

Bio-Testing & Therapy International

29th January 2023

'Living well in the 21st Century'

BTTI Winter 2022 Workshop Series

"We must each lead a way of life with self-awareness and compassion, to do as much as we can. Then, whatever happens we will have no regrets"

Dalai Lama

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**

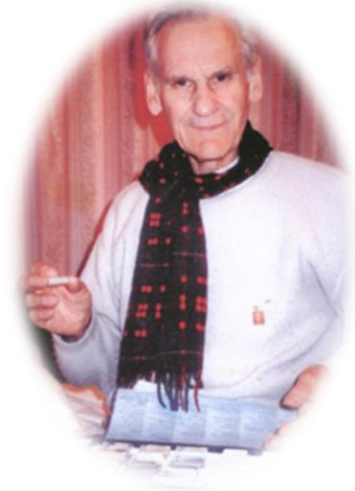
'Living well in the 21st Century'

Session 1 - Toxins that can influence your health

Session 2 - A shadow on your health

Session 3 - The nature of your good health





Fr. Freddie Fox

BIO-TESTING and THERAPY INTERNATIONAL (BTTI) – Is the professional association that was founded out of Fred Fox’s desire to have others help to pass on his work – it is based in Ireland and organises workshops on alternative ways of looking at health and introduction days on Bio-Testing and Therapy.

You can read more..... <https://bio-testing.org/home/about-us/>

Freddie’s Motto ‘Keep it Simple’

6 Simple Ways to Live a Simple Life

1. Become aware of what’s most important to you
2. Invest your time in meaningful things
3. Give your energy to things that actually matter
4. Differentiate facts from hypothesis
5. Leave space to do nothing
6. Practice gratitude for every little blessing

<https://blog.gratefulness.me/6-simple-tips-to-live-a-simple-life/>



Helen died suddenly on 23rd December 2023 – Peacefully at her home
BTTI Member from 2000 – Served as a committee member & treasurer for many years – active member & supporter

Helen Carden RIP

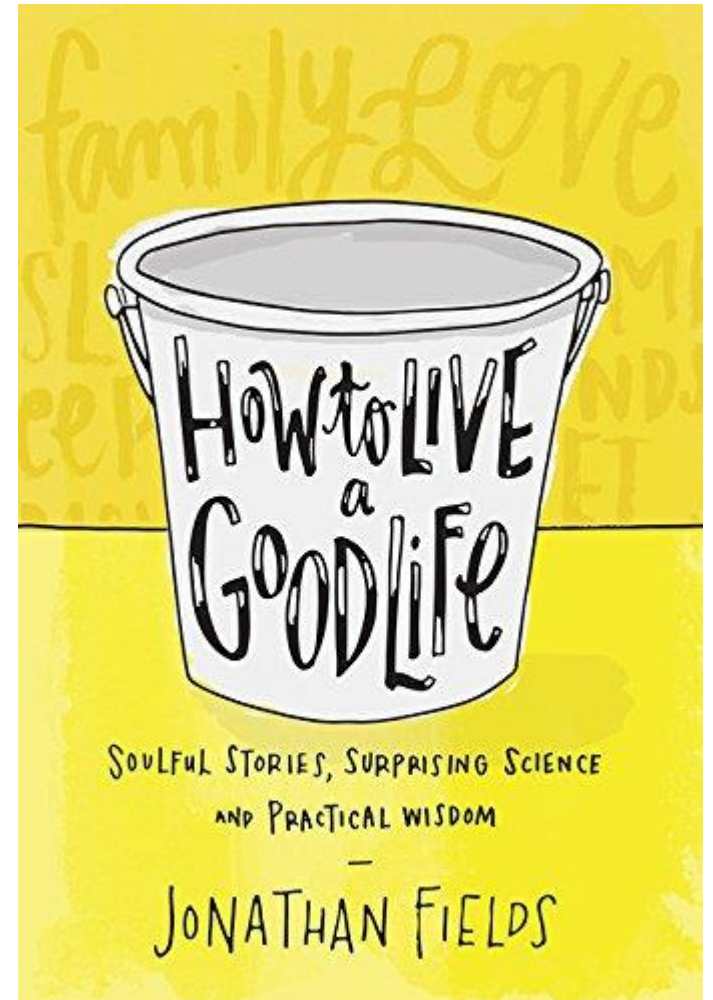
Jonathan Fields

Ever wonder what it **REALLY** means to live a good life?

