

Bio-Testing & Therapy International

4th December 2022

'Living well in the 21st Century'

BTTI Winter 2022 Workshop Series

*“God gave us
the gift of life;
it is up to us to
give ourselves
the gift of living
well.”*

Voltaire

Bio-Testing & Therapy Presentation

Host

Eoin MacCuirc

Welcome

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**
- **Q&A**

'Living well in the 21st Century'

Session 1 - Toxins that can influence your health

Session 2 - A shadow on your health

Session 3 - The nature of your good health



What does 'Living Well' mean?

- I experience a beautiful life
- Living well is a balancing act
- Living well involves making choices
- Living well is your decision
- You have one life...now
- At any time in your life you can start to live well
- How do you choose to 'live well'?

<http://living-well.com/>

Lessons from the 75 year study on happiness

What keeps us happy and healthy as we go through life? If you think it's fame and money, you're not alone –psychiatrist Robert Waldinger, you're mistaken... Watch his Ted Talk

"There isn't time -- so brief is life -- for bickerings, apologies, heartburnings, callings to account. there is only time for loving -- & but an instant, so to speak, for that."
Mark Twain



https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness?language=en

What is wrong with our world

Tom Shadyac – 'I Am' documentary

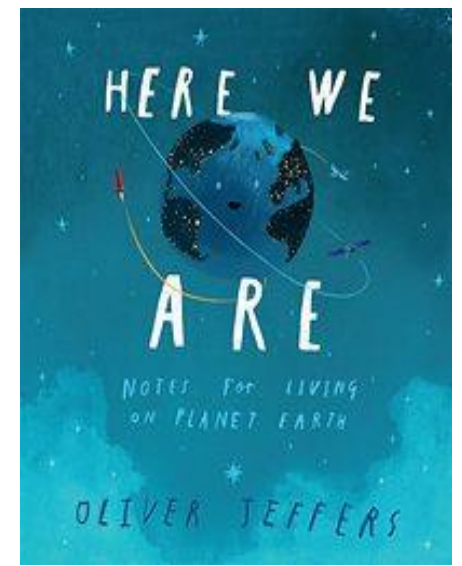
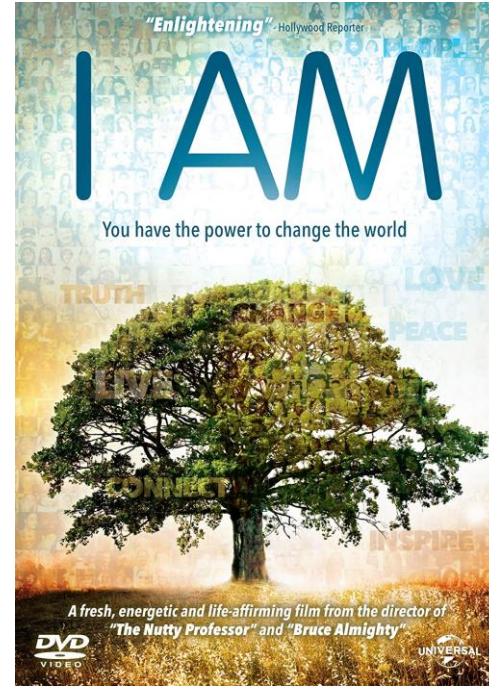
Several years ago, Tom Shadyac seemed to have it all: a multimillion-dollar career directing Hollywood blockbusters like *Bruce Almighty* and *The Nutty Professor*, a 17,000-square-foot mansion, fancy cars, the luxury of flying in private jets, invitations to extravagant parties and more. It was a life many people dream about.

Despite these many luxuries, Tom says something just didn't *feel* right.

In *I Am*, Tom says, "There's one fundamental law that all of nature obeys that mankind breaks every day. Now, this is a law that's evolved over billions of years, and the law is this: Nothing in nature takes more than it needs."

