

Bio-Testing & Therapy International

5th March 2023

'Living well in the 21st Century'

BTTI Winter 2022 Workshop Series

*"In the 21st century,
I think the heroes will
be the people who will
improve the quality of
life, fight poverty and
introduce more
sustainability."*

Bertrand Piccard

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

BTTI was set up by Freddie Fox to inspire, motivate and teach simple and alternative ways to embrace health & wellbeing.



THE BOOST AND THE THRILL OF NATURAL THERAPIES © 10 Oct 1994 F J Fox

Working with nature not against it

<http://bio-testing.org/news/the-boost-and-thrill-of-natural-therapies/>

BIOENERGETIC

Freddie uses the term Bio (life) Energetic (force) to describes his therapy. Universal or Vibrational Energy

This is not a new concept as it has been round for a long time. *Life force is known as :*
Chi in China - Ki in Japan - Prana in India

Bio-Energetics is the energy transfer and relationships between all living systems.

“If you want to find the secret of the universe, think in terms of energy, frequency and vibration”.
Nikola Tesla 1856-1943

<https://www.bshko.com/post/live-in-flow-nikola-tesla-energy-frequency-vibration>

Everything in life is vibration” Albert Einstein”
1879-1955

As the body is exposed to toxins, viruses, emotional stress etc. the tissue’s normal electromagnetic frequency becomes abnormal. When the energetic imbalance is left undetected, undesirable chemical changes begin in the tissues. As the imbalance continues, chronic and degenerative diseases such as arthritis and cancer can occur.

“A future perspective for regenerative medicine: understanding the concept of vibrational medicine”

Dept. of Biomedical Engineering –New Jersey USA Jan’18
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5859346>

Spring Cleanses

The easy and natural way of detoxing is eating foods that help drive those toxins from your body.

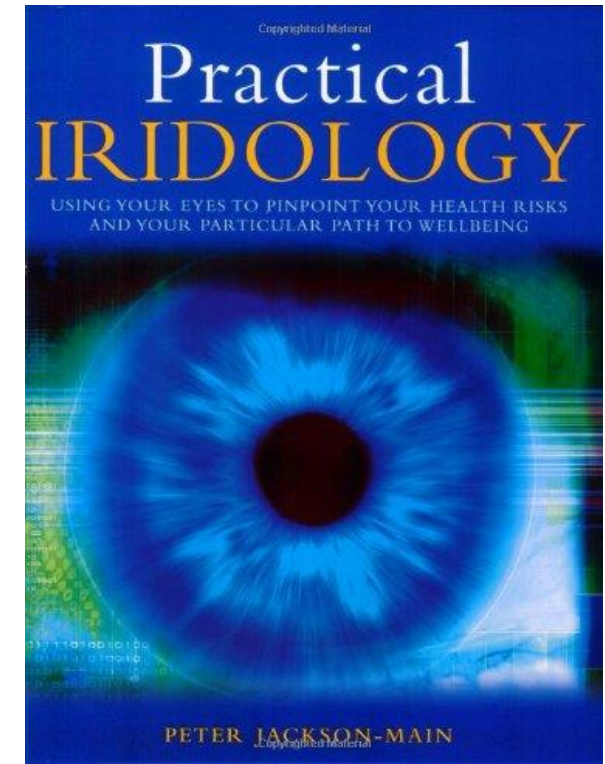


**Drink,
Drink,
Drink**



Flush out the nasties and keep your cells hydrated and healthy by drinking at least 8 glasses of water daily, as well as therapeutic herbal teas

Peter Jackson-Main



Anji and Peter Jackson-Main are a husband and wife team who have dedicated their lives to Natural Healing and Plant Medicine


Guidance leaflets: <https://bio-testing.org/links/>

The Challenges

- To clearly communicate with the body
- To detect disturbances in the energy
- To easily identify the source(s) of these disturbances
- To clear the cause of these disturbances gently and naturally
- To leave the body in homeostasis


The body knows the challenges and the means to resolve them...

Listen and learn.



“The external man is but an outward expression of the internal; so the results of disease (symptoms) are but the outward expression of the internal sickness.”

-J.T. Kent



nah.homeopathy

Breakout Rooms

Personal introductions

10 mins

*What is your body
currently telling you?*

Look within and share.



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***

A Bio-Testing and Therapy View

'New Hope' Freddie's Video

'Good Health'

BTTI - Taking time to address what no longer serves us in a simple and natural way



Bio-Testing & Therapy				Key Toxin List	
- Chemicals -					
Acetone	Fluoride Fl	Petroleum	Chromium Cr	Iin Sn	Perioilium
Acrylate	Formaldehyde	Phenol	Cobalt Co	Titanium Ti	Phenoetin
Alcohol	Formic acid	Sulphur S	Copper Cu	Zinc Zn	Piloarppin
Alcin	Gas (Natural)	Tannin	Gold Au	Atropine	Salbutamol
Benzene	Glycerol	Transfats	Iron Fe	Cortisone	Salicylic Acid
Benzoate	Insecticide	Urethan	Lead Pb	Diazepam	Tetraoiline
Caffein	Lanolin	Uns 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	Paraetamol	Strontium St
		Calcifications	Amalgam	Medical Kit	X-Rays Co
- Biological Nosodes -					
Aone Bacillus	Coxsackie A7	Klebsiella	Pollen	Syphilinum	BDG Vaa. 7
Aone Vulgaris	Coxsackie B4	Pneumococcus 7	Proteus/Ent. 7	TB Bacillus	Calmette-Guain
Actinomyces	Diphtheria 7	Leptospira	Psittacis	Mycobacterium	Cow Pox
Adenovirus Israel	Corynebact/Diph	Shig's Disease	Skin Disease	TB Bovine	Vaccine
Aflatoxin	Dysbiosis 7	Lyme's	Plomaine Tox. 7	Diphtheria TB	Polio Bulk
Aspergillus Favis	Gastro-Intestinal	Malaria 7	Purification Toxins	Tetanus Tox	Rubella Vaa.
Borna Virus	Enterococcus	Painocidium	Pyogenic Staph	Clostridium Tetan	Urea + Formalin
Nervous System	Intestinal Bacter	Measles	Mixedly bacteria	Toxoplasma	Smallpox Vaa.
Botulinum 7	Epstein-bar v.	Morbivirus	Rubella	Cockroach Virus	Vaccine
Chlostridium Bot.	Glandular Fever	Meningitis	German Measles		
Brucella	Helicobact 7	Meninococcus	Salmonella	Lysin	Cystic
Undulant Fever	Intestinal Bact	Mumps Virus 7	Salmonella Typhi	Ear Factor	Medorrhinum
Candida Alb. 7	Hepatitis A	Para Influenza		Early factor	Pre-cancer
Fungal/Vacc	DNA Virus	Pertussis 7	Scarlet Fever 7	Psorinum	Cancerous
Cholera 7	Hepatitis B	Whooping Cough	Haemolytic Strep	Emotional Factor	Malignant
Vibro Cholerae	RNA Virus	Pinworm Tox. 7	Solerosis 7	Tuberculin	HN-1 Virus 8
Clostridium	Herpes Simp	Emerolus Vermic	Galococci Phosph.	Mental Factor	Retrovira
Intestinal Bact	Cold Sore	Plague 7	Staphylococcus		Malandrinum
Condyloma	Herpes Zoster	Varicella Pox	Common Infector		Malignancy Test
Juquiman	Chicken Pox	Poliovirus	Streptococcus	Inherited Factor	
Corynebact 7	Influenza 7	Emerolus	Common Infector	Luxated/Facet-Tub	
Haemolytic Strep	Broad Spectrum				

A Bio-Testing Protocol

The indicator muscle is used in this method as a simple biofeedback mechanism.

