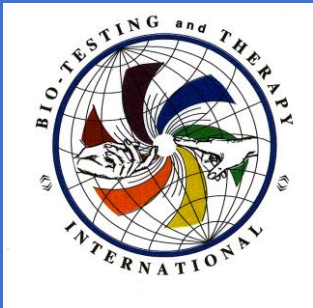


'Faulty Metabolisms'

25th June 2023



Bio-Testing & Therapy

International

"Your health is what you make of it. Everything you do and think either adds to the vitality, energy and spirit you possess or takes away from it."

Ann Wigmore

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**

Faulty Metabolisms

- Calcium metabolism
- Carbohydrate metabolism
- Fat metabolism
- Nucleoprotein metabolism
- Protein metabolism

Ann Wigmore

A Lithuanian–American "holistic health" practitioner, naturopath, whole foods advocate and author of over 25 books.

Ann was Influenced by the 'back to nature' theories of Maximilian Bircher-Benner and was passionate teaching “Living Foods Lifestyle”.

<https://annwigmore.org/>

Founder of

‘Ann Wigmore Natural Health Institute’
“Our mission is to inspire people around the world to awaken their innate power to heal.

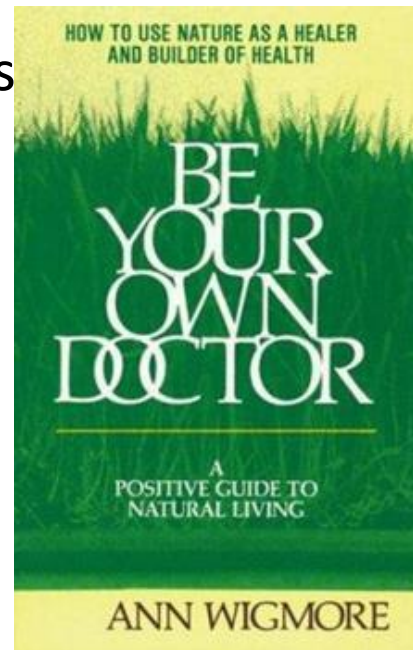
We do this through community support and experiential programs online and at our educational retreat center.”



1909 -1994

The food you eat can either be the safest and most powerful form of medicine, or the slowest form of poison

— Ann Wigmore —



‘Your body is your best guide’

It constantly tells you, in the form of pain or sensations, what’s working for you and what’s not.....

Ann was one of the first to popularize these ideas about [raw food](#) in the US.¹

Freddie Fox



Extracted
F. J. Fox
24 Oct. 1988

**Modern Man:
A Sophisticated Fool**

Though very sophisticated in many things, with regard to understanding and caring for his own body, modern man is still a pitiful fool. How has such a sorry state of affairs come about? How much longer will it, and can it, be tolerated? What a mess of human misery to be healed!

Towards the end of the last century, man finally became aware of the connection between microbes and infective diseases. As a result, he has learned the importance of hygiene in order to prevent unnecessary contamination by bacteria and viruses. In this way, many formerly uncontrollable infective diseases have been conquered or brought under reasonable control in many parts of the world. But in their place, especially in the more developed (civilised?) countries, a host of degenerative diseases have developed instead. For most of these there is still no cure, no great hope for prevention.

The reason for this is that the cause of these diseases is still largely unknown and therefore cannot be prevented or eradicated.....

Remarkable and unbelievable as it may appear, I believe that the answer to many of modern man's health problems has already been discovered and help is available, if only modern scientific, sophisticated man opens his eyes and is willing to recognise it.

The answer may be summed up in two words: Chemical Hygiene.

Read more..... <http://bio-testing.org/news/modern-man-a-sophisticated-fool/>

Metabolism

A basic definition of metabolism is the sum of all chemical and physical processes by which the body breaks down and builds up molecules.

So metabolism can be split into two distinct parts –

1. anabolism which is the building part (e.g. glucose -> glycogen,) and uses energy,
2. catabolism the breaking down part (e.g. digestion) which releases energy.

The whole object of metabolism is so that you can produce energy to live – Nutrition (food) consists of proteins, carbohydrates, and fats. These substances are broken down by enzymes in your digestive system, and then carried to the cells where they can be used as fuel. Your body either uses these substances immediately, or stores them in the liver, body fat, and muscle tissues for later use.

<https://www.deepakchopra.com/articles/is-metabolism-the-key-to-disease-and-aging/>

N.B: Metabolism Overview - <https://www.youtube.com/watch?v=Lf4irlyN1eE>



Deepak Chopra's interview with Dr. Brian Fertig, MD

<https://www.youtube.com/watch?v=XXP4vsH0AEk>

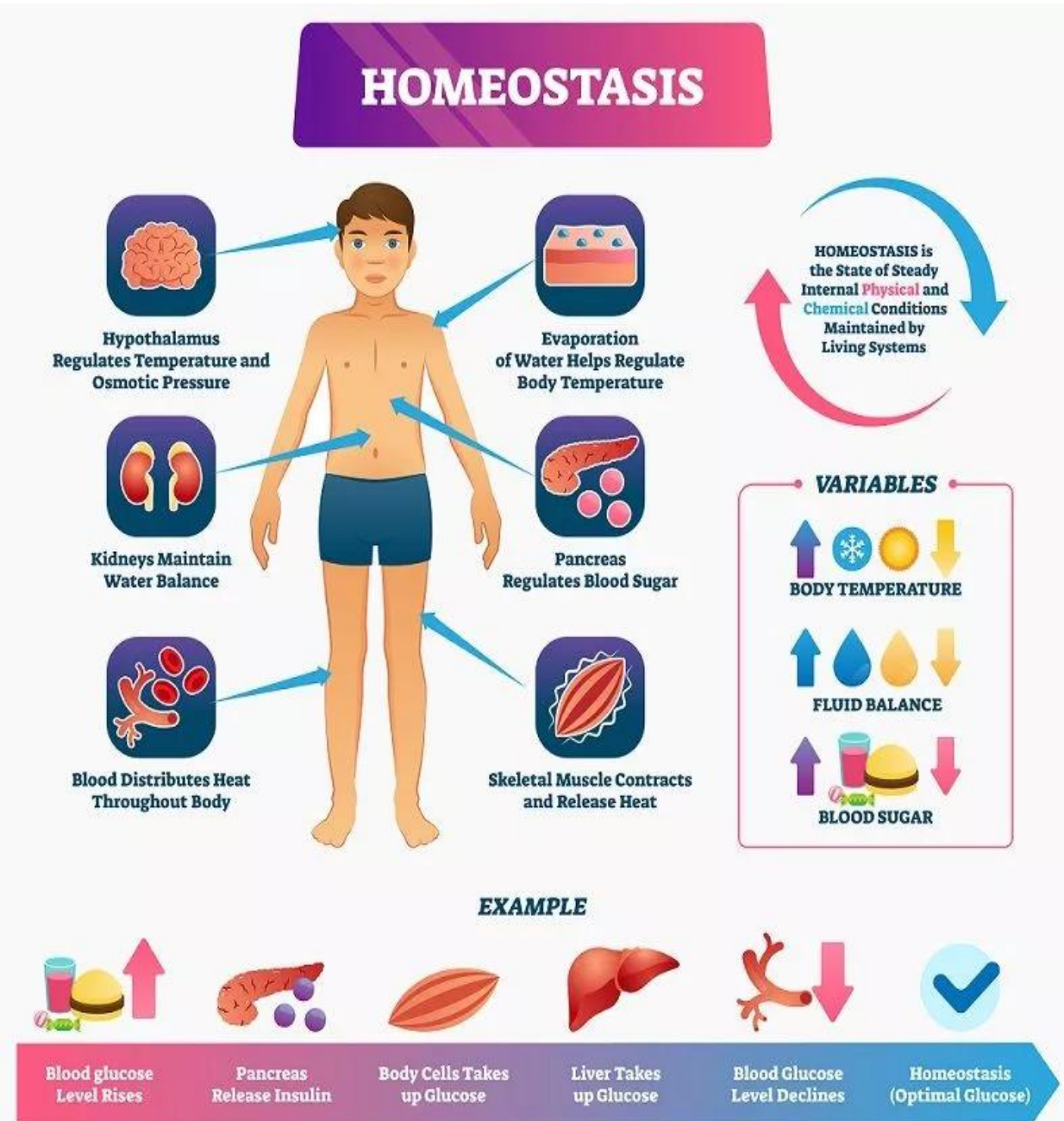
A metabolic disorder occurs when the metabolism process fails and causes the body to have either too much or too little of the essential substances needed to stay healthy. Our bodies are very sensitive to errors in metabolism. The body must have amino acids and many types of proteins to perform all of its functions. For example, the brain needs calcium, potassium, and sodium to generate electrical impulses, and lipids (fats and oils) to maintain a healthy nervous system.

Homeostasis

Maintains optimal conditions for enzyme action throughout the body, as well as all cell functions. It is the maintenance of a constant internal environment despite changes in internal and external conditions.

The importance of homeostasis

Enzymes are proteins that catalyze (speed up) vital chemical reactions inside the body. Enzymes will only function properly under a small range of certain conditions, such as preferred pH and temperature. If any conditions are outside their specific range, then the enzymes cannot function. This could cause the organism to die. Homeostasis relies on automatic control systems that include nervous responses (nervous system) or chemical responses (endocrine system). Receptors and effectors are also needed.



Nutrition

Digestion, absorption, assimilation and elimination

Much like your car, your body needs a **consistent mix of proper nutrients** in order to function. There are two primary categories for nutrients:

Macronutrients: consist of carbohydrates, proteins, fats, fibre, and water.

Micronutrients: consist of vitamins and minerals.

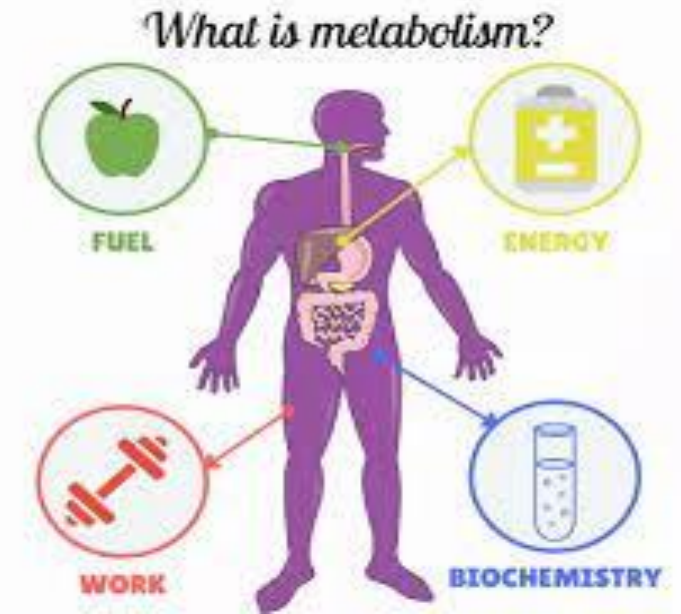
We get a good supply of these nutrients from living food – the digestion, absorption and assimilation of these nutrients depends on many aspects as does the elimination of the waste produced.

Mark Hyman 'Gut Health' Video

<https://www.youtube.com/watch?v=6IRWWWhQK9wU&list=PLA5Z1Q1JnNwa-PnH0B6x9DfM8pxeO4bIX>

<https://ib.bioninja.com.au/standard-level/topic-6-human-physiology/61-digestion-and-absorption/digestive-system.html>

https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRKTb0eaeyKKEqhmMQaI54QJib-eSGBImwNXsWAO46ePIJetKvrwmPjLwGjPHEQqe4_jrU&usqp=CAU



The Metabolism of the different Macronutrients & Micronutrients can be compromisedfor many possible reasons!

Breakout Rooms

Personal introductions

"What nourishes you?"

Discuss

10 mins



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

Faulty Metabolisms

What can cause Faulty Metabolism

- Not Eating the right food
 - Chemical Hygiene
 - Hormone Imbalance
 - Genetic Factors
 - Organ Disorders
- Medication/Medical Procedures
 - Malabsorption Disorders

Freddie wrote much on the issue of Faulty Metabolisms, including illnesses that are related to them they are mentioned throughout the presentation.

