

Dealing with Environmental Sensitivities

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Abstract Environmental sensitivities can cause a wide variety of reactions such as sneezing, coughing, tearing of the eyes, gastric distress, etc., to more generalized reactions, such as tiredness, confusion, learning impairment, etc. This paper describes muscle testing techniques to check for environmental sensitivities and energy balancing techniques to neutralize these sensitivities.

Environmental sensitivities are most obvious when they cause specific reactions, such as sneezing, coughing, tearing of the eyes, gastric distress, etc., but environmental sensitivities can also result in more generalized reactions, such as tiredness, confusion, learning impairment, etc. Environmental stress can often have a debilitating, disorganizing effect on the nervous system. People often don't notice these effects. They can be subtle and cumulative.

A person with a learning difficulty already has a problem with their neurological organization. As a result, environmental factors may have a significant effect on further degrading performance. This is especially true when it comes to reading and writing, since these are neurologically demanding tasks.

Hap has long been plagued with environmental sensitivities, initially foods, then plants, and then a continually growing list of factors as his immune system became more and more overloaded. His symptoms could be controlled by various medications, but he disliked taking drugs on a continuing basis. Encouraged by the pioneering work by Paul Dennison, Steve Rochlitz (refs. 9 and 10); and Jimmy Scott (refs. 11 and 12), we started to experiment with procedures that would work for us. As with our other work, we centered our efforts on techniques that were suitable for self-help.

We have since used these techniques successfully with many other people.

Typical examples include:

- Cliff, who woke up with a headache every morning due to sensitivity to his bed pillow,
- Vickie, who found her office fatiguing due to sensitivity to the fluorescent lighting, the contents of the air filter, and the lacquer finish on her desk,
- Anne, who was tearing and sneezing after trying some new cosmetics,
- Ryan, who was asked to leave school because of improper behavior and was able to return after learning with his mother's help to balance himself to his school room environment and to his food.

The balancing procedures neutralize the environmental sensitivity immediately and provide nearly instantaneous relief from the symptoms.

Typical examples of environmental sensitivities include:

Lighting: Fluorescent lighting, even full-spectrum, can switch off many people. Test under natural lighting, and then test while looking at the fluorescent lamp. Experiment to see if the color of the light makes any difference.

TV & Computer Video Tubes: The radiation and flickering from these devices can be disturbing to your brain and nervous system. You will find that the switching-off effect may vary according to the distance from the screen.

Colors and Patterns: Generally speaking, reds, yellows, and oranges are more disturbing. Blues and greens generally have a

more calming effect, but some people will switch off to these colors. Color combinations may also cause problems even when the individual colors do not. Patterns in pictures and illustrations may also cause problems.

Sound: Certain types of music have more of a calming influence; other music is more disturbing. Usually it is the anapestic beat typical of rock music that is disruptive, and more harmonic music with an even beat, such as classical baroque and folk music, is more calming.

Geopathic Disturbances: Subtle disturbing energies may be generated by underground water flows, geologic faults, and geopathic energy lines.

Fabrics: Some people are so sensitive that even wearing certain fabrics can cause difficulties. Synthetic and animal fibers are most likely to cause problems. Also of concern are dyes and chemicals added to affect the body and finish of the fabric.

Plants, Animal, and Foods: There are many types of plant, animal, and food sensitivities resulting from contact or breathing in odors and other emanations.

Chemicals: Paints, glue, building materials, aldehydes, agricultural chemicals, cleansers, personal care products, cosmetics, etc.

Airborne Chemicals and Particles: This category includes dust, molds, vehicle exhaust fumes, agricultural odors, toxic chemicals, etc., in solid and gaseous form.

Environmental Sensitivity Testing

Since the body-mind has a way of compensating for environmental disturbances in order to remain strong, it is best to muscle test first "in the clear" outside the influence of the environmental factor, and then to retest in its presence.

We find that for purposes of testing and balancing environmental sensitivities can be divided into two basic types: electromagnetics and sounds, which we will call Type A, and chemical, which we will call Type B.