Jonathan Fields is a national bestselling author and the founder of *Good Life Project*[®], one of the top-ranked podcasts in the world with a giant, global, mission-driven community. The Wall Street Journal named Good Life Project one of the top self-development podcasts, and Apple recently picked it out of more than 600,000 others to be featured on-stage during its legendary annual event.

Good Life Bucket Quiz

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



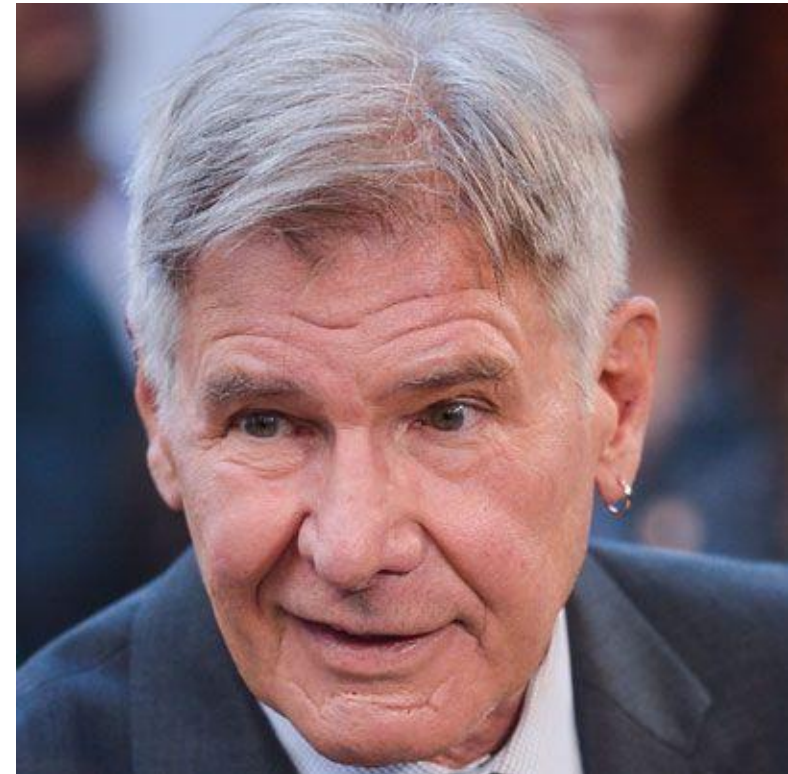
Do you have a scar?

Sometimes your body isn't the same after a trauma or health issue

Catherine Zeta-Jones



Harrison Ford



Breakout Rooms

Personal introductions

10 mins

Have you made a New Year's resolution to live well?

How is it going?



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

Nosodes are a specific category of homeopathic treatment derived from an element of a disease or from diseased tissue.

Microbes are tiny living things that are found all around us and are too small to be seen by the naked eye. They live in water, soil, and in the air.

The human body is home to millions of these microbes too, also called microorganisms. Some microbes challenge our bodies, others are important for our health.