Dr. Joseph Mercola in his special Report on 'High Blood Pressure' mentions 'Metabolic syndrome'

“In reality, a number of other factors have been identified as contributing to high blood pressure, including, but not limited to:

- Insulin and leptin resistance.
- Metabolic syndrome. Identified as a group of risk factors that put you at risk for heart disease, diabetes and stroke,.
- Elevated uric acid levels
- Poor nutrition in childhood has been shown to raise the risk of high blood pressure in adulthood
- Lead exposure
- Pollution. - Air - Noise – Environmental.”

Read More:

<https://bio-testing.org/app/uploads/2023/06/high-blood-pressure-special-report.pdf>

Faulty Calcium Metabolism

Calcium is the most abundant mineral in the body. It is necessary to build and maintain strong bones it also carries out many vital functions like muscular contraction, nerve signalling, maintenance of blood pressure, blood clotting, and it also helps in the release of hormones that affect many other functions in the body.



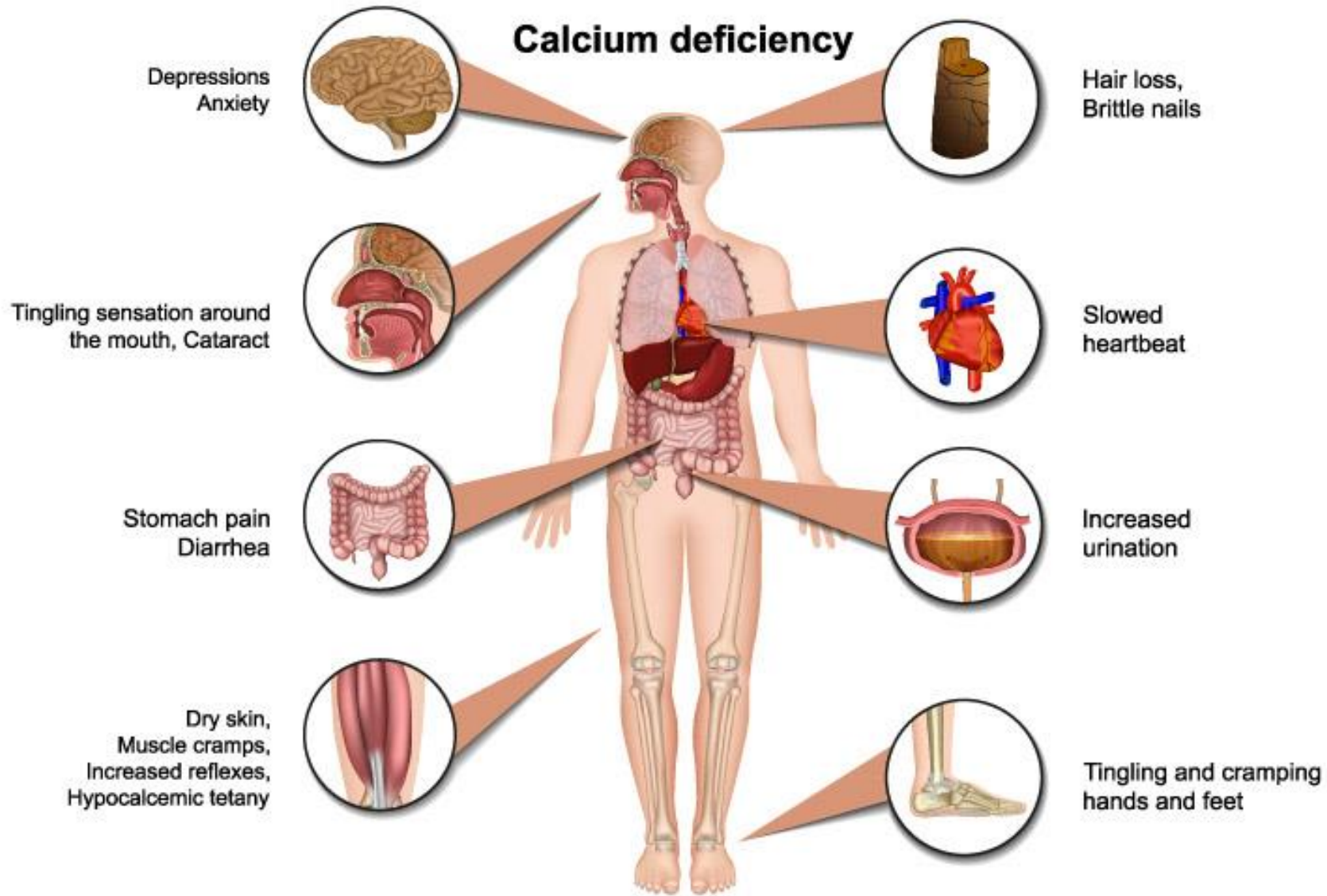
It's important to note that calcium metabolism issues can manifest in different ways, such as low calcium levels (hypocalcaemia) or high calcium levels (hypercalcemia), each having its own set of symptoms and potential complications.



<https://visitweaverville.com/natural-ways-to-keep-our-bones-strong/>

People can have problems with calcium metabolism for various reasons.....

- Vitamin D and Magnesium deficiency: e.g. Magnesium is essential for absorption and metabolism of vitamin D and calcium
- Hormonal imbalances: e.g. parathyroid hormone (PTH), calcitonin, and oestrogen regulate calcium levels in the body.
- Kidney disorders: The kidneys play a vital role in maintaining calcium balance by filtering and excreting excess or waste calcium.
- Medications or medical treatments: Some medications, e.g. certain diuretics or corticosteroids, or medical treatments e.g. radiation therapy can impact the functioning of the parathyroid glands
- Nutritional deficiencies: Inadequate dietary intake of calcium
- Malabsorption disorders: e.g. coeliac disease, inflammatory bowel disease (IBD), or gastric bypass surgery, can disrupt the absorption of calcium from the gastrointestinal tract,
- Genetic factors: e.g. pseudohypoparathyroidism.
- Faulty innervation due to a build-up of toxic substances in the lymphatics – (chemicals or microbes)



Calcium Problems

Having a low calcium level is actually much less common than having high calcium level. This is because if the body detects low levels of calcium circulating in the blood, it will pull calcium out of the bones to compensate. This is all very well for the delicate balance in the bloodstream, but has a detrimental effect on the skeleton, which suffers as a result.

Freddie State's First signs

Calcium Spurs & Deposits on joints

Clicks in any joint – knees, hips. Shoulders and jaw

<http://bio-testing.org/news/lesson-vi-an-approach-to-various-diseases>

Common calcium deficiency symptoms include the following:

- 1. Muscle problems** - muscle aches, cramps and spasms, which might be particularly noticeable in the hands.
- 2. Nerve problems** - confused signals, resulting in numbness and tingling in the hands, arms, feet, legs, or around the mouth. extremely low levels, calcium deficiency can cause fits and irregular heart rhythms because the nerves don't work properly, and this can be life-threatening.
- 3. Fatigue** gives a general feeling of malaise or extreme tiredness and lethargy, with consequent light-headedness and dizziness.
- 4. Mental health problems** mild forgetfulness and confusion, to severe psychosis (seeing or hearing things that are not really there and believing things that aren't true).
- 5. Skin, nail and hair problems** - brittle nails, coarse hair, hair loss and dry skin.
- 6. Bone and tooth problems** bloodstream sends alarm bells to the body, which reacts by drawing calcium out of 'storage' from the bones and teeth. This is a silent process which happens over a long period of time.
- 7. Premenstrual Syndrome (PMS)** increases troublesome PMS symptoms such as irritability, low mood and bloatedness.

Diseases - Freddie's notes

<https://bio-testing.org/news/ii-p42-lesson-vi-an-approach-to-various-diseases/>

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.

Osteoarthritis comes from faulty calcium metabolism. An imbalance between hormones produced by the thyroid and parathyroid glands raises the level of calcium in the blood and tissue fluid too high and then deposits form in joints or other places where there is a focal point of pressure, such as the heels.

<http://bio-testing.org/news/arthritis-a-physiological-approach/>

General Treatment Aim: to enable the body to heal itself.

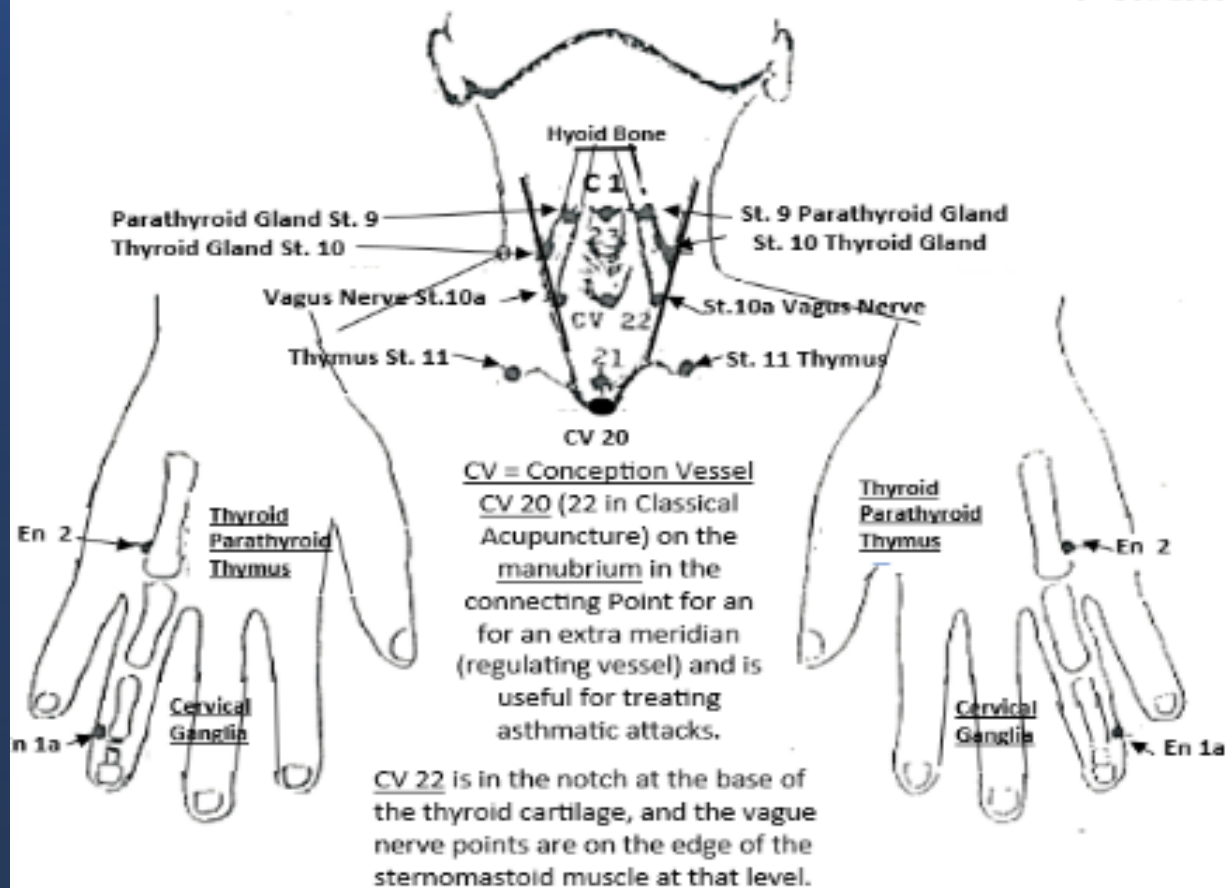
The first line of attack must be to improve the functioning of the kidneys. Most likely this is being impeded by tension in one or both organs. Check the reflex zones in the feet for tension and pain under pressure. Remove this by acupressure and massage. The kidneys must filter from the blood stream excessive uric acid and other toxins which may cause inflammation and deposits in and around the joints. Colourless or light urine is a sign of poor kidney function.

Autonomic N.S.: The THYROID, PARATHYROID & THYMUS GLAND

with related permeable points on the HANDS

©

F.J. Fox, M.D. (Med. Alt.)
21 Halewood Rd,
Liverpool L225 3PH
6th Oct. 1086



CV 23 is in the notch at the top of the thyroid cartilage and serves for determining the level of the St 9 points for the parathyroid glands.

The St 10 points for the thyroid gland are at the creasing points of the sternomastoid and the omohyoid muscles.

The thyroid gland is innervated by the 3 pairs of cervical ganglia which lie immediately in front of the Cervical Vertebrae in the middle and lower parts of the neck. En. 1a is related to all 3 pairs.

The parathyroid gland is innervated by the lower pair of cervical ganglia only.