'I Am' documentary – free on vimeo (3 parts)

<https://vimeo.com/182109151>



'An ode to living on Earth'

Visual artist Oliver Jeffers put his answer in a letter to his son, sharing pearls of wisdom on existence and the diversity of life. He offers observations of the "beautiful, fragile drama of human civilization" in this poetic talk paired with his original illustrations and animations

Jeffers new book, which for children acts an introduction to the marvels of the Earth, and a handbook for making the most of your time here, serves as a reminder for anyone who might have let their passion for the Earth slip, of how wonderful a place our home planet truly is....Ted Talk link below

https://www.ted.com/talks/oliver_jeffers_an_ode_to_living_on_earth?language=en

Breakout Rooms

Personal introductions

10 mins

If you had to explain to a new-born what it means to be a human being living on Earth in the 21st century,

What would you say?



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

Toxins everyBODY is different

What are toxins?

Toxins are substances created by plants and animals that are poisonous (toxic) to humans. Toxins may also include some medicines that are helpful in small doses, but poisonous in large amounts.

Most toxins that cause problems in humans come from germs/microorganisms such as **bacteria**, viruses, parasites. For example, the symptoms of 'cholera' are caused by a toxin made by the cholera bacteria.

Other toxins that cause problems include metals, such as lead, and certain **chemicals** in products humans use and consume and harmful agents in our environment.

Daily our bodies are being challenged

How can we help ourselves in this situation?



Toxin - <https://medlineplus.gov/>

BTTI



Fr. Freddie Fox

Freddie's Motto

'Keep it Simple'

Bio-Testing & Therapy: A Job Description © (Jan 1995) F J Fox 21 Halewood Rd In
harmony with and enhancing the immune system Liverpool L25 3PH

SUMMARY: BioTherapy consists of various bioenergetic techniques:

- 1) to identify toxic substances and the body organs involved in health problems.
- 2) to clear out a series of toxic substances and initiate detoxification.
- 3) to identify the tissue salts the body may need to metabolise the substances.
- 4) to identify mental and emotional states which may block recovery.
- 5) to guide the client in self-help and to healing from within.

[NB All these techniques are guided by the immune system and used to enhance it.]

OUR PROTOCOL:

- 1) **Identify the key chemicals and /or microbes** involved in a particular health problem. This is done by briefly assisting the immune system [with an appropriate remedy, antidote, touch or tap] to initiate detoxification of an area where a symptom or sign of a health problem is evident [pain, skin eruptions. growth]. **You can read more.....Link below**

<http://bio-testing.org/app/uploads/2022/11/i-p5a-1995-A-job-description.pdf>

How can Bio-Testing and Therapy help?

Knowledge empowers

Can now choose to address the toxin

Know where the body needs support to eliminate the toxins

Simple tools and advice to work with the body

Puts you back in control of your health

Creates awareness and encourages more mindful living

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

<https://www.ewg.org/>

They have a consumer guide to tell you what is in your products

BIO-Testing & Therapy

Key TOXIN LIST

- Chemicals -

ACETONE	FLUORIDE F ₂	PETROLEUM	CHROMIUM Cr	TIN Sn	PENICILLUM
ACRYLATE	FORMALDEHYDE	PHENOL	COBALT Co	TITANIUM Ti	PHENACETIN
ALCOHOL	FORMICACID	SULPHUR S	COPPER Cu	ZINC Zn	PHLOCARPIN
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 Sr
		CALCIFICATIONS	AMALGAM	MEDICAL KIT	X-RAYS Co

