

Reconnect Your Head to Your Body

BY JAN COLE, MEd.

Old Chinese aphorism: Drugs are small medicine.
Eating, drinking, housing and attire are great medicines.
Mental and physical training is the greatest medicine.

Did you see the movie *Jack Frost*? Billy Crystal, as a live Snowman, loses his snowball head while skiing, if I remember right. Watching him bounce around in an attempt to put it back in place, made me think of how disconnected our heads are from our bodies much of the time.

“Have to go get my B vitamins!” a fellow practitioner recently remarked as he headed for a popcorn stand. I’d just watched him eat a plate full of junk food. “We have to do this when we’re out of town”, he said. Hmmm! I thought.

If they’d clean up their looks, they’d have more respect. “We need to look appropriate when we teach our classes”, said a Touch for Healthier who wished they could somehow lose weight, as we loaded up and pigged out at the Stratosphere buffet. FREE, mind you, with the purchase of a \$7.00 tower ticket. Who won—my common sense or my scarcity issues—as I glanced briefly at my “mile-high” plate? Free, perhaps, but not cheap. The next morning, I didn’t feel as awake nor alert, took longer than usual to understand the confusing hotel bill, burning eyes, achy shoulders and back (though I hadn’t lifted my excess luggage yet). Yep, FREE!

At a recent conference, I heard one of the speakers tell us how important what we eat is; yet they couldn’t see their own shoes while standing. (Perhaps, a possibility for another title: *Your Brain, Your Liver & Your Pot Belly*.) A few months ago a friend from Boulder commented that Touch for Health people were some of the unhealthiest people he

knew. Ouch! Didn’t like that one, but could he be right? I’ve watched many of us put the most atrocious “stuff” in our mouths. I confess I love potato chips, vanilla malted and carob chips. AND I KNOW what they do and don’t do for me.

WE KNOW! WE KNOW! We learned in our Touch for Health classes which foods test and improve or weaken organ energy function (Vit. E for the kidneys, Calcium for the heart, etc.) We play with muscles and do miraculous balances to help others and ourselves. We know blueberries and carrots are great for our eyes. We know junk food is biocidic and provides little or no nourishment. And yet we continue to “dig our graves with our own teeth.”

POOR DIET

“If I eat Twinkies, hamburgers, candy bars, soda pop; if I smoke cigarettes, drink beer, eat sausage, suck on chocolate dainties, pop aspirin, pour down bottles of Pepto Bismol, chew on cows, fish, chicken, crawdads, shrimp, french fries, artificial ice cream, doughnuts, laxatives, steroids, heart pills, punch and steamed snails; do you think that my blood, my flesh, my emotions, my mind and the energy (fuel) at my disposal in time might not deliver (burn) in a way that lets me live and move at *less* than my peak level of performance?... What if, because of your present physical condition, you have to eat to live but that *eating* is in fact what eventually *kills you*?” Don Tolman, Ph.D., president of Brain Garden.

One of the factors which creates blockages and chaos in the body is poor diet. "Do we choose to create a lifestyle, a diet a way of being in the world that improves our lives adding joy and contentment? Or do we choose to ignore the laws of nature—in essence creating more chaos and degeneration?" (Advanced Tachyon Technologies)

Poor diet, too much sugar – yearly average 120 pounds per person, salt – 8 pounds in a year, white flour products, chemicalized (over 10,000 food and chemical additives in our food supply—preservatives, flavorings, colorings, emulsifiers, humectants, anti-microbials), highly processed, denatured, irradiated, canned, frozen or cooked foods and artificial foodstuffs, unresolved stress, unhappiness and negative attitudes attract the **dis-ease** process. According to a recent study by the American Dietetic Association 80% of Americans believe nutrition, indeed, affects their health, but only four out of 10 are doing the their best to maintain a healthy diet. In a national survey of adults nearly two-thirds (59%) have either lost or are losing the battle for healthy eating. Three categories that Americans generally fall into in the struggle to achieve a healthy, balanced nutritional lifestyle are: *the Battle Weary* (18%) constantly in the fight to stay conscious of calories and what they eat; *the Surrenders* (41%) who no longer pay attention to eating healthy, eating whatever they like; and *the Balanced* (41%) who have essentially won the war, who watch with a critical eye the contents of what they eat and aim for foods higher in protein and vitamins. Which do you think you are? Most of us KNOW WHAT TO DO , BUT DON'T.