It is used to gain information from and give practical help to the life force, in its task of detoxifying and healing.



To work the Bio-Testing & Therapy protocol we use:

(a) A toxin chart (blue/yellow sheet)

(b) A combination remedies kit

(c) A set of multi-coloured combination remedies sheets

(d) A Bach flower remedies sheet

CHART A1 (12.2.89 F.J. Fox & Denise Dow)

ENDOCRINE SYSTEM	BLADDER	KIDNEYS	COLECHOLIC Gallbladder
ONDIHOOTUM Pituitary gland	OLEUM SANT Bladder vesicle	RUTA GRAY Glomeruli	FLUORIC ACID Scanty urine
ECHEMACEA Pituitary gland	SABAL SER Urethra, prostate	ARSENIC MET	SPERICAC Lymph / Nausea
LACTUCA Anterior lobe pituitary	CANTHARIS Urethra / cystitis	STIGMATA Parsymphatica NS	EARVYA CARR Trigone
CALC PHOS Thyroid gland	EQUISETUM Pointe	CAUSTICUM Potency	CHINA Modula
CALC IODATA Parathyroid	PODOPHYL st. Pododal N	EQUISETUM Pointe	LUNIFERUS Roseogone
IRIS FLOR. Adrenal secretion	NATRIUM SULPH Potency	PHELLANDRUM	FUCSINDA Cortex
LECITHIN Galactogenic secretion	DURODIA Sphincter vesiculae	HYDRANIGEA	CAUSTICUM Rosal glomer
LINARIA Semen, comestricoids	KEROSOTUM St. Sacral N	TERREBITUM Ulp. Hypogast. glomer	ELFATORUM PER.
COCADIA Blood sugar	SKYNGIUM AQ Signal	SARSAPARILLA Loner Hypogast	RATANHIA Pyramide
JACARANDA	CACTUS GRAN Bladder neck	ASCLEPIAS SYR. Signal	COPALVA Sympathic nerve
ADRENICA Corticoid secretion	TRIBULUS cl Sacral ganglia	MUX VOMI Signal	MAG SULPH Signal
SEPIA Dermal secretion	MAG SULPH Signal	MAG PHOS Signal	
KALI ARS Chloquine secretion			
CROCIUS Socratic secretion			
KALI BICH Lymph drainage			

SINUSES

TEUCRUM MAR General	ALLIUM CEPA Rhinoid	SANGUINARIA Sphenoid	ARTEMESIA Frontal
AMBROSIA Upper nasal	JUGLANS REG Nasal	ANEMOPSIS Mucosa	NATRIUM ARS Nasal
GRAPHRITES Lower nasal	SPHILA MAR Post-nasal		

LIVER

HEKLA LAVA Central lobes	GUACO Postvascular system	CHELIDonium Lobules	VIPERA Cystic duct
REPAR. SULPH Hepatic plexus	HELLEBORUS Hepatic ducts		

BILE SYSTEM

FEEL TAURI Dermal bile ducts	YUCCA FIL Hepatic / bile duct	GYMNOGIA SYL Tanso	DULC. Comense bile duct
URSUS NIGRA Gallbladder	SELENIDIUM Bile	SAPONARIA Bile ductules	AMMONIUM VAL. Nephroducts
			ARSINTRIUM Lymphatics
			RAMAMELUS Cystic duct, Portal vein

BLOOD

SANGUINARIA Blood	CELLS, SOMATICS	PRINDULA VERRIS	PENUS SYL Resin
CONTIUM Redogonium Glycolysis	ATP & gyrovase	CALC SULPH	

BLOOD CIRC'D

SARADILLA Cistic cycle 2	AMBRA Cistic cycle 1	STAPHYSAGRIA Reduct. NADH	STAPHYSAGRIA to ATP & CO2
LAUROCERASUS	REURICA	KALI PHOS	

FIGURE 1 - SOMATID CYCLE



Note: To work with this protocol you need
 a. A toxin chart (blue/yellow sheet)
 b. A tissue salts/combination remedies kit
 c. A set of multi-coloured combination remedies sheets
 d. A Bach flower remedies sheet

Clearings

- Clear spasm for use in testing
 A spasm should appear when you (therapist) touch the thymus and disappear when you take your hand away. The spasm is only tested on the right hand
- Check polarity
 A spasm should appear when you (therapist) touch the back of the client's right hand with the index finger of your left hand. The spasm should disappear when you (therapist) touch the back of the client's right hand with the middle finger of your left hand.

To clear polarity Place the index finger and ring finger of your left hand against the clients thymus and tap their shoulder (6 x 3)

To clear spasm Wipe/Squeeze Gallbladder/'Birdie'/Colon Release/Spleen Point/Portal veins

- Check Cerebral Fluid
 Touch just below the middle of forehead. There should be no spasm.

To clear CSF Scratch top of head, along midline (Baihui Point) or tap in Cerebral Fluid Vial

At this stage you have **NO** spasm and are ready to begin

Investigation

- Elicit a toxin
 Get the client to think of key symptom(s) or sign(s), the therapist clicks fingers. OR Client or therapist touches affected area, the therapist clicks fingers.

Be sure you have a clear spasm before you proceed.

At this stage you have a good spasm and are ready to move on.

- Identify the toxin chain
 If spasm disappears touching blue – microbe or yellow – chemical. Go through columns on appropriate part of blue/yellow sheet and isolate the toxin that makes the spasm disappear. Note this toxin. Click or tap to elicit next toxin.
 Another spasm appears.
 Continue to identify toxins until clicking or tapping elicits no spasm.

Note: A normal string of toxins will have a number of toxins, the last one being the key toxin, a buffer(s) and an inherited factor.

At this stage you have **NO** spasm and are ready to move on.