- Nosodes -

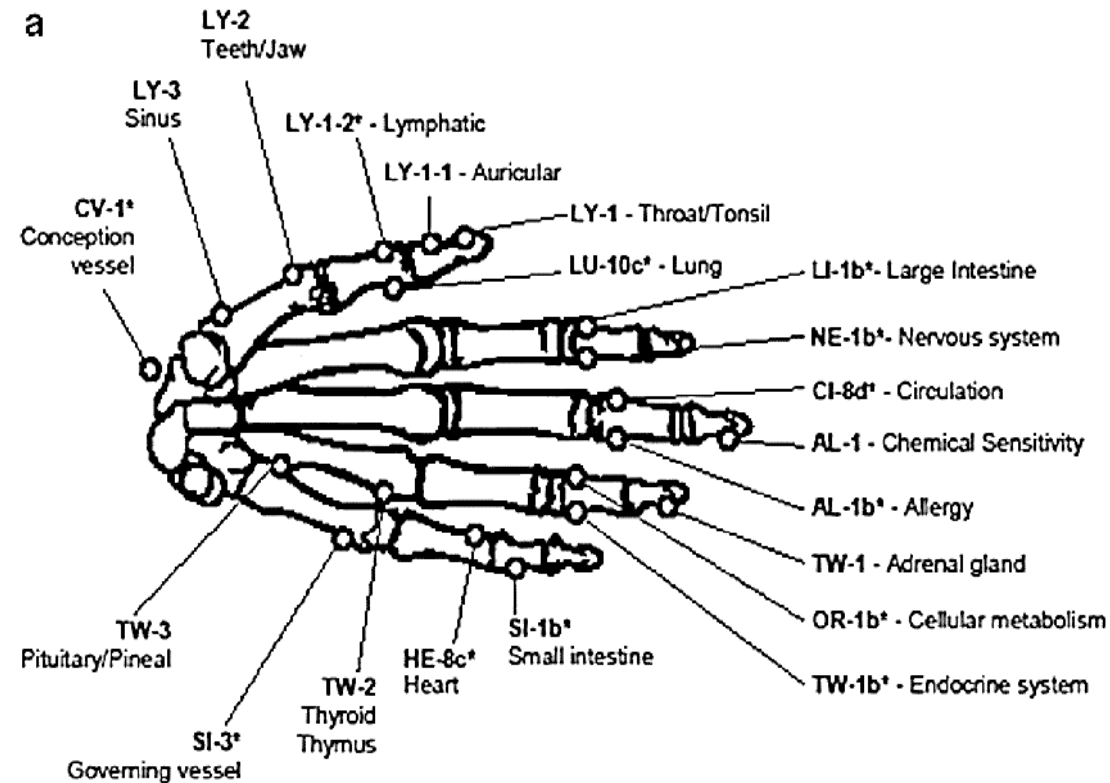
ACNE BACILLUS	COXSACKIE A7	KLEBSIELLA	POLLEN	STREPTOCOCCUS	BOG VAC. 7
ACNE VULGARIS	COXSACKIE B4	PNEUMOCOCCOC 7	PROTEUS/ENT 7	Common Infection	Callimetta-Guerin
ACTINOMYCES	DIPHTHERIA 7	LEPTOSPIRA	PSORIASIS	SYPHILINUM	COW POX
Actinomycin Israeli	Corynebact/Diph	Walt's disease	Skin Disease	Viral factor	Vaccinia
AFLATOXIN	DYSBIOSIS 7	LYMES	PTOMAINE TOX. 7	TB BACILLUS	IPOLIO SALK
Aspergillus Flavus	Gastro-Intestinal	MALARIA 7	Putrefaction toxins	Mycobacterium	Vaccinia
BORNA VIRUS	ENTEROCOCC	Plasmodium	PYOGENIC STAPH	TB BOVINE	RUBELLA VAC.
Nervous system	Intestinal buffer	MEASLES	Milk-dairy bacteria	Dairy/milk TB	Virus = Formalin
BOTULINUM D	EPSTEIN-BAR V.	MORBILLIVIRUS	RUBELLA	TETANUS TOX	SMALL POX VAC.
Chlostridium Bot	Glandular Fever	MENINGITIS	German measles	Clostridium Tetani	Vaccine
BRUCELLA	HELIKOBACT 7	MEASLES	SALMONELLA	TOXOPLASMA	
Urduient fever	Intestinal bug	MUMPS VIRUS 7	SALMONELLA TYPHI	Cat-scratch virus	CYSTIC
CANDIDA ALB. 7	HEPATITIS A	MENINGITIS		LYSSIN	Fear factor
Fungus/Yeast	DNA Virus	Meningococcus		MEDORRHINUM	Earthy factor
CHOLERA 7	HEPATITIS B	PARAINFLUENZA		PSORINUM	Emotional factor
Vibro cholerae	BNA Virus	PERTUSSIS 7		SCLEROSIS 7	Mental factor
CLOSTRIDIUM	HERPES SIMP	Whooping cough		SMALL POX	
Intestinal bacilli	Cold Sore	PINWORM TOX. 7		Varicella virus	
CONDYLOMA	HERPES ZOSTER	Enterobius Vermic		STAPHYLOCOCCUS	
Acuminatum	Chicken Pox	PLAQUE 7		Common Infection	
COXSACKIE 7	INFLUENZA 7	Varicella pesth			
Haemolytic Strep	Broad spectrum	POLIOMYELITIS			
		Enterovirus			