As I researched data for this paper, I learned intriguing information and a new respect for foods – that is, the ones I best be eating. For example:

SIGNATURES OF FOOD

Three thousand years ago Incas knew a carrot helped their eyes. Today after thousands of dollars and time, biochemical analysis and experimentation

have proven that carrots are, indeed, good for the eyes. How did the Incas know this? By the carrot's *Signature*. They looked at the end of carrots and saw patterns of the eye. Each plant in it's intelligence carries its own special qualities and gifts displayed in it's form, habitat, texture, color, aroma, essence and patterns.

Consider these "plant sign languages ":



(carrots) high in Vit. A, needed by the retina to function, reduces risk for cataracts and night blindness.



(avocados) Incas ate them to maintain function of and to heal the womb and cervix; looks like the womb and cervix; university studies in California confirm this to true.



(tomatoes and red peppers) Hopi, Paiute, Mayan, Inca, Phoenician and Egyptian cultures knew from the color and shape they were good for the heart; research near Kansas City, MO, found they make strong, free-flowing heart and arterial walls.



(lettuce leaves) "wash" our insides out, leaves like washcloths; though iceberg, pale and sick looking, is the most popular, it's the least nutritious; the darker, heartier leaves of Romaine or red leaf offer far more nutrients.



(watermelon) brain food; 93% of this melon is water, 93% of our brains are water.



(apples) "delicious" ones look similar to a big tooth; they stimulate gums and promote saliva production making them nature's toothbrush.

A few others: Walnuts /pecans, (brainfood) nearly 4,000 years ago Greeks chose them to enhance the intelligence of their children; today's biochemists confirm they are brainfood. Omega3 fatty acids increase blood supply to the brain; the fleshy part of the nut acts as a pure precursor which the brain converts to neurotransmitters for cognitive enhancement. You can see convoluted, gyratic folds on the surface of the brain—on the surface of the nut, a left/right hemisphere and a membrane (like our corpus colossum) that connects the two halves of the walnut or pecan, the husk—the cranium.

Figs, symbol of male fertility, hang in twos when they grow, are full of seeds, look like the scrotum and testicles. Research has established, figs, indeed do increase male fertility and motility of a man's seed. Celery—thin veins, good for high blood pressure. Kidney beans look like _____ and are nourishing to them.

Colors of the seed, blossom, plant or fruit can also be signatures: goldenrod, turmeric, barberry, and dandelion, each *yellow* colored, they help yellow jaundice as does our *yellow* sun. *Red* plants for fever; red rose for hemorrhage; red herbs, fruits and vegetables tend to purify the blood (red clover, red apples, burdock, etc.) Can you think of others?

FOODS THAT FIGHT PAIN

More intriguing wisdom about the power of food comes from Dr. Neal Barnard's "must read" book, *Foods that Fight Pain*: Did you know that rice can calm digestive disturbances, that evening primrose can ease arthritic symptoms, that sugar can make you more sensitive to pain? Some foods regularly contribute to or exacerbates pain, while others don't upset the body's balance, but rather actively soothe or prevent pain by relieving inflammation, improving blood circulation and balancing hormones. Here are a few examples from his book:

- arthritis – brown rice
- backache – squash, ginger
- bladder infection – cranberry juice

- joints, back pain – ginger
- inflammation – beans, legumes, green leafy veggies; flax, borage, black currant oil
- menstrual – grains, beans, veggies
- migraines – tomatoes, (qt. water)
- digestive tract problems – rice, oats, veggies

William Roberts, editor-in-chief for the *American Journal of Cardiology*, and director at Baylor Cardiovascular Institute writes, "If we all were more careful in our choices of food and drink, our health would improve enormously. Dr. Barnard has been advocating healthful nutrition for many years. His message is beginning to be heard."

UNHEALTHY, UNHAPPY LIVERS

While visiting Sydney and the Melbourne area last November, I listened to Sandra Cabot, M.D. on a health related television program. Quote from her book, *The Liver Cleansing Diet, Love Your Liver and Live Longer*, "I must admit it took me more than twenty years of medical practice before the solution dawned on me! The liver, the supreme organ of metabolism had to be the missing key. It seemed so simple and yet so incredible; why hadn't someone thought of this before?" She began working with patients who had struggled for years with excessive weight, putting them on her prescribed liver cleansing diet. Since the liver is the major fat-burning organ in the body, eating the wrong foods will actually cause your liver to make more fat. It's more important what you eat rather than how much you eat. Not only did her patients began to loss weight, but many other symptoms improved including high blood pressure, irritable bowel syndrome, general digestive problems, headaches, migraines, chronic fatigue, hives, arthritis, asthma, allergies, energy levels, depression and moodiness, diabetes, severe autoimmune disease to name a few.

