poor nutrition** can deregulate the clock system and increase the risk of metabolic disease. It is clear that the circadian clock system is profoundly influenced by nutrient intake.

The Chinese The Organ Clock gives us additional information

2-hour interval	Organ and peak functionality
3-5 a.m.	Lung: This period is when they are at their peak energy. It is believed to be an ideal time to exercise, as opposed to later in the day.
5-7 a.m.	Large intestine: This period is thought to be when you should give yourself enough time to honour the elimination function of the large intestine.
9-11 a.m.	Spleen: Is thought to be linked to the stomach, which oversees receiving food and drink before ultimately fermenting them. During this period, it's believed that qi is being propelled upward by the spleen.
11-1 p.m.	Heart: Because the heart represents peacefulness, it's essential to reduce stress during this period, according to those who prescribe to the Chinese body clock.
1-3 p.m.	Small intestine: Heavier meals are believed to be more tolerated during this period, as the qi expands and begins to crest at midday.
3-5 p.m.	Bladder/kidney: It's believed that the kidney is in charge of containing qi, and it's directly connected with the bladder. Together, they excrete unwanted waste materials within the body.
7-9 p.m.	Pericardium: The pericardium is believed to be the protector of the heart. This period is when qi is supposedly regulated to prevent symptoms, such as nausea and vomiting.
9-11 p.m.	Triple burner: The triple burner refers to the organ system as a whole, and this period is thought to be when it generates the most amount of heat.
1-3 a.m.	Liver: Those who prescribe to the Chinese body clock believe it's important to give your liver as little to process as possible during this period so it can focus on its several cleansing functions. This means eating your last meal of the day early and making sure it's light.



How - Improving Digestion

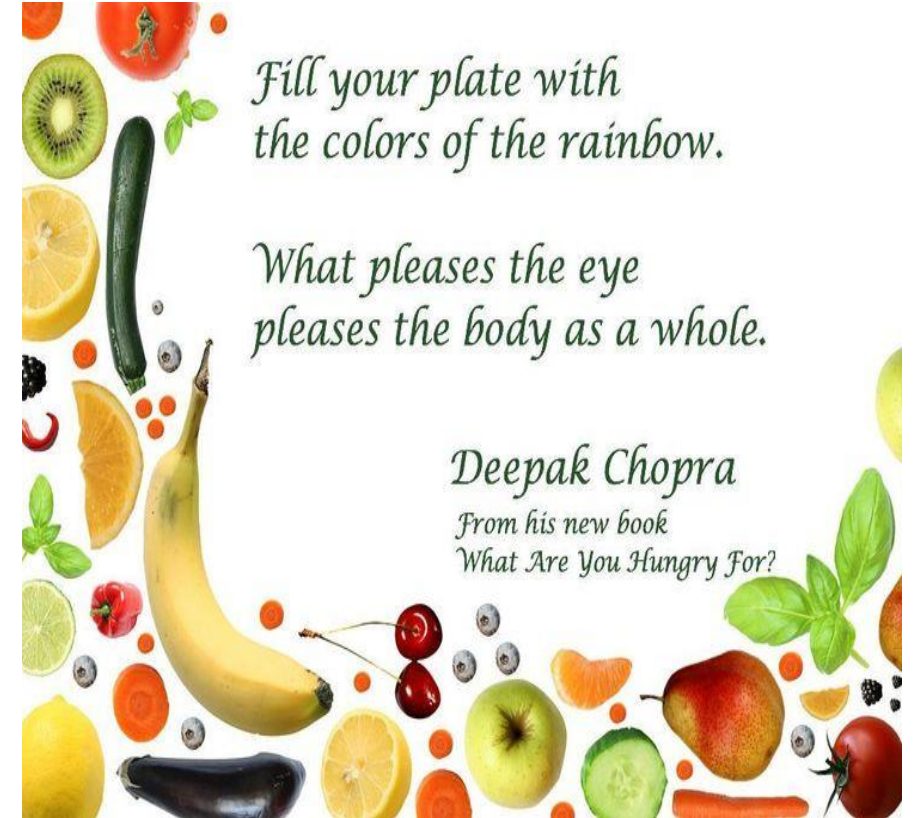
Good digestion is most important for good health and avoidance of diseases, simple things you could do to improve poor digestion

- 1. Eat real food**
- 2. Get Plenty of Fibre**
- 3. Add Healthy Fats to Your Diet**
- 4. Stay Hydrated**
- 5. Manage Your Stress**
- 6. Chew Your Food**
- 7. Get Moving**
- 8. Slow Down and Listen to Your Body**
- 9. Ditch Bad Habits**
- 10. Incorporate Gut-Supporting Nutrients**

Mindful Eating

The benefits of bringing attention to your eating habits are measurable:

- More energy
- Promotes better digestion
- Can help reduce food cravings
 - Less snacking
- Can help regulate your body's reaction to stress
- Can help prevent degenerative diseases
 - Less time food shopping
 - More time for enjoyment



REFLECTION

Reflective Practice is simply a method of self-improvement and can be used in all areas of your life.

For your nutritional body you could keep a food journal using it as a mindfulness tool to check in with yourself on how you feel before, during, and after you eat.

Not being totally truthful would mean this tool will not work for you – so be honest!

It is important to start from a realistic place and if you are making changes – do it gradually.

Habits are a result of the choices you make consistently.



Enjoy and be thankful...



COMMUNITY GET ACTIVE

- The Community Food Initiatives (CFI) is a healthy eating programme which runs in Ireland both the North and South.
- The Food For Thought project (NI) is a combination of 'Grow your own' and 'Eat your own' to help build resilience within communities, families and individuals.
- You could check out your local area for community gardens.
- Home community – The Family Mealtime (preparation & eating together) is a simple way to educate children in nutrition.



The power of community to create health is far greater than any physician, clinic or hospital.

Mark Hyman

Other Inspiring Talks

Food as Medicine | Michael Greger, M.D.

<https://youtu.be/xnKaOL2IBPY>

How to make diseases disappear | Rangan Chatterjee | TEDxLiverpool

<https://www.youtube.com/watch?v=gaY4m00wXpw>

IN DEFENSE OF FOOD | Michael Pollan's Seven Words | PBS

<https://www.youtube.com/watch?v=37NHX2iZrBA>

Real Food for Everyone – Kimbal Musk

https://www.ted.com/talks/kimbal_musk_real_food_for_everyone

A Plant-based Diet Changed My Life | Pat McAuley | TEDxBabsonCollege

<https://www.youtube.com/watch?v=VzgMj3peKLO>

How to make healthy eating unbelievably easy | Luke Durward | TEDxYorkU

<https://www.youtube.com/watch?v=Q4yUIJV31Rk>

The Secret to Having a Healthy Relationship with Food | Jolene Cox |

<https://www.youtube.com/watch?v=vXd2DIdKH8M>

What is a healthy relationship with food? | Rhiannon Lambert

<https://www.youtube.com/watch?v=6CQyaeZWAXE>



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

Up & coming events

Next BTTI Webinar

The Bio-Chemical Body

9th May 2021

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