PRE-CANCER
 CANCEROUS
 Malignancy
 HIV-1 VIRUS 8
 Rotovirus
 MALANDRINUM
 Malignancy Test

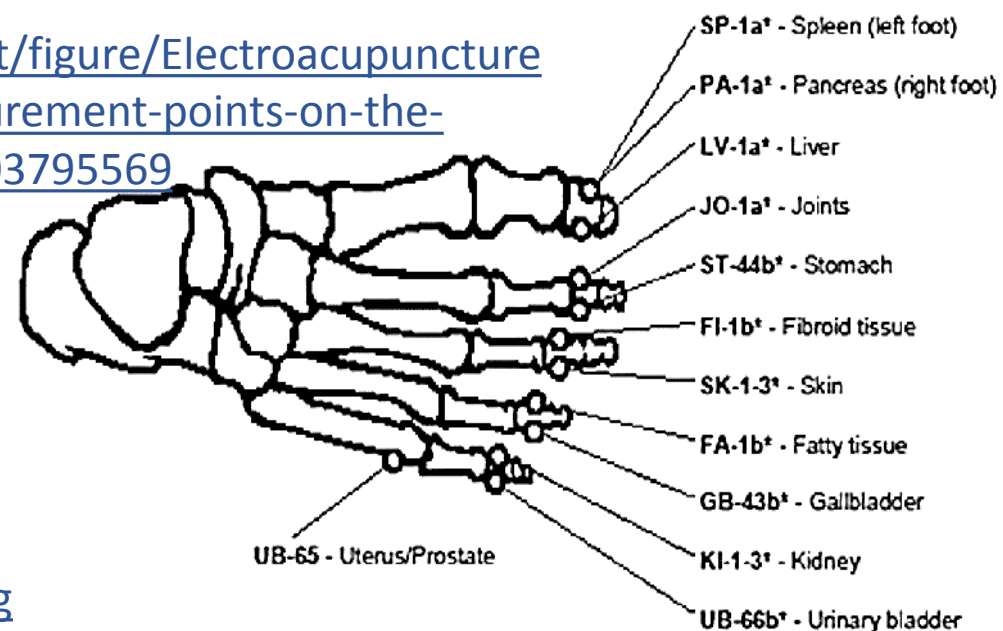
Dr Reinhold Voll

Electro-Acupuncture According to Voll

TOPOGRAPHIC POSITIONS OF THE MEASUREMENT POINTS IN ELECTRO-ACUPUNCTURE TEXTUAL VOLUME I



https://www.researchgate.net/figure/Electroacupuncture-According-to-Voll-EAV-measurement-points-on-the-hand-and-foot-Major_fig3_303795569



<https://d3525k1ryd2155.cloudfront.net/h/524/524/1393524524.0.m.jpg>

Where might you encounter a chemical toxin?

Something your body doesn't like

- Food and beverages (water)
- Cleaning products, detergents
- Cosmetics and toiletries
- Clothing and apparel
- Environment (sprays, fumes, smog)
- Metals in your mouth/body
- Electromagnetic/Radiation
- Household (paints, carpets, bedding, furniture)
- Medication
- Recreational substances