BIO-Testing & Therapy

Key TOXIN LIST

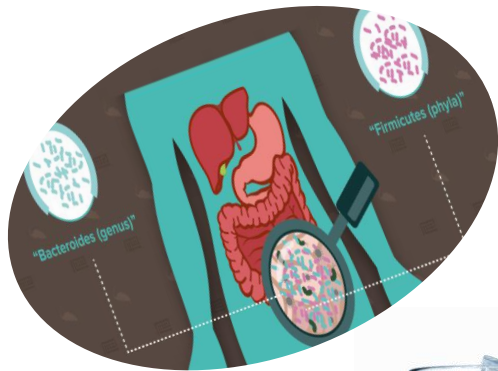
- Chemicals -

ACETONE	FLUORIDE F1	PETROLEUM	<u>CHROMIUM</u> Cr	<u>TIN</u> Sn	PENICILLUM
ACRYLATE	FORMALDEHYDE	PHENOL	<u>COBALT</u> Co	<u>TITANIUM</u> Ti	PHENACETIN
ALCOHOL	FORMIC ACID	SULPHUR S	<u>COPPER</u> Cu	<u>ZINC</u> Zn	PHOCARPIN
ALGIN	GAS (NATURAL)	TANNIN	<u>GOLD</u> Au	ATROPINE	SALBUTAMOL
BENZENE	<u>GLYCEROL</u>	TRANSFATS	<u>IRON</u> Fe	CORTISONE	SALICYLIC ACID
BENZOATE	INSECTICIDE	URETHAN	<u>LEAD</u> Pb	DIAZEPAM	TETRACYCLINE
CAFFEIN	LANDLIN	URIC ACID	<u>MERCURY</u> Hg	ERYTHROMYCIN	
CARBONMONOX	MENTHOL	<u>ALUMINIUM</u> Al	<u>NICKEL</u> Ni	MORPHINE	<u>CAESIUM</u> Cs
CHLORINE Cl	MONSOD.GLUT.	<u>CADMIUM</u> Cd	<u>PALLADIUM</u> Pd	OXALIC AC.	<u>RADON</u> Rn
<u>CHOLESTEROL</u>	NICOTINE	<u>CALCIUM</u> Ca	<u>SILVER</u> Ag	PARACETAMOL	<u>STRONTIUM</u> Sr
		CALCIFICATIONS	<u>AMALGAM</u>	MEDICAL KIT	<u>X-RAYS</u> 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	SPHILLINUM	CHLORINE
Actinomyces Israeli	Corynebact/Diph	Walt's disease	Skin Disease	Viral factor	POLO SALK
AFLATOXIN	DYSBIOSIS 7	LYMES	PTOMAINE TOX. 7	TS BACILLUS	Vaccine
Aspergillus Flavus	Gastro-Intestinal		Purofection toxins	TS BOVINE	BUSELLA VAC.
BORNA VIRUS	ENTEROCOCC	MALARIA 7	PYROGENIC STAPH	Dairy/milk TB	Virus + Formalin
Nervous system	EPSTEIN-BAR V.	Plasmodium	Milk-dairy bacteria	TETANUS TOX	SMALL POX VAC.
BOTULINUM P	Glandular Fever	MEASLES	RUBELLA	Clostridium Tetani	Vaccine
Chlostridium Bot	HELIKOBACT 7	Morbillivirus	GERMAN MEASLES	TOXOPLASMA	
BRUCELLA	Intestinal bug	MENTINGITIS	Cat-scratch virus	LYSSIN	CYSTIC
Undulant fever	HEPATITIS A	Meningococcus		Fear factor	
CANDIDA ALB. 7	DNA Virus	MUMPS VIRUS 7	SALMONELLA TYPHI	MEGOCORRHINUM	PRE-CANCER
Fungus/Yeast	HEPATITIS B	Para Influenza		Earthy factor	
CHOLERA 7	RNA Virus	PERTUSSIS 7	SCARLET FEVER 7	PSORINUM	CANCEROUS
Vibro cholerae	HERPES SIMP	Whooping cough	Haemolytic strep	Emotional factor	Malignancy
CLOSTRIDIUM	Cold Sore	PHN WORM TOX. 7	SCLEROSIS 7	TUBERCULIN	HIV-1 VIRUS 8
Intestinal bacilli	HERPES ZOSTER	Enterobius Vermic	Galactose phosph.	Mental factor	Retrovirus
CONDYLOMA	Chicken Pox	PLAQUE 7	SMALL POX		MALANDRINUM
Acuminatum	INFLUENZA 7	Yersinia pestis	Varicella virus		Malignancy Test
CORYNEBACT 7	Broad spectrum	PHOLIOVIRUS	STAPHYLOCOCCUS		
Haemolytic Strept		Enterovirus	Common Infection		
				<u>INHERITED FAC</u>	
				Lys-Med-Poor-Tub	

Where are Microbes/Microorganisms found?



