

Strengthening the Body to Eliminate Mercury

by Philip Rafferty

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Most people handle small amounts of mercury with no apparent symptoms. Not everyone who has mercury amalgam fillings seems to exhibit mercury toxicity symptoms. It slowly builds up in the system until one day it creates major problems.

Chronic Fatigue, MS, Parkinson's, Diabetes, Alzheimer's, may all have a heavy metal component. I have yet to find anyone with MS who did not have an energetic sensitivity to mercury when tested down the Spine.

The major X factor which determines a particular person's degree of mercury toxicity symptoms may be **the ability of the Kidneys to excrete the mercury**. Cells might hold onto mercury if the body knows the Kidneys are not able to deal with it and excrete it. If the body is not sufficiently hydrated the cells might not be able to flush mercury out. **The Liver needs to tag enzymes to the mercury and in a few people this may not be working.**

Kinesiology has the simplest and fastest method of testing for an energetic sensitivity to mercury. Different kinesiology systems have different ways of correcting a Mercury Sensitivity. The specific Kinergetics' corrections used in conjunction with any other kinesiology system may allow them to work more effectively.

One of the Kinergetics' corrections to strengthen the body to eliminate mercury is so simple that if you didn't read the results you wouldn't believe it would work! I have also included a selection of stories from personal Kinergetics results, some of which also help to explain why it works.

Muscle Balance

General balancing of the body will be of help to the Kidneys. TFH 14 or 42 muscle balancing will assist the body to clear

mercury.

The Psoas and Upper Trapezius are the most important muscles to balance in relation to the Kidneys. Balancing the Sartorius which relates to the Adrenals will assist hydration.

Emotions

Accessing and clearing emotional stress held in the Kidneys or Adrenals, via the associated muscles also helps, but it does have an element of chance - clear enough stresses and eventually you MAY clear the specific stresses blocking Kidney function and the body's hydration.

Muscle Circuits

Even when all the muscles relating to the Kidneys and Adrenals are apparently balanced, there could still be some circuits of these muscles holding stress. Correcting all positions of Psoas, Upper Trapezius and Sartorius (Applied Physiology) will help access and clear more stresses.

Prior to Kinergetics, I had 2 clients with over-facilitated (jammed) Psoas muscles and lots of skin symptoms. After 4 sessions each of clearing emotions from the Psoas, the muscles were still over-facilitated. In the last 5 years, since using the Kinergetics Hydration Formats and Hydration Scan List Correction, I have always been able to correct all the 42 muscles in one session, except for clients in wheelchairs.

Kinergetics Hydration Scan List

The more deeply you can hydrate the body, the more able you are to access what the body wants to hold onto, and the more able and capable the body is in releasing mercury and having optimal Kidney function.

Kinergetics Hydration Formats

Even simple formatting, as below, gives you

the access in to specific areas, so you can clear stresses specific to assisting Kidney function and hydration and so facilitate the excretion of mercury. The most pertinent simple Hydration Formats are:

Kidneys

Kidneys - Cortex - Glomeruli

Adrenals

Adrenals - Cortex

Verbally Challenge each format as you tap gently along the client's corpus callosum.

Correct with your preferred modality.

Even if you have no Indicator Muscle change, you can hold the format in circuit and challenge the body against it.

Energize the Kidneys

Energizing the Kidneys is the simplest correction procedure to support and strengthen the Kidneys, and is very profound in its effects. Front and back together will save time. Usually 5 minutes is enough to make a change. Barbara recently reminded me (see Barbara's story below), that it took over 20 minutes to energize her Kidneys which was the major support her body needed to be strong enough to start eliminating mercury and clear all symptoms of her "Chronic Fatigue".

TMJ Corrections

The TMJ and hydration affect each other. Correcting the TMJ improves hydration. Correcting hydration improves the TMJ. I am ALWAYS able to correct Sartorius by balancing the muscles around the TMJ.

Testing For Mercury

I have tested over 5,000 people at Health food shops, demonstrations, festivals, shows and in the clinic. The first few thousand were unlucky because I only tested with a locked Indicator Muscle, so I missed probably half their sensitivities. To test with an unlocked I.M. switch off the spindle cells in the belly of the Indicator Muscle, and as the I.M. unlocks, place your feet shoulder width apart (pause lock). You now are holding an unlocked I.M. in circuit (do not move your hips), so retest, scanning the entire body and its energy fields, with the unlocked I.M. in circuit. Remember to test down the spine. You will be accessing

imbalances that did not show with the locked I.M., and also imbalances that caused the I.M. to change to a Jam, so were undetectable with the locked I.M. and these are the ones you do not want to miss, as they are causing greater stress to the body, e.g.. Suppressions. Close the circuit (feet together) when you have finished.

