



# **'Good Vibrations'** ***Getting through the winter - Naturally***

**BTTI Autumn 2021 Series**

**'Good Vibrations for Winter**

**31<sup>st</sup> October 2021**

The highest ideal of cure is rapid, gentle and permanent restoration of health, or removal and annihilation of the disease in its whole extent, in the shortest, most reliable and most harmless way, on easily comprehensible principles.

Samuel Hahnemann  
Organon of Medicine (6th edition)

**Welcome**

## Bio-Testing & Therapy Presentation

Hosts

**Eoin MacCuirc**

**&**

**Ronan Benson**

# 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**
- **Position your camera properly**
- **Limit distractions**
- **Questions & Comments**  
**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 Answers at the end.**



*Freddie Fox*

Introduction: Healing from disease must always come from within a person; it cannot be imposed from without. External help is effective only if it initiates 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. These are so-called left-swing foods because, when their effect on the autonomic nervous system is measured, they cause the needle of the measuring device to swing to the left. This denotes suppression of the sympathetic nervous energy supply to various organs, causing them to become hypotonic and therefore less capable of performing their specific functions. The pancreas, for example, may then be unable to produce sufficient enzymes of one kind or another or the liver may not be able to process the blood adequately.....

# Vibration



Learn how to tune into your body's natural energy frequency and you may be able to restore balance, says Lynn Jackson. Phrases like, 'raise your vibration' or 'I'm getting good vibes' might sound like flower power throwbacks from the 1960s but, thanks to scientific developments, the idea of vibrational therapy is starting to become cool again.

Vibrational frequencies play an extremely important role in our lives. Every single atom is tuned to a specific vibration which can be measured.

This includes the organs and cells in our body, the food we eat, supplements we take, and even our thoughts!

*Lynn Jackson is a vibrational energy healer and retreats guru – for more information visit [lynnjackson.co.uk](http://lynnjackson.co.uk)*

<https://behiveofhealing.com/forgotten-genius-royal-raymond-rife/>

<https://purelysimpleorganicliving.com/vibrations-frequencies/>

A Rife Machine uses the principles of [Royal Rife](#), a brilliant scientist who lived during the last century. He discovered that micro-organisms can be destroyed using frequencies.

As described by Cassandra Sturdy

our 'vibration' is a fancy way of describing your overall state of being. Everything in the universe **is** made up of energy vibrating at different frequencies. Even things that look solid are made up of vibrational energy fields at the quantum level. This includes you.“

**How do you know what frequency you are vibrating at?**

- **Intuitively**
- **Test**

# Breakout Rooms



Personal  
introductions  
10 mins

What sort of health  
issues are prevalent  
in winter? Why?

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

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

# Ailments through the Winter Months



1. Arthritis pain
2. Depression
3. Colds and viruses
4. Dry, itchy skin
5. Weight gain
6. Chilblains



**“There's no such thing as bad weather,  
only unsuitable clothing.”**

Alfred Wainwright

**“Winter is a season of  
recovery and  
preparation.”**

**- PAUL THEROUX**

*Create a holistic medicine cabinet* - <https://www.spiritofchange.org/winters-holistic-medicine-chest/>

# Simple Homeopathy

- **Aconite** – nip it in the bud
- **Ferr Phos** 6x - 12x – early stages of cold without any other clear symptoms
- **Nux vom** – snuffles, stuffy colds
- **Nat Mur** – Cold sores
- **Calendula cream** – chapped skin



**Calendula officinalis**

## **3-legged stool**

3 or more symptoms to prescribe on unless from a specific causation

## **Gelsemium Sempervirens (Gels.)**



- **Arsenicum** – burning pains, weakness, fear of death
- **Merc** – symptoms constantly changing
- **Gels** – flu – drowsy, heavy, trembling
- **Bac** – tendency to get coughs and colds
- **Bry** – Painful, dry, hacking cough < slightest movement
- **Oscillo** – early in flu
- **Eup-Per** – as if bones are broken

<https://www.materiamedica.info/en/materia-medica/william-boericke/index> - *To help identify homeopathic remedies*

*Helios Homeopathy – offer free advice on acute conditions* - <https://www.helios.co.uk/en/contact/getting-advice>



# Biologically based practices

- pH of urine and saliva
- Temperature
- Blood Pressure
- Pulse
- Bowel movement
- Urination
- Sleep
- Exercise
- Hydration
- Nutrition