Water

Soil

Food and drink

Inside/On our bodies

Animals/Pets

Almost any surface anywhere



....everywhere

"It would be better to ask where you don't find microbes because they have been found almost everywhere on Earth and even on the International Space Station" Kathy Stratton, John Innes Centre

<https://www.jic.ac.uk/blog/what-are-microbes-and-where-are-they-found/>

How the Body deals with Microbes

Antibodies help the body to fight microbes or the toxins (poisons) they produce.

They do this by recognising substances called antigens on the surface of the microbe, or in the chemicals they produce, which mark the microbe or toxin as being foreign. The antibodies then mark these antigens for destruction.

“Microbes are almost everywhere, below our feet, above our heads and in our bodies. Some are dangerous to us, but most are beneficial.”

Kathy Stratton, John Innes Centre

LYMPH DRAINAGE MASSAGE

Athens 29 April

F.J Fox

“What have you learned about the lymphatic system?” I once asked a medical student. “Not much, apart from the fact that lymphatics exist everywhere in the body and there isn’t much you can do about it. So why worry?” Lymph drainage is also, sadly, the Cinderella in non-conventional medicine as well. One can scan books on alternative therapies and find scarcely any mention of the lymphatic system, except in general terms. But, thanks to the pioneering work of Dr. Emil Vodder and others, especially Dr R Voll, the Father of EAP Diagnostics, the scene is changing rapidly. Recently, a lecturer said quite openly “Lymph drainage is the therapy of the future”.

One hears the lymphatic system called “Part of the sewerage system of the body”. Since it has the task of removing toxic waste and other aborted toxins such as dental mercury, silver and cobalt from body tissues and draining them into the bloodstream for filtration by the kidneys, spleen, and liver, such a description is undoubtedly true. But it is grossly inadequate. **Read more.....**

<http://bio-testing.org/iv-p73-lymph-drainage-massage-athens/>

Approximately
1 in 5 adults
ages 18+ have a
health condition
that might be related to
their previous COVID-19
illness, such as:

Neurologic and
mental health conditions*

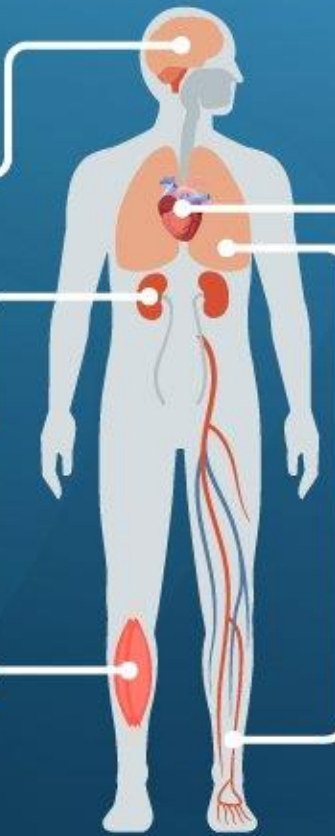
Kidney failure

Musculoskeletal
conditions

Cardiovascular
conditions

Respiratory
conditions

Blood clots
and vascular issues



**Talk to your health care provider
if you have symptoms after COVID-19**



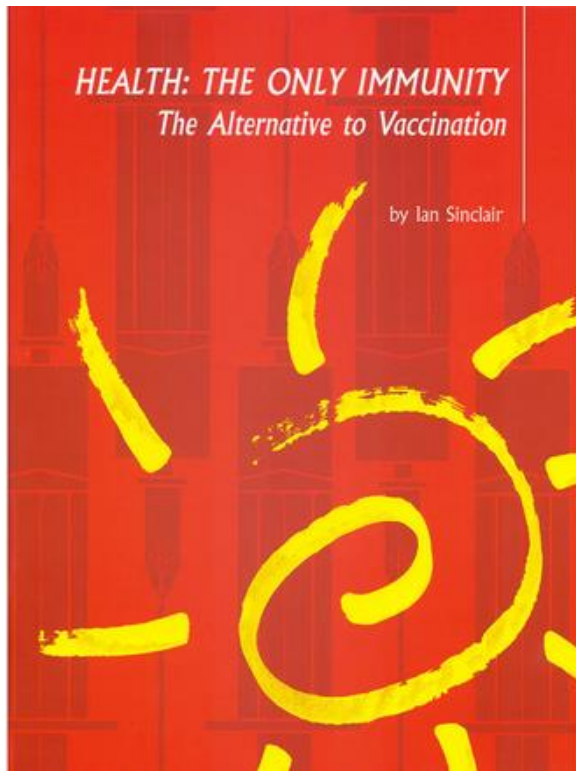
bit.ly/MMWR7121

MAY 24, 2022

* Adults aged 65 and older at increased risk

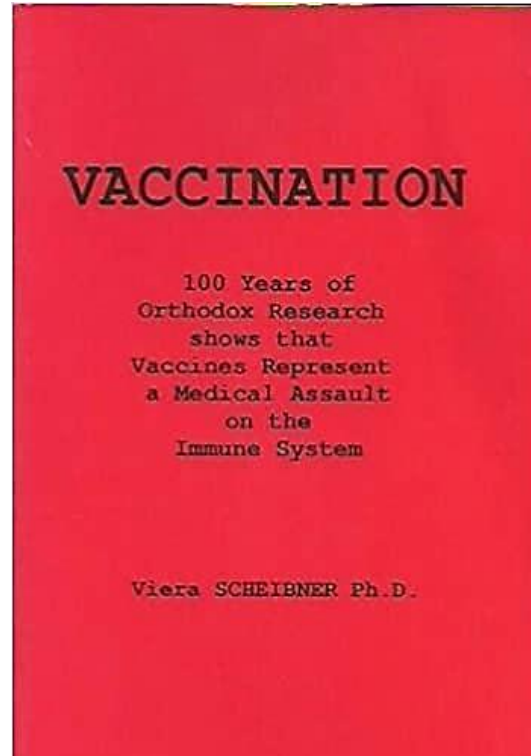
MMWR

Immunity/Vaccinations



Ian's Book is Available:

<https://www.hsconline.co.uk/products/health-the-only-immunity>



The Irish Times

<https://bio-testing.org/app/uploads/2015/11/A-shot-in-the-dark.pdf>

Searching the BTTI Archives

A Homeopathic View

<https://bio-testing.org/iii-s-38-vaccination-a-vex/>

BT&T Homeopathic Anti-Vaccinosis –
Thuja/Silicea



Extract: Chapter 12

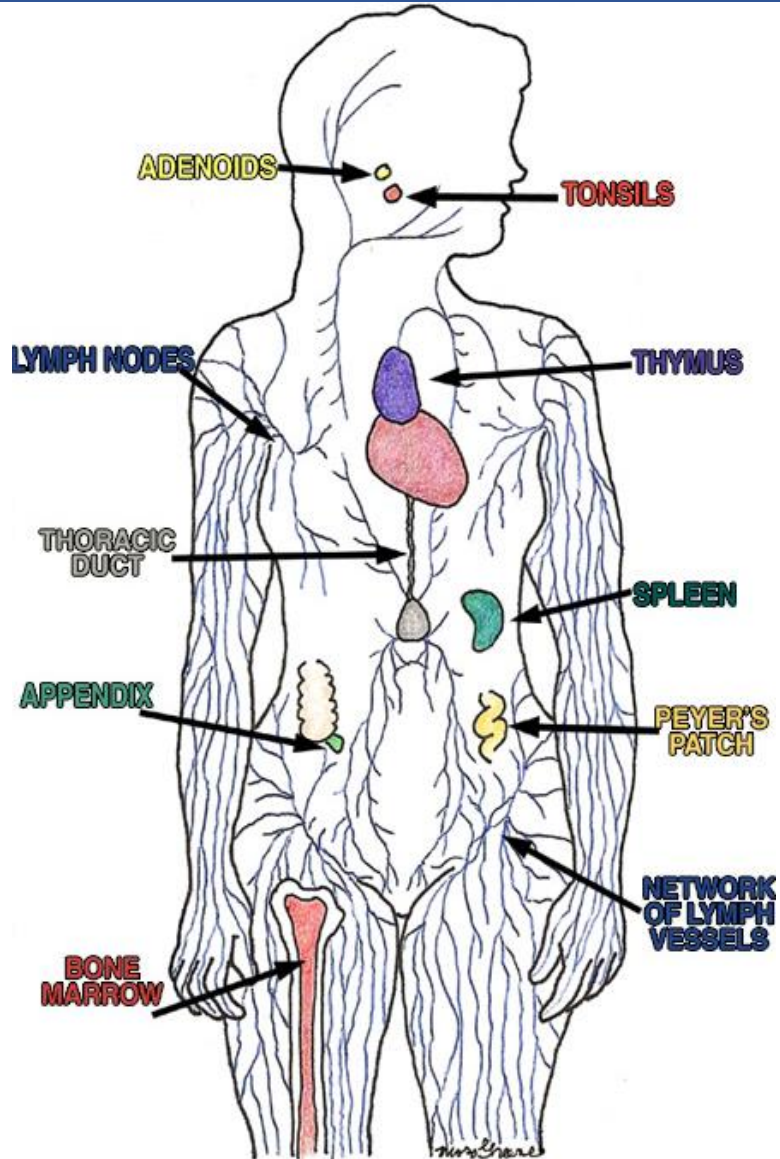
Health – The Only Immunity

<https://bio-testing.org/app/uploads/2015/11/Ian-Sinclair.pdf>

Futher Reading....

<https://www.informedparent.co.uk/info-2/>

Lymphatic System



- 2nd Circulatory System – No pump
- Lymph vessels lie close to our skin
- Worked by musculoskeletal System
- Allows oxygen and Nutrients into cells
- Removes waste products
- *Some waste leaks into surrounding tissue!*
- *This must be collected to avoid swelling in the tissues*

Breakout Rooms



Discussion

Have you had a health issue where you haven't felt quite the same afterwards?

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

Hering's law of cure

From above downwards.

From within outwards.

From a more important organ to a less important one.

In the reverse order of their coming.

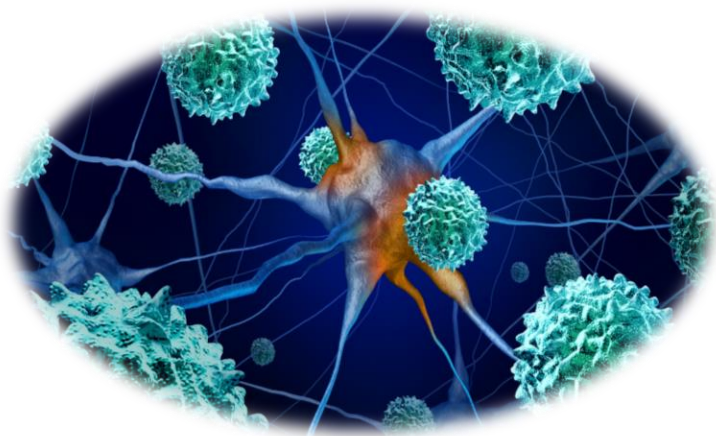


A shadow on your Health?

Noun. miasm (plural miasms)

An unhealthy vapor or atmosphere; a miasma. (homeopathy)

A predisposition to a particular disease, which interferes with subsequent treatment of it.



