

## Health Process: Approaches to Restoration and Optimization

*We are cavemen in understanding physiology*

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### ***Health approaches***

*A very good focus is to stop trying to look under every rock and under every tree until you have actually figured out which forest you are in.*

There are essentially two major approaches that exist:

**Approach 1:** treat the person.

**Approach 2:** treat the disease.

The disease based model is the one that we are intrinsically programmed to follow: it is the one that is the most familiar to us from:

- The medical model.
- The herbal model.
- The supplementation model.
- Much of the current homeopathic approach.
- Many modalities.

It is the expectation of 99% of clients that they will be treated for the issue that shows, the illusive magic bullets for every disease as continually profiled in allopathic medicine being the primary origin of this. It is a feature of clients that their expectation is to have a magic bullet from non-allopathic approaches and much of soft, natural healing methods have developed such that their focus is biased towards this aspect.

*Examples:*

1. Clients will go to a nutritionist expecting vitamins and mineral supplements rather than effecting a primary change in their diet.
2. Whilst homeopaths have the ability to work deeply i.e. constitutionally on the foundation of the client the client's expectation many times is to remove the symptom picture.
3. Acupuncture similarly has facility to treat the whole person: however often the core of acupuncture and it's ability to treat the whole person has been subsumed by focusing on treatment of specifics.

It is not to say that this totally wrong and treatment of specific issues does have it's place. For example there is no point in focusing initial treatment on the whole person if they have a random bacterial infection e.g. pneumonia, they have turned blue and they are going to die within a day unless the specific presenting issue is dealt with. There are life threatening circumstances where direct intervention into the presenting issue is crucial. However once a direct presenting issue has been addressed then the foundational reason why it has occurred i.e. the terrain of the body needs understanding and correction. A very clear example may be external food poisoning: there are pathogenic agents that are external and can be so strong that they completely overwhelm a completely healthy system: coli or salmonella food poisoning is an example.

However in the majority of clients the issues are chronic and arise from not:

1. Optimising body functions.
2. Having treatments that support the whole body system.
3. Having a health maintenance programme from a therapist that helps to rebuild intrinsic weaknesses.

The crucial element to recognize is that:

### ***Symptoms are not the issue.***

A client can be symptom free and very ill. The perception difficulty is that our current perception is that illness is only present when there are defined symptoms: a rash, headaches etc. These are in fact the final warnings from the system that has worked its way through a series of subtle messages which have been ignored and it is left with no option but to ring an alarm bell.

### ***Stresses and Terrain***

Modern medicine mirrors the early concepts of Pasteur: his concept was that the agent is all. The agent is an external invader e.g. bacteria, virus that enters the body and attacks it. This is the perceptual basis of the majority of clients and many practitioners – it is not their fault but just that the educational process has promoted this perception. It is strongly linked with taking individual responsibility and taking a wider view this is just part and parcel of individual responsibilities and freedoms being removed. This is most strongly illustrated medically in the USA where vaccinations are mandatory. There are many other examples. However the majority of effective agents already exist inside our body: ecoli is present, Helicobacter Pylori (associated with ulcers) is present as are the majority of natural organ pathogens. They are present because they have a role. They are kept in balance by the terrain. Candida type yeast and fungal organisms are a good example: in a healthy gut where there is a strong population and diversity of good bacteria pathogenic agents are kept in check by this white army. Similarly the sophistication in terms of communication and sheer physical activity of the immune system when strong keeps the boogie boys in check. It is when this terrain becomes compromised that functional disturbances within the organism arise.

As a contrast Beauchamp said the terrain is all: to prove his point in front of the French Academy of Sciences he drank plague. His terrain was so strong that there were no effects. On his death bed Pasteur admitted that he was wrong in his perceptions and that Beauchamp was correct.

#### ***To summarise:***

1. The current focus of both allopathic and much traditional soft medicine is symptom and external causal agent focused, both within the client's mind and practitioner's activity.
2. In reality the vast majority of health disturbances arise from disturbed terrain.

In terms of practitioner activity there are several fundamental aspects:

- Practitioner awareness of body operation, intrinsic wisdom and health disturbance processes.
- Client education: to understand that disturbed terrain is the primary element and not external agents. This is very difficult since it is very different to change a

programmed perception in clients. Without this understanding clients are unlikely to stay a course of treatment and adopt the changes in their lives necessary to restore and support the terrain.

- The appropriate use of tools: our tendency is to try and identify and treat the specifics rather than restore body communication and wisdom.

## **Body Healing Wisdom**

The body has trillions of cells and within each there are thousands of processes occurring simultaneously. This activity is supported by an incredibly sophisticated set of communication processes (nerval, hormonal and perineural). If we consider the external world communications in terms of hard wired, letters, telegraphs, telexes, faxes, internet then the body has these and probably more. There are 1,000 hits by free radicals on the DNA in each cell of our body every day.

It is extremely arrogant and egoistic of any human being to think that their mind is able to:

1. Be in touch and aware of these processes: our conscious mind is probably aware of 0.000001% of the activity in our body whilst the unconscious and superconscious aspects quite happily manage and operate all these trillions of processes with an extremely high degree of competence.
2. We just cannot know technically all the processes: it is only 10 years since the major hormone **aponectine?** Was discovered. (This is the parasympathetic equivalent to the sympathetic hormone cortisol.) The detail in a biochemistry text this century compared to 30 years ago is incredible in it's depth. However it is still just touching the tip of the iceberg.
3. We intervene: we intervene on facilities available to us in specific areas without the knowledge of what we may be effecting in an incredibly complex organism. For example mico plasma is a fungal form that the body contains and is the one responsible for dealing with decaying flesh when we die. It is also active when there is necrotic or dying tissue within the body. If we zap this then we are interfering with a natural body process and may actually remove an item that is active because it is the natural body response. Intervention in the hormonal chain is another very good example. The communication, via chemical messengers, involving the hypothalamus, pituitary, thyroid, adrenals, gonads, kidneys etc. is an incredibly complex feed forward and feed back control system. When there is an absence of the active form of thyroid hormone the medical profession will give thyroxin. This may be appropriate if there is totally no thyroid activity and the thyroid cannot be restored: an exceptional and life threatening situation. However there can be many reasons for disturbance in the production of thyroid hormone and soft interventions to stimulate it may be inappropriate. It may disturb other bodily functions by using a facility to increase it's activity. It may indeed be that there is a lack of thyroid stimulating hormone from the pituitary to the thyroid to

signal it's activity, either because the pituitary is malfunctioning or there is a fault in the feedback mechanism.

Thus intervening in the detail is often not appropriate: unless we have and can work with a lot of information it is highly unlikely that we actually have the knowledge to make specific interventions of this nature. It can be downright dangerous to do so as we upset the body balance even more and confuse it.

The body operates trillions and trillions of processes concurrently: and it alone has the intrinsic wisdom to manage it's operation. It only needs 3 things to do this:

1. An intact organ system.
2. Correctly operating communication.
3. Physical resources.

If these elements are in place it will do everything necessary to maintain function.

Very importantly it should be recognized that the body is a self actualizing organism: it intrinsically moves in the direction of health. It is the innate nature of all organisms from the simplest single cell structure through plant life to humans. This innate intelligence and self actualization is active in all our levels:

- Physical.
- Emotional.
- Mental.
- Spiritual.

Carl Rogers, the father of person centred therapy, held this tenant as the core element of his therapeutic process. It is present in every client who comes to see us – it is the intrinsic inner voice at the core of our being that makes us seek a solution to discomfort. It is an element that as practitioners we should honour in every client that comes to see us. If we honour this element then it is the starting point of a perceptual change in the client away from symptom treatment.

***Essentially:***

1. The body is the one that knows and can heal.
2. If we support the body it will deal with the detail.
3. If we interfere with the detail we may confuse and upset self-actualising and healing processes.