For safety, I use a multi-potency homeopathic mercury vial to test with.

Intoxication from mercury spilled on carpets. Lancet p1578 (1990)

"... I describe here chronic mercury intoxication in three children caused by a broken thermometer. A 33-month-old girl was admitted in May, 1988, for anorexia, weight loss, light sensitivity, and eczema, starting 4 months previously. She had widespread severely itching eczema and pink, sweating, and scaling palms. She was ill-tempered and preferred to lie in bed or be taken around in a small buggy. She was sensitive to light. Acrodynia was suspected, and raised mercury concentration was found in the urine..... The girl's 20-month-old sister had papulovesicular eczema with super infections and severe prurigo which had started 6 weeks earlier; she had lately become anorexic. Her basal urine Hg excretion was low, but it increased after administration of DMPS.....The brother, aged 6 years 10 months, was the least severely affected of the three sibs. He had an itching exanthema and was thought to have been more nervous than usual. He had raised concentrations of mercury in urine after DMPS administration Subsequently we learned that in the preceding autumn (i.e., about 8 months earlier) a thermometer had been broken in the children's room which was small and had floor heating. The mercury had been spilled onto the carpet and was not retrievable... Case 2 shows that the basal urinary excretion of mercury can be normal even in overt acrodynia, and the data presented here may be an important contribution to the debate on the safety of mercury amalgam dental fillings."

MERCURY - Natalie's Story

For years, after many tests, doctors told me they did not know why I was having such health problems. Incapacitating migraine was

the least of them. Several times I fell over in the 'produce' aisle of the grocery store as if an explosion had happened in my head. I had lost my equilibrium. Worse yet, I was unable to speak anything but gibberish. I understood what the people standing around staring at me were saying, but when I opened my mouth nothing intelligent came out. This state of affairs would usually last five days. Twice I was paralyzed on my right side for two weeks. No one knew why only the left side could move. And I had small children to look after. Yet, medical tests revealed nothing. Several doctors said it was all in my head. I now know that their assessment was correct but not quite the way they meant it. We'll get to that later.

It seemed that I was also allergic to light and sound to some degree. Any loud base or treble at too high or low a pitch would cause me to become nauseated, weak and dizzy within seconds. In about a minute I would throw-up and if I couldn't get away from it, I lost the ability to speak again (for five days). This may not seem like a big problem but it could happen anywhere, anytime. I could be in my car at a stoplight when a car would pull up next to me with the radio blasting. If the light changed quickly, I'd only be sick for several hours. If the light didn't change for a length of time, I'd be too disoriented to move or drive. Additionally, there was the problem of strobing lights. Now that could be anywhere too, in stores, going across bridges, or through tunnels, even driving past trees that would cause the light to flicker, but one of the worst causes was ceiling fans. The television, of course was a major source of problems too. Symptoms were the same as above and happened within seconds.

These weren't my only worries. There was a problem with certain motors and electrical appliances. Once I spent several weeks in agony until we found out that the source of my migraine, weakness, and nausea was coming from my fourth son's new fish tank filter. Also high-tension wires were a serious problem and I could not go under them unless someone else was driving. The sad thing is I know that some of you out there can relate to this and have probably spent years searching for answers too. But there is hope!!!!

You see, today I function pretty normally, thanks mainly to the power of a healing technique called Kinergetics. Each day I seem a little better than the day before. But let me continue with my story and how I found my way out of these dilemmas. I found that mercury poisoning coming from my many fillings caused all of these problems. Four gold crowns exacerbated the problem. It seems that amalgams and gold along with your saliva cause a battery effect in your mouth, which pulls the mercury out of the fillings even faster. Getting the mercury out of my mouth seemed like the obvious answer, but it was not that simple. Finding a dentist who knew what he was doing was the first challenge. Then after measuring the negative current on each of my teeth, he refused to treat me until I had spent at least two months on a vitamin and various supplement regime to build me up for the work ahead. It was decided that my body couldn't handle more than one removal at a time with a month of supplementation and rest in between.