The thyroid gland secretes thyroxine and calcitonin. The later hormone keeps the level of calcium the blood down to normal.

The parathyroid gland secretes parathormone which raises the level of calcium and serum of the body.

When the two are in balance, Calcium metabolism in the body is normal.

When the two are in imbalance, calcium metabolism is out of balance.

If the levels are too high, calcium spurs and deposits form.

If the level is too low, white flecks appear in the fingernails, and cramps may occur.

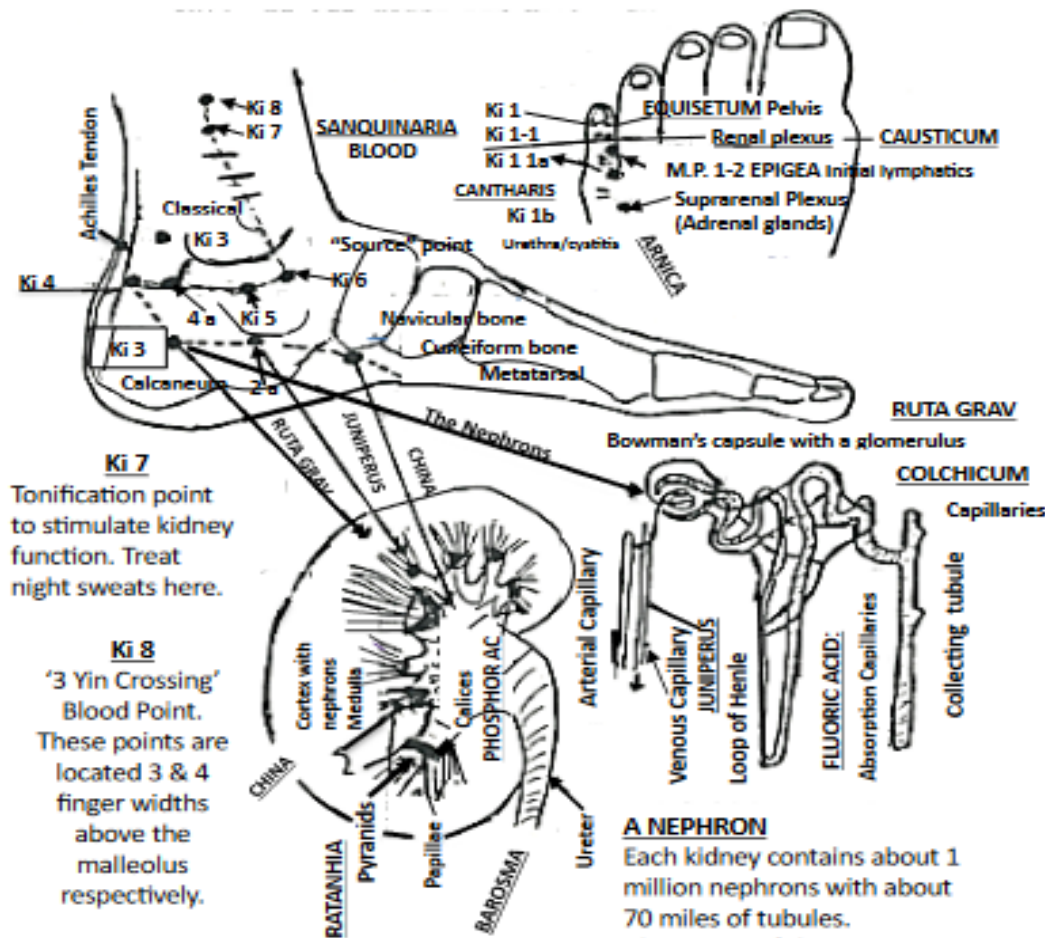
Osteo arthritis is related to faulty calcium metabolism, as in osteo-arthritis.

When the calcium level is too high, calcium is wasted through the liver, passing through the bile ducts into the duodenum. The initial bile ducts may get blocked with calcium. Gallstones may form in the gall bladder.

The cervical ganglia nerve signals are often distorted by the presence of chemicals such as methyl paraben or formaldehyde from shampoo and hairspray, chlorine from soap powders, or metals from the fillings in teeth. These should be massaged down into the bloodstream from the deep lymphatics in the neck.

The KIDNEYS, Related EAV Points and HOMEOPATHIC APPLICATIONS

Source: Measurement Points of electroacupuncture according
To Voll, on the Hands and Feet DM 58
ML Verlag, D3110 Uelsen 1. 1982



Ki 7
Tonification point
to stimulate kidney
function. Treat
night sweats here.

Ki 8
"3 Yin Crossing"
Blood Point.
These points are
located 3 & 4
finger widths
above the
malleolus
respectively.

A NEPHRON

Each kidney contains about 1 million nephrons with about 70 miles of tubules. About 90% of the water absorbed at the heads of the nephrons is reabsorbed.

EAV points of the Kidney meridian in the foot

CHINESE Ki 1 /: **IPECAC** Lymph / Nausea
Renal Pelvis

- Ki 1-1 **CAUSTICUM** Renal plexus Master Point **EPIGEA Initial lymphatics**
 Ki 1a **CANTHARIS** Urethra / cystitis
 Ki 1b **ARNICA** Cortisone secretion **Suprarenal Plexus** (for the Adrenal gland)
 Ki 2 **CHINA** ---Reabsorption - Calices, papillae, pyramids
 Ki 2a **JUNIPERUS** The Medulla with collecting tubules.
 Ki 3 **RUTA GRAV** Renal cortex with the nephrons
 Ki 4 **RHUS TOX** Rectal plexus for lower and mid rectum *
 Ki 5 **ANGUS CASTUS** Anal canal, Source point
 Ki 6 **HIPPOZAENUM** Rectum
 (Classical Ki 3 - Source point. Balance kidney & bladder)

Check the right kidney (nephrons Ki 3 or renal plexus K1 1-1) for:

Methyl and formaldehyde
Fluoride
Salicylic acid
Monosodium Glutamate
Carbon Black
Bromide

Check the left kidney for:

Chloride
Benzoate
Dandruff chemical
Iodine

+ In clients with reversed polarity, the drift of these chemicals is also reversed.

N.B. If the reading for the nephrons is low, first check the renal plexus to see whether it is also low in energy. If so, the renal plexus should first be cleared with lymph drainage exercises. Otherwise, the antidotes will register only on the renal plexus, not the nephrons. If the renal plexus cannot be cleared, amplify the antidotes 5x or use D 30 homeopathic antidotes. The discovery of the right and left drift phenomenon is from my own experience. Likewise, the various chemicals that drift to the right and left kidney respectively. (F.J. Fox)

*Ki 4 is the Classical point for treating hyper- emotionalism.
It is the Lo-point (branch Point)

Faulty Protein Metabolism

What are the disorders of proteins?

Following are the disorders of deficiency of protein in a person:

1. Hair, nail and skin problems
2. Reduced muscle mass
3. Increased possibilities of bone breakage and fractures
4. Increased calorie consumption and a bigger appetite
5. Impaired immune system and increased chances of getting infected
6. Weight gain
7. Fatty liver
8. Retarded development in children

Extract from Freddie's Paper:(ii) p55 Hay Fever and Sinusitis (A Physiological Approach)

“The immediate problem with hay fever is that the sufferer is allergic to protein landing on the mucous membranes of the nasal passages. The chief sources of these proteins is pollen. Normally, such proteins are neutralised immediately by protein digestive enzymes called protease. The main source of protease is in the pancreas. Allergy to proteins indicates a fault within the pancreas.”

Further Reading:

<https://www.jacquizins.com/blog/seasonalallergies>

PROTEIN DEFICIENCY DISEASES



SWELLING



FATIGUE



SKIN PROBLEMS



IRRITABILITY



MUSCLE WASTING



INFECTION



HAIR & NAIL



BONE FRACTURES



CALORIE INTAKE



KIDNEY PROBLEMS



HEART PROBLEMS

Protein Deficiency

<https://rebootwithnature.in/wellness/protein-deficiency-diseases/>

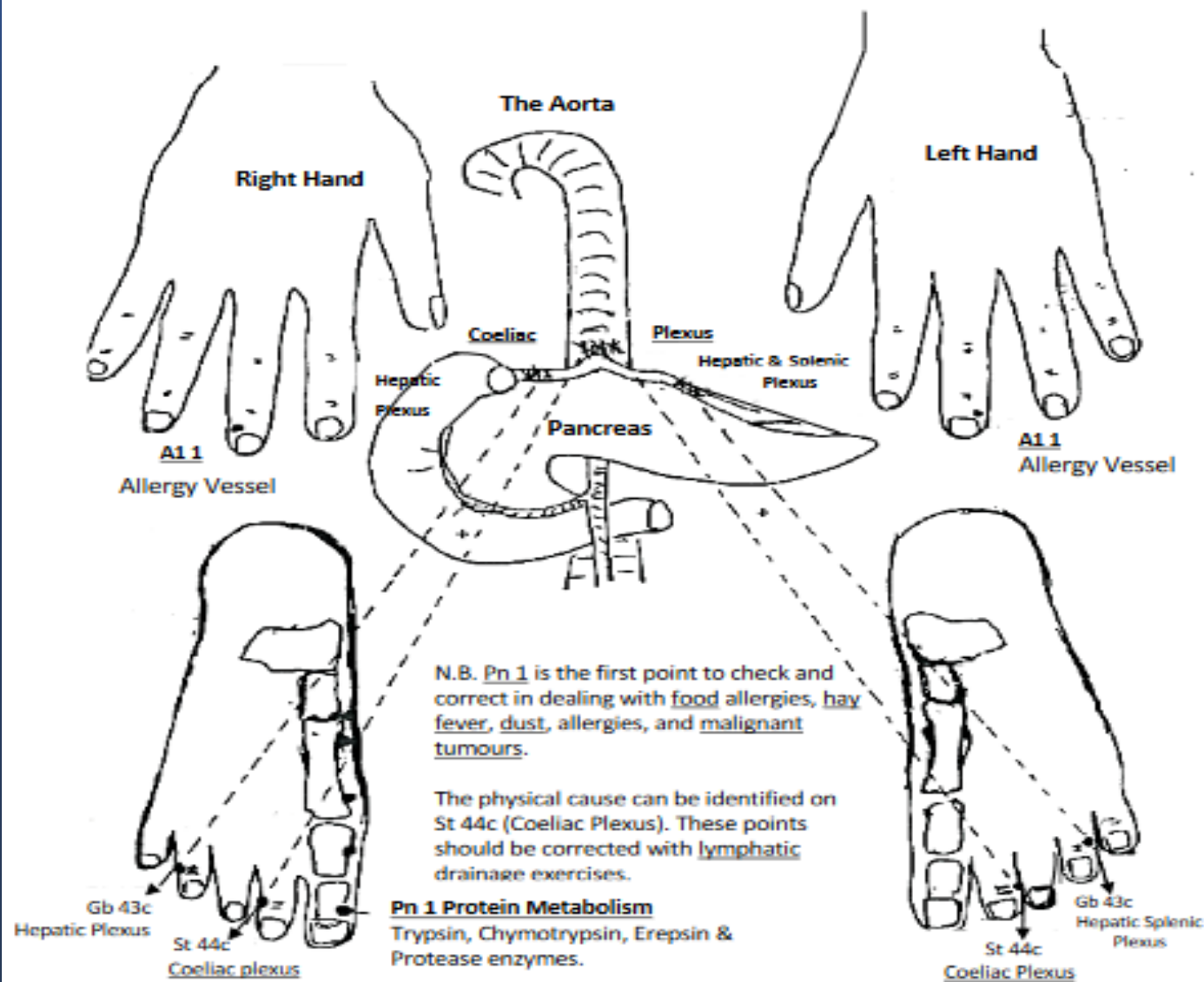
Notes*

Most food allergies seem to be caused by faulty physiology of the pancreas. This in turn is caused by faulty innervation due to interference with the autonomic nerve signals from various plexuses that control the production of enzymes by the pancreas. In the case of allergies to proteins, it is the signals from the coeliac and /or hepatic plexuses which are distorted or suppressed. * The interference comes from one or more chemicals in the deep lymphatics near the plexuses. * Their magnetic oscillations interfere with the magnetic oscillations given off by signals from the plexuses. * Therefore, the pancreas does not produce or secrete sufficient enzymes to ensure normal metabolism. *

The enzymes secreted by the pancreas enter the duodenum where they break down (digest) the foods we eat. The protein enzymes break down ordinary protein into various amino acids, the raw material with which the body, especially the liver, synthesises various combinations into new proteins. Nine kinds of amino acids are essential in our food, and a food which contains them all is a complete protein food. Milk, eggs, cheese, meat, fish, lentils are such. The liver synthesises at least 13 other amino acids.

