



HOW TO TEST FOR AND SUPPORT THE BODY AGAINST MERCURY AND FLUORIDE

By Philip Rafferty (Australia)

MERCURY

- Overloads the kidneys
- Blocks zinc (one molecule of mercury blocks 1,000 zinc)
- Blocks iodine receptors in the thyroid

MERCURY IN COMBINATION WITH TRAUMA

- Is a major cause of Chronic Fatigue
- Is a major cause of Multiple Sclerosis, Parkinson's and Alzheimer's disease
- Is a major cause of depression and suicide

If the body is overloaded with mercury there will always be:

- Dehydration
- Zinc and magnesium deficiency
- Fluoride retention (if client drinks fluoridated water or uses fluoride toothpaste)
- More susceptibility to allergies and viruses
- Higher acidity

DISCLAIMER *We are not diagnosing or treating diseases, just testing energetic reactions to colors and homeopathic vials which relate to different minerals and hormones, then releasing stress from the jaw muscles which changes the energetic reaction to colors and homeopathic vials.*

I believe the reason for the changes is because the jaw muscles become tense under trauma, as part of flight/fight/freeze/survival, and releasing the jaw muscles helps take the client out of those states. As an example, in a life or death situation the body goes into survival mode and this can switch off hydrochloric acid production, because survival is a higher priority than digestion. When dinosaurs were around, being chased by a dinosaur would have caused a person to go into survival mode. In modern times it seems to take much less of a trauma for some people - dental braces seem to cause massive neurological imbalances, maybe because the ligaments in the teeth are being stressed. Also chronic bullying can have the same effect. It can also be a build up of smaller traumas. The average child now gets 40 vaccinations, and each one is a physical trauma! Add to that some vaccines now contain aluminum. Fluoride magnifies the toxic effects of aluminum tenfold!

MERCURY TESTING USING KINESIOLOGY

I use homeopathic vials of mercury for testing. I also like to test many different ways to get a whole body overview.

1. Test a homeopathic vial of mercury over the body. Many people with chronic fatigue react to mercury 15 feet away! Test down the spine, with the head forward, especially around T2.
2. Test a specific sky blue card - if the IM changes the client is dehydrated. Interestingly, just drinking water does not usually correct this - it seems to relate more to chronic cellular dehydration. You can verify this by placing water over the navel and retesting the color. Another test is for the practitioner to say "water, hydration, dehydration." If the IM changes then dehydration is present. The usual kinesiology test (tugging the hair) for hydration is only accurate if the client is a little dehydrated, and this can be corrected by drinking water. The dehydration means the kidneys are under stress and the whole body cannot effectively eliminate mercury.
3. Test the Psoas muscle - it is the muscle most involved with dehydration (and also magnesium deficiency).
4. Test the indigo blue card that relates to zinc. If the IM changes place zinc over the zinc Riddler point (a few inches below the navel to the right). Retest the indigo blue card. This should confirm zinc deficiency.
5. Test magnesium and zinc over the kidney alarm points. This should NOT cause an IM change. If it does it usually means severe dehydration, more chance of higher mercury retention and trauma.
6. Test homeopathic adrenalin over the body. If the IM changes the client is in some degree of flight/fight/freeze/survival. This means the kidneys are also under stress and there is more chance of higher mercury retention.

FLUORIDE

- Babies drinking bottled milk made from fluoridated water are exposed to 250 times the fluoride in mother's milk!
- Fluoride blocks molybdenum, a critical trace mineral that mediates zinc and copper.
- Fluoride regularly shows as a toxin with arthritis clients - it binds with calcium to form calcium fluoride.
- Fluoride is extremely difficult to get rid of from the body—Iodine and molybdenum may be the most effective way (after the corrections in this workshop).
- A 52-week study of the factors that enhance or inhibit the bioavailability of aluminum and its effects on the nervous system was published in 1998. One of the most remarkable findings was that animals administered the lowest dose of aluminum-fluoride (0.5ppm) exhibited a greater susceptibility to illness and a higher incidence of mortality than the animals administered the higher levels (5ppm) of aluminum without the fluoride. *rense.com*
- Many of the new vaccinations now have aluminum instead of mercury!
- There are over 23,000 calls to the Poison Control Center for fluoride poisoning every year!
- Fluoride attaches to the thyroid, blocking iodine, causing weight gain.

The mechanism behind "halogen displacement" was probably best described by J.C. Jarvis, M.D. (Folk Medicine, Henry Holt & Co., 1958, HB, p. 136), who wrote: "The clinical activity of any one of these four halogens is in inverse proportion to its atomic weight. This means that any one of the four can displace the element with a higher atomic weight, but cannot displace an element with a lower atomic weight.

For example, fluorine can displace chlorine, bromine and iodine because fluorine has a lower atomic weight than the other three. Similarly, chlorine can displace bromine and iodine because they both have a higher atomic weight. Likewise, bromine can displace iodine from the body because iodine has a higher atomic weight. But a reverse order is not possible."

The atomic weights are:

Fluorine 18.99
Chlorine 35.45
Bromine 79.90
Iodine 126.70

Therefore, any "halogen detox" symptoms one experiences with iodine are likely to be either from the iodine killing off bacteria, pathogens and/or viruses, and consequently the liver, etc, having to deal with this toxic dump. Or it could also be from mercury being mobilized in the body.

Mercury has a heavier atomic weight than iodine (200.59 to be exact), so maybe this is why iodine can displace it. Not sure if it forms to become mercury Iodide, if iodide is present (Here is interesting link about mercury iodide, presenting even more interesting implications for thyroid http://www.contech.com/Mercuric_Iodide_Detectors.htm).

Displacement of mercury can also explain an improvement of thyroid function, since the iodine supplementation has bumped the mercury out of the iodine receptor cells on the thyroid and the thyroid can use the iodine to manufacture proper, working T4 (as opposed to T4 made with other halogens). <http://curezone.com/forums/fm.asp?