However, after the first removal we found more was needed! I became suicidal within half an hour of each removal despite all the precautions and all his specialized equipment. So, either someone had to stay with me for 48 hours after each removal or I had to be checked into a mental hospital. I chose the first option! However, I would cry and sob: Why do I have to kill myself if I'm finally getting better? You see, a side effect of mercury poisoning is needing to kill yourself with no reason! This process took more than a year and I finished it six or seven years ago. I thought I would be fine immediately. But it only kept me from further poisoning myself. It didn't get it out of my brain where the principle problem seemed to be

I saw acupuncturists, chiropractors, nutritionists, and kinesiologists. I got some help but couldn't function anywhere near normal. I was most impressed with kinesiology and wanted to learn more. So, I started taking classes and soon realized that I wasn't the only one having these kinds of problems. In time I became a kinesiologist having studied with many of the schools.

Then at the 25th anniversary convention of Touch for Health in Orlando, Florida I met

Philip Rafferty and was introduced to Kinergetics and RESET (TMJ workshops). That was in October 1998. It took me until September the following year to track this man down in Melbourne, Australia and get him to come and teach Kinergetics and RESET in Maryland USA, and the rest, as they say, is history.

The corrections in Kinergetics are phenomenal. It's the hydrating of the body that allows for such major corrections and shifts in body energies to happen so quickly. Pain of all kinds is quickly and easily released. But best of all, mercury can also be released just as easily. While I did feel weak for the rest of the day that it was corrected, that was nothing!!

One day, and I had finally had the source of all my health problems released and corrected. So, now I am committed to Kinergetics as one of the best healing modalities that's out there. My years of trial and error with various healing modalities including all the traditional and a very large percentage of the alternative, had finally paid off, and in the last year I've seen many miracles besides myself.

There have been back pains, TMJ problems, candida, and many other life altering issues reversed or eliminated sometimes in a few, but often in one session, even though they may have suffered for years previously. There are also protocols for MS, arthritis, and chronic fatigue to name a few. Aside from the hydration of specific areas of the body, which is unique to Kinergetics, it is the fact that each person is treated individually to find the cause of the imbalance in their life relating to their symptoms whether emotional, chemical, or physical. So the corrections are completely individualized.

After much work, I am now very honored to be a Kinergetics and RESET instructor. If you are looking for help on a health issue, check out www.kinergetics.com.au. I believe you have nothing to lose but your problems (if you are willing to let them go). And you can get on with the life you were meant to live just as I have! *Natalie Nehman 2001.*

MERCURY - Barbara's Story

In 1993 I came down with a severe case of

Tonsillitis. I was put on a very high dose of antibiotics. I had never had Tonsillitis in my life. Even as a child I had never suffered from sore throats or ears, or head congestion of any type. I assumed my body must have been very run down. I had just completed a 2-year bachelor course at Uni, less than 12 months prior, while working and looking after my 4 children. I had never felt sicker in my whole life and I was experiencing a lot of pain. A return visit to the doctor a few days later revealed a swollen liver, a swollen spleen and results of a blood test diagnosing Glandular Fever. I was 42 and had Glandular Fever!

For the next two months I hardly got out of bed. I didn't even have the energy to think! My next diagnosis, after weeks and weeks of little improvement, was Chronic Fatigue, with rest being the only line of cure offered.

With my body physically not willing to do anything, I had the time and space to re-evaluate my life, and after hitting rock bottom I decided to start working my way up. All I knew was I had to come from my truth, my heart.

I was led to various alternate therapists over the next 3 years and my life was moving forward but I knew there was something else, and I still was constantly tired and lethargic. I did a Kinergetics Intro and K1 workshop and I then knew I needed to see a Kinergetics Practitioner. After having a 16 muscle assessment and a vial scanned over my body for a couple of seconds, I was told that my major imbalance was an energy sensitivity to mercury, and that mercury sensitivity was quite capable of giving me all my past symptoms.

I was disbelieving of this fast and definite appraisal. I thought maybe mercury was his specialty, as sensitivity to mercury seemed completely unrelated. It had never even been mentioned on my path to health by any practitioner, or in anything I had read. However the feeling of lightness throughout my being as I left the clinic that day will remain imbedded in my memory. My life magically began to change. Physically I dramatically lost my symptoms straight away, and all that took time to clear was a fear of tiring myself and having my symptoms flare up again. That never happened. Eczema which

had been a chronic condition on and off since early childhood also cleared up. My energy level remains high.