Milk and its products provide very compact, complete protein necessary for basic body building and requires the full complement of pancreatic enzymes for its proper digestion. It is perhaps the most common food to which people are allergic, and its avoidance can often bring speedy relief to allergy sufferers. However, after the pancreas has recovered its normal functioning, there should be no difficulty with dairy products anymore.

Protein enzymes enter the blood stream and should flood the entire body. Especially, they should provide a protective layer on the surface of the skin and mucous membranes to digest any bits of protein, such as pollen, which land there. Otherwise, a reaction may set in. Hay fever is one manifestation of this.



N.B. Pn 1 is the first point to check and correct in dealing with food allergies, hay fever, dust allergies, and malignant tumours.

The physical cause can be identified on St 44c (Coeliac Plexus). These points should be corrected with lymphatic drainage exercises.

Pn 1 Protein Metabolism

Trypsin, Chymotrypsin, Erepsin & Protease enzymes.

PLATE A: PROTEIN

PROTEIN METABOLISM

The relationship between PN 1, the coeliac plexus (St 44c), the hepatica plexus (Gb 43c) and the Allergy meridian (All 1)

Pancreas lymphatics
KALI BICH

Protein Metabolism
Hepatic plexus
DULCAMARA

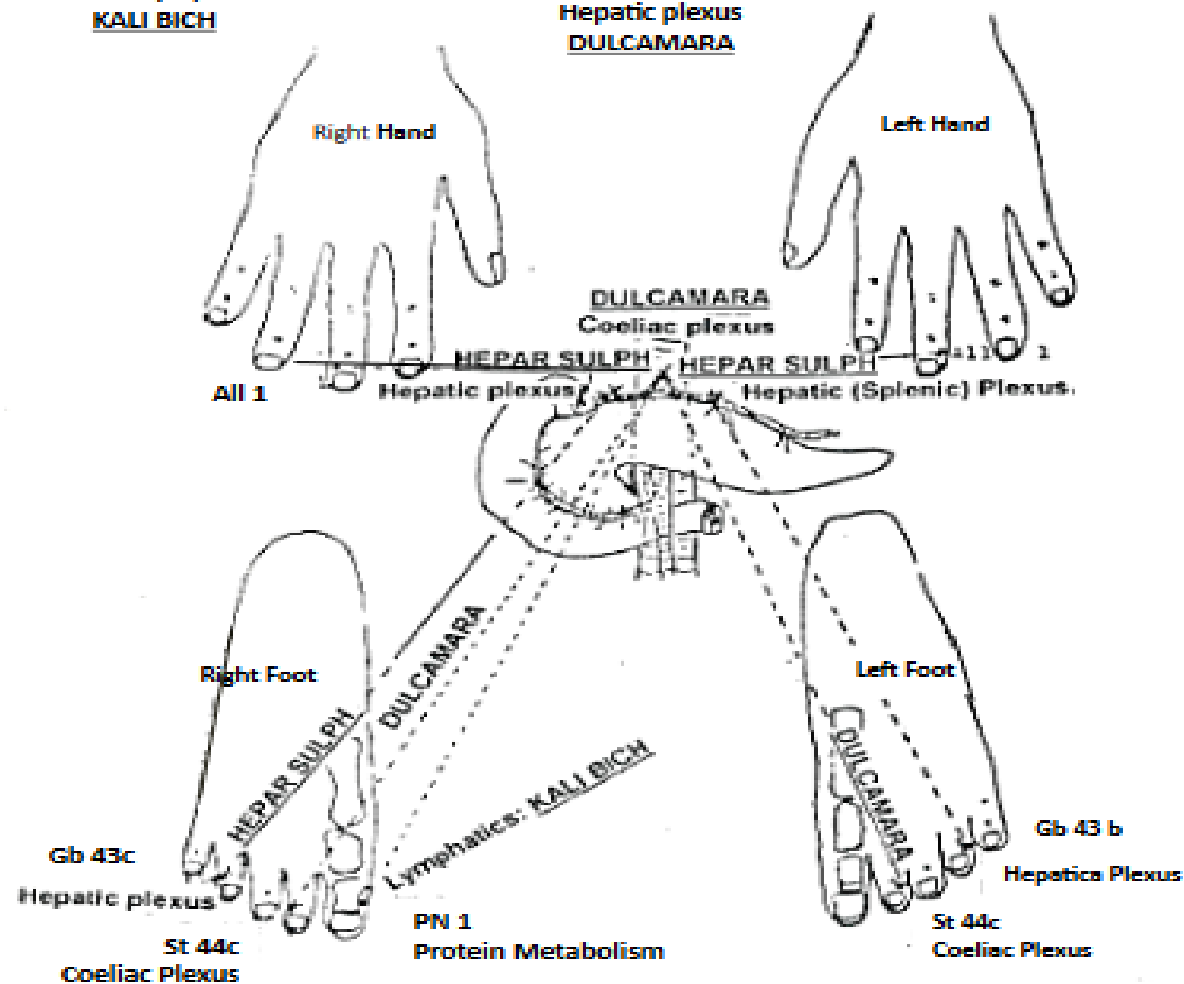


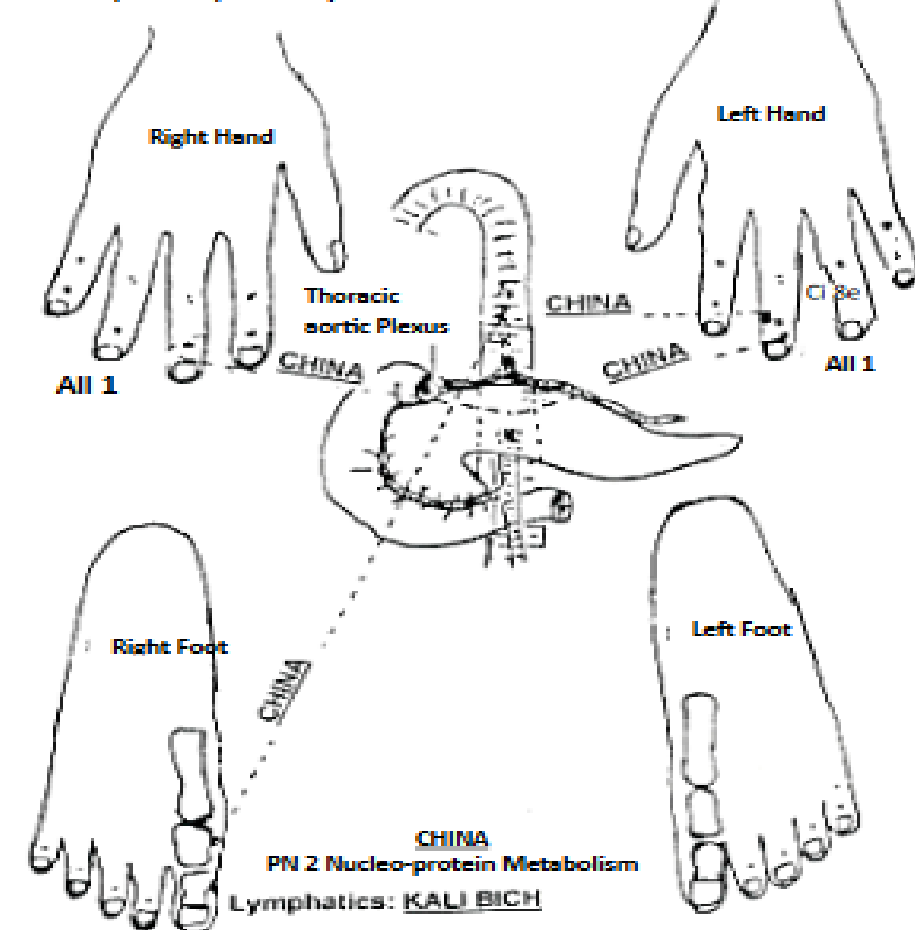
PLATE B: NUCLEO-PROTEIN

URIC ACID METABOLISM

The relationship between PN 2, the thoracic aorta plexus (Ci 8e Left) and the Allergy Meridian (All 1)

Nucleoprotein (uric acid) metabolism

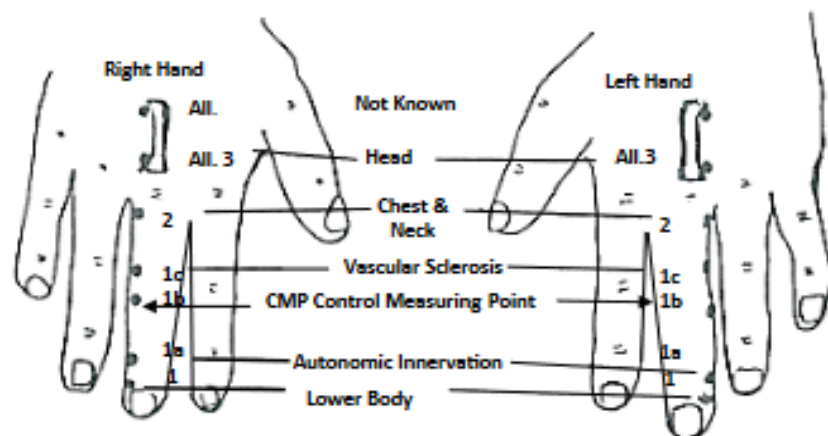
CHINA



THE ALLERGY VESSEL according to R. Voll, M.D.

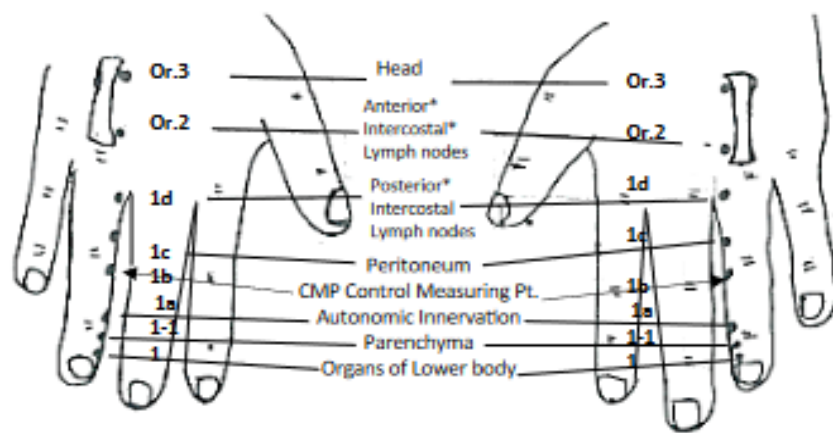
Sources of Notes: The 850 EAV Measuring Points of the Meridians and Vessels Including the Secondary Vessels.

Med. Lit. Verlage. Uelzen 1983



THE ORGAN VESSEL according to R. Voll, M.D

Source of information as above. Some modifications* by F.J. Fox from experience.



Notes

ALLERGY VESSELS

The Unknown: Perhaps the scalp?

Head: skin, mouth, nasal cavities, paranasal sinuses.

Upper portions of the body including the chest, neck and arms. Skin rashes. Psoriasis. Acne.

Vascular Sclerosis: check for calcium, trans fats and cholesterol.

Autonomic Nervous system

Lower Body: abdominal and pelvic organs. (burdening of the pancreas registers here&) Skin of the lower body and legs.

ORGAN VESSELS

Head: (Foci in ventricles, brain stem, hypothalamus, pineal and pituitary glands) *

Anterior Intercostal Lymph Nodes: * each side of the sternum. Drain thymus, heart and lungs. (Voll: organs of chest and neck)

Posterior Intercostal Lymph Nodes: * each side of the spinal vertebrae. If spasm occur here, check the corresponding associated organs of the chest (lungs, circulation, heart, Cardiac Ganglia and Thoracic Aortic Plexus (Blood), diaphragm).

Peritoneum:

CMP

Autonomic

Parenchyma

Lower Body: abdomen and pelvis.

