

In tackling this problem I thought to myself; if a Phobia creates a Meridian Overenergy and always puts a person into a pattern of "Statebound Consciousness", then this is really the same thing happening with the body's programmed response to certain foods.

So I decided to give this approach a go with this young girl and it worked! It really worked! I could not believe it. She was now testing strong on about 30 fruits, vegetables and dairy products for possibly the first time in her life!

The following week at a TFH class in Townsville I did the same with a friend who had a severe allergy to carrots. While in the army he ate carrots at each meal and suffered from a number of health problems and one day had to be taken to the hospital for anti-histamine injections to halt the reactions. He was tested and found to have this allergy to carrots. After he left the army and married his wife, being the good cook that she was, occasionally cooked carrots and each time his tongue would swell up and he would have to go to the doctor for an injection. After I did this procedure he was able to immediately eat carrots raw, cooked and juiced with no side effects. Boy was he pleased. I checked with him just recently and he said still no worries except that he still can't stand the taste!

I have used this procedure with many of my friends and clients and all have responded with predictable results rapidly and permanently.

I decided to present this paper for you all to experiment and maybe give me some feedback if you get consistent results. Maybe then I'll write my book!!!

I am not aware that anyone has presented this procedure as a paper before and I am because I was so excited when it worked for this little girl who no one had been able to help for 3 years!

This is a safe technique to use and can be understood by anyone who has taken only TFH I (for muscle testing and Acupuncture Meridians), TFH II (for Overenergy/Alarms) and EK Basic I (for Brain Buttons and Cooks Hook-ups). It is quick, easy to perform and can be done anywhere, anytime.

The following is my simplified rationale of what is happening and why it works.:

When a food is placed in the mouth or on the Navel, in the body's energy field, the body's response mechanism works like this. The Aura (which consists of your chakras and Acupuncture Meridian energy) will go into a pattern of "Statebound Consciousness" immediately and do the same everytime that particular energy vibration enters the field. The Bio-computer mode is set to signal energy flow to each particular organ as necessary. However, if the body's Bio-computer signals are such that too much energy is channeled to a particular organ (for many reasons), then the energy will flow over and a reversal of flow will occur which tell the Bio-computer that the substance is now toxic and the body will respond accordingly!

What we are doing is putting the body into this "alarm state" mode and by isolating the Overenergy, or reversal, we are then able to give the body the opportunity to disperse this excess energy to

all the organs. In doing so, if we trust the body's wisdom through the muscle test , it will now anchor a new "Statebound Consciousness" or Bio-computer mode for that food and from now on will always respond favourably and digest the food as normal and the STRESS Response will have disappeared.

I believe that we cannot successfully change the environment and stimuli but we can change the body's responses and that is what we are doing.

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Here is the TAPPING TECHNIQUE which I have simplified to a STEP-BY-STEP procedure. The best Indicator Muscles to use are Anterior Deltoid, Latissimus Dorsi , Pec. Major Clavicular and Pec. Major Sternal.

PROCEDURE

STEP 1. Test for a Clear Indicator Muscle (I.M.)

- (a) DEHYDRATION- Pull hair and test IM.
 - (b) SWITCHING - Test arm with one hand , then the other.
 - (c) REVERSAL - Zip Up Central/ Test IM=Zip Down Central/ Test IM
- CORRECTION if (a) , (b) or (c) are out.
- (a) DEHYDRATION- Drink a glass of clean water.
 - (b) SWITCHING - Hold Navel and RUB BRAIN BUTTONS (K27's).
 - (c) REVERSAL - Do Cooks Hook-Ups and retest Zip Up/ Zip Down.

STEP 2. Place food in mouth or on navel and test IM. Leave food in place for about 1 minute and retest. If IM is now strong , there is a possibility a food sensitivity , maybe from consuming too much of that particular food. You should give the body a rest from it. If however the first IM test was weak and remained weak you may possibly have an allergy. In either case this procedure seems to apply.

STEP 3. TAP around the navel about 10 to 12 times clockwise to you. This will temporarily balance the under energies present.

STEP 4. Keep food in place, and TL to all 12 TFH Alarm Points on the body and look for the weak IM now responding STRONG when TLing to the relevant Meridian (Organ) Overenergy. Here a WEAK IM + WEAK TL to Alarm point will give a "Switched-On" circuit (including the food) and show a STRONG IM. (-) + (-) = (+)

STEP 5. TAP BOTH ENDS (beginning and end) of active Meridian 35 times in a waltz ONE -two-three, ONE-two-three rhythm. Use the middle finger on index finger nail on each hand to TAP to cancel out - or + polarities. While you are TAPPING , the person rolls their eyes in a clockwise and then anti-clockwise direction 360°. Person can also hold relevant N.V. on head as there is an emotion usually involved also.

STEP 6. After you have finished tapping , first retest active Meridian and then retest all Meridian Alarm Points again to make sure that no other Meridians are still involved. Also the muscle test anchors that the body can now handle the food.

STEP 7. Retest in 3 days , to further anchor that it has held.

STEP 8. Discuss other foods which may strengthen relevant organ/s (refer TFH Manual) nutritionally- Test these foods also and clear.

Thats all there is to it! If the allergy does not correct , I believe that it is not the first priority and Candida , CSF blockage, malnutrition, congested lymph system , underactive ileo-caecal val syndrome, Phobia or emotional Stress may be the cause and more work would be required. I trust this technique will be of assistance to you and many of your friends and clients. The person can be shown the points to TAP should any situation arise. Remember we are not curing anything , just Balancing the Body's energies and resetting the Bio-computer to send accurate signals. Thank you all.

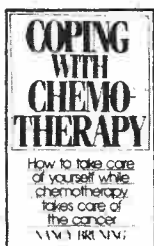
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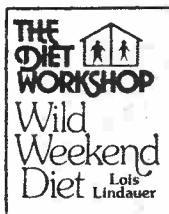
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