Because mercury toxicity was the furthest thing from my mind as a precursor to my condition, it wasn't until some months later that I remembered that just a few months before coming down with Tonsillitis, I had 2 large amalgam fillings removed and replaced, with no protection offered to me by the dentist. I had no idea of the possible dangers, or that this trip to the dentist would be the catalyst that changed my whole life. *Barbara Papillo 2001.*

MERCURY - Diabetes

I have several clients who have diabetes. After using Kinergetics to detox them for mercury they reported their overall blood sugar levels had dropped and they were able to reduce their need for insulin and in one case Diaturn.

Client A was testing himself three times a day. After detoxing him for mercury he was able to reduce his insulin levels. With Client A I will be using the K's for a candida balance and will let you know if there is a subsequent reduction in his need for insulin.

Client B came to me on referral, specifically for mercury detox. Client B also is diabetic, taking insulin. He also reported, after being detoxed for mercury (using the K's), a reduction in his need for insulin. He also reported a drop in his blood sugar levels in the week following his mercury detox. He has not shown to have the candida overgrowth. Several weeks later his overall blood sugar level has been more stable.

Client C has diabetes, taking Diaturn and using a diet to control her blood sugar levels. After using the K's to detox her for mercury she also reported stabilization of her blood sugar levels within a week. When questioned as to what she attributed this reduction in overall blood sugar levels to, she replied she hadn't done anything different. I will be using the K's for a candida balance.

Client D - Insulin dependent diabetic - also reported a drop in his insulin levels after being detoxed for mercury. I will be doing another mercury detox after he has several broken fillings replaced. *Marion J. Vangness. 2000*

MERCURY - Hydration

Philip came to his hydrating technique out of necessity. He had been working on detoxifying heavy metals in clients and had found that some of them were 'spinning out' as he described their condition. He felt obliged to prevent this from happening and developed his Kinergetics hydration technique to hydrate them very deeply before he commenced detoxification procedures. Once hydrated, all of the body's channels were opened for speedy elimination of the heavy metal. So what else is new with Kinergetics hydration? To my amazement, many of my clients who had been drinking adequate quantities of water along with good hydration formulas showed to be lacking hydration when challenged with the Kinergetics procedures. Philip has developed a unique and simple way of opening up areas of the body blocked to hydration. It is not uncommon for clients to need 600 mls or more of good quality water either during or immediately after the Kinergetics hydration procedure has been completed. The response to this technique has been outstanding with my clients even though all of them had made great gains with previous hydration strategies. I have yet to find a new client who was truly hydrated in every part of his or her body and who could not benefit from the Kinergetics hydration procedure. *M Chaffer 1994.*

MERCURY - Multiple Sclerosis

Today is day three of Kinergetics. I came into this workshop a little skeptical, being programmed from my doctors that nothing will cure Multiple Sclerosis. We will go in and out of remission at any time. Well in my case I have never gone into remission so quickly. I was having problems walking, coupled with my increasing tiredness and mind blanks. I have come an incredible way in three days. Being a Reiki Master, Bowen Therapist, Massage Teacher, and Aromatherapist I have tried lots of workshops and healing seminars, always being open to some natural treatment and or cure. I have never experienced anything that accesses the mind and body this quickly or had any healing with such instant results on all levels of the body, including the peace that I am feeling. After day two I went walking expecting the usual things to happen to my legs. I was incredibly surprised when it

didn't. I have enjoyed my first walk for a long time. I cannot understand how any counselor, psychologist, or therapist can work without the use of Kinergetics. I can not recommend Kinergetics highly enough for mind, body, and soul work. *Wendy Dolan 1999. Reiki & Seichim Master, Massage Teacher, Bowen Therapist.*

MULTIPLE SCLEROSIS RESEARCH, DUBLIN - 1999

Seven MS participants.

- All showed an energetic reaction to mercury down the spine.
- All had all muscles below the waist unlocked.

What They Are Saying

Leg lighter - leg lifts itself rather than dragging it. Better balance - able to have arms down by side. *MM*

Better balance when walking. Not so nervous around people and gaps. Not dragging left leg. *JF*

20% better balance. *DG*

Leg is now straighter, was externally rotated. Everything else feels better, i.e.. burning and weakness in legs. *CH*

Feeling relaxed. Eyesight now as clear as it would be after a long rest. *CL*

Feel fine. Right hand has better grip and there is more stretch in the fingers. *BO*

Body lighter in movement. Feel light and loose. Pressure not on body as before. No body pain at the moment. *CW*

I am collecting personal stories about mercury (any modality) for a small book. The stories will be available free copyright on any website that wants them.

Please submit by e-mail to

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formatted in MS Word, MS Pub 97-2000
Pagemaker 6.5 or earlier or plain text by
e-mail.