## STRENGTHS-BASED HEALTH AND WELLNESS



## ADAPTOGEN HERBS



SCHIZANDRA



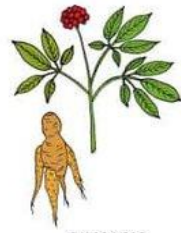
HOLY BASIL



REISHI MUSHROOM



BACOPA



GINSENG



TREE OF LIFE



SHATAVARI



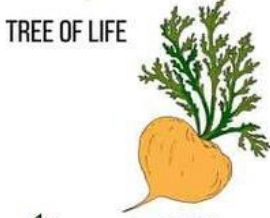
ASHWAGANDHA



LICORICE



ASTRAGALUS



MACA



GOTU KOLA



RHODIOLA



ELEUTHERO



ROSEMARY



MILK THISTLE



CODONOPSIS



ALOE VERA

## BEST TONIC HERBS



EYEBRIGHT



SQUAW VINE



LUNGWORT



CHAMOMILE



BLESSED THISTLE



BUCHU



COMFREY



CHINESE ANGELICA



CLEAVERS



IRISH MOSS



AGRIMONY



MISTLETOE



DAMIANA



OREGON GRAPE



OAT



MOTHERWORT



GARLIC



GINSENG



SAW PALMETTO



CHINESE KNOTWEED



HOPS



VALERIAN



HORSETAIL

# Natures Garden – Herbs

<https://www.crazyblondelife.com/blog/stay-calm-naturally-with-adaptogens>

[https://www.123rf.com/photo\\_137950067\\_stock-vector-best-tonic-herbs-collection-hand-drawn-vector-set-of-medicinal-plants.htm](https://www.123rf.com/photo_137950067_stock-vector-best-tonic-herbs-collection-hand-drawn-vector-set-of-medicinal-plants.htm)

# Supplements, tonics, superfoods

Beta Carotene

B vitamins

Vitamin C

Vitamin D

Vitamin E

Zinc

Melatonin

Nitric Oxide



Elderberry

Astragalus

Rhodiola

Apple Cider Vinegar

Miracle Elixir

Frankincense Oil

Propolis

Citricidal

Turmeric

Garlic

Echinacea



*Bonnington's first made in 1892,  
for croup, coughs & influenza*

Irish Moss

Manuka

Honey

Lemon

Ginger

Mushrooms – chaga, reishi,  
cordyceps, lion's mane, turkey  
tail, maitake

Bicarbonate of Soda

Flu fighter soup

Pernaton Gel



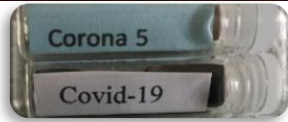
**Nitric oxide** – [https://www.healthline.com/nutrition/how-to-increase-nitric-oxide#TOC\\_TITLE\\_HDR\\_3](https://www.healthline.com/nutrition/how-to-increase-nitric-oxide#TOC_TITLE_HDR_3)

**Flu fighter soup** – <https://www.redonline.co.uk/health-self/nutrition/a520437/dale-pinnocks-flu-fighter-soup/>

**Miracle Elixir** - As a tonic to prevent colds & flus-1 cup ACV, 1 cup raw honey, 8 cloves garlic. Blend in blender & pour into a glass container. Seal and leave in fridge for 7 days.1-2 tsp each day in a glass of water or fruit juice, best before breakfast

**Elderberry Syrup** - <https://www.daringgourmet.com/homemade-elderberry-syrup-for-colds-coughs-and-flu/>

# BTTI Tools can Help



**BT&T vials Tap 7x7 - 1 daily or wear the vial and tap in regularly**

***Covid19 vial* contains 4 Homeopathic Flu remedies**

***Eupatorium Perfoliatum* - Thoroughwort / *Bryonia* – Wild Hops /**

***Gelsemium* – Yellow Jasmine / *Mercurius* – Quick Silver**

***Corina 5 vial* contains 5 Homeopathic Flu remedies – as above plus**

***Arsenicum Album* – Arsenious Acid – also for flu and a good remedy for *fear, fright and worry.***



## - Chemicals -

Acetone	Fluoride Fl	Petroleum	Chromium Cr	Tin Sn	Penicillium
Acrylate	Formaldehyde	Phenol	Cobalt Co	Titanium Ti	Phenacetin
Alcohol	Formic acid	Sulphur S	Copper Cu	Zinc Zn	Pilocarpin
Aloin	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