A PROTOCOL

BRIEF PROTOCOL for BioTESTING & THERAPY JUNE 2000

Note: To work this protocol you need
 (a) A toxin chart (blue/yellow sheet)
 (b) A tissue salts/combination remedies kit
 (c) A set of multi-coloured combination remedies sheets
 (d) A Bach flower remedies sheet

Clearings

- Indicator Muscle (clear spasm)
- Check Polarity
- Check Cerebral Fluid

Investigation

- Elicit a toxin
- Identify the toxin chain
- Identify tissue salt(s) and combination vial(s)

Treatment

- Tap in vials
- Remove the vials

Closure

- Bach Flower Remedies
- Clear the Aura/vials & Balance Chakras
- Check Heart/lungs & Cerebral Fluid
- Check for follow up remedy/tissue salt

Create spasm – by touching the client Thymus with your index & middle finger or your thumb

Clearing

Polarity <input type="checkbox"/>	Indicator muscle <input type="checkbox"/>	Cerebral Fluid <input type="checkbox"/>
1. To correct tap Thymus 6 x 3, using index & ring finger	To correct 1. Ilea Valve 2. Spleen/Liver 3. Lymph 4. Gallbladder 5. Portal Veins 6. Papillae Veneri	1. To correct tap combination vial clear via Baihui Pt. (6 x 6 may suffice)

Main Problem

Client thinks of problem and therapist clicks/taps – this calls down a toxin and creates a spasm

Investigation

Identify Toxins – Check Tissue Salts (Put vials into bag) – Check for Organs (Put vials into bag)

Toxins (click)	Tissue Salts (click)	Organs (click)	Toxins (click)	Tissue Salts (click)	Organs (click)

Put in Bag - Buffers (Glycerol/Calcification/Cholesterol) and Inherited Factor vials:

Go to organ charts to identify main remedy

Record

Key Toxin	Key Organ	Key Remedy	Inherited Factor		

Treatment - Tap in vials – remove vials – if no spasm go to closure – if spasm go to identify toxin

Closure

Bach Flower Remedies (Think of a number 1 – 38)

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Affirmation

--

Clear vials (by tapping both sides of body 7x7) take bag off the body

Aura Chakras

Check major organs - Heart/Lungs/Cerebral Fluid Polarity

Check for follow up remedy/tissue salt

--

Organ Investigation

BTTI Bio-Testing & Therapy Case Study (Advanced Course)

Name _____ D.O.B. _____ Date _____

Address _____ G.P. _____

Phone No _____

Reason for Visit _____

How are you since last visit _____

Do You Smoke _____ How many Daily? _____ Drink alcohol _____ Drink Coffee _____

Drink Water _____ Drink Tea _____ Have a balanced diet _____ Eat regular _____

Take exercise - how often _____ What type _____

Work _____ Regular hours/semi-retired/unspecified _____

Take care of children _____ How many _____ Ages _____

Boobs Births _____ Monthly Cycle _____

Take care of elderly _____ Sick _____ Disabled _____

Sleep well/poorly/restless _____

Do you suffer from depression / tension/ anxiety/ stress _____

How does this condition affect you _____

Bowel Movements _____

Vaccination History _____

Medical History _____

Medication _____

Observations _____

Recommended Homecare _____

Recommended Follow up Treatment _____

Clients Signature _____ Tutor's Signature _____ Date _____

Galvanometer



Clearings		
Clear Allergy Pt. 0 To correct 1. Gallbladder 2. Spleen/Liver 3. Lymph 4. Ileocecal Valve 5. Pajillae Vateri	Polarity 0 N. Pole of Magnet on back of hand - Reading same O.K Reading up/down OFF To correct tap Thymus 6 x 3 using index & ring finger	Cerebral Fluid 0 to correct tap. combination vial or clear via Balhai Pt. 6 x 6 may suffice)

Instrument Testing											
M. PL. HAND	L	R	L	R	Locate Acu Pt.	M. PL. FEET	L	R	L	R	Locate Acu Pt.
Lymph. Ring						Spleen (L)					
Lung						Pancreas(R)					
Colon						Liver					
Meninges						Joints					
Nervous Sys.						Stomach					
Circulatory Sys.						Corn. Tissue					
Vascular Sys.						Skin					
Allergy Pt.						Fat Tissue					
Deep Lymph						Bile					
Endocrine Sys.						Kidney					
Heart						Bladder					
Small Intestine											
important Pt.						FILTERS					
Blood Pt.						Lung					
Hypothalamus						Heart					
Bone Marrow						Liver					
Depression						Spleen					

Investigation

Organ (Put vial into bag)

Identify Toxins (Put vials into Bag) - Check Tissue Salts (Put vials into bag) -					
Organ (click)	Toxins (click)	Tissue Salts (click)	Organ (click)	Toxins (click)	Tissue Salts (click)

Buffers (Glycerol/Calcification/Cholesterol) -Go to organ charts to identify main remedy

Record			
Key Organ	Key Toxin	Key Remedy	Inherited Factor

Treatment - Tap in vials - remove vials from body.

Bach Flower Remedies (Think of a number 1-38)

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Affirmation _____

Clear vials (by tapping both sides of body 7x7) take bag off the body.
Aum 0 Chalazas 0

Check major organs - Heart/Lungs/Cerebral Fluid 0 Polarity-0

Check for follow up remedy/tissue salts.

Fingertip Testing of Acupuncture Points

FINGERTIP TESTING OF ACUPUNCTURE POINTS

Oct. 1990 F.J. Fox, 21 Halewood Rd. Liverpool, L25 3PH

Detecting bioenergetic faults via an immune system response

Manual (i) Page 11

SMALL INTESTINE

- 4 Duodenum, upper horizontal portion
- 3 Duodenum, descending portion
- 2 Duodenum, interior horizontal portion
- 1c Peritoneum
- 1b C.M.P. small intest.
- 1a Superior Mesenteric Plexus
- 1 Ileum
- Ileocaecal Valve

LYMPH DRAINAGE

- 3 Lymph dr. of the Heart
- 4b Pharynx + larynx
- 4a Oesophagus
- 4 Lungs
- 3 Nose + Sinuses
- 2a Eye
- 2 Upper + lower Jaw
- 1a Tubal Tonsil
- 12. C. M. P. (Tonsils)
- 11. Ear
- 1 Palatine Tonsil and cervical lymph nodes.

COLON

LARGE INTESTINE

- 5. H.P. for proximal wrist joint
- 4a Appendix + ileocaecal lymph nodes
- 4 Caecum
- 3a Great Omentum
- 3 Ascending Colon
- 2 Flexure of the Colon
- 1c Peritoneum
- 1b C.M.P.
- 1a Sup. Hypogastric Plexus
- 1.1 Lymph drainage
- 1. Transverse Colon

CIRCULATION

ENDOCRINE

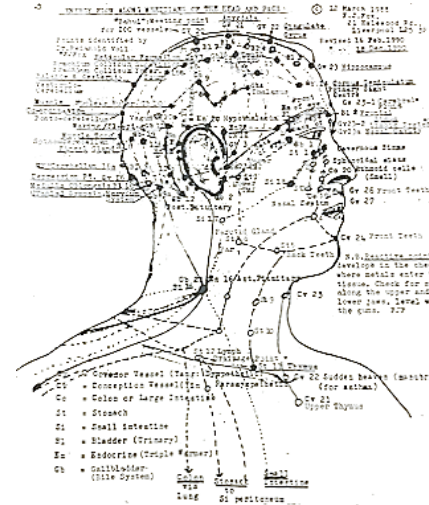
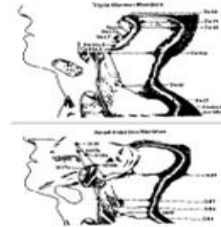
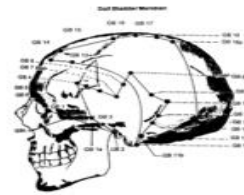
SYSTEM

- 3 Pituitary gland; pineal gland.
- 2 Parathyroid, thyroid and thymus
- 1c Mammary gland.
- 1c Pancreas: Islets of Langerhans
- 1b C.M.P.
- 1a Cervical ganglia
- 1 Adrenals

Drawn by: Sr. Mary Lydwina Farrell C.P. © Approval Fred J Fox, 21 Halewood Rd Liverpool L25 3PH

<https://bio-testing.org/news/energy-flow-along-the-meridians-on-the-face-and-head/>

www.acusansthan-ald.in



Disturbance or blockage of the flow of bioenergy along a meridian because of a disturbance or blockage in the corresponding organ and its function in the body may manifest itself by changes in the colour, texture, tone or temperature of the skin on the face or neck by the condition of the hair, including hair loss; by disturbance in sleep and emotions. Corresponding organs should be checked and corrected.