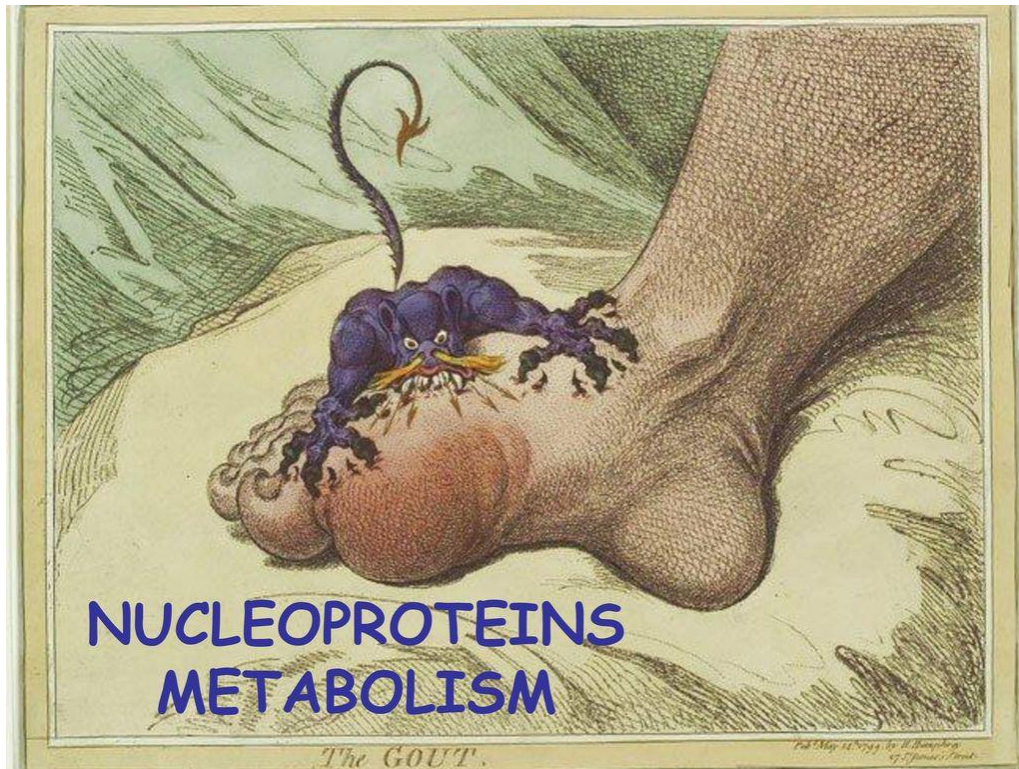
© 10 June 1988

F.J. Fox M.D. (Med. Alt.)

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Liverpool L25 3PH U.K

Faulty Nucleoprotein Metabolism



<https://bio-testing.org/app/uploads/2023/06/ii-p42-Lesson-VI-An-Approach-to-various-diseases.pdf>

1. Simple arthritis and polyarthritis are brought about by faulty nucleoprotein metabolism resulting in the formation of too much uric acid, which the kidneys are not able to excrete and which therefore crystallise in muscles and joints where the circulation is under par. Self-healing can be initiated by lymph drainage exercises to clear the autonomic nerve supply to the pancreas so that it can freely secrete the enzymes necessary for proper uric acid conversion to urea and urates for excretion by the kidneys and to stimulate the kidneys so that they can better cope with their task of filtering the blood.

TOP CONDITIONS ASSOCIATED WITH HIGH URIC ACID LEVELS



Gout



Diabetes



Fatty Liver Disease



Hypertension



Cognitive Decline



Kidney Disease



Osteoarthritis



Osteoporosis



PCOS

DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

Faulty
Nucleo
Protein
Metabolism

<https://drjockers.com/uric-acid/>

A Key Player in Cardio, Brain, and Metabolic Diseases & Polycystic ovary syndrome (PCOS)

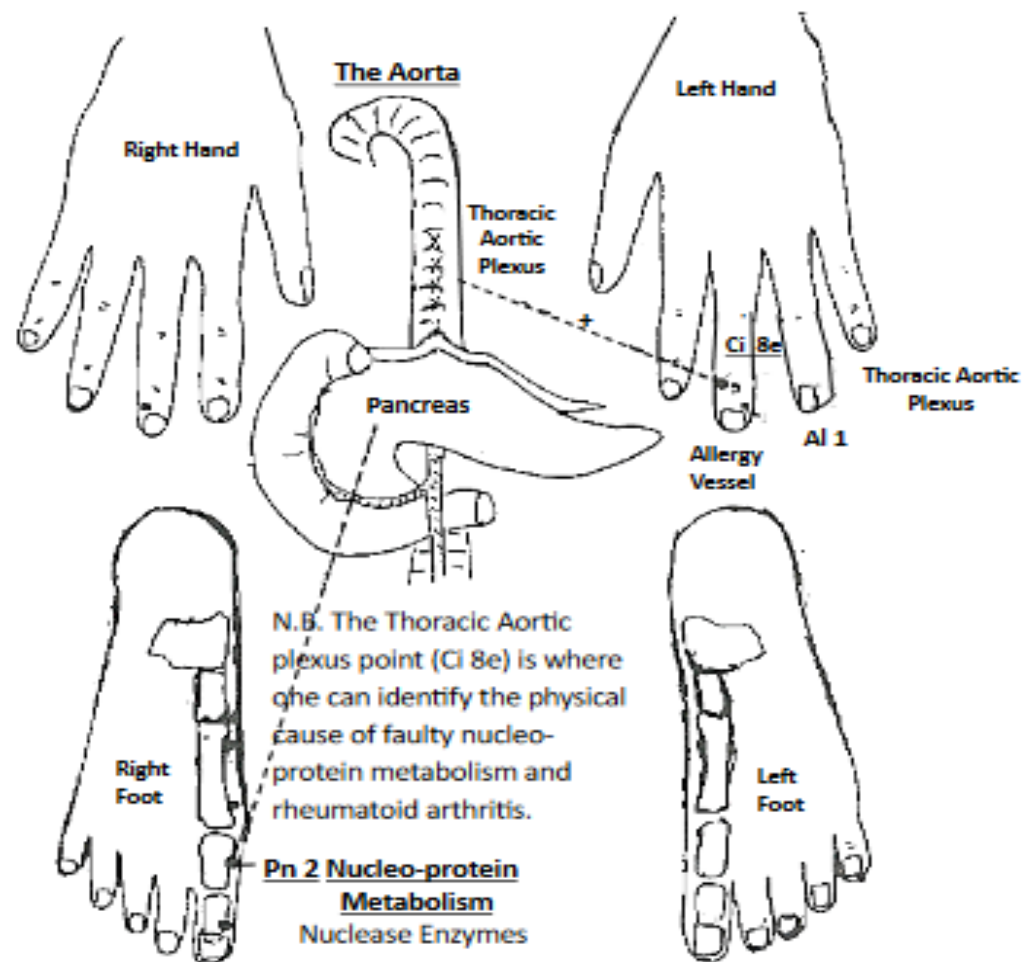
The PANCREAS: NUCLEO-PROTEIN (URIC ACID) FIUNCTION

and Related Permeable points on the HANDS AND FEET

according to R. Voll, M.D. and F.J. Fox⁺

© F.J. Fox,
21 Halewood Rd.,
Liverpool L25 3PH
27 Oct. 1986

Notes +



Rheumatoid arthritis develops from faulty, incomplete, nucleo- protein metabolism. Uric acid, an end product of nucleo-protein metabolism is not converted into urea and various urates as efficiently as it should, and therefore builds up in the body tissues, especially where there is poor circulation because of injury, faulty innervation, or loss of energy because of an energy relationship with a malfunctioning organ of the body. Excessive uric acid may also build up in the bloodstream because the kidneys are inadequate to handle it. Then deposits of uric acid crystallise trigger off a protective response from the immune system. This causes the inflammation which is so painful.

Rheumatoid arthritis can be brought under control and the body can usually recover from it if the thoracic aortic plexus is cleared so that its signals can reach the pancreas undiminished. These will ensure that sufficient enzymes are produced for complete metabolism.

Clearance of the nerve plexus is achieved by lymph drainage exercises or remedies. The offending chemical(s) should be identified so that the patient can avoid it by practicing chemical hygiene.

The most common chemical seems to be chloride from soap powders which remains in clothing. Mercury from dental fillings is also a frequent cause. Also, benzoin, a preservative used in many kinds of soap in bar form. Lead from gas or petrol and cobalt from clothing (blue colour, certain elastic) can also be cause.

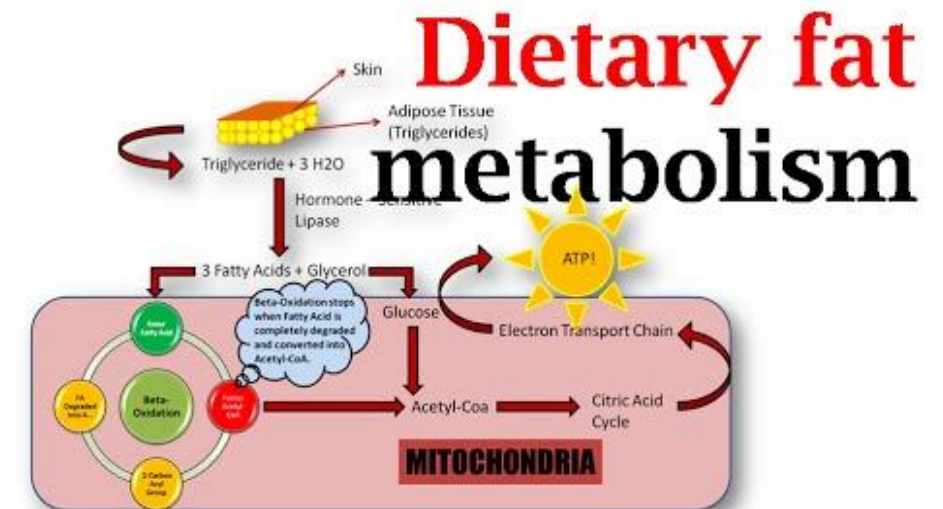
Vitamin B1 (thiamine) helps to tune the pancreas once the innervation has been corrected, and it can be a great help towards relieving pain and stiffness in the joints.

Faulty Fat Metabolism

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

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.

Read on...[ii-p16-faulty-fat-metabolism-and-related-diseasea](#)



Extracted::