## ***Practitioner Expertise and Approaches***

There are probably 0.01% or less of the top echelon of medical practitioners who understand enough to make specific (rather than general) interventions.

It is very illuminating that people with this level of knowledge generally choose to make general interventions: probably because their involvement in the detail of the body has amazed them and facilitated the realization that their knowledge is tiny in comparison to the body's knowledge and abilities.

Such experts may use the vast amount of information available to them in various ways to understand and monitor: the treatments however will be simple and based on supporting the organ or system rather than any specific biochemical or physiological action.

In terms of the information available within the SCIO/EPFX/QXCI there are some fundamental points to be aware of:

- The dialogue is limited: there are 10,000 test matrix items, many of which are duplicate information and thus realistically there are maybe 3,000 items of information. There are probably millions of single items of information needed to completely describe the operation of the organism. We have a small sampling of these in the test matrix. It is like a conversation between a person that has studied school French and a Frenchman. The Frenchman has a 100,000 word vocabulary: the student 5,000 words. The student will ask the Frenchman a question using their very limited vocabulary. The Frenchman will try to understand what the question really means and will give the nearest possible answer using the limited vocabulary that the student has. This is essentially what the test matrix interaction does. Consequently it's interpretation must be broad.
- A practitioner with deep technical knowledge will take the test matrix hints and try to create a coherent picture. They will be able to see potential links and draw pieces of the jigsaw together to form part of the picture of disturbance in the organism. It is virtually impossible for even an expert to complete the whole jigsaw which has trillions of pieces.
- It is however not necessary to complete the whole picture. All body systems interact: they communicate with each other and they give and receive from each other. The 5 element flow chart employed as a core of acupuncture is a brilliant example of this. It is not necessary to do more than to identify 1 or 2 disturbed organs or systems and support these.
- Essentially we do not need to get into the detail: just giving support to an organ or system will help to restore body activity.

The majority of practitioners i.e. the balance of 99.99% do not have deep technical knowledge and cannot put the detail together. However it is also not necessary and it can be inappropriate in two ways:

1. It will prompt an intervention in a specific area that could be totally inappropriate.
2. It is disrespectful of the body to intervene in specifics: it is like a student telling a NASA scientist how to design fuel cells in a rocket.

Practitioners should recognize their limits and that they do not need and do not have the knowledge to work in detail.

Essentially both the knowledgeable expert and the general therapist can be equally effective by addressing general rather than specifics.

### ***Client Expectations and Education***

Clients expect a fix. This is a short term measure. If the oil pressure in a car drops low then we have a number of options:

- Put a higher viscosity i.e. thicker oil in.
- Put a bigger oil pump in that produces more pressure.
- Stick a bit of tape over the oil pressure gauge.
- Restore the integrity of the engine.

It will be obvious which is the most beneficial approach to the long term health of the engine.

Clients do not understand body wisdom or the fact that disease arises from within. The word doctor originated from educator meaning teacher. Client education is one of the best gifts that we can give. Teaching clients awareness of the body processes as outlined in the generalities above will enable them to take responsibility: given information and resource the organism will use these to move forward.

Essentially the role of the practitioner is to:

1. Educate the client about the health process.
2. Educate the client about lifestyle: aspects that oppress and obstruct good health and those that support it.
3. Provide awareness of resources (food, exercise etc.) that will restore and sustain health.
4. Catalyse the body out of it's stuck state where it is assumed that it will stay broken.

This does not mean that for short term discomfort cannot be removed. If a client comes in pain then this must be addressed. If they have a rash all over their body then it is respectful to reduce their distress. However this is not the solution.

The vast majority of clients will be amazed by the organisms ability if they are given information about it: this will enable them to support your efforts.

### ***Solutions***

When we are thirsty we look for something to satisfy our thirst: looking for the reason for our thirst is secondary. We look for a solution. When a horse has a certain illness it will seek out a plant that will reduce this issue. When a cat has fur balls it will intrinsically eat grass to stimulate the natural process of throwing up these fur balls. All natural organisms, including ourselves, have this intrinsic ability to seek a solution.

So

What gets in the way?

Why doesn't this intrinsic facility operate to ensure complete health?

Human organisms have a much more highly developed brain i.e. conscious ability than other organisms. Cats when they are hungry will miaow for food. Humans when they are hungry will process this information through their conscious mind and may subsume this decision to eat. We have an override facility that gets in the way of seeking a solution.

We have become problem oriented as a species. We want to know what is going on and why. We are less interested in the solution.

Our organism intrinsically within us has solutions: we do not need to solve the issue we just need to provide the resource.

The QXCI can be viewed as providing hints about areas that will support the organism.

(see garnet Dupuis article)

## ***Origins of Dysfunction***

This has crossover with comments made on stresses and terrain and pathways to disease below.

It is a common perception that there is one item that has caused an illness. This is very rarely the case. (Exceptions may be exposure to radiation or other elements the body does not have the innate capacity to deal with.)

In the vast majority of cases it is an accumulation of stresses on the body that has overwhelmed it's resource. The hypothesis is that each and every stressor nibbles into our reserves and when our reserve threshold is exceeded we get very noticeable issues showing. A grumble turns into a shout. For example in chronic fatigue a client may feel slightly under par for some time and then suddenly crash when there is a viral infection or a particularly stressful event. It is the straw on the camels back. The camel will quite happily continue carrying the load often without any particularly noticeable signs of distress until the straw is added and collapse occurs.

The threshold is a very individual level and depends on a host of factors including:

- Intrinsic/inherited constitutional strength.
- Lifestyle in supporting or reducing resources.
- Illnesses.
- Whether illness has been treated supportively, allopathically or suppressively.
- Emotional and general stress issues.

Disease is an inability of the organism to cope with a stress. It is not the stress that is causal but the strength of the organism in being able to deal with the stress.

## ***Pathways to Disease***

*A very good focus is to stop trying to look under every rock and under every tree until you have actually figured out which forest you are in.*

A pathway to disease that has a high degree of validity in terms of body functioning and naturopathic therapy is as follows:

Stage 1: the autonomic nervous system response: the sympathetic system turns on whenever there is a sense of danger i.e. a stressor is present.

Stage 2: the autonomic nervous system intrinsically communicates with the endocrine system. If the autonomic nervous system is continually on i.e. in a heightened state of perpetual vigilance (sympathetic-on situation) all of the endocrine glands will run continuously as well. This will run out of resource because the sympathetic on system reduces gut digestion.

Stage 3: sympathetic on also causes the immune system to run continuously and drain it's resources.

Stage 4: the terrain becomes significantly disrupted, the immune system cannot respond appropriately and inflammation becomes uncontained with the possible onset of auto immune conditions.

Stage 5: the terrain is so disrupted for so long that it moves away from conditions where pathogenic agents cannot survive to conditions (acidic ph, low oxygenation, toxicity etc.) where not only is healthy tissue not supported but disease processes (including pathogenic ones) can operate unchecked with the possibility of significant cellular degeneration.

A more detailed explanation with examples of this process follows.

Whenever there is a sense of danger the sympathetic system turns on. It is our fight or flight system. When there is no sense of danger the parasympathetic system turns on. These two systems are married partners: for a healthy organism they must be balanced

meaning nominally equal times of operation. The sympathetic system links with the phrenic nerve and the hormones cortisol and adrenalin. The parasympathetic system links with the vegas nerve and the hormone leptin. The parasympathetic system is the eat and sleep system. Any time the fight or flight system turns on the eat and sleep system turns off and balance is achieved by the fight and flight system turning off enabling the parasympathetic system.

The sympathetic system is turned on whenever:

- Our senses indicate danger or victimization.
- We are exposed to a physical stressor. This may be food that we can't deal with, inappropriate drinks, toxins or pathogenic agents.

It is an intrinsic response of the organism to activate the sympathetic system when there is a perceived danger: the original mechanism was survival. Running away from tigers is no longer such an issue but the mechanism is still there and is easily triggered by the extensive stresses that we are continually exposed to.

The continual presence of stresses in modern life means that the sympathetic system in most people runs for a far higher proportion of the time than was intended or is healthy and for those under continual stress runs continuously. This can be tagged as sympathetic on condition. In this condition the parasympathetic system does not get a look in and thus digestion, nutrition, sleep are all significantly compromised. These are the restorative elements and in the absence of their correct functioning we just continually drain resources.

This process is well represented by the Seyle Stress Scale which progresses through alarm and reaction, adaptation to exhaustion. It is not directly equivalent but is a very analogous process.

In sympathetic-on the endocrine glands (with which the autonomic nerval system has an intimate relationship) run continuously. The brain is activated under sympathetic-on to make dopamine, serotonin and adrenalin so that you can think more clearly and respond more actively. There are many other aspects such as blood being directed away from the surface to the inner organs, thyroid increasing, thyroid hormone production to increase metabolism and thus resource is available to run or fight better, parathyroid increasing calcium for nerve and muscle conduction, pancreas and adrenals upping their activity to provide more blood sugar and sexual glands creating more hormones to create more strength for activity.

One of the primary elements of the parasympathetic system is digestion. If the sympathetic system is continually turned on digestion will function very inefficiently. This means that raw materials are not available for making replacement hormones etc. Additionally the organs and glands involved in manufacturing are not fueled and they start to function less efficiently. The vicious cycle starts. As the glands wear out the hormone system does not maintain balance, the liver does not function well in breaking

down foods to create replacement substances, it is unable to break down excess hormones which continue to float in inappropriately round the system (hot flushes, menstrual problems). The quantity of brain chemicals diminishes with potential memory and cognitive issues. Lack of parasympathetic time creates lack of sleep, creating fatigue in brain activity. Lack of thyroid hormone creates weight gain whilst lack of adrenal creates a higher sensitivity to stress. Lack of cortisol and insulin can create hypoglycemic conditions. Lack of sexual hormones creates impotence and eventually loss of desire for sex.

Emotionally you can enter a roller coaster. In sympathetic-on situation we can go from anxious to angry to depressed to anxious to angry to depressed etc. This creates relationship problems with spouses, children, parents, co-workers and at times resentment for God. Often we adopt stimulants to facilitate increased release of dopamine such as nicotine, alcohol, sugar (insulin), narcotics, sex and loud music.

The perpetual sympathetic-on continual stress on the endocrine glands coupled with compromised digestion (where a significant portion of the immune system lies) will stimulate both hyperactivity and an efficient operation of the immune system so that it also eventually runs out of resource. More frequent infections can become common: again illustrated in the viral trigger event often associated with the onset of chronic fatigue. Material items within our system such as ecoli, helicobacta pylori???? Etc. which are continually present and there for a reason fail to be kept in check by the immune system.

Essentially there is a causal and progressively deepening chain of dysfunction.

Concurrent with all of this is an increase in acidity within the connective tissue meaning that what little resource is present in the system for cell activity is not able to enter the cells. Thus cell integrity reduces and deterioration occurs which with reduced resistance to the increased presence of pathogens and toxins creates cell death.

## ***Flow of Treatment and Cure***

The core philosophy of the approaches for assessment and therapy within the CIO is represented by the Nelson Medicine – Flow of Treatment and Cure.

Whilst the pathways are somewhat interrelated using this pathway as a reference point is foundational to successful health restoration and in particular use of the SCIO.

Some of these aspects are represented in the lifestyle table in demographics and a final check on areas that the device has been used for when working with a client are found in check current rectifications.

1. Reduce or remove the causes of disease.  
Stress.

- Lack of awareness.
- Heredity.
- Mental factors.
- Allergies.
- Toxicity.
- Trauma.
- Pathogens.
- Perverse energy.
- Deficiency or excess of nutrition.
- To which I would add digestive efficiency.
- 2. Treat the organs affected or diseased.
- 3. Unblock the blockages to the flow of life.
- 4. Reduce symptoms and all suffering.
- 5. Treat constitutional and metabolic tendencies to disease patterns or habits.

This includes both inherited weaknesses and inbuilt mental/emotional programming.

When distilled down this is very very simple and implementable without extensive technical knowledge.

1. Reduce or remove the causes of disease.

In working without a device we must rely on the client's conscious information: this is conventionally obtained through a questionnaire and in the device through the demographics entries. Within the device we have access to more information and can relatively easily identify additional stress areas: for example questionnaires may not illicit items such as mental factors, parasites etc. A good questionnaire is invaluable in my opinion and experience in optimizing information. There may be benefit in having the questionnaire back a couple of days in advance for two reasons:

1. The device interaction will pick up aspects that are significant thoughts of the client. If the questionnaire is done immediately or there is too much dialogue immediately before the test then concerns or thoughts may show and confuse the picture. Concerns and thoughts are valid and can be checked out using individual reaction.
2. It enables the practitioner to have some sensing of possible focal areas.

Treat the organs affected or diseased.

Sometimes it is very obvious from clients symptoms and conscious information which areas are dysfunctional. It is quite valid to use this information and treat those areas. It is important to realize that there will be not just one compromised system within the client: there will be several and it is not absolutely essential to identify or treat them all. Just starting with one significant piece of the jigsaw is sufficient. This is valuable to remember when the occasion arises that the information from the device does not present a clear picture. Choose an area to treat and there will be benefit.

Organ treatment is a crucial element and can be profound. Organs are intrinsically self rebuilding and when they have both healthy tissue structure and resource they will do everything necessary in terms of the detail. You do not need to and do not have the resource within any system to treat everything in detail: indeed as previously mentioned it can be inappropriate, disrespectful and destabilizing to do so.

Theoretically it is possible to structurally restore extremely compromised organs. For example there is still significant functionality from a liver that only has 10% of tissue remaining. Kidneys similarly have significant reserves. Some other aspects such as dead heart muscle or compromised tendons and ligaments are more difficult to repair possibly because the flow of nutrients is not so high and thus accessible as in the liver or kidneys.

Just doing steps 1 and 2 can have a tremendously significant benefit on the client's health. It is within the reach of all practitioners with the minimum of health knowledge and good sense.

### 3. Unblock the blockages to flow of life.

There are both internal and external obstacles. Internally there are various communication systems such as:

- Hardwired nerves.
- Hormones.
- Acupuncture meridians.
- Perineural system.

The device has facilities to address all of these organs in the organism. There are more subtle aspects that interfere/block such as current thoughts, emotions and childhood learnt programmes.

There are also more obvious manifestations of blockages in the client's life such as:

- Resistance to change.
- Life situations that block being heard or expressing.

Again a combination of the device and real world information will identify these and enable both real world and device support.

### 4. Reduce symptoms and all suffering.

This is placed as item 4 because symptoms are not the focal issue. However if a client is passing kidney stones (absolutely the most excruciating painful event that can be experienced) then zapping kidney stones to assist their dissolving is not appropriate right then. They need pain treatment. (I have yet to find a naturopath who has not dialed 999 to get a client hospitalized under these circumstances where

the first action will be to give them morphine.) If a client is in significant pain or discomfort then this needs to be reduced. It is both respectful of the client and also removes a big load from the system enabling resource to be directed towards healing. It's just plain common sense.

However with lower level symptoms the approach is to eliminate the symptoms by creating health.

5. Constitutional and metabolic tendencies to disease patterns or habits.

Some aspects of this will be addressed early on in terms of lifestyle. The reason for a particular behaviour pattern may be childhood programme for example and you may deal with this at stage 3. The constitutional and metabolic elements refer more to inherited tendencies that are programmed genetically i.e. within the DNA. This is the deepest level of the organism's software. It is an energetic template and like everything is in principle possible to change. Constitutional homeopathy where a single classical remedy is identified that will change programming at the foundational level is targeted at this. By changing this software all other aspects that derive from this in terms of diseases, dysfunctional organs, emotional and mental tendencies etc. can change. In the days when organisms were less toxic, less confused, less loaded i.e. 100 years ago this worked brilliantly. Now it is necessary to really clear all the debris for it to work. It is a good example for depression and obstruction to cure by all the accumulated mess and dysfunction within an organism.

## ***The Naturopathy Approach***

There is naturopathy and naturopathy: the key element of naturopathy is nature-cures. Real nature cure naturopathy is not so easy to find now. One hundred years ago doctors were nature-cure practitioners. They used essentially diet. Much naturopathy now is treatment of the manifestation i.e. symptoms of disease using soft approaches rather than drugs. The SCIO can be considered and used as technical naturopathy. However it needs lifestyle aspects.

The principle elements of a naturopathic triangle are as follows.

1. Dietary: this includes food quality. Diet and digestive function are the core elements of well being and often the most effective therapy. Without attention to nutrient intake (as natural foods) and digestion many other aspects just will not restore.
2. Structural: structure affects function and function affects structure. All the hardwired communication (nerves) of the body pass through the spine. Thus a disruption in the spine will have an effect on the organs. A problem in the upper thoracics caused by spinal deformation will influence the heart. Disruption in the kidneys can reflect in a problem in the spine. Lower back pain with significant kidney issues is extraordinarily common. Other body parts have a significant influence on spinal structure. A broken leg causes a client to walk quite differently. This creates a

pelvic twist and to maintain stability of posture the spine will become distorted. Within naturopathy there is general body adjustment which provides the opportunity for body structure to realign and reposition. It is incredibly simple and tremendously profound. Many many issues resolve purely through this.

Within the SCIO there is facility to effect this adjustment energetically and more subtly the cranial sacral facility.

3. Psyche: this is the impact of thought and emotional processes.

There is a high degree of synergy between the pathways to disease approach outlined above and the structural element of naturopathy. General body adjustment particularly provides the opportunity for the autonomic nerval system to rebalance. A rebalanced autonomic nerval system is fundamental to the healthy operation of an organism.

The aspect of nutrition and digestion is also synergistic with the pathways to disease: if there is not correct nutritional input and correct digestion there is no resource. If there is not correct digestive action many many supplements will not be processed and available. For example without stomach acidity many minerals cannot be absorbed. Thus, unless specialized and expensive supplements are to be used (and they do have their place) digestive system needs to be functioning. If the digestive system is functioning then the majority of nutritional requirements can be met through good diet.

Within the SCIO the risk profiles of the primary areas that display for 90% of clients are:

1. Blood sugar balancing.
2. Food poisoning.

From a lifestyle perspective if you addressed these two elements you would significantly benefit the vast majority of clients.

Blood sugar balancing is the single most significant factor in creating health. Fast release (high glycaemic index) foods are rampant. High and erratic blood sugar levels create a tremendous demand on insulin, create excessive adrenal activity, load the liver and intrinsically imbalance the whole of the endocrine system. Blood sugar imbalances originate from an appropriate carbohydrate: protein: fat ration within our diets and a high rate of release of glucose from processed foods. No amount of device treatment will restore good blood sugar balancing: it is a fundamental example of lifestyle needing addressing. When lifestyle has been corrected i.e. a diet that is blood sugar balance adopted then a device will help restore the internal processes associated with blood sugar balancing.

Food poisoning in the system is not an external food poisoning element: it is a reflection of digestive malfunction. When digestion is not working properly not only is food not broken down and available as resource but the larger fragments are effectively a toxic load or poison in the body's system.

Don't look for an external agent: correct the diet and support the digestion. You can use the facility to help restore the digestion but this will be a big fight if food intake is not corrected.

### ***Lifestyle versus Energetic Treatment (hard input versus internal software)***

In terms of process we can look at body operation as follows:

1. The body has a blueprint for software which is how it processes.
2. It has physical mechanisms e.g. enzymes that implement the blueprint.
3. It requires raw materials that it can actually process.

The SCIO cannot create raw materials. The raw materials have to come from the real world. If the raw materials are poor quality there will be a load on the system. If the raw materials are good quality and also appropriate to the person's state of health they can be processed and will be supportive. Raw materials is reflected in lifestyle:

- Foods.
- Fluids.
- Exercise.
- Fusion??? – stress reducing and nurturing activity physically, emotionally and mentally.

The SCIO cannot create for example the Vitamin C:  $e=mc^2$  is well known. The device gives e i.e. energetic of the substance. If you calculated the mass that would associate with a one hour zap at maximum power of vitamin C it would be incredibly tiny. Resource must come from the outside as real substance.

The SCIO is informational and catalytic. To understand this it is useful to understand both the health and process from a software perspective. A good example of adaptation of software is within a family. If the father shouts at the child the child will the first few times alarm and react probably by breaking into floods of tears. Under continual stress from this source he will realize the situation is not going to change and will adopt a different strategy. He will probably become a sulky resentful child. This will have an ongoing effect and this will show in many different aspects of his interaction with people.

A similar process known as alarm/reaction-adaptation-exhaustion occurs within the body system.

When the organism is exposed to a stressor it reacts and it creates an alarm situation: this mobilizes resources and intrinsically involves the sympathetic aspect of the autonomic nerval system. An alarm reaction is healthy. It is intended to be a call to action: if action follows and resolves the issue then everything is corrected and no adaptation takes place. If however the stressor presence continues and no corrective action or inappropriate or in

particular suppressive corrective or action is taken then a process of adaptation occurs. The body essentially is not going to continue ringing alarm bells if no-one notices: it is too energy consumptive and is not healthy. Consider the energy required to maintain perpetual anger – it is exhausting. The body effectively downgrades it's response to one known as adaptation. The messages from the dysfunction are still present and the organism turns down or turns off it's hearing aid. It stops responding to the communication. However there is still a resource demand to do this as well as reduced functioning and too many adapted situations occurring can lead to exhaustion.

Here again the naturopathic approach is consistent with versing this mechanism. The general body adjustment creates the opportunity for the organism to reassess it's decision and to listen to the messages – it is effectively receiving a positive input and since it is intrinsically self actualizing will give it another try. It will only continue to consider restoration if the oppressive load is taken off and support is provided.

The SCIO functions similarly in terms of the majority of it's treatments: it is catalytic. It provides information. This is the reason why it employs homeopathic patterns: homeopathy is informational. Both are aimed at restoring our functioning or corrupted software. They both re-connect the information routes and provide direct information. This is analogous to tuning the radio back to a good station where there is useful information.

Even in sarcodal therapy i.e. energetic patterns of healthy tissue it is providing a positive input to the organism that it can then use to process available resources for rebuilding. As natural organisms we intrinsically respond positively to warm fuzzies i.e. loving input and so does every cell, tissue, structure and system within every natural organism.

So once again we come to the situation where:

1. Real life positive inputs are necessary i.e. good raw materials and
2. Restoration of software is necessary.

## ***Terrain***

One hundred years ago the air was clean, water was relatively pure, foods were natural and toxicity loads were low. It was quite difficult to disturb the inner terrain – it needed very deliberate actions.

Now we have the reverse situation where it is tremendously difficult to maintain the integrity of the internal terrain and good lifestyle choices are required to do this. Even then there is the element of toxicity from synthetic chemicals present in the atmosphere, in waters, in foods, in emissions from carpets etc. that are not only a high load but in some cases we do not have the inbuilt mechanisms to process. Exogenous toxicity is the most difficult element for us as natural organisms to process. It is one of the primary

reasons why antioxidant support from supplementation is probably fundamental for everyone.

There are many aspects in terms of terrain disruption. As outlined under the pathways to disease it can be caused by a number of factors.

Generally implicit in all of these factors is the creation of an acidic environment: this is not an acidity within the blood, urine or saliva where ph changes from changes in connective tissue ph but within the connective tissue itself. The connective tissue is the binding stuff that is like the sea within which all boats are suspended. Connective tissue lies between blood pipework (arteries and veins) and the cells. The blood discharges it's loads (nutrients and toxins) into the connective tissue (as well as directly into specific organs like liver and kidneys) to reach cells where the nutrients are needed and used. Changes in the connective tissue feed down to the cells. If you live in a smoky environment you will absorb smoke: if the cells live in a nurturing environment they will get healthy input. If the cells live in a toxic soup they will absorb toxins and suffer accordingly. The body deems it crucial to maintain blood Ph within very narrow limits and has a number of compensatory mechanisms to do this. If blood Ph changes outside these close limits it is irrelevant because you are dead. Urine Ph reflects the internal environment: it is not the same as it.

Amongst the multiplicity of terrain disrupters are the primary elements of:

- Ph.
- Oxygen levels.
- Toxins.

A very common factor in all diseases is acidity within the connective tissue. However high alkalinity is also possible and is equally bad. Acidity is more usual and alkalinity less common – however a totally vegetarian diet can induce excessive alkalinity. Ph is important because:

- All body processes are designed to operate within certain Ph limits. This is not only structurally but also in terms of enzymes etc.
- Pathogens and disease processes love an acidic environment.

There are certain parts of the body that have very specific terrains: the stomach operates at a very acidic condition to infill??? Pathogenic agents present in our foods, to enable protein breakdown and mineral conversion in a transportable and usable form within the body. The duodenum (first part of the small intestine) operates at an alkaline condition for specific digestive reasons. However the vast majority of the sea within which our organs float require a consistent and slightly alkaline Ph condition.

- Oxygenation: oxygen is fundamental to cellular activity. Many disease processes proliferate in an anorobic?? (oxygen deprived) environment.

- Toxins: these can be endogenous?? Toxins caused by poor digestion or ingested chemical agents. The body has the ability to detoxify using specific chemical pathways in the liver. These pathways have evolved through history and have not adapted to account for the synthetic chemicals and heavy metals that we are currently exposed to. It is debatable whether they ever will. Additionally pathways are often overloaded by toxins that it can process.
- Lymph: whilst the blood is the transport mechanism for materials into the system the lymph is the garbage collection system. Cells excrete and these excretions find their way through the connective tissue into the lymph. The lymph collects this and discharges it into the blood system for processing through the eliminative organs of kidney, liver etc. Compromised lymphatic flow is rampant. The lymph has no pump and movement through it is induced through body movement. Exercise is crucial.

Recall Beauchamp's statement (concurred with by Pasteur on his deathbed) that:

***The terrain is all.***

If the terrain is healthy then we have the ability to resist many stresses. Almost inevitably clients seeking health support will have compromised terrain. They will also have compromised detoxification pathways. There will a commonality of terrain disturbance in the majority of people encompassing all the elements above.

Here again we need to take a complete view of the organism: there is an intrinsic tendency to play health detective and try and identify just a few significant elements.

- In a few clients this is significant.
- In all clients restoring the terrain is crucial.
- In the clients with a very specific issue restoring the terrain is also fundamental.

So once again we come to the benefit and necessity of supporting the whole organism. A good example is mercury toxicity. Mercury is second in toxicity to plutonium. In industry it is a red list and tightly controlled substance along with cadmium. It is intrinsically toxic. However:

1. We do have mechanisms for dealing with it.
2. It's effect is individual.

We have conjugation (tying up) pathways within the liver. We have intrinsically methods of storing mercury and other toxins out of harms way (principally in fat).

Different clients each with 12 mercury fillings can have totally different responses. One client showed that mercury was not a body issue according to reputable laboratory tests (urine provocation challenge and T lymphocyte challenge). Not only were their pathways for detoxification functioning well but their immune system was strong and

resistant to attack by mercury. Whilst mercury was a toxic substance the clients terrain was sufficiently healthy and strong that it was not harmful to their health.

The second client showed both a high level of mercury on challenge i.e. there was a lot stored in the body system because the detoxification pathways were not working and also the immune system was weak meaning that the T lymphocyte cells were being attacked by mercury.

For the first client it would be beneficial for the source of mercury to be removed from their system at some stage since it could not be guaranteed that the system would always maintain its resilience, particularly since all processes deteriorate with age. It was not however an immediate priority. For the second client:

1. It is a priority to remove the mercury.
2. It is a priority to concurrently and subsequently support the detoxification pathways.
3. It is fundamental to restore the integrity of the detoxification pathways and cells being attacked.

So again we come to the two common parameters of:

1. Identify the stressors and reduce/remove them.
2. Support the organs, mechanisms and systems that are affected.

Again we can support the organs of elimination using the SCIO. If we just do this we are failing our clients: we also need to educate the client into how they can assist in restoration themselves and how they can maintain optimal health.

In terms of the other stressors:

- Acidity: foods and digestion.
- Oxygenation: correct breathing and exercise.
- Lymph: exercise.

One aspect that significantly affects cell functioning and is interfered with by terrain is minerals: minerals are absolutely essential to enzyme operation, neural system operation and maintaining the charge across cells. Minerals are fruits and vegetables. One of the biggest beneficial effects on health is juicing vegetables.

## ***Disease Treatment***

We are programmed to think in terms of disease as a single isolated entity that is treated in isolation. This is our programmed thought.

There are occasions where the direct treatment of the disease is important. If there is a rampant bacterial infection causing pneumonia, the person is blue then direct attack on the bacteria is absolutely crucial to prevent death.

However in general treating the disease in isolation is a total disservice to the client. It is disrespectful of the natural organism and often counter productive. If I do the homework for my daughter she is deprived of the opportunity to learn. If I walk to the shops instead of her she is deprived of the opportunity to exercise and support her body. If a client is given thyroxin their thyroid does not need to make it and can lose the ability to do so. If a client stays wheelchair bound for too long unnecessarily muscle wasting occurs and they lose the ability to walk.

***Treating a disease should be only undertaken in the perspective of reducing the load.***

Concurrently the organs the systems that are implicated in the disease process i.e. the organs and systems that when healthy would have prevented the disease taking hold should be identified and supported.

So once more we come back to two fundamental tenets:

1. Reduce or remove the causes i.e. stressors.
2. Support the organs and systems implicated.

## **Protocols**

Protocols are totally unnecessary for a competent practitioner. The comments made above in terms of disease treatment apply to protocols.

Protocols are not all bad: it is the mindset they create that there is a specific resolution for each disease that is totally inappropriate.

Why are protocols not appropriate: because each and every client is different, the causes of the same disease/symptoms for each client is different, the terrain within each client is disturbed to different extents from different reasons and compromised organs are at different states and compromised for different reasons in different clients.

***The health and dis-ease process for each client is unique to that individual.***

A wise practitioner will look at each client with a clean sheet of paper and identify the five aspects according to Nelson medicine:

1. The stressors.
2. The disturbed organs and systems.
3. The blockages.
4. The symptom picture.

5. The genetic aspects.

Following this process will identify for each individual all the aspects that need addressing.

There are protocols and protocols: a protocol that says for this disease do these steps may help. A protocol that says the general process of this disease often involves these elements.

It is inevitable that practitioners will come across issues that they are unfamiliar with: a protocol may seem an easy solution. However protocols do not exist for each and every disease. It is also beneficial for practitioners to research the elements that could be involved in a particular disease presenting. This will provide a core of information that forms a foundation for looking at elements applying to a client. However there is a danger in restricting yourself to these as you may miss important elements not recognized in the reading that are relevant to your client. If a protocol is used it should be used as one element and not as a replacement for the information produced by the SCIO.

There are some realistic reasons for considering protocols:

1. Very few of us know enough technically on disease processes and concurrently every applicable facility within the device. Protocols can fill a gap in deficient knowledge.
2. Most of us do not have time to do the necessary research on all clients or have the experience of what are the core elements that work for specific conditions.
3. All of us want results: protocols carry the implication that they will provide results.

A sound way to use protocols?

1. Do not use them in isolation: use them as one aspect of a treatment, in the same way that you may use disease lexicon as one aspect of a complete suite of treatments.
2. If at all possible beforehand and certainly afterwards get some understanding of the potential origins of the issue and the organs and systems that it will effect or that when weak will allow this to occur.
3. Do not think that a protocol alone will solve a problem: integrate it and always, always, always consider both the client as an individual with a unique health process and causal set and address lifestyle.
4. Do not expect immediate results: even if the protocol is universally applicable disease has manifested as the result of a long process and it takes time to undo.
5. Do not treat a protocol as a magic bullet.

There are specific instances of trauma and mechanical events that no system has the withstandability for. Treatment of a specific issue is warranted under these circumstances. However repair of all specific issues have a whole process that is multi-

faceted within the body. Again understand the elements of the restoration process and work with all these steps. For a broken leg the bone healing facility will catalyse restoration provided the resources are there. The resources must be carried to the place so assessing and supporting circulation becomes relevant. Bone healing requires certain nutrients and can be supported by certain herbs and homeopathics. Again look at the whole spectrum of resource facilities accessible to you.

## **Pain**

Pain has two aspects:

1. It is a manifestation of a disruption.
2. It is uncomfortable.

There are types of pain:

1. Chronic.
2. Acute/intense.

Chronic pain is dealt with below generally in the acute v chronic.

Acute or intense pain is one of the issues that warrants a direct reduction. Again why is the pain so acute: what process is not working properly so that the pain is there.

When my wife had her plaster cast off from a broken leg she had intense cramping (level 12 on a 10 scale). The pain needed to be immediately and effectively addressed and pain treatment facility was used. When the pain was comfortable we did not stop there: we looked at what was going on and the aspects involved in terms of movement, circulation, nutrition etc. Whilst it took two weeks for these other aspects to come into play we treated the pain as and when it arose. After two weeks of correcting the underlying aspects we did not need to do any more pain treatment.

## **Acute and Chronic**

This starts to introduce an aspect of the QX in terms of reactivity: reaction to activity. An angry child is visibly active: a sulky child is still active but at a lower level. A temper tantrum is acute – sulkiness is tending towards chronic.

There are two principle aspects to acute:

1. It can be an issue that has just happened and intense. It has the attributes of recent (within 48 hours generally), visible-expressed-showing.
2. An unresolved acute aspect, if unattended to, will generally derate to a chronic issue.

Acute issues can exist in their own right or represent a leak through of a chronic condition. An overloaded liver-kidney detoxification system can show an acute leak through in terms of a skin eruption e.g. eczema. The eczema may represent an acute issue but there is an underlying chronic issue. For the majority of clients this will be the case.

The acute issue that may bring the client to you is effectively our symptom: this is just the way that a disturbance is showing. It is not the issue.

If all clients presented with acute issues i.e. they came as soon as there was a problem while the organism was still in the alarm and reaction phase our life would be dead easy. However they don't and it isn't.

Acute issues are active and thus they are reactive. The SCIO measures reaction to activity: if an issue is active then there is likely to be (85% probability) a high reactivity score.

If an issue is chronic it shows as a rumble, grumble but not an active shout. It does not have high activity so it will probably not have high re-activity. This is where:

1. Knowledge is useful in making links between reactive items that represent leak throughs of chronic items.
2. Knowledge of the client's general area of distress is useful in enabling us to look at specific areas and do deeper tests.
3. If we don't have the knowledge to do deeper tests then from the information in the client's conscious world we can very beneficially treat the disturbed areas.

Again we have the possibility of working effectively but in different ways related to our knowledge of body processes.

There is the very interesting and oft debated question of whether we should treat the acute issues. In the same way as protocols there are varying opinions and options. Some suggestions are as follows:

- Do the acute issues make sense to the client? (some will and some will be below the level of conscious awareness).
- Do the reactive (active) issues form a pattern of information with a consistent theme that provide information about the disturbed area.
- Do any of the reactive issues provide a strong indication of possible solutions or primary issues (whilst most clients will present with general disturbances in a small number of situations there are just one or two primary causal factors).
- Do the reactive items represent a load that it would be beneficial to reduce in order to allow better functioning of the client's systems.
- If the active issues correlate with client presentation what disturbed organ or system do they correlate with.

Within the device there are lots of options: these are there because they have been requested by users. QX have put them in because they assume they will be used appropriately. Just because they are there does not mean they can be used in any way at any time.

There is the facility to zap: there is the connotation for those familiar with Calder??? Clark's work that zapping gives a frequency that will destroy a pathogen. QX indicate that there are two aspects associated with zapping of pathogens:

1. A frequency that will disrupt a pathogenic organism and either reduce it's activity or destroy it. (The individual reaction can be used to chart it's effectiveness.)
2. The homeopathic pattern of that item which will catalyse an awareness of it's existence to the client's subconscious and enable the organisms innate wisdom to implement an appropriate response (provided it has the resources).

There is considerable debate about whether a shotgun approach of zapping all the top items is useful, good or inappropriate. Like all things there is the need to be balanced, not employ overkill and not do it all for the organism. We want to support and help not solve: we want to restore intrinsic activity on the basis that the organisms natural activities are far more developed than our external interventionist efforts.

On the one hand there are trillions of processes running concurrently and the organism has the ability to process and utilize masses of information. On the other hand what is it's response likely to be to irrelevant information? It may ignore it or it may consume resource in trying to understand why the information is being given to it.

By way of cross reference one school of thought is that 5-8 homeopathics in a single mixture is enough. It should be possible to be sufficiently selective to achieve this. More is not necessarily better: more can reflect the fact that we are unsure and want to cover all our bases. It is like betting on every number in blackjack – we're sure of getting some sort of result but we actually don't gain from it. It's an illusory result.

Possibly the best approach is to be selective, to be simple and if unsure of the detail to do general supportive things. For example if toxicity is an issue but you do not have the knowledge of homotoxicology then support the chain of organs that the body naturally employs for dealing with toxicity.

If you are going to do multiple treatments then do it on the basis of addressing multiple manifestations of the theme: e.g. high dimensional, mental, emotional, organ support and load reduction.

The SCIO is intrinsically soft: you have to try really hard to upset the organisms balance. However it is possible by doing too much, by using the shotgun too many times with too many pellets in the cartridges and carrying on for too long.

In particular zapping too many pathogens that actually exist may create debris that has to be cleaned out of the client and that the clearance systems are not strong enough to cope with.

It's a judgment call. If you have the wisdom to buy a QX then hopefully you have the wisdom to discriminate.

## ***Inside-Outside***

We are multi layer organisms: physically we originate from a single cell that carries an energetic blueprint directing construction. We have aspects and layers that interconnect both in support and disruption.

These levels include:

- Physical.
- Mental.
- Emotional.
- Spiritual.

Different practitioners will have an emphasis on different layers and the order of progress through various layers.

Knowing which layer to start on may be useful and may not be critical to success: it is more likely to represent a refinement from 80% to 85%. (The environmental/physical/mental/social/spiritual) scores at the top of the info grid after testing may provide some hint.

Occasionally there will be a disturbance in one primary area: more often all will be intertwined. A physical disruption will cause disruptions in other levels. A strong emotional tendency will create a stress in a particular organ: anger and liver, grief and lungs etc. Similarly it is not crucial which aspect is addressed: dealing with the physical aspect of the organ will intrinsically work on the other aspect. Indeed in situations where there is an aspect like depression the client may not be able to move out of it until there is a stronger physical base.

Again it is a judgment call and very specific to each client. The test matrix information will provide some hints as to levels (for example if flower essences show up 4-6 times on the first screen then there is a reasonable likelihood of a significant emotional content). Similarly if there is a significant imbalance in the chakras and in sarcodes this correlates with the focal organ disturbances then there is a significant association: it may not be obvious which one comes first but addressing both areas will be beneficial.

Practitioners attract client types based upon their expertise area and also often on what they need to learn from clients. An awareness of both will help you in discriminating which level to focus your work on, but not to the exclusion of other levels.

### ***Less is Often More***

This aspect brings in a number of aspects.

- How many items to treat.
- How many items to treat concurrently.
- How long to treat.
- How much power to treat with.

Some of these aspects have been addressed earlier. All are a matter of matching clients individual requirements and putting aside our own fears and programming.

A feature of Western living is we want more and bigger: this compares sharply with the Indian aesthetic who finds that inner happiness is achieved by minimal possessions and made more difficult by more. In spiritual practice less definitely gives more.

### ***Healing can happen in 15 seconds.***

I have seen long term issues resolved in one session and indeed sometimes in just a few minutes. It is possible, unusual and special. There is no scientific formula that can be set for creating this situation.

However we can be aware of principles and use our discernment.

Things that obstruct the practitioner from being simple, focused and minimalist include:

- Our intrinsic programming that more is better.
- Our fear that we may not be effective and by doing more we have more chance of being effective.
- A lack of knowledge or discrimination is being able to select the appropriate therapies prompting us to cover all the bases.

The experience of very many experienced and successful practitioners who have gone through this process of doing everything in sight and ended up being very simple and foundational is great guidance. The detail is incredibly complex in the human organism: if we can put aside our desire to know, to understand every little bit of detail and just look at how a natural organism seeks and uses solutions we can be very simple. A horse intuitively knows the plant to go to when it has a particular illness: it has no interest in the detailed biochemical process – it just knows what the solution is.

Similarly in the vast majority of cases we can also be very simple following two basic parameters:

1. Identify and reduce/eliminate stresses.
2. Support the organs and systems suffering under the load.

The detail in the system is more than is needed to identify and effect health restoration. There are so many pieces of information available that it can be confusing. If you walk up to a picture and look at it very closely you will see incredible detail – each brushstroke, each nuance of colour. If however you stand back and look at the picture from a distance there will be a general impression, a theme. A similar way of working with health in the majority of situations is the most effective.

It's also useful to appreciate how come there are so many items in the test matrix and what they are. The original text matrix was maybe 2,000 to 3,000 items and the system was effective. It is now 9,500 items due to requests from practitioners to include their own pet range of remedies. In many cases these give the same information as was present in the initial 3,000 items. Perhaps a good illustration of the principle that more is not better.

There is also the interesting perspective of Chinese medicine: traditionally in China acupuncturists were paid when the client was healthy and not if the client got ill. This is a great example of health maintenance by continual tuning. It is a wonderful reflection point that by balancing the body system health occurs.

## **How many treatments in a session?**

Experienced practitioners like Bill Nelson, Colin Patton etc. have short sessions. They spend maybe 10 minutes talking with the client, and 20 to 30 minutes treating. They are not complicated, they don't concurrently treat lots of things, they often don't treat specific issues and focus on general balancing and organ/system support. They will respect and address a specific issue.

Dr Alistair Bourne in NZ with 50 years of experience operates on two tracks:

Track 1: what is the system telling me.

Track 2: what is the conscious mind of the patient and myself as therapist telling me.

This is the classical triumvirate presented by Bill Nelson looking for the coincident area of patient conscious information, practitioner knowledge and unconscious information from the QX system. As Alistair progresses through he is continually asking where does this information fit, is it consistent with the other two sources and consequently am I addressing and respecting the information from all three sources. Am I playing particular attention to the areas where they all tell the same story.

I've never asked this question of Bill Nelson: however it is highly likely that he would say that he was as effective 10 years ago with a much simpler system as he is now with a much more complicated system.

If you have ever owned a Swiss army knife reflect on how many of the original 10 (now probably 25) facilities you use.

In the same way that the test matrix has expanded over the years so have the therapeutic options: the majority of the expansion has been based on requests from practitioners to include facilities in certain areas. QX have benevolently accommodated this but not out of necessity for improving efficacy. Essentially there are many different routes, as in non-device choices. An acupuncturist can in principle achieve the same beneficial results as a homeopath as a cranio sacral therapist as a reflexologist as a person who does aromatherapy massage. It is not necessary to do all of them to achieve results.

Bill Nelson in a first session will do very simple balancing and clearing things: one or two of the automatic therapies, an organ or system and any obvious specifics from the test matrix and the client presentation. In particular what has changed in the clients lifestyle and has their responsibility in terms of their health process changed.

### **What degree of correction?**

A commonly quoted rectification target is 85%. The validation or justification? There is none that is substantial. What situation do we really have when a client presents: they are stuck. What do they need: assistance in becoming unstuck. If you are riding your bicycle and you're in a rut do you want someone to pick up you and the bicycle and lift you out of the rut or do you want a gentle nudge so that you can get out of the rut? Think of this type of process in your own natural world experience to understand this: it works doesn't it!

Everything in life is dynamic: there is ebb and flow, interchange between ying and yang and each is within the other. The whole of life is dynamic, homokinetic and a process. It is not homeostatic: it is not still or fixed. The objective is to facilitate and catalyse change: not to make correction. A client visits a chiropractor for a cervical vertebrae correction: the chiropractor astutely explores the origin of the dysfunction in terms of lifestyle and then applies corrective action. If there was pain she may ask the client to reflect on how much it has changed: if there is a significant degree of change then there is a corrective process started. They may ascribe a certain rectification figure to it. The client leaves turns their head to look in the mirror and the neck is out again. It was corrected. It has become uncorrected to an extent but probably not as badly as it was initially.

Correction is progressive: a client with ulcerative colitis one of whose manifestations may be diarrhoea changes diet. The diarrhoea is reduced but not totally fixed. A

process has been put in place whereby there has been load reduction from inappropriate foods and support of the natural healing process by both reduction of load and the inclusion of supports. A process has been initiated.

A client visits an acupuncturist for the first session: a treatment is undertaken with a reasonable degree of correction in the pulses. The client is advised that this may not hold and to contact the acupuncturist if they feel the original situation returning significantly and would like a reinforcement of the treatment prior to the next scheduled session. They are also advised that a number of sessions will be required and how many will depend on very individual factors.

Similarly with the QX. We have various markers for assessing change: rectification, reduction in resonance, how long it takes to achieve rectification. There are several things that should be appreciated in relation to this feedback.

- It is energetic.
- It is based on the way the system measures.
- It is for now.
- There may be inconsistency between high rectification and no reduction in resonance.

These are internal markers: they are information the system can give. Reading information in a letter is different from hearing the same content in a telephone call, which again is different from hearing the same content face to face. There are limitations to the information provided from within every system and it must be treated as soft i.e. for guidance and not assumed to be definitive. In the same way that we look for several markers to corroborate that we have found a significant issue for the client we can look for different supportive indicators to show that we are achieving some correction or movement. In an ideal world all three such indicators come from completely independent and thus different sources. In reality when dealing with energetics this is not possible: energetics take time to filter through to the physical level and see a change. In some instances e.g. pain reduction and in some other cases there may be a discernible change in the client. It's individual and consequently varies from treatment to treatment and client to client. However within the system we can use different measurements to get some internal corroboration of movement.

Colin Patton, a very experienced and astute practitioner, looks tickling treatments from a number of different perspectives to create movement.

***Essentially if we can get the organism pointed in the right direction with slight movement and there is resource change will happen.***

Sometimes a boulder is sitting needing a slight push to create momentum and movement: at other times the boulder has been sitting on unsupportive terrain for so long it has created an indentation and requires more force to move it.

**If we create movement and the client supports this movement by lifestyle changes the organism will respond. Remember it is intrinsically self actualizing and will inherently move in the direction of health.**

## **How many therapies?**

Aspects of this that can be considered are:

- Have I addressed general balancing of the organism?
- Have I addressed general balancing of dysfunctional organs and systems?
- Are there specific stressors that I can help reduce?
- Have I assessed the structures and organs that may have been compromised by these stressors or allowed them to have more impact than in a healthy system?
- Have I respected information from all three areas of:
  - Unconscious information from the device.
  - Conscious information from the client's world.
  - Information from my knowledge and intuition.
- Have I looked at the system information on what I might have missed?

If there is a continual review of the above elements when working through the system and the majority of the basics are covered there will have been a good session. Whether this is discerned or reflected by the client is a separate issue.

However it is relevant for both practice management and client progress to benchmark how they are when they come in and to review this with them at the end of the session. Most of us are notoriously bad as clients in recognizing positive change: we need to be very focused as practitioners in this.

## **How many concurrent therapies?**

Bill Nelson does not pile therapy after therapy on the client. Just because a facility is there does not mean it has to be used. When eating a plate with 10 items on it do you eat them individually, in a combination of small items or make sure that you have all 10 in your mouth at once. Understanding your own natural process from this or a similar perspective in your natural living may provide some insight into your own predisposition in this respect. Review it and decide: there is no right or wrong. There is the suggestion that concurrent treatment of different aspects entwined and entangled in the same issue can be supportive. Thus integrating the neuro emotional complex into spinal and trivector would appear to be a good combination. Integrating organ support at the same time as detoxification may be appropriate or you may be doing the same thing twice since giving vitality to an organ will intrinsically enable it to do whatever it's inner wisdom says is the most appropriate thing to do right now. It may be more appropriate when detoxifying mercury specifically to concurrently give the patterns of ??? agents and antioxidants for example. Perhaps supportive association would be a good tag.

## How long?

In principle longer is not necessarily better. Children and animals need very little: they are clean, clear and generally vital. Old people are intrinsically probably sluggish and resistant to change. Forcing an issue may be counter productive. Assess your client: if they are likely to be resistant then possibly just tickle them a little bit so that they become trusting. Again reflect on natural world processes, assess what your client's relationship with change is and make an individually client related decision.

In general a therapy session of 20-30 minutes will be as effective as one of 90 minutes. Certainly sessions that run to hours are counter productive: often the client will appear exhausted and may be worse than when they came in. It has taken years for the client to get to this situation of illness: it can't all be restored in one session. This is not the process. Naturopaths will work on the guideline that it will take around one month for every year that an issue has been present and that an issue will start 5 to 10 years before it enters our conscious awareness in terms of symptoms etc.

## What intensity?

The QXCI is a feather: it is designed to be catalytic, to nudge forward. Homeopathy, on which principle the QX is based, is informational. A homeopathic does not contain real substance but the information of the substance. A herb contains real substance, as does a food. Both aspects are relevant. QX treatment of vitamin C will provide the opportunity for the informational aspect within the organism to be restored: if the information is corrupted then new information can be accepted. Then when the real substance is present it's correct processing is more likely. This subtle aspect does not require significant power.

However certain aspects of the QX have more than just the homeopathic pattern e.g. pathogens. There are dense rather than subtle issues that practitioners deal with in terms of reducing load and pain etc. Tickling these items may not reduce the load as quickly as can be achieved in a vital system. The experience of zapping parasites for example is that the gentle approach of the QX has historically been a bit on the lightweight side. Consequently the use of double power to create more penetration can be beneficial. However if there is not good vitality in the organism and in particular the organs that will have to process any debris or consequences of zapping then double power and long treatments are inappropriate.

There is facility to remove the safety limits and employ max power. This is not a normal treatment process and is a facility for dire and intense pain situations.

For more details on visit frequency etc. refer to the Bill Nelson authored document on How Often, How Long.

## **Stubborn Issues**

JK to paste in the distributed document from Hungary.

## **Degeneration**

Degeneration is a process involving progressive loss of cell integrity and ultimately cell death. Causes can be multiple.

Degeneration is always present: cells are dying and being rebuilt continuously. The lining of the gastro intestinal system is replaced approximately every 3 days. Red blood cells lose elasticity and are assessed and broken down within the spleen. Degeneration and rebuilding, like anabolism and catabolism are intrinsic processes. There may be periods where the degeneration process is more active than others: at these times there may be stronger hints in relation to the degeneration process. This is like any process in the body that is dynamic, and they all are. Under periods of stress or low supportive inputs (nutrition, recreation etc.) the weakest system will suffer first. Degeneration can occur anywhere in the body: any organ, cell, neurological system etc.

There are many degenerative processes with the major ones being:

1. Free radical/toxicity degradation of the cells.
2. Auto immune attack of tissues and nerves.
3. Neoplasm.

The first is direct oxidative attack on cells. This type of attack initially degrades the cell membrane which then enables free radical attack on the various internal aspects of the cell. This is in fact a continual daily process even in the absence of external toxicity.

The other two processes result in inappropriate actions of bodily systems. Auto immune conditions are where the body processes go out of control i.e. the immune system becomes over active and loses it's ability to differentiate between normal and foreign body structures. It attacks itself.

One common aspect of degeneration is the proliferation of rogue cells i.e. unhealthy, malfunctioning cells. This again represents failure of the immune system but it is a failure in it's clean up role. The process of the cell replication is not perfect and the vast number of cells produced inevitably result in some imperfect cells. In recognition of this specialized aspects of the immune system have the role of identifying and cleaning up these rogue cells.

The above scenarios may not represent the total range of degenerative processes but do illustrate two interesting and opposite extremes. One is hyperactivity and the other

hypoactivity. The lack of activity of the immune system may not be intrinsic but may be due to the particular cloaking ability of certain cells.

One of the aspects of neoplastic processes is they pass through various stages of activity and thus reactivity. The question is often asked why a serious degenerative condition does not show: degenerative conditions can be seen as the extreme of chronic issues. In chronic issues the organism is no longer strongly reacting and in degenerative issues this may be even more so. This difficulty in identification is not restricted to cancerous type situations and many disease conditions are characterized by a lack of reactivity. Extreme lack of reactivity would be indicated by a low value in the system. Since a practitioner is dealing with stress then only licensed medical practitioners will have the legal authority and the knowledge to combine hints from the system to reach a probable conclusion of the presence of a serious condition. They will then corroborate this with conventional tests. Non-medical practitioners may have clients whose issues may include serious degeneration. This will be a known situation where the organisms ability to deal with a situation can be strengthened in the same way as identifying any other stress and removing it and supporting the stressed organs and systems.

In terms of the treatment process there are more considerations due to the depth and generally serious nature of this type of issue. The principles however still hold true: with experience the practitioner will grow in their ability to deal progressively with more serious situations.

## IMMUNE

In common with the undergraduate courses postgraduate courses and qualifications incorporate flexibility to enable study to fit round work and personal commitments.

The core course content for various modules is common with the associated undergraduate course but includes additional assignments, case studies, clinical practice and integration assessment together with written coursework include in some instances dissertations. Certificates issued will be post graduate certificates, post graduate diplomas as well as higher degrees.

### Full and Part Time Research Degrees

This will link to the earlier research document.