Miasm is defined by Hahnemann as a noxious influence or the infectious principle, or virus, which when taken into the organism may set up a specific disease. I prefer to describe it as a predisposition to the expression of a particular disease either inherited, acquired, or acute.

Miasm is a particular study within homeopathy that can be vast and open to much discussion. Plenty has been written about miasms and even to this day, new miasms are being discovered and described.

BTTI – Miasms & Inherited Factors

Inherited Factor	Ancestral Disease	Constitutional Remedy	Weakens	Associated Emotion	Associated Colour
Medorrhinum	Genital Disease	Rhodendron	Sexual organs	Overthinking	Yellow
Psorinum	Scabies	Apis Mel	Skin	Anger	Green
Lyssin	Rabies	Bryonia	Colon	Fear	Black
Tuberculinum	Tuberculosis	Ignatia	Lungs and Heart	Grief	White

Miasms

Hahnemann describes miasms as **negative forces that served no purpose other than to guarantee humans a miserable life and an untimely death.**

The word miasma comes from ancient Greek and means "pollution"

Miasmatic thinking was fuelled by the correct homeopathic cure not fully working and proposed by Hahnemann to explain why person didn't fully recover. Something was holding the person back.

Did you inherit something (DNA)?

Is There A New Miasm in the Making?

June 18, 2021 Written by Homeopath [Sue Smith](#)

Physical expressions of the miasms Dr Farooq ch

The mind and body work together as a unit and the disturbances are expressed in both spheres.

Psoric Miasm

The reaction of body on exposure to environmental stimuli, to ones surroundings, like noise, light, and odors, producing functional disturbances like headache, nausea, and discomfort.

Sycotic Miasm

Hypersensitive (hypertrophic) response to something specific, arising from a deficiency of the normal response like tumors, allergies, keloids. Deficient feeling gives rise to an increased attempt to repair the fault.