Type A: If you are testing electromagnetics (lighting, color, pattern, computer, TV, wrist

watch, high tension wires, transformer vaults, etc.) or sounds:

- Remove the environmental factor for 30 seconds or more. In some cases this may require looking at a neutral surface, e.g. white or gray, or leaving the room or turning off the lights or the machinery producing the environmental factor.
 - Check the test muscle to make sure that it is balanced.
 - Then restore the environmental factor and muscle test again and note if the muscle switches off.
 - If the test muscle remains switched on, check the test muscle again while holding five fingertips against the body.
- Note:** This step uses the Five Finger Electromagnetics screening test (refs. 1, 2, and 3) to check the possibility that the environmental factor may have induced Central Meridian Reversal or some other bio-electric switching disturbance that prevented the test muscle from switching off.
- If the test muscle switches off for either test, the person being tested is sensitive to that environmental factor.

Testing and balancing **Type B** sensitivities requires collecting of samples of suspected environmental factors. For example, if you are balancing environmental sensitivities to plants, you must collect a sample of each plant that is suspected of causing a reaction. Once collected, these plant samples can be dried, saved, and reused. Once you have a collection of common plant materials that cause environmental sensitivities in your area, you can share that with other people. Much the same can be done with fabrics, plastics, and animal materials. Foods are better used fresh.

Airborne Particles and Chemicals are **Type B** sensitivities; however it may be difficult to impractical (smog, for example) to get effective samples. The most practical sources are the filters on air circulation devices and air ionization devices.

We collect airborne samples by using an air circulating fan with a removable air filter. We run the fan for several hours in the area

containing the airborne chemicals and particles that we desire to test and neutralize. Then we remove the filter and hold this against the testee's navel to determine a possible environmental sensitivity.

Note: Actually you may want to do a before and after test. The filter may already contain chemicals and particles to which the testee is sensitive before running the fan in the test area. In such a case we would balance to the filter first and then run the fan in the new area to determine if any additional sensitive chemicals or particles have been picked up.

To test a **Type B** sample:

- Check the test muscle to make sure that it is balanced.
- Place a sample against your navel, muscle test, and note if the muscle switches off.

Note: Reflex points for all the meridians are located around the navel, which was your connection point to your source of life, your mother, before your birth; so putting the sample here in effect checks it against all parts of your body.

- If the test muscle remains switched on, check the test muscle again while holding five fingertips against the body.
- If the test muscle switches off for either test, the person being tested is sensitive to that environmental factor.

Environmental Sensitivity Balancing

The balancing exercises described below will balance only the particular environmental factors present. It is possible to balance several factors at one time, but factors not present will not be balanced.

To balance a **Type A** (electromagnetic) environmental sensitivity, place yourself in that environment and continue with the following balancing procedure:

- Do the **Five Finger Quick Fix** (refs. 1, 2, and 5).

Note: The Five Finger Quick Fix, also known as the Electromagnetics Basic Balance and as Trilateral repatterning, balances all the electromagnetic imbalances (ref. 13) triggered by the environmental factor being neutralized

After balancing, retest to confirm that the environmental sensitivity has neutralized. If the factor has not been neutralized, there may be one or more **Type B** factors also involved.

To balance a **Type B** (chemical) environmental sensitivity, place yourself in that environment and continue with the following balancing procedure:

- Hold a sample against the navel with one hand and stroke up the center of the forehead from the browline to the hairline with the index finger of the other hand; then put the sample down.

Note: Stroking up the center of the forehead temporarily locks in the imbalance signal from the suspected environmental factor (like the HOLD button on a telephone) so that you no longer have to hold the sample next to your navel and thus have your hands free to do the balancing exercises (ref. 7).

- Then do the **Frozen Muscle Basic Balance** (refs. 3 and 5), while humming a single note and rotating your eyes around the periphery of your vision field with your head held erect and motionless. First rotate the eyes up and to the left, going around in a complete circle. Then rotate them up and to the right continuing in a complete circle in the opposite direction.