<https://i.ytimg.com/vi/XVEFRWEDLzo/hqdefault.jpg>

Negative energy balance



Poly - rough and scaly skin, dermatitis



Impaired growth



Increased chronic disease risk



Impaired wound healing



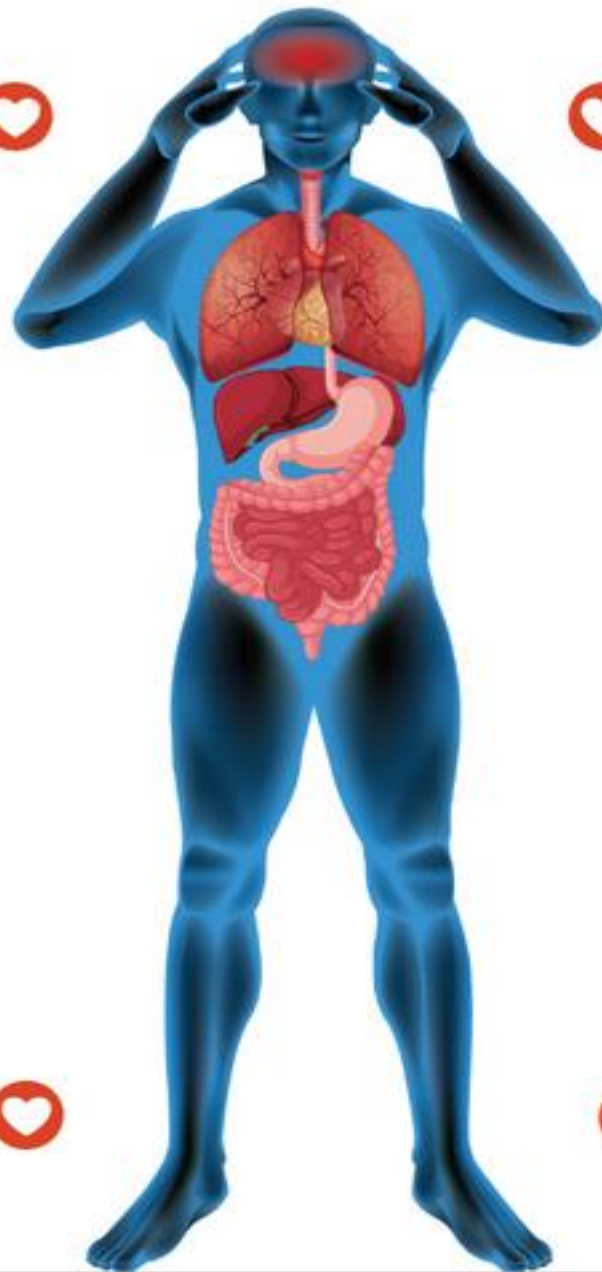
Hemorrhagic dermatitis



Diarrhea in children



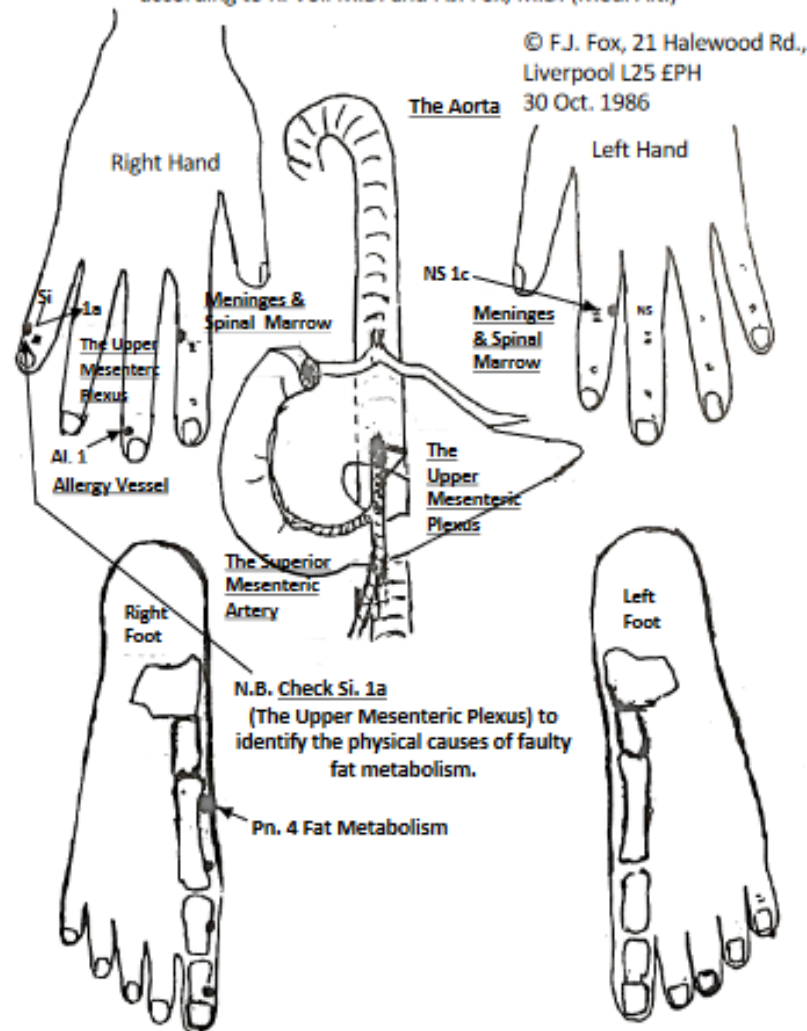
Change in glucose/insulin metabolism



Faulty Fat Metabolism

The PANCREAS: FAT METABOLISM FUNCTION

and related permeable points on the hands and feet according to R. Voll M.D. and F.J. Fox, M.D. (Med. Alt.)



Notes +

Enzymes from the pancreas, assisted by bile from the liver, break down fats into **glycerine** and **fatty acids**. **Saturated** fatty acids have their full quota of hydrogen; **unsaturated** fatty acids have empty links which are filled by the process of hydrogenation, thus hardening them, and the process of oxygenation, which causes them to go rancid. Certain unsaturated fatty acids are essential for health (**2-4% of the diet**), but an excess, perhaps more than 10%, may be harmful. (R. Passwater: *Supernutrition for Healthy Hearts* p.80 Jove Books 1978).

Saturated fatty acids are converted to **acetic acid** and together with glycerol are consumed, like sugar, as fuel.

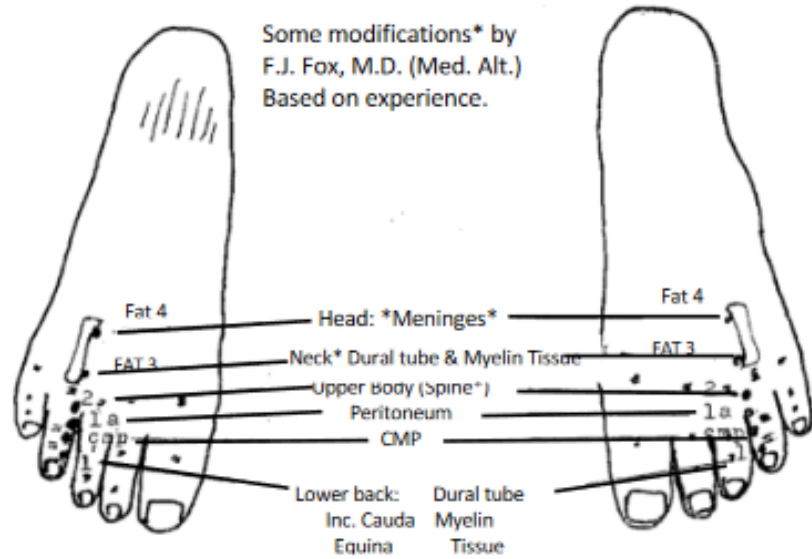
Unsaturated fats go through complex metabolic stages to provide the **raw materials for cellular membranes** and **prostaglandins**, (a great variety of hormonelike chemicals essential for contraction of smooth muscle tissue).

It is my experience that faulty fat metabolism almost inevitably leads to a deterioration of **the meninges** (the triple layers of fatty tissue around the brain and spinal cord) and/or that this registers on the fatty tissue vessel either as inflammation or degeneration. The spinal marrow and meninges are involved in all cases of **Multiple Sclerosis, Upper and Lower Motor Neurone Syndrome** and other diseases of the **central nervous system**. +

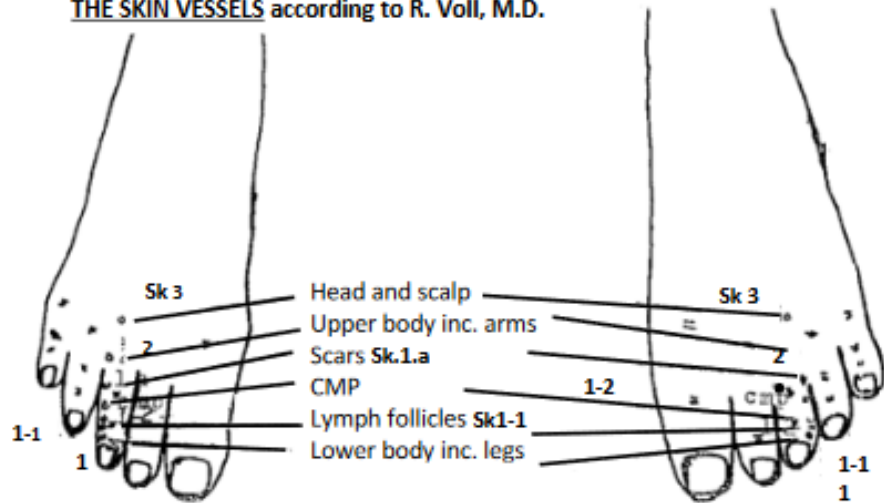
Vitamin B6 (pyridoxine) seems to correct the signals from the Superior Mesenteric Plexus. + and **PABA (para-aminobenzoic acid)** tunes the meninges. + **Vitamin B15 (Pangamate)** helps clear fat from the liver cells, metabolizes stored fat, and clear cholesterol from the liver. (*Supernutrition* p.123)

The most common causes of faulty fat metabolism are **silver, fluoride, mercury**, and other chemicals in the deep lymphatics near the lower mesenteric plexus, and **highly processed fats** (trans-fats) in the lymph cistern which is near the plexus. +

THE FATTY TISSUE VESSELS according to R. Voll, N.D



THE SKIN VESSELS according to R. Voll, M.D.



NOTES *

FATTY TISSUE

Although Dr. Voll includes fatty degeneration of any organ of the body in these vessels, I find them mostly related to the fatty tissue of the meninges, Dural tube and myelin tissue of the nervous system (mainly central).

Whenever an indicator drop registers on the meninges, etc. points (Ne 1c) **check pancreas and superior mesenteric plexus.**

The approximate areas of sclerosis in the central nervous system can be located on the Fatty Tissues Vessels on the feet.

Fat 4 seems to pertain to the cerebrum & cerebellum.

Fat 3 seems to include the brainstem and the cervical area spinal cord.

Fat 2 includes the spinal cord of the thorax.

Fat 1 includes the spinal cord of the lumbar spine (inc. L2) and the "cauda equina" of the lower back to the coccyx.

SKIN VESSELS

It is highly recommended that all scar tissue on the body be polarized early (first treatment) because scars can cause quite serious stress and interfere with energy flow through adjacent meridians and affect related organs of functions

Faulty Carbohydrate Metabolism

<https://bio-testing.org/news/diabetes-mellitus-hypo-insulinism-hypoglycaemia/>

Just as no river can flow higher than its source, so the energy levels of the corresponding part of the pancreas and of the Islets follow suit. This appears to impair the pancreas' ability adequately to produce and replace insulin as it is secreted by the Islets. Hence the insulin shortage in diabetes and hypo-insulinism. In true diabetes, it is presumed that the Beta cells have actually degenerated and perished; hence no recovery is possible.

“The task of maintaining normal levels of glucose (simple sugar) in the blood is a very complicated one; but the average 35-50 units of insulin that the average adult secretes into the circulation every day are a principal factor. Insulin is produced by the Islets of Langerhans, about 1.5 million of them clustered on the wall of the pancreas. More specifically, it is produced by the beta cells that form about 75% of the mass (about 1 gramme) of the Islets. Whenever absorption of glucose from the gut exceeds its use as fuel for the production of energy, insulin is required to enable body tissues, especially the liver and muscles to absorb glucose to replace what is being consumed as energy, or to be stored as glycogen for future needs. Insulin likewise enables fat cells to absorb glucose and fatty acids and store them as fat for future needs. Thirdly, insulin enables body tissues to absorb amino acids to build or replace protein in the cells. Diabetes stems from a gross shortage.”

Carbohydrates

Quick video....

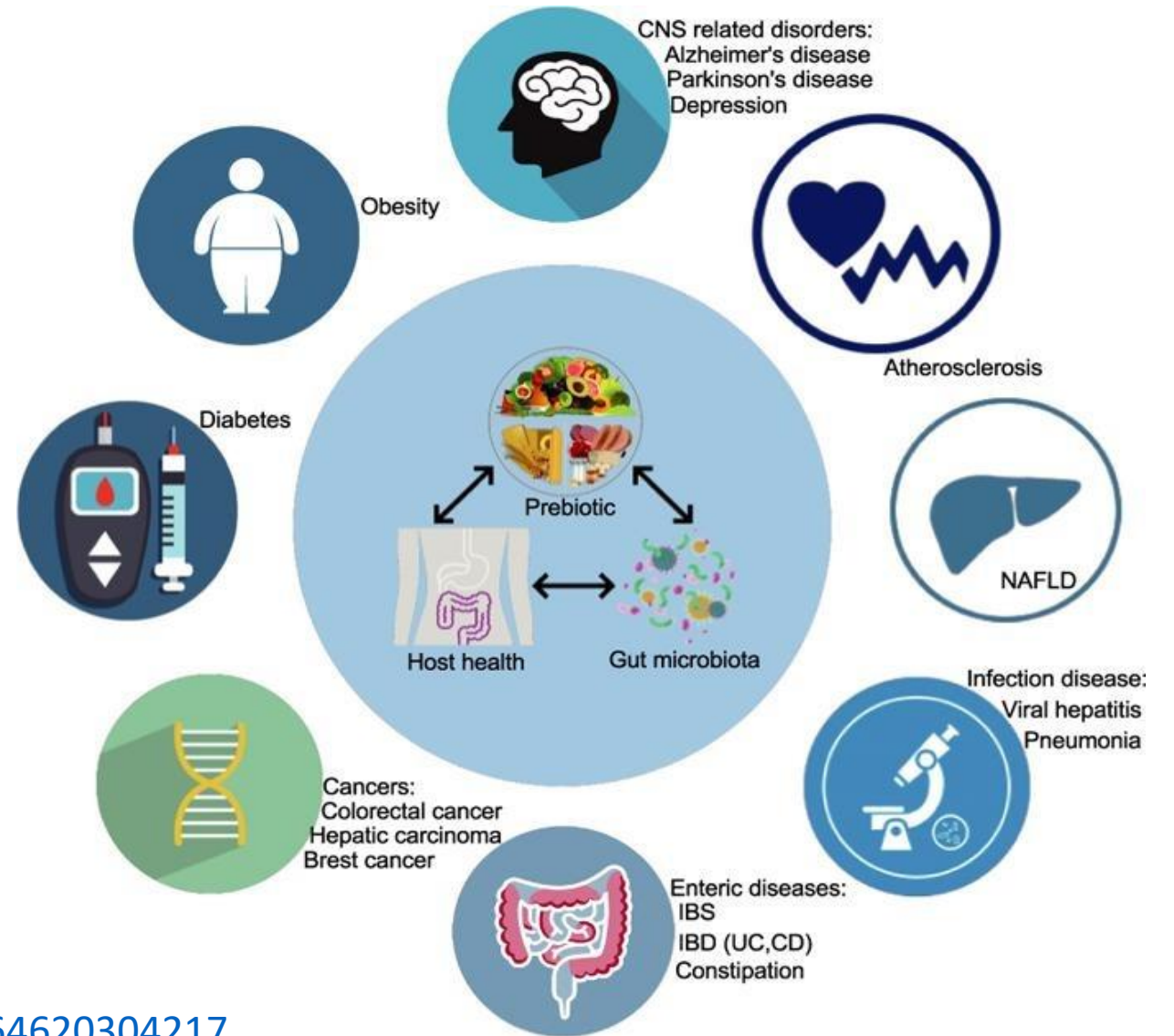
Carbohydrate Digestion And Absorption - Carbohydrate Metabolism