## - Biological Nosodes -

Acne Bacillus	Coxsackie A7	Klebsiella	Pollen	Syphillium Viral Factor	BCG Vac. 7 Calmette-Guerin
Acne Vulgaris	Coxsackie B4	Pneumococcus 7	Proteus/Ent. 7 Intestinal Buffers	TB Bacillus Mycobacterium	Cow Pox Vaccine
Actinomyces Actinomycin Israeli	Diphtheria 7 Corynebact/Diph	Leptospira Weil's Disease	Psoriasis Skin Disease	TB Bovine Dairy/milk TB	Polio Salk Vaccine
Aflatoxin Aspergillus Flavus	Dysbiosis 7 Gastro-Intestinal	Lyme's	Ptomaine Tox. 7 Putrefaction Toxins	Tetanus Tox Clostridium Tetani	Rubella Vac. Virus + Formalin
Borna Virus Nervous System	Enterococc Intestinal Buffer	Malaria 7 Plasmodium	Pyogenic Staph Milk-dairy bacteria	Toxoplasma Cat-Scratch Vrus	Smallpox Vac. Vaccine
Botulinum 7 Clostridium Bot	Epstein-bar v. Glandular Fever	Measles Morbillivirus	Rubella German Measles		
Brucella Undulent Fever	Helicobact 7 Intestinal Bug	Meningitis Meningococcus	Salmonella	Lyssin Fear Factor	Cystic
Candida Alb. 7 Fungus/Yeast	Hepatitis A DNA Virus	Mumps Virus 7 Para Influenza	Salmonella Typhi	Medorrhinum Earthy factor	Pre-cancer
Cholera 7 Vibro Cholerae	Hepatitis B RNA Virus	Pertussis 7 Whooping Cough	Scarlet Fever 7 Haemolytic Strep	Psorinum Emotional Factor	Cancerous Malignancy
Clostridium Intestinal Bacilli	Herpes Simp Cold Sore	Pinworm Tox. 7 Enterobius Vermic	Sclerosis 7 Galactose Phosph.	Tuberculin Mental Factor	HIV-1 Virus 8 Retrovirus
Condyloma Acuminatum	Herpes Zoster Chicken Pox	Plague 7 Yersinia Pestis	Staphylococcus Common Infection	Inherited Factor Lys-Med-Psor-Tub	Malandrinum Malignancy Test
Corynebact 7 Haemolytic Strep	Influenza 7 Broad Spectrum	Poliovirus Enterovirus	Streptococcus Common Infection		

Vaccinosis - <https://www.iaacn.org/wp-content/uploads/sites/3489/2019/10/Lecture-7-Ig-slides-Elia.pdf>

**Homeopathic Anti-Vaccinosis Remedies– Thuja/Silicea**

**Homeopathic Anti-Vaccinosis Remedies– Thuja/Silicea**

# Celloid Minerals

In the early 19<sup>th</sup> century W.H. Scheussler, a German physician identified 12 tissue salts, which he located in every human cell, which are vital mineral constituents of the body. He drew the conclusion 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 Celloids differ from other minerals because they are in combinations that are found naturally in living tissue and are more easily absorbed by the body.

There are 12 Tissue Salts, but Fr. Fox only used 11. Instead of Sodium Chloride he found it better to use Sodium Phosphate and Potassium Chloride together.

**Available from** some health stores Holland & Barrett/Evergreen - <https://www.homeopathysuppliesireland.ie/remedies/new-era>

**Blackmores** - <https://www.nutrimarket.co.uk/collections/blackmores> - **BT&T** in vials



CELLOID THERAPY in brief

© 9 March 1993 Fred J Fox

Assisting enzymes in metabolism

21 Halewood Road Liverpool L25 3PH

CALCIUM FLUORIDE: Strengthens tissue structure: Supplies collagen matrix.

Indications: Weakness of bones, ligaments, and tendons: Nodules: Depression and groundless fears: Loose hypersensitive teeth: Rectal weakness: Haemorrhoids: Varicose veins: Fragile capillaries: Aneurisms.

CALCIUM PHOSPHATE: Divides and builds cells: Affects nerve/muscle function and Hormone secretion.

Indications: Anxiety: Irritability: Poor concentration & memory: Tickling cough: Poor appetite: Cold, numb hands/feet: Neuralgia: Cramps: Enuresis.

CALCIUM SULPHATE: Deals with Pus formation: Promotes wound healing: Controls movement of water and metabolites.

Indications: Moods swings: Irritability and anxiety: Prone to infection: Slow healing: Acne: Boils: Dry eczema: Shingles: Pericarditis: Palpitation.

IRON PHOSPHATE: Removes inflammation: Limits microbe growth: Catalyses energy production within the cells.

Indications: First stage of infection or inflammation. Pallor: Weakness: Malaise: Cannot find words: Dyspepsia: Dull throbbing headache: red eyes: Diarrhoea: Bleeding haemorrhoids: Shortness of breath: Frequent menses.