Note: The humming and eye rotations help to activate various brain centers which control the body-mind response to the environmental factor. The Frozen Muscle Basic Balance (which we have since realized is actually more appropriately called the Over/Under Energy Muscle Basic Balance) balances all the over and under energy muscles and meridians triggered by the locked in signal from the environmental factor being neutralized.

After balancing, retest to confirm that the environmental sensitivity has been neutralized. We have found this procedure to work over 90% of the time. But if the factor has not been neutralized, try repeating the balancing procedure using the **Structural Basic Balance** (refs. 3 and 5) in place of the Frozen Muscle Basic Balance. This will correct many of the cases not corrected by the Frozen Muscle Basic Balance. Or muscle test the finger modes you prefer to use and find one that works.

We have found that it is best to limit the number of Type B balances done at any one time. The balancing procedure can be momentarily energy draining as the body readjusts to its new response to the environmental factor. Sometimes it is appropriate to lie down and rest for 20 or 30 minutes while the body responds to the balancing exercise.

On rare occasions there will be a healing reaction (Herkseimer effect) to Type B balances where the response to the environmental factor will intensify and then disappear.

If you have extensive food sensitivities, we suggest doing a Type B balance at mealtime with the entire plate of food just before starting to eat. If you forget and have a reaction to the food you just ate, the balance exercise usually works just as well using the dirty plate. (There seems to be enough of the food energy remaining on the empty plate to balance your reaction to the food.)

Occasionally successful environmental balancing can be a little more complicated. Recently we bought a new set of cotton-polyester bed sheets and pillow cases. We muscle tested them in the store still in their cellophane packages with no ill effect, and washed them before using them. However Hap had an immediate strong reaction to the new bed linens on the first night he attempted to sleep on them. Doing both the Type B procedure using both the Frozen Muscle Basic Balance and the Structural Basic Balance and the Type A procedure did not correct the problem; so he spent the night on the sofa. Hap noticed that the bed linens gave off an odor that was unpleasant to him; so the next day we ran an air circulation fan with a filter that Hap had been previously balanced to over the bed for several hours. Upon retesting Hap was sensitive to the filter, and he rebalanced himself to the filter using the Type B procedure with the Over/Under Energy Muscle Basic Balance. He then lay on the bed sheets and found that he was still reacting to them, although much less strongly. He repeated both the Type A procedure with the Five Finger Quick Fix and the Type B procedure with the Frozen Muscle

Basic Balance while lying on the sheets. This completed the neutralization procedure, and he has since been able to use the sheets and pillow slip without any adverse reaction. After the completion of the balance, he barely noticed the odor from the sheets that had previously been very strong and overpowering.

So if the basic Type A and Type B procedures don't seem to do the job, try other variations until the problem is licked. Another approach is to put the signal from the environmental factor on Signal Lock (by stroking up the forehead, spreading the legs, etc.) and to use finger modes to find the priority balancing techniques.

Environmental Sensitivities occur when the stress caused by the environment exceeds some threshold level. Our individual threshold levels vary depending on our state of health and the strength of our energy balance. The length of time that the balancing of an environmental sensitivity will hold depends on these same factors. Some balances may last a lifetime after a single balancing session; others may be short lived. For those factors that do not stay in balance initially, repeating the balancing exercises over a period of time will gradually build up the strength of your tolerance to that factor and improve the length of time that the balance will hold. It is possible for these balances to become permanent when your tolerance level becomes high enough.

Caution: Although these techniques will enable you to greatly reduce or neutralize the stress caused by many environmental factors, but common sense still tells that in the case of factors known to be toxic and to be capable of inducing long term health problems it is best to minimize exposure to these factors, even though you may have balanced yourself to these factors. This is particularly important in regard to foods.

We would be particularly concerned about factors that do not stay in balance after repeated balancing. This may indicate a high level of toxicity and a good reason for avoidance. Or this may indicate an

overstressed adrenal system which can be caused by excess carbohydrates in your diet.

Note: Some of the material in this paper has been previously published in the copyrighted book, "*Self-Help for Stress and Pain*", by Elizabeth and Hamilton Barhydt (ref. 5).

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