<https://www.youtube.com/watch?v=wgZyNW1dVxA>

Resource: Role of Carbohydrates in the body

<https://www.sciencedirect.com/science/article/pii/S1756464620304217>

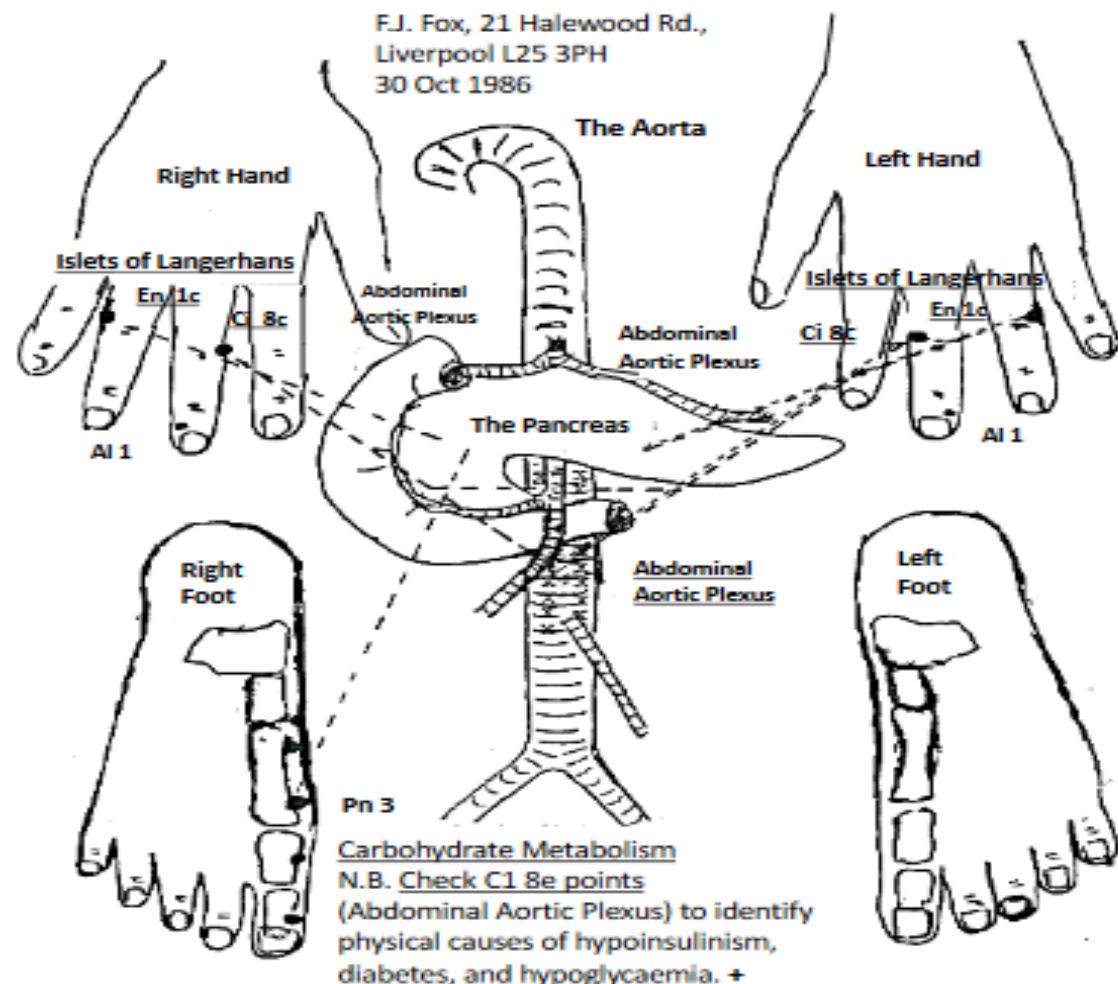
Faulty Carbohydrate Metabolism causes.....



The PANCREAS: CARBOHYDRATE METABOLISM FUNCTION

And related Permeable points on the Hands and Feet
According to R. Voll, M.D. and F.J. Fox* M.D. (Med. Alt.)

F.J. Fox, 21 Halewood Rd.,
Liverpool L25 3PH
30 Oct 1986



Notes +

The carbohydrate function of the pancreas is both exocrine and endocrine.

The exocrine function is to secrete the enzymes needed to break down starches into sugars, and complex sugars into simple sugars, and ultimately into glucose, to provide fuel for energy throughout the body except for the heart which uses on fat for fuel.

The endocrine function of the pancreas is to secrete two hormones from the islets of Langerhans on the surface of the pancreas: insulin from the beta cells to facilitate absorption of glucose from the blood by the body cells so that it can be used as fuel or stored as glycogen (a starch); and glucagon, which dissolves glycogen so that it can be released into the blood stream from the liver and muscles cells to maintain a healthy level of glucose in the blood. (Other hormones, adrenaline, and thyroxine, assist in the breakdown of glycogen; and the corticosteroids synthesize glucose from protein.)

A shortage of insulin allows excessive glucose to build up in the blood and then still out through the kidneys even though the cells are being starved of it. Excessive secretion of insulin and/or a shortage of glucagon lead to a shortage of glucose in the blood, viz. hypoglycaemia.

The main cause of faulty carbohydrate metabolism seems to be chemicals in the deep lymphatics near the abdominal aortic plexus. The chief chemicals seem to be: chloride or fluoride from soap powders, carbon black from dye in black leather (belts, wallets), silver and copper buckles, cobalt from elastics and blue jeans.

Some signs and symptoms: ulcers in the lower legs; unusual thirst; fragile skin; lack of energy, irritability. A drop in energy soon after a meal may indicate hypoglycaemia.

The normal amount of glucose in the blood is about 0.1%.

A shortage immediately impairs the efficiency of the brain. A severe shortage may cause an epileptic fit.

PLATE VI

NUCLEO- PROTEIN (URIC ACID) METABOLISM:

The relationship between PN 2, the thoracic aorta plexus (Ci 8e Left) and the Allergy Meridian (All 1)

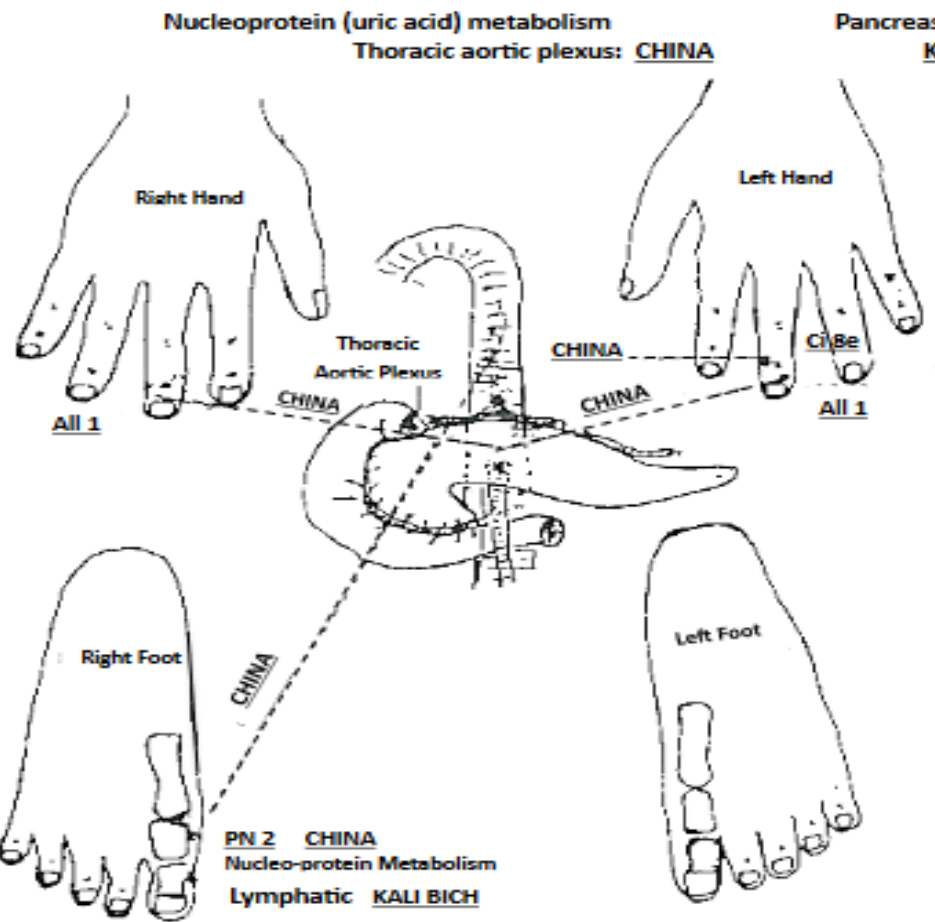
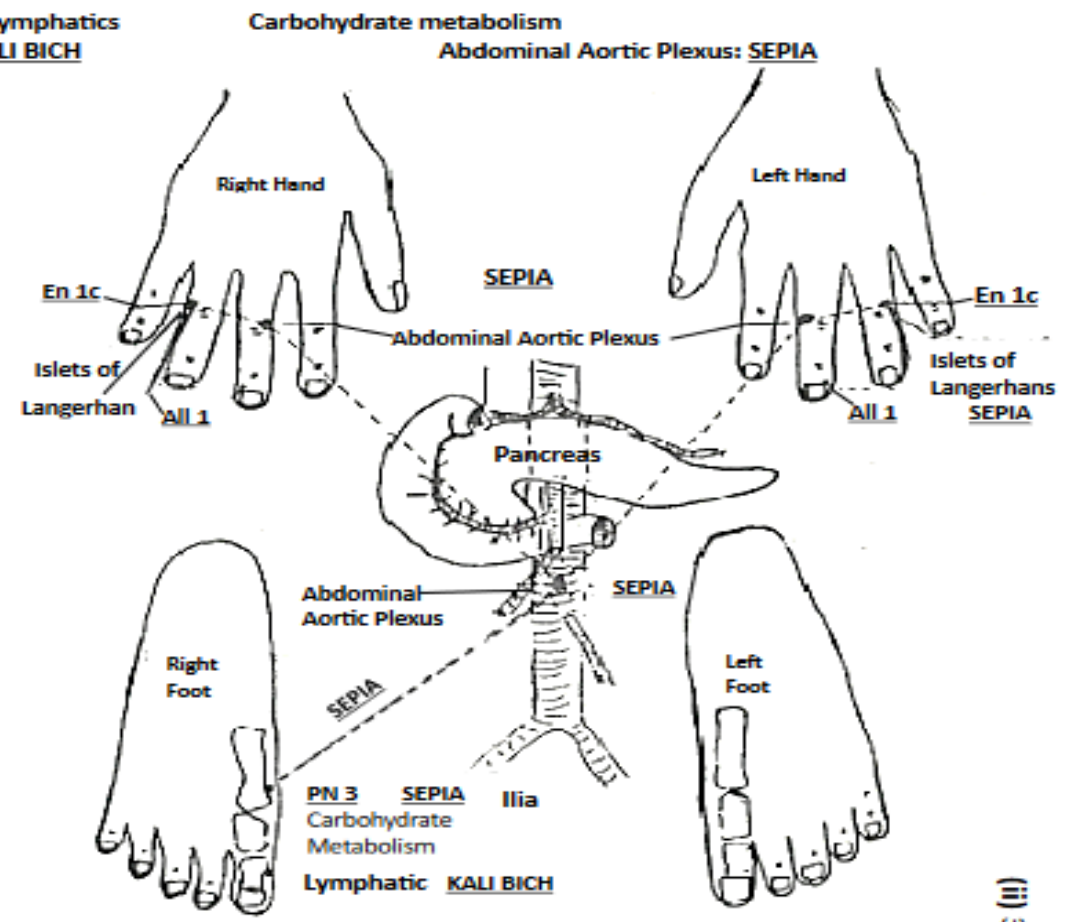