How the Body deals with Toxins

Fat Soluble Toxins

Liver

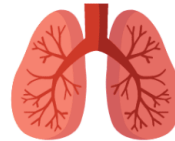
Left drift, right drift

Skin and joints

The Body's Detox Pathways



Liver



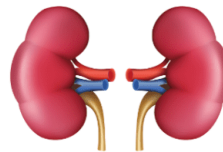
Lungs



Colon



Spleen



Kidneys



Lymph & Skin

@reclaimedhealthjayde

Water Soluble Toxins

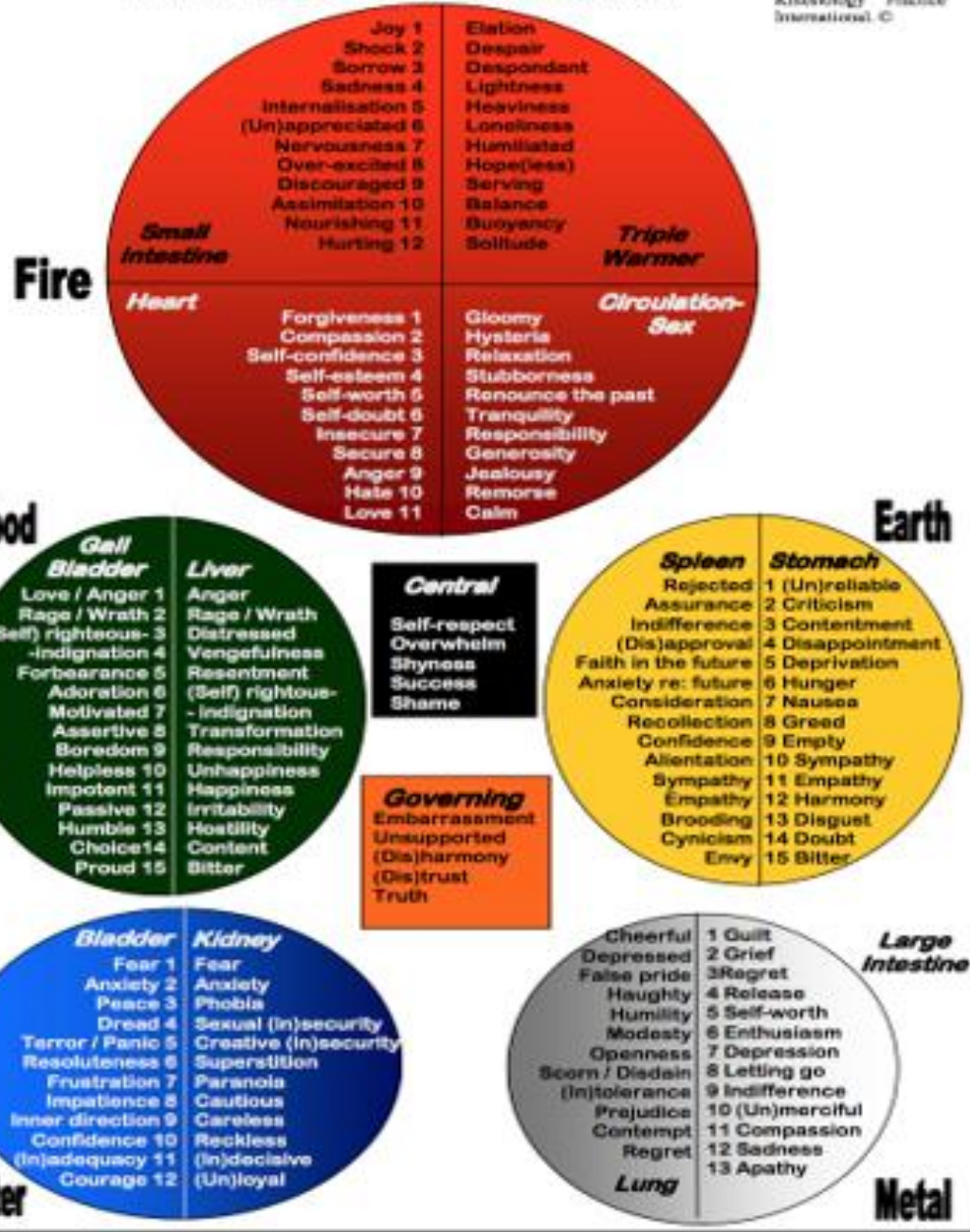
Kidneys

Left drift, right drift

Skin and joints

Five Element Emotion Chart

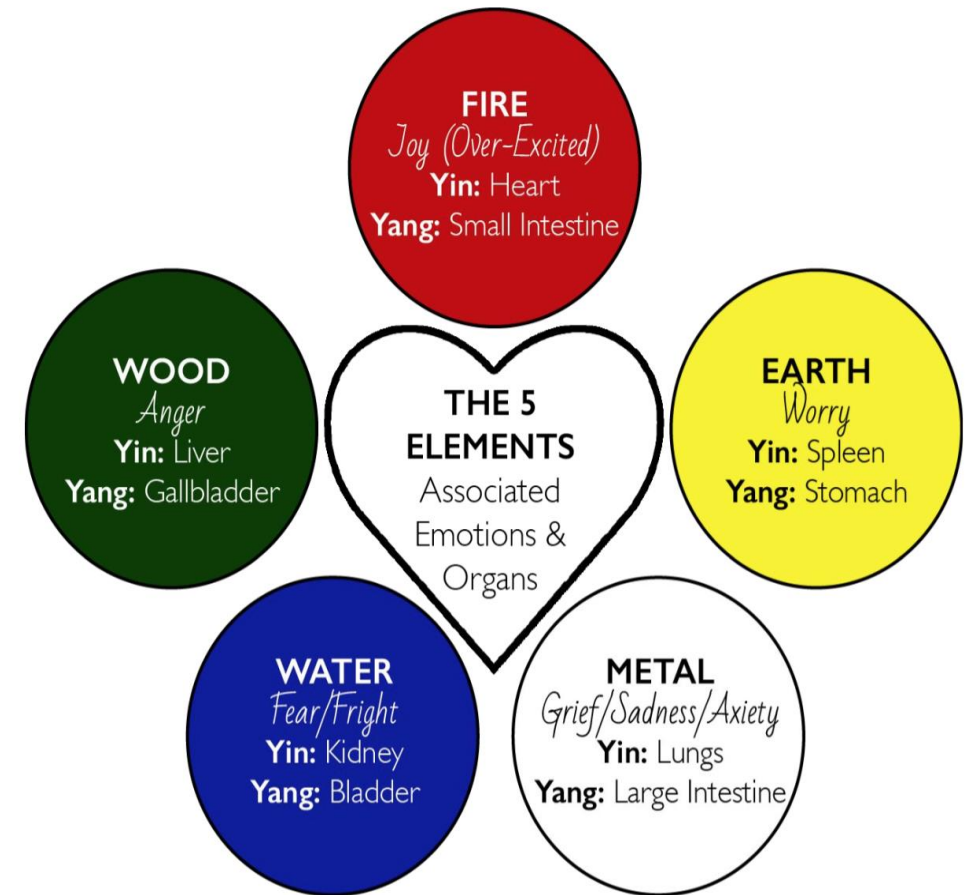
Dr. Bruce and Joan
Dewe and Professional
Kinesiology Practice
International ©



Emotional Toxins

Five Element Emotion Chart

<https://www.pinterest.co.uk/pin/572168327642500930/>



The 5 element theory

<http://www.pingofhealth.com/2017/12/exclusive-tcm-five-elements-theory-how.html>

BTTI Vibration for healing

- Vials (Homeopathic)
- Colour (Blue, Yellow)
- Bach Flowers (emotions)
- Magnets (polarity)
- Lymph drainage, tapping



tiny buddha[®]
simple wisdom for complex lives.

<https://tinybuddha.com/about/>Share your Light

Sometimes you simply have to accept that you can't accomplish as much as you'd like to. If you're sick, tired, or hurting emotionally, you just have to do what you reasonably you can and then give yourself whatever you need to feel better. You may feel like you're falling behind, but you're not failing. You're doing what you need to do to take good care of yourself, and that's the most important thing you can do when you're struggling.

Lori Deschene



Joanna Malaczynski-Moore

Joanna Malaczynski - Moore has spent a decade working on eliminating toxic chemicals from consumer products as an attorney, consultant, and entrepreneur. She first became involved in the enforcement of environmental and consumer protection laws related to environmental health as an attorney. She subsequently started a software company focused on helping industry find safer alternatives to toxic chemicals.

Before writing *'Silent Winter'* Joanna consulted for sustainability entrepreneurs.



Next book: *Another Way: Navigating Toward Positive Change*

“It does not matter if you are reading this book because you are going through a life transition or because you are trying to change the world. The process that must take place in each case is the same. The book and the exercises at the end of each chapter will help you through your own personal journey.”

There is also a video Course available:

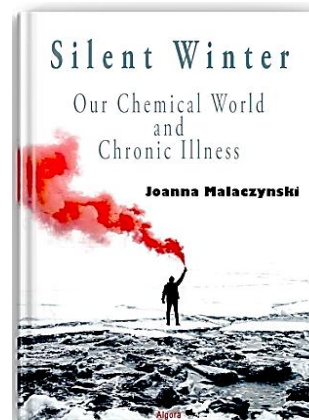
<https://m.youtube.com/watch?v=65kremrZets>

Web Page: <https://desipotential.com/>

<https://joannamoore.com/>

Book Preview

<https://www.google.com/search?client=firefox-b-d&q=Silent+winter+Joanna+malaczynski>



Joanna also has some video recordings on YouTube: with regard to specific illnesses.

https://m.youtube.com/watch?v=O8IH7NKAz1s&list=PLHY0rgkRd7Y65a_rX78J1lc-l8GpJ5x8m

Example: *“Fibromyalgia and Toxic Chemicals”*

Breakout Rooms



Discussion

Why might it be hard to change?

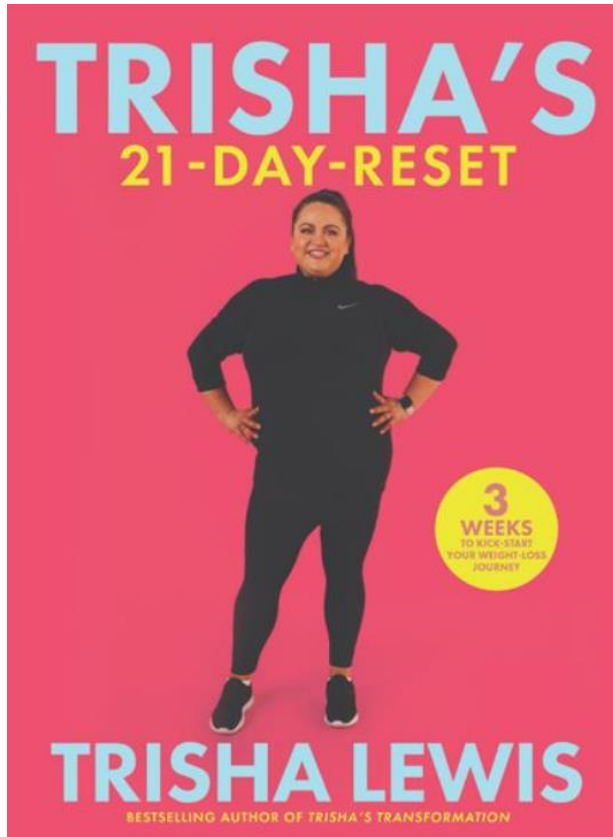
And

How will you overcome it?

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

Reset yourself....Remember Trisha....



What might be holding you back?

And

How will you overcome it?

The Reset Method

This reset method is based on the premise that it takes 21 days to form a healthy habit. So, Trisha implements this process to reset after straying from healthy living or if she wants to add a new wellness aspect to her lifestyle.

“This process is based on my four pillars of health – **movement, sleep, water and food** – and how I top those up every single day. It’s very simple, focusing on how I keep on going and my own battle with weight loss,” she explained.

226k Followers - <https://www.instagram.com/trishas.transformation/channel/?hl=en>

Reflection



When we are
no longer able
to change
a situation, we are
challenged to
change ourselves.

Viktor Emil Frankl

- 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.

Dates for your Diary

Next BTTI Event

Living well in the 21st Century

A shadow on your health

29th January 2023 10 am

The nature of your good health

5th March 2023 10 am

For other Environmental interests check out -

<https://www.facebook.com/TheEnvironmentalGathering/>

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

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