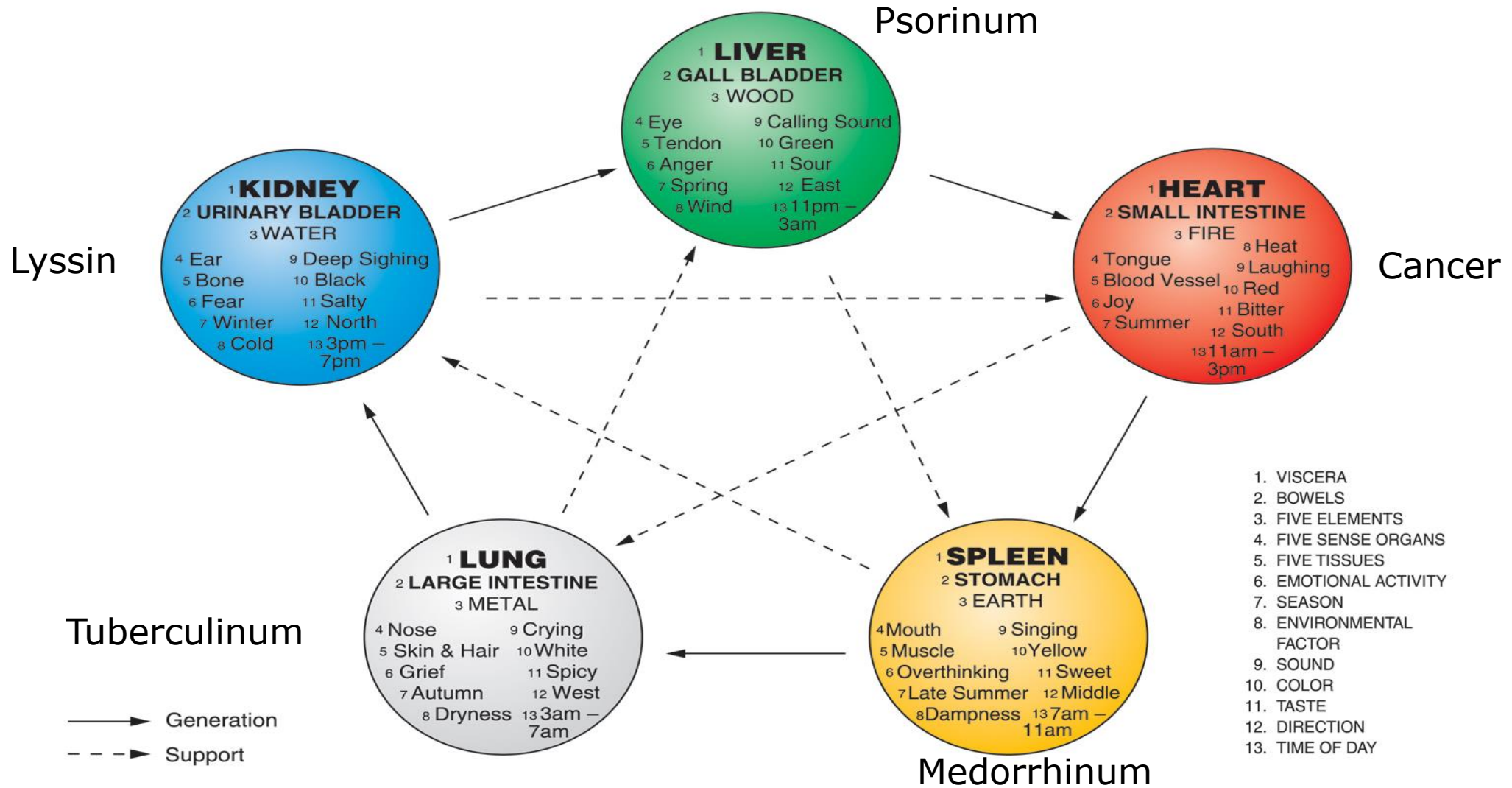
Syphilitic Miasm

Not manageable, tissue destruction like gangrene, ulceration. Body and mind destroy itself, give-up.

Tubercular Miasm

Respiratory imbalance, weak lungs, offensive discharges, head sweating, worse from exposure to cold, reccourring epistaxis, bleeding gums, long eyelashes, craving for salt, enuresis, bloody stools, milk disagrees causing diarrhea, anemic, weakness, Ringworm, acne, white spots on nails, nightmares

TCM - The 5 elements



9 Tips for Spring Cleaning Your Health

- Fill Your Plate With Fresh, In-Season Fruits and Vegetables.
- Be Mindful of Opportunities to Overindulge.
- Stay Hydrated.
- Get Outside and Get Moving.
- Soak Up the Sun.
- But Do Protect Skin and Eyes From Damaging UV Rays.
- Reset Your Sleep Schedule.
- Watch for Allergens (Both Indoors and Out)



<https://www.everydayhealth.com/wellness/tips-for-spring-cleaning-your-health/>

<https://lifewithelizabethrose.com/spring-clean-your-body/>

A New Year – A New You!



Reflection



~Meister Eckhart ~

Some music may be helpful.....

‘Attention & Focus’

https://youtu.be/DPmHu_dIYQA

‘Sapien Medicine’

Heal and empower yourself with hundreds of free energized audios that direct changes in your mind, body and spirit.



Did you know that 80 percent of New Year’s resolutions fail? That’s pretty crazy.

Maybe you’re part of that statistic.

Feeling eager, excited, and ready for change only to fall back into old patterns after a few weeks.....

To help stir your imagination for the New Year—so that you’re not pushed by pressure, but instead pulled by pleasure – check out

<https://tinybuddha.com/blog/19-things-to-start-doing-for-yourself-in-the-new-year/>

Dates for your Diary

Next BTTI Event

Living well in the 21st Century

The nature of your good health

5th March 2023 10am

The Spring Environmental Gathering

25th February 2023 1pm

Eglinton Co Derry

For other Environmental interests check - <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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- (ii) The benefit of the stated attendees and it is not intended to and may not be relied upon by any person at any time whatsoever.

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