PLATE VII

CARBOHYDRATE METABOLISM: The relationship between PN 3, the thoracic aortic plexus (Ci 8c) and the Islets of Langerhans (En 1c) also the allergy vessel (All 1)



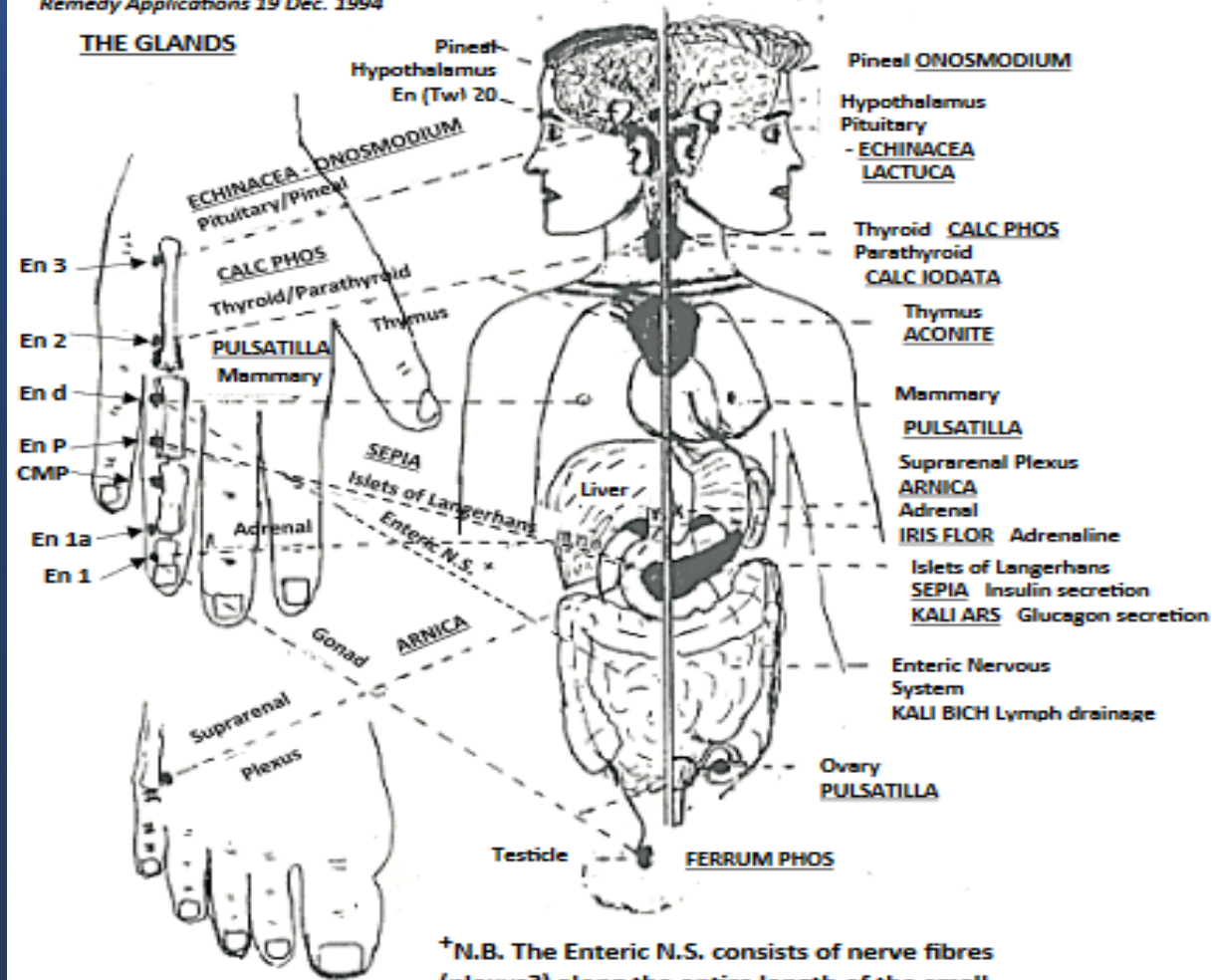
The ENDOCRINE SYSTEM, EAV Points & HOMEOPATHIC APPLICATIONS

HANDS, FEET & HEAD according to R. Voll, M.D. Additions + F. J. Fox

© F.J. Fox, 21 Halewood Rd. Liverpool L25 3PH 1 Dec. 1986

Remedy Applications 19 Dec. 1994

THE GLANDS



*N.B. The Enteric N.S. consists of nerve fibres (plexus?) along the entire length of the small intestine. It controls peristalsis and the absorption of nutrients.

Notes

The Pineal gland may influence pituitary/medullary adrenal/gonad function.

The hypothalamus is the main regulator of the endocrine system via the pituitary gland. It secretes release hormone for the anterior lobe, and control hormones for the posterior lobe of the pituitary.

The Pituitary secretes hormones as follows:

Anterior lobe:

- Growth hormone (GH) (Somatotropin) → Liver
- Adrenocorticotrophin (ACTH)
- Thyrotrophin (Thyroid stimulating -TSH)
- Prolactin (luteotrophic -LTH)
- Follicle stimulating hormone (FSH)
- Interstitial cell stimulating (ICSH)
- Melanocyte stimulating (MSH)

Posterior lobe:

- Vasopressin (Anti-diuretic: ADR)
- Oxytocin

The Thyroid gland:

- Thyroxine
- Calcitonin

The Parathyroid glands:

- Parathormone

The Thymus:

- T hormone to produce T cells

The Islets of Langerhans produce:

- Insulin
- Glucagon

The Adrenal Glands produce:

- Adrenaline & Noradrenalin (Medulla)
- Glucocorticoids (Cortisol)
- Mineralocorticoids (Aldosterone)
- Sex hormones: androgens & estrogens

The Liver produces: Somatomedins

The testicles produce: androgens (endocrine) / sperms (exocrine)

The ovaries produce: estrogen (endocrine) - /ova - progesterone (exocrine)

Tissue Salts

The five principles of Dr Schuessler's Biochemic Therapy was as follows:

1. Disease does not occur if cell metabolism is normal
2. Cell metabolism in turn is normal if cell nutrition is adequate
3. Nutritional substances for the body are either of an organic or inorganic nature
4. The ability of our body cells to absorb and utilise nutritional material is impaired if there is a deficiency in the inorganic material (tissue salts), constituent of cellular tissues
5. Adequate cell nutrition may be restored, and cellular metabolism normalised by supplying the required tissue salts in a finely divided assimilable forms.

CELLOID THERAPY in brief **Assisting enzymes in metabolism**

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.

MAGNESIUM PHOSPHATE: Co-ordinates 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.

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

Simple Self Help

“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”.

Extracted F.J. Fox

<http://bio-testing.org/news/lesson-vi-an-approach-to-various-diseases/>

(iv) p3 A Decalogue for Chemical Hygiene

<https://bio-testing.org/app/uploads/2022/09/iv-p3-A-Decalogue-for-Chemucal-Hygiene.pdf>

Freddie Fox used the Bach Flower Affirmations – He called it ‘simple psychotherapy’

<https://bio-testing.org/news/bach-flower-affirmations-july-1993/>

“When you look at nutrition from a purely scientific point of view, there is no place for consciousness. And yet, consciousness could be one of the crucial determinants of the metabolism of food itself.”

Deepak Chopra

BT&T Homeopathic Anti-Vaccinosis – Thuja/Silicea

Breakout Rooms



Discussion

*How is your
metabolism?*

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***

Elimination of Toxic Interference

In the paper Freddie wrote in Athens he states...

<http://bio-testing.org/app/uploads/2023/06/iv-P74-Lymph-Drainage-Massage.pdf>

The close relationship between lymphatics and the nervous system is most interesting. .. Interference with nerve signals to any organ of the body easily prevent the organ from working properly. If the organ is the pancreas, allergies, rheumatism, hyperinsulinism and faulty fat metabolism may occur. Over a long period of time, such interference can have devastating effect upon one's health.

A Protocol

<http://bio-testing.org/news/lymph-organ-drainage-exercises/>

Proper lymph function is imperative for a healthy body!

It is very important to keep our filters clear so that toxic overload does not happen in the filters so we must clear our Kidneys, Spleen, Liver and Bile

BT&T use Lymph drainage exercises

Other Lymph Clearing Exercises

Walking

Jogging

Swimming

Rebounding

Skin Brushing

Qi Gong

Body Tapping (BT&T Clearings)

Deepak Chopra 10 Rules

10 Rules for an Ayurvedic Diet

1. Select Foods for Your Dosha Type. ...
2. Eliminate Snacks. ...
3. Eat Until Satisfied, Not Full. ...
4. Consume Whole, Fresh Foods. ...
5. Include All Six Tastes at Every Meal. ...
6. Reduce Ice Cold Foods and Beverages. ...
7. Eliminate Distractions While Eating. ...
8. Stop Eating Three Hours Before Bedtime
9. Favour Herbal Teas Between Meals
10. Eat Your Largest Meal of the Day at Lunchtime



The **Vata dosha** (air and space elements) is by nature cool, dry, light, and rough. Eating foods that counteract those characteristics creates balance. Persons with excess Vata energy will restore balance through foods that are warm (in terms of both temperature and spice), hydrating (such as soups and stews), full of healthy fats (like olive oil, ghee, organic cream, and avocados), and grounding (think dense, healthy comfort foods).

The **Pitta dosha** (fire and water elements) tends toward hot, oily, light, and sharp qualities. Therefore, eating foods that are cool (especially in terms of internal cooling such as is seen with peppermint, cucumber, cilantro, and parsley), astringent (beans, legumes, pomegranate, and green tea), substantial, and mild will minimize the aggravation of the Pitta.

The **Kapha dosha** (earth and water elements) expresses as heavy, cool, oily, and smooth qualities. Eating foods that are light, warm, dry (like beans and popcorn) and rough (think “roughage” such as vegetables) will have Kapha back in balance in no time.

Ayurveda – The six tastes

Sweet: Grounding, strengthening, nourishing

Sour: Cleansing, purifying

Salty: Balancing, regulating

Bitter: Detoxifying, mineralizing

Astringent: Anti-inflammatory, cooling

Pungent: Warming, stimulating

Resource:

<https://chopra.com/articles/10-rules-for-an-ayurvedic-diet>

Mindful Eating

1



Think about if you are eating due to hunger or emotions.

2



Appreciate the time, energy, and resources that went in to your meal.

3



Eat Slowly. Chew multiple times and put down your fork in between bites.

Practice Mindful Eating with T.A.S.T.E.

5



End your meal when you feel satisfied, not stuffed. This might not always mean a perfectly clean plate!

4



Take the **Time** to enjoy the flavors of your meal.

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NC STATE UNIVERSITY

N. C. Cooperative Extension is an equal opportunity provider.

?



*Look deep into nature,
and then you will be
able to understand
everything better”*

Albert Einstein

Dates for your Diary

Next BTTI Zoom Events

AGM

9th July 2023 10am

BTTI & The Environmental Gathering

2nd 'Fluoride Health Discussion'

July 20th 2023 7.30 pm

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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