MAGNESIUM PHOSPHATE: Co-ordinate's nerve/muscle action: Catalyses 300+ biological functions, mainly within cells for energy production.

Indications: Cramp: Neuralgia: Sharp joint pains: Anxiety: Insomnia: Mental disquiet: Depression: Hypersensitivity: Hiccough: Tight pain in chest: PMT.

POTASSIUM CHLORIDE: Removes congestion inside and outside the cells: Regulates pH level within the cells, also in the blood & kidneys.

Indications: Second stage of inflammation and congestion. Headache with nausea: Gritty eyes: Middle ear problems: Crackling noise when swallowing: Cheek & tongue ulcers: Anorexia: Nausea: Cystitis: Mastitis: Endometriosis.

POTASSIUM PHOSPHATE: Activates nerves: Provides the main ions within the cells.

Indications: Muscle weakness/fatigue: uneven heartbeat: Irritability: Insomnia: Over-sensitivity to light/noise: Tachycardia: Palpitations: Apathy: Depression: Poor concentration/memory: Hysteria: Phobias: Bulimia: Anorexia: Staring eyes: Twitches: Floaters: Tinnitus: Constipation.

POTASSIUM SULPHATE: Controls oxidation/energy production within the cells: Solubility & arrangement of materials within the cells (enzymes, hormones, salts, absorbed material) and production of cell coating to protect cell.

Indications: Third stage of inflammation. Lack of concentration: Confusion: Hair loss: Loss of taste: Otitis media: Palpitations: Emphysema: Candidiasis: Chronic cystitis: Shifting rheumatic pains: Eczema: Psoriasis.

SILICA: Re-organizes calcium: Removes toxic waste from cells and tissues: Confers rigidity to tissues.

Indications: Poor concentration: Rush of thoughts: Fixed ideas: anxious dreams: Neuralgia: Cracking lips: Root abscess: Loose teeth: Fragile hair/nails: Cataracts: Loss of smell: Persistent tonsillitis: Rectal weakness: Haemorrhoids: Tickling cough: Chronic cystitis: Itchiness.

SODIUM PHOSPHATE: Removes lactic & uric acid: Prevents crystallization of cholesterol: Sodium (vs. potassium): Controls osmotic pressure in cells.

Indications: Fear (imagines things): Mental prostration: Dull headache with nausea: Sticky eyes: Burning reflex: Flatulence: Fat intolerance: Cystitis: Gallstones: Gout: Degenerative arthritis: Eczema: Itchiness: Hives.

SODIUM SULPHATE: Controls tissue fluid, order and integrity between cells.

Indications: Oedema: Nausea: Bloating: Restlessness: Depression: Morbid thoughts: Tinnitus: Toothache: Obstinate constipation: Excess urine.

Source: The Clinical Science of Mineral Therapy Leslie Fisher of Blackmores

# Self Help

In Bio-Testing we test for the specific remedy that is needed in a treatment and then can consult the Materia medica.

In May 1994 Freddie created a mini-Materia medica of the remedies that the organ vials contained he had over 250 remedies listed after more research and organ additions to the kits we now have over 650 homeopathic remedies in our vials although there are many more available.

These remedies have been passed into a Mora machine and inverted. The inverted oscillations can be imprinted on various substances, such as carbohydrate, water or even magnetic tape. In Bio-Testing & Therapy we use the latter to capture the energies.

Identify the appropriate remedy from books/ABC Homeopathy and buy individual remedies (available from health stores/therapists)

Test using the Bio-Testing vials and tapping in "7x7"

Wearing the appropriate remedy

Transferring the energy of the appropriate remedy to sugar pillules and taking orally

Tap in from the written word

Send the appropriate remedy and dose by Energy Transmission

# Breakout Rooms



## Discussion

How can you  
create good  
vibrations in the  
Winter?