Natural therapies for the liver:

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|--------------------|-------------------------|-----------|
| psyllium | taurine | dandelion |
| St. Mary's thistle | beets | carrots |
| globe artichoke | chlorophyll | lecithin |
| slippery elm bark | alfalfa and barley leaf | |

Good news is “the liver can regenerate”. Consider doing a liver cleansing diet if you recognize any of the following symptoms of liver dysfunction:

Poor digestion	abdominal bloating
nausea	constipation
hives	skin rashes
candida	asthma
hay fever	chronic fatigue syndrome
bad breath	coated tongue
flatulence	irritable bowel syndrome
weight gain around the abdomen	
extreme swelling of abdomen	
headaches	migraines
dizziness	clumsiness
mental confusion	moodiness
depression	foggy brain
memory/concentration problems	
aggression	muscle/tendon stiffness
arthritis	ulcerative colitis
allergies	auto-immune diseases
high blood pressure	hypertension
fluid retention	hypoglycemia
unstable blood sugar	sugar addiction
poor nails	dry, red itchy eyes
jaundice	intolerance to alcohol

MUSCLE CHECKING AND FOODS

One of the most exciting aspects of Touch for Health and muscle testing is the testing of foods for sensitivity. The results are personal and individualized, based on the reactions of our own bodies rather than on one of the plethora of food theories. We’ve learned we can check for separate foods, foods in combination, or foods effect at different times of the day. (Example: a friend sensitive to rice at lunch time would feel sleepy shortly after eating it, but not at dinner time. Muscle testing showed the same results—weakened him at lunch time, little or no effect in the evening.)

We know from our Touch for Health training that any strong muscle may be used for food sensitivities, however it’s best to use those listed in the TFH book:

latissimus dorsi	anterior deltoid
popliteus	quadriceps
pectoralis major clavicular	abdominals
pectoralis major sternal	psoas

The PMC and LD are the easiest to use for these tests or any of several methods of self-checking. If we test, do we “listen”? Do our clients “listen” to their muscle’s answers?

I taught the children in my classroom to use their bodies to test, as we learned from Dr. Bruce Dewe at our annual meeting in Canada: Pose the question in your mind about anything, making sure your K27’s, etc. are switched on (see step 1-2 in the Procedure section of this paper). If the body leans forward interpret this as a “yes”; backward a “no”; sideways a “maybe”. Often the students would ask, “Is this good for me, Ms. Cole?” I’d tell them to check with their body. If the food they were checking tested “no” (body back) some honored the response; others would pop it in their mouth anyway—the same as many of us do. Or we don’t ask because we don’t want to know or might feel guilty if we “eat it anyway”. My shining star model is my little 4 year old nephew, Elliott, who DOES honor his body’s response nearly every time. One day he was at the neighbor’s house when Lois offered him something to drink. He wasn’t sure he should have it so he asked to call his mom, my sister. Peggy told him to ask his body. There was only silence on the phone. When Lois picked up the phone, Peggy asked her what happened. “I don’t know. He put the drink on the table and walked off,” she said. I’m impressed. He also checks with his body every morning for his vitamins.

As Irene Yaychuk-Arabei writes “We are all energy beings. Infections are also energy vibrations. As we lower our cellular vibration through POOR DIET, poor attitude (affected by poor diet), stress and drugs, we match the vibration of infections and become one with them. Our job is to raise and keep our cellular

vibration high. Infections (and disease) cannot survive in this higher frequency and the immune system strengthens and allergies decrease. We can start with out attitude and clear our sabotage programs...” Perhaps we can clear those sabotage programs concerning our eating habits. Once again, I’m presenting the simple, quick repatterning procedure I primarily use for clearing those sabotage programs, this time with an added step. Following this process begins the integration of the right/left brain hemispheres to “be in agreement”, to “get out of your own way”. Always an important question to ask before you start any balancing or repatterning is:

HOW/WHEN WILL I (YOU) KNOW “ITS” (A CHANGE) DIFFERENT IF WE REPATTERN THIS ISSUE?