HEART

- 6 Myocardium
- 6a Pacemaker
- 9 Rt. Tricuspid Valve
- 10 Mitral Valve
- 8a Pericardium and sub-peri. lymph vessel net.
- 8b Endocardium
- 8c CHP for Heart
- 8d Myocardial lymph vessel net
- 8e Cardiac Plexus
- 8f Subendocardial lymph vessel net
- 9 Rt. Aortic valve
- 10 Lt. Pulmonary valve

ORGANS

- 1 Abdomen and minor pelvis
- 1a Faulty lymphatics.
- 1a Faulty A.N.S.
- 1b CHP (organs)
- 1c Peritoneum
- 1d Pleura
- 2 Chest + Neck
- 3 Head
- 4 Abdomen/ Pelvis (alt.)
- 5 Chest + Neck (alt.)
- 6. Head (alt.)

LUNGS

- 9 Trachea
- 9a Bronchial flows
- 10 Bronchi
- 10a Pleura
- 10b Bronchioles
- 10c CHP for lung
- 10d Mediastinal plexus
- 11 Lung parenchyma and alveoli.

NERVOUS SYSTEM

- 4 C.M.P. Cranial nerves
- 3a C.M.P. para-sympathetic ganglia/cranium
- 3 Brain - stem + cerebrum
- 2 Cervical, thoracic marrow
- 1c Meninges and spinal marrow
- 1b C.M.P. peripheral and C.N.S.
- 1a SHP A.N.S.
- 1 Lumbar + sacral marrow

ALLERGIES

- 1. In Abdomen, pelvis, legs.
- 1a Allergic irritation of the A.N.S.
- 1b C.H.R. Allergy
- 1c Vascular sclerosis of organs of
- 2. Skin upper extremities: chest/neck
- 3. Skin + all organs of the HEAD.

Lydwina A.M.S.G. Psychology 1999

<https://bio-testing.org/news/right-hand-acupuncture-points-according-to-voll/>

Clearings

- Communication channel:
 - send, receive, confirm message
- The body electric, polarity and hydration
- Cerebral spinal fluid
- The aura
- The chakras
- Heart, lungs, blood vessels and cerebral spinal fluid (at the end)

LYMPH DRAINAGE EXERCISES 1

Lymph Drainage exercises in a Bio-Temporal & Dynamic Temporality



Frontal View



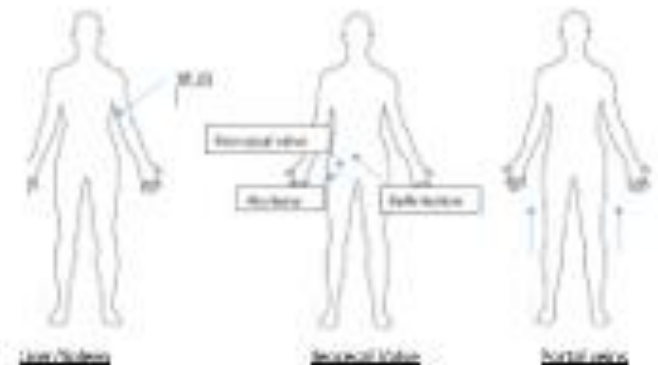
Vertical Head



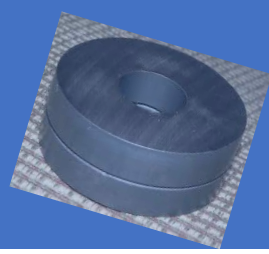
Right Side



Vertical



Magnets



Magnetism is one of life's mysteries it is a very powerful force we cannot see it but we know it is there. We are all electromagnetic beings surrounded by magnetic energy with lots of positive and negative energy coursing through our bodies

In Bio-Testing Therapy we use Dynamic Magnet Therapy where the therapist sweeps the magnet over the body usually 15-20 times which assists it in resetting polarity, removing toxins and balancing the blood among other things. This form of magnet therapy is very effective because it increases circulation and generally energises the body.

There are many expensive magnets on the market but an inexpensive ceramic magnet is just as effective as the more elaborate costly ones. This makes magnet therapy accessible to all.

Each magnet has a North seeking side and a South seeking side. (Fred always avoided using the term North Pole / South Pole to avoid confusion)

This is called Dipole meaning they have 2 poles.

Opposite sides of the magnets attract and similar sides repel.

Each side of the magnet has different qualities.

South seeking side of the magnet stimulates and can also be called the life giving pole. It is warm and it is usually used to energise.

North seeking side is neutral and it sedates, it sedates, it is dark and cold, it generally used to reduce pain.

Self Help

Treating your drinking water

Treating drinking water with the South seeking side of a magnet is said to change the waters' properties, it is supposed to prevent cholesterol, improve digestion and circulation. It is also said to protect against electromagnetic fields. Simply place a clear glass jug of water on top of the South seeking side of a magnet and leave it for one hour to 24 hours.

Conditions of the Blood

When treating the blood you simply place the South seeking side of the magnet over the heart. In this case the blood is moving under the magnet rather than the magnet moving. After 3-5 minutes the blood seems to be polarised and balanced magnetically throughout the body.

Asthma and Bronchitis

Place the South seeking side of a magnet under the right palm and the North seeking side under the left palm. This treatment is most effective when carried out morning and evening for about 20 minutes each time.

Sleeplessness

The South seeking side of a ceramic magnet may be placed on the forehead between the eyebrows for 10-15 minutes before bed for at least a week. This is said to induce sleep.

Clearing

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 treatment on its own sometime suffices to clear out foci in the brain. It also helps the filters to deal better with toxic wastes.

Toxic Emotions

There is nothing
either good or bad
but thinking
makes it so

~ Hamlet ~

William Shakespeare

Bach Flowers to the rescue

Negative feelings and positive affirmations

Gently encourage the emotions to release

I shall - future

Now I can - present

Bach Flower Remedies

Despondency or Despair

Fear

Lack of interest in present
circumstances

Loneliness

Overcare for the welfare of others

Oversensitivity to influences and ideas

Uncertainty



<https://bio-testing.org/news/emotional-resilience-and-self-reliance-in-changing-times/bach-flower-affirmations-july-1993/>

Colour

- **Chromotherapy**, sometimes called colour therapy or colorology, is an alternative medicine method. It is claimed that a therapist trained in chromotherapy can use colour and light to balance energy wherever a person's body be lacking, be it physical, emotional, spiritual, or mental.

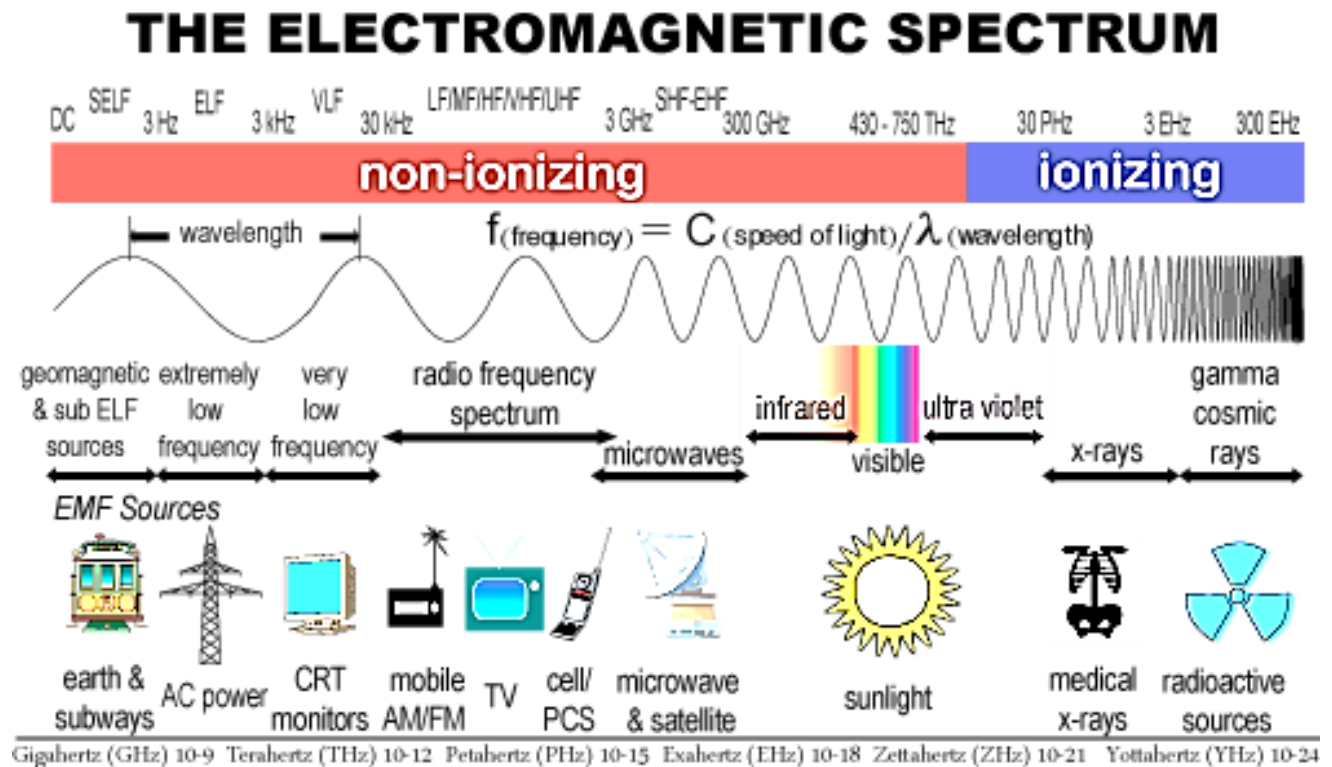
Colour is the vibration of Light

Colour comes under the scientific term 'electromagnetically energy spectrum' and each of the colours has its own vibration. The electromagnetic spectrum is a continuous range of wave lengths.

The types of radiation that occur in different parts of this spectrum have different uses and dangers, which depend on their wavelength and frequency.

Self Help

1. Wearing colours (scarves/clothes/glasses)
2. Drinking water from coloured glass bottles
 3. Eating colourful foods
 4. Using coloured crystals
 5. Using colours in your home
 6. "Tap" in colour energy



There are 1.2 million Frequencies in the human body (diag. - nm follows nanometer wavelengths)

Chakras & Aura

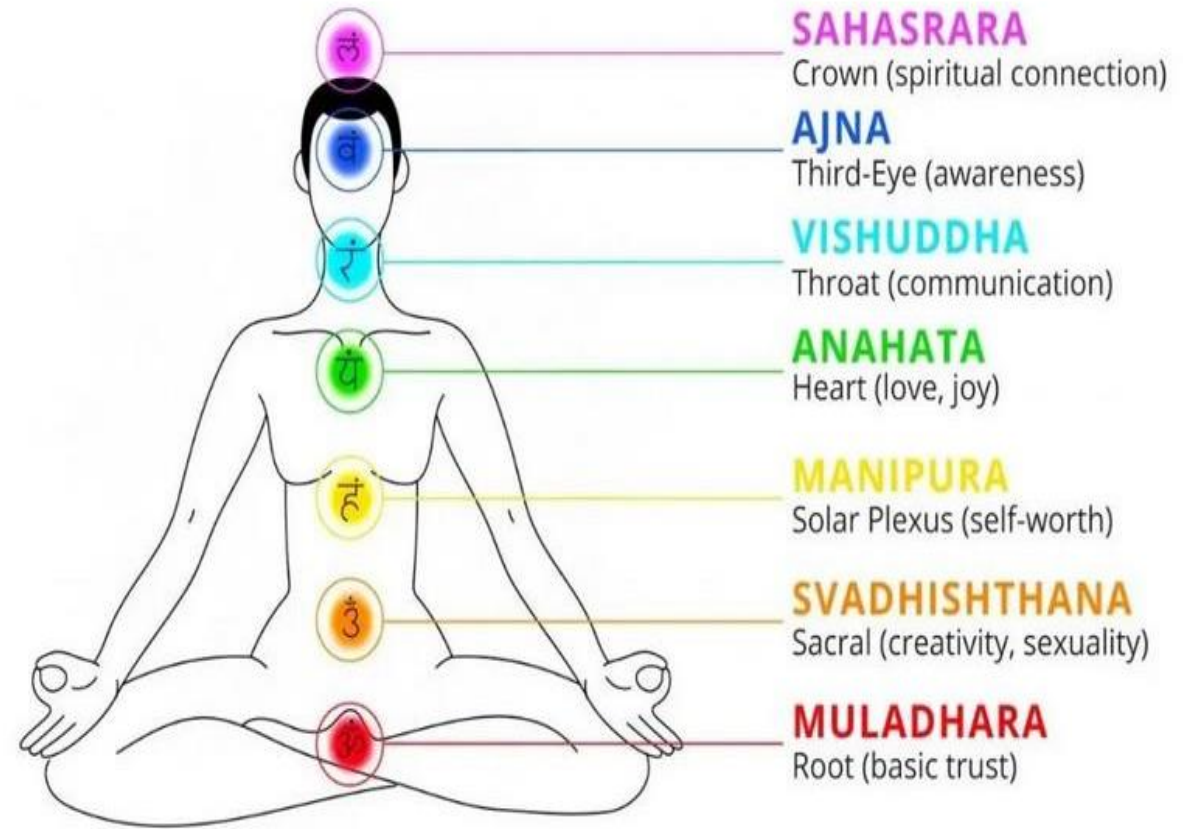
In Sanskrit, the word “**chakra**” means “disk” or “wheel” and refers to the energy centres in your body.

They are considered the major centres of spiritual power in the human body and are circles of energy which balance, store and distribute the energies of life all through our physical body along the subtle body.

The **aura**, which surrounds each person, is often referred to as an electromagnetic field. It is ovoid in shape, resembling an egg, the widest part being at the head and the narrowest part at the feet. Its width varies with each individual, depending on their spiritual growth.

The aura is filled with energy patterns which determine the health of a person.

Kirlin Photograph



Meditation & Breathing are practices in which individuals use to centre / balance – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and balance – you can use colour along with these practices to enhance the practice.



How can we help with elimination?

Organ Support

- Homeopathy
- Herbs (Charcoal)
- Nutrients (Glutathione)



Does it resonate with you?

A vibration to remind the body what homeostasis is - Resonance

CHART A1 [v.12.2.07 F.J.Fox & Justice Gray]

ENDOCRINE SYSTEM	BLADDER	KIDNEYS	BILE SYSTEM
ONOSMODIUM Pituitary gland	SEKUM SANT Bladder, ureter	COLCHICUM Cholesterol	FEL TAURI Intimal bile ducts
ECHINACEA Pituitary gland	BARMOSA Urethra	ZUTA GRAY Glomeruli	ARIES NIGRA Gallbladder
LACTUCA Anterior lobe pituitary	SABAL SER Urethra, prostate	FLUORIC ACID Secondary urine	YUCCA FIL Hepatic / bile duct
CALC PHOS Thyroid gland	CANTHARIS Urethra / cystitis	ARSENIC MET	GYNERMA SYL Testis
CALC IODATA Parathyroid	STIGMATA Parasympathetic NS	SPICAC Lymph / Nausea	DNULA Common bile duct
SES FLOR Adipoleic secretion	BAKYTA CARB Trigone	SPHGEA Intest lymphatics	GELSEMIUM Bile
LECITHIN Gelatinagous secretion	SCUSSETUM Pelvic	PHOSPHOR AC Cells	SAPONARIA Bile ductules
LINARIA Sweat, corticosteroids	CAUSTICUM Progeny	CHINIA Medulla	ANDRONIUM VAL Headache
COCAINDA Blood sugar	PODOPHYL st. Pademel N	SCUSSETUM Pelvic	ABENTHINUM Lymphatics
JACARANDA	NATRIUM SULPH Progeny	JUNIPERUS Receptor	RANSAMELIS Cystic duct, Panal vein
ARINICA Cortisone secretion	DUBOSIA Sphincter muscularis	PHELLANDRIUM	
SEPIA Insulin secretion	KREOSOTUM St. Sacral N	FUCESINDA Cortex	
KALI ARS Glucagon secretion	HYDRANGEA	CAUSTICUM Renal glomer	
CROCUS Secretion secretion	TEREBINTH Up. Hypogast glomer	SUPATORIUM PER	
KALI BICH Lymph drainage	ERYNGIUM AQ Signal	RATANHIA Pyramide	
	SARSAPARILLA Lower Hypogast		
	CACTUS GRAN Bladder neck		
	ASCLEPIAS SYR Signal		
	COPAYVA Sympathetic nerve		
	TRIBULUS Q Sacral ganglia		
	NUX VOM Signal		
	MAG SULPH Signal		
	MAG PHOS Signal		

SENSES

TEUCRIUM MAR General	HEKILA LAYA Central vein
ALLIUM CEPA Sebaceous	QUACO Postnasal system
SANGUISARIA Sebaceous	CHELIDONIUM Labeled
ARTEMISIA Frontal	VIPERA Cystic duct
AMBROSIA Upper nasal	HEPAR SULPH Hepatic glomer
JUGLANS REG Basal	HELLEBORUS Hepatic ducts
ANEMOPSIS Urethra	
NATRIUM ARS Nasal	
GRAPHRITES Lower nasal	
SONILA MAR Postnasal	

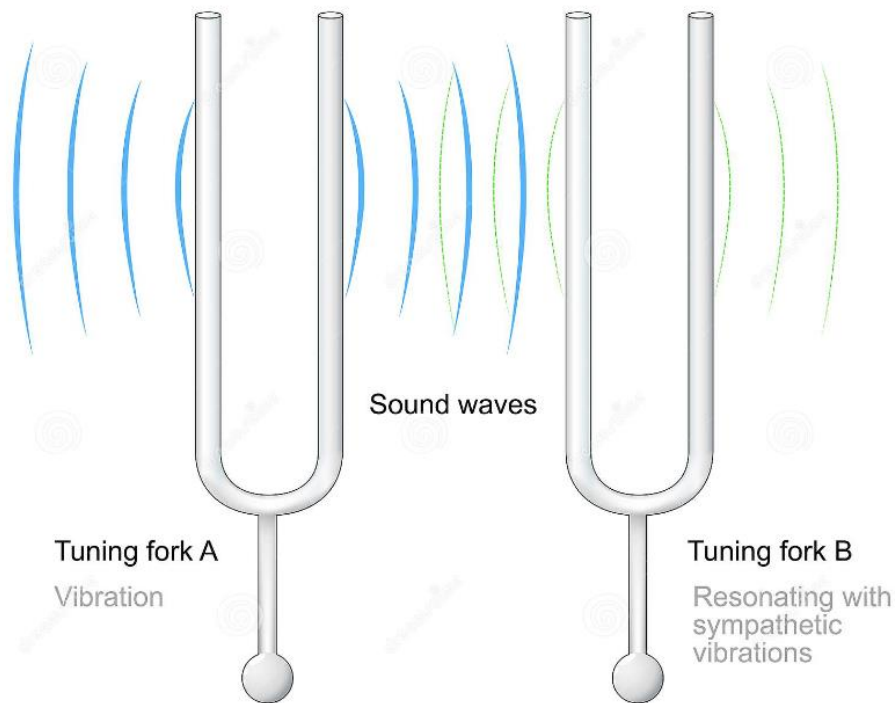
BLOOD

SANGUISARIA Blood	BLOOD cont'd
CELLS - SOMATICS	SABADILLA Cytic cycle 2
FRIMULA VERIS	AMIRA Cytic cycle 1
FINUS SYL Resin	STAPHYSAGRIA Redox +NADH
CONIUM Redglomer Glycolysis	STAPHYSAGRIA to ATP & CO2
to ATP & pyruvate	LAUDOCERASUS
CALC SULPH	HEPATICA
	KALI PHOS
	ALLIUM CEPA to NG2, NG2 & CO2
HELIANTHUS Pyruvate, amino acids	
fatty acids & glycerol to Acetyl CO-A	
HELIANTHUS Cytic cycle 2	
Acetyl CO-A to ATP & NADH	

FIGURE 1 - SOMATIC CYCLE

Tuning the Human Body

Resonance



Simply listening to Solfeggio Music on YouTube, will create positive shifts and balance all 7 chakras,

TUNING THE HUMAN BODY - Colours/Organs/ Endocrine gland/Major chakra/Music Note/Attributes

<u>COLOUR</u>	<u>ORGANS</u>	<u>ENDOCRINE</u>	<u>CHAKRAS</u>	<u>MUSIC NOTE</u>	<u>ATTRIBUTES</u>
Red	Legs/feet, bones, large intestine, Spine, nervous system.	Testes/ovaries	Base	C/Do	Security/Survive/Trust
Orange	Skin, reproductive (esp. female) kidneys, Bladder, circulatory, lymphatic system.	Adrenals	Sacral	D/Re	Relationships/Emotions/ Food/Sex/Music
Yellow	Digestion & absorption, breath, diaphragm, Stomach, duodenum, gall bladder, liver.	Pancreas's	Solar Plexus	E/Mi	Balance of power/Power to BE/ Intellect/Control/Freedom
Green	Heart, circulatory system, lungs and Respiratory, immune, arms & hands.	Thymus	Heart	F/Fa	Balance/Relating/Giving/ Acceptance
Rose Pink/ Pale Violet	If heart disorder stems from emotional origin (Broken Heart)	Thymus	Heart		Heart of the matter
Turquoise {now the 8 th major}	Immune system, anti-inflammatory {use with red to bring greater supply of blood}	<i>Higher conscious</i>			
Blue	Nervous system, female reproductive, vocal Chords and ears.	Thyroid/Parathyroid	Throat	G/Sol	Expressing/Receiving
Indigo	Eyes, nose, ears and brain, irritability, Confusion, rigid thoughts.	Pituitary	Brow	A/La	Consciousness/Awareness
Violet {Outside physical body}	Higher consciousness of the true self – dignity self-respect and healing.	Pineal	Crown	B/Ti	Unity/Separateness/Direction/ Authority
Magenta	Physical - letting go of idea's & thought patterns no longer right for us / Emotional – letting go of feelings no longer relevant.				
White	Higher levels of consciousness and purity				Spirituality

Sound Reference: 'Tuning the Human Instrument' Steven Halpern

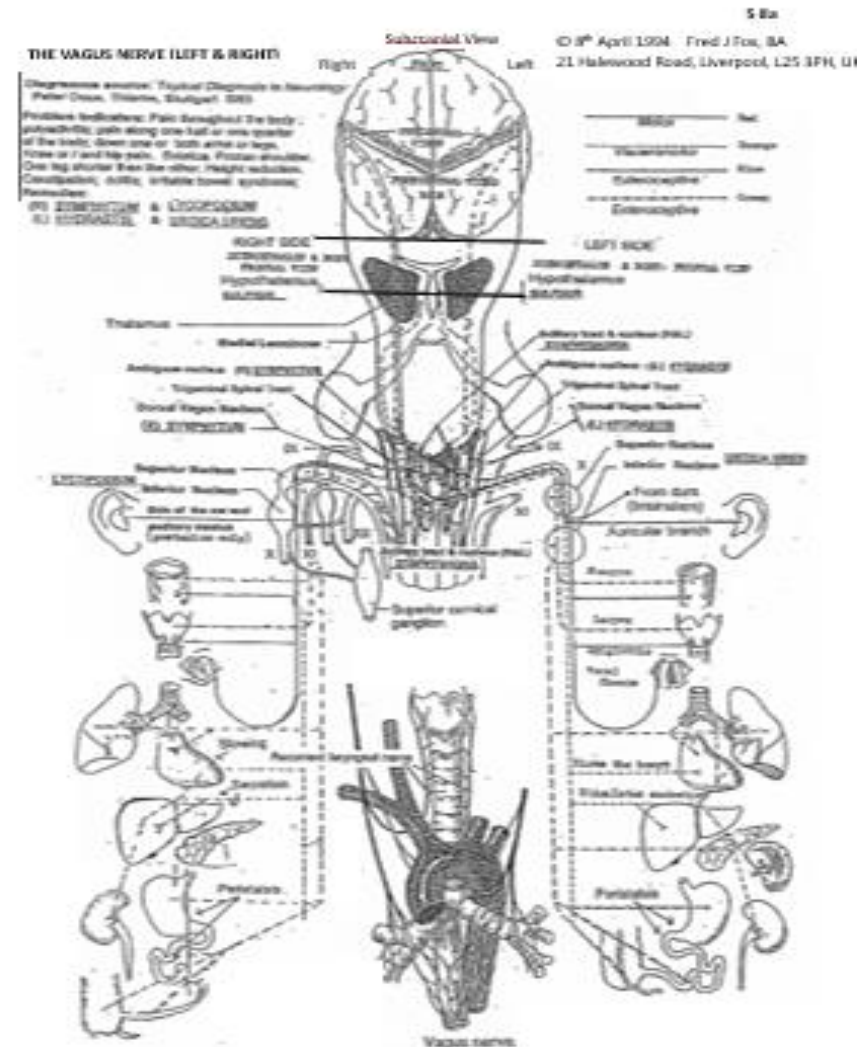
The Vagus Nerve

The cranial nerves are an important collection of nerves, each of nerves have specific functions the (X) the Vagus Nerve is a most essential part of the body to our well-being but however, it is anything but simple. The word "Vagus" literally translates to "wandering" in Latin, and the Vagus Nerve certainly lives up to its name.

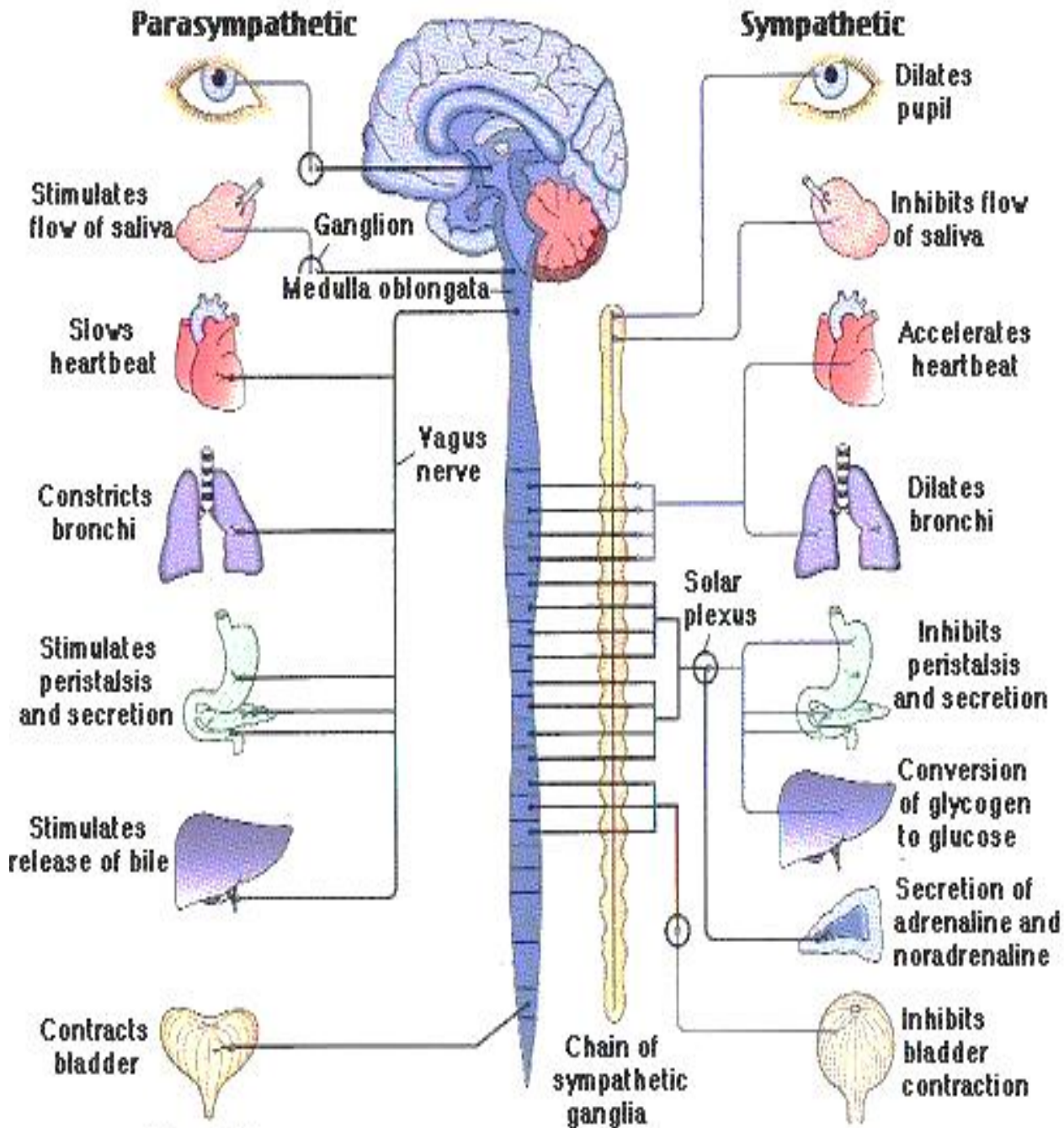
As the longest and most complex of all the cranial nerves, it starts at the stem of the brain, behind the ears before it meanders down the sides of the neck, through the chest, and eventually ends in the abdomen linking the brain to the heart, lungs, throat and gut.

Being the longest cranial nerve, it controls your inner nerve centre - the parasympathetic nervous system and it oversees a vast range of crucial functions, communicating motor and sensory impulses to every organ in your body.

The Vagus Nerve and parasympathetic nervous system are responsible for bringing the body back to homeostasis. After periods of stress and anxiety, this "calm" state is brought about by releasing a neurotransmitter called acetylcholine



'Vagal Tone'



The BTTI workshop Spring 2020 'Restoring Health in mind & body' covered the Vagus Nerve, and how important it was to raise your 'vagal tone'.

The tone of the Vagus nerve is key to activating the parasympathetic nervous system - High vagal tone improves the function of many body systems, causing better blood sugar regulation, reduced risk of stroke and cardiovascular disease, lower blood pressure, improved digestion via better production of stomach basic and digestive enzymes, and reduced migraines.

Higher vagal tone is also associated with better mood, less anxiety and more stress resilience, resulting in a raise in your vibrational rate.

<https://themovementparadigm.com/how-to-improve-your-vagal-tone/>

Breakout Room

Discussion

Share your experienced with BTTI or any of the tools mentioned.



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

What can you do – Have Fun!

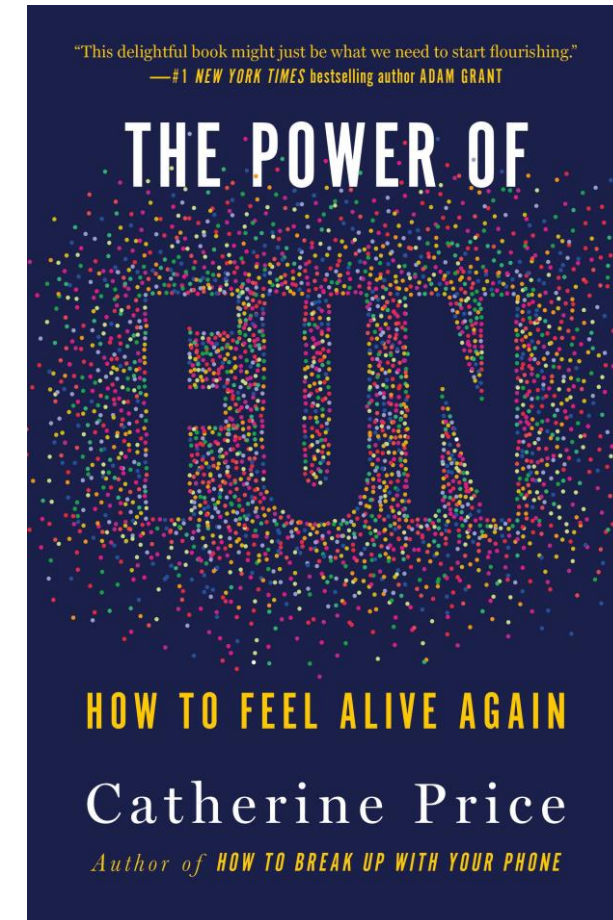
Catherine Price

According to Catherine having fun is the secret to a healthier life

She is passionate about using her background as a science journalist to help people question their assumptions, make positive changes in their lives, and see mundane things (e.g. fun, phones, vitamins) in an interesting and more philosophical light. The more fun you can have while doing so, the better. She also is the founder of [ScreenLifeBalance.com](https://www.screenlifebalance.com/), a resource hub dedicated to helping people create more intentional relationships with technology and reconnect with what really matters to them in life.



<https://www.screenlifebalance.com/>



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

Reflection

Welcome to The Lab of Life

Thought Experiments for a life well lived.



Tom Griffin has been a classical actor, an opera singer, and an entrepreneur developing, running and then selling his own brand experience marketing agency.

He has been entertaining, educating and coaching for over three decades and is passionate about people and helping them unlock their true potential.

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



“Remember to be kind.
Remember to be loving.
Remember to feel all
your feelings and take
care of yourself,
but most of all,
Remember to be
Happy”

Melody Beatty

<https://melodybeattie.com/>

<https://melodybeattie.com/category/daily-meditations/>

Dates for your Diary

Next BTTI Event

In conjunction with The Gathering Health Group

Fluoridation – Mass Vaccination

20th April 2023 7.30pm

Emeritus Professor Vyvyan Howard MB. ChB. PhD. FRC Path. Retired pathologist. Past President, International Society of Doctors for the Environment (ISDE)

A talk on the health risks of Fluoridation in drinking water

BTTI Annual General Meeting

July 2023

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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