10 mins

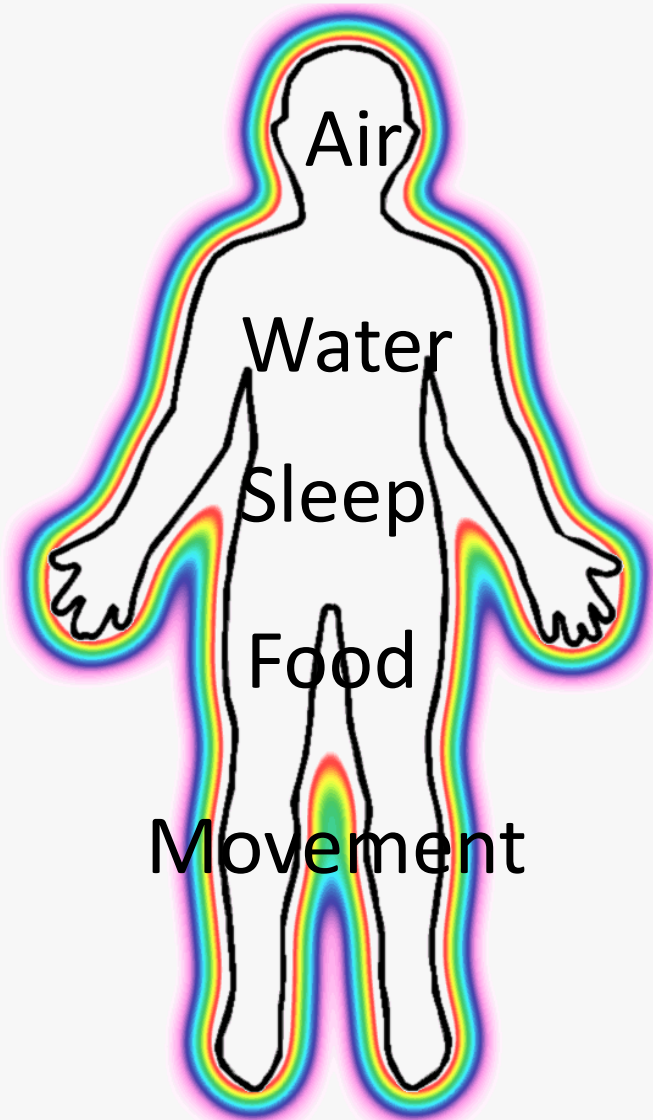
When you come back please put in  
the chat 3 common that your group  
had come across

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

# Hierarchy of Life

Naturally maintains health

Pay attention to the basics



*"Keep it simple"*  
*Freddie Fox*

<https://survivalreport.org/basic-human-needs/>

Maintaining and paying attention to the hierarchy will naturally maintain health. Ask yourself the question what was the quality of my air, water, sleep, food, movement today?



# Creating Good Vibrations - Reflection



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.

<https://www.lifehack.org/696285/how-self-reflection-gives-you-a-happier-and-more-successful-life>

|| IF YOU CHANGE  
THE WAY YOU  
LOOK AT THINGS,  
THE THINGS  
YOU LOOK  
AT CHANGE.

Wayne Dyer ||

# Recommended reading

- The Family Guide to Homeopathy by Dr. Andrew Lockie
- Health from God's Garden by Maria Treben
- The Biochemic Prescriber: A Guide for Prescribing Dr. Schussler's Biochemic Tissue Salts to Family and Friends
- Practical Iridology by Peter Jackson Main
- The School of natural healing by Dr. John R Christopher
- The Herb Society's Complete Medicinal Herbal by Penelope Ody

# Useful Links

- ABC Homeopathy <https://abchomeopathy.com/>

Complete *homeopathic* remedies site. With forum, directory, comprehensive *homeopathic* remedy store with Materia Medica, and *homeopathic* remedy finder app

- Homeopathic Supply Company <http://www.hsconline.co.uk>

For up-to-date homeopathic supplies and info.....

- New Vista <https://www.newvistashealthcare.com/homeopathy-supplier/>

Is one of Ireland's leading homeopathy suppliers.

- Helios Homeopathic [www.helios.co.uk](http://www.helios.co.uk)

Sales lines at pharmacies in Tunbridge Wells (01892 537254) and Covent Garden (0207 379 7434) are staffed by trained homeopaths. They can give advice for **self-limiting (acute) conditions** by asking a few questions about the details of your symptoms and suggest the appropriate remedy best suited to help you.

- Natural Health Products <https://www.healthstuff.co.uk/>

Is one of N Ireland's leading suppliers of Natural remedies – Postal service available

# Events

## Dates for your Diary

COP26 Coalition's People's Summit 7<sup>th</sup>- 10<sup>th</sup> Nov 2021

Irish Hub invites to webinar on the 'Rights of Nature'

Sun, 7 November 2021

14:00 – 16:00 GMT

Further information on Environmental issues/ activities Email: [marypmcguiggan@gmail.com](mailto:marypmcguiggan@gmail.com)

BTTI Autumn Series 'Good Vibrations'

Additional Vibrational Energies

Sun, 21<sup>st</sup> November 2021

10am

# Contacts

**For information on Bio-Testing & Therapy**

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

Any other information from today's session

**Email: [bttiireland@gmail.com](mailto:bttiireland@gmail.com)**

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