Procedure:

1. Test for strong right and left PMC (or other) muscles.
2. Complete the bio-computer warm-up (correct for switching) in any way that works for you. I use the following:
 - a. Five fingers pointed in at the navel. Test.
 - b. Proceed to step c if muscle is strong. If either or both are weak, hunt for circuitry shut-off points. (K-27’s, below the lip (Central meridian) or top of lip (Governing meridian).
 - c. Make corrections by massaging appropriate meridian end points while touching the navel.
 - d. Test for water shortage by gently tugging on the hair while testing. If weak, drink water. Important for both you the tester and the client.
 - e. Retest any “shut-off” to make sure muscles now check strong.
3. Make your positive declaration statement as if true in present time.

Example: *I, Jan, Janet Mae, Mom Cole* (you are encouraged to use all your names as they can have an effect on particular issues), *control myself and no longer allow eating potato chips to turn into a feeding frenzy.* (Yes, it helped!. I walked right by them the other day.)

4. After saying the statement, test right and left arms for opposite brain access. If both arms remain strong, the declaration you chose may not be an issue, may not be a priority at this time or your bio-computer may have “jammed” (shut off to block clear answers) If one or both of the PMC’s are weak, stroke ONCE upward on the midline of the forehead for data input. Go directly to the correction.

5. Correction:

- a. Ask “What will clear this issue for you (me)?”
- b. Muscle check for each of the following BRAIN FILES. They *usually* all test strong or yes in response to this question. Stroke TWICE on the midline of the forehead AFTER checking the entire list for a STRONG (yes) response. In the past we stroked twice after each word that tested strong. This is unnecessary. You can stroke the correction in at the end of the list.



Say Each Word and Test:

SPIRITUAL	GROUNDING
SELF-CONCEPT	PRIOR DECISIONS
EMOTIONAL	FEARS
PHYSICAL/STRUCTURAL	MOTIVATION
CHEMICAL	INTUITION
SEXUAL	WISDOM
GROUNDING	HEALING

6. Repeat the statement and muscle check both arms for a strong response. If strong, congruency should begin working within you.

7. This is the “added” extra step. Have your client say, “I want to be completely over this problem.” and test. If weak, tap rhythmically on the outside edge of the hand about 5 times while the client is thinking of the issue and does eye rotations closed and open (keep head still and roll eyes slowly all around clockwise; repeat with a counterclockwise eye rotation). Retest the above statement.

This is a very quick short form version of the repatterning technique; a longer more in depth form is given in the *Repattern Your Sabotaging Ways* and *In Making Money Your Friend* books. Remember stroke ONCE on the midline for data input and TWICE for the correction.

Declaration statements you might repattern or balance:

I, (all your names), value and respect myself by eating only those foods that nourish, sustain and energize me.

I, (all your names), am in charge of my diet (cravings) and no longer crave _____.(be specific)

I, (all your names), distinguish my cravings from hunger, feed my hunger and no longer succumb to my cravings.

I, (all your names), know the difference between stomach hunger and mouth hunger.

I, (all your names), have pride in my ability to control myself and no longer allow my craving for _____ to turn into feeding frenzy.

I, (all your names), am able to say no to eating _____ (specify food).

I, (all your names), see myself attaining and maintaining excellent health.

I, (all your names), am in charge of how much I eat, what and when I eat.

I, (all your names), eat to live and eat food that contributes to my health and well-being.

I, (all your name), eat only what I should and control my eating habits.

I, (all your names), deserve and am worthy of eating the best foods available to nourish me.

I, (all your names), really enjoy eating less, smaller portions, smaller bites, and a slower, healthier, more relaxed way of eating

I, (all your names), accept my responsibility to eat in a way that contributes to my health and controls the weight appropriate for me.

I, (all your names), am healthy, energetic and enthusiastic in the habits I form to support my health.

I, (all your names), easily control my weight and appetite.

I, (all your names), am achieving my weight goal for my own personal reasons, for myself, my life, my health, my future and my own personal well being.

Energy balancing, rubbing neurolymphatics, holding neuovasculars, running meridians, thinking positive statements, exercising, waving your hand over your food in any symbolic/energetic fashion all wonderful and helpful, but not enough. Food matters! We're in denial if we think otherwise. So many theories and so little time. We have the quickest access for this information with TFH. The real test as to the effectiveness of your repatterning efforts

might be watching your behavior at a buffet – how is eating there different, if at all? An old saying, but a thought provoking one:

WHERE WILL YOU LIVE
IF YOU WEAR OUT YOUR BODY

A REMINDER: We know that as Touch for Health practitioners, it is illegal to identify or treat any disease or condition without the specific license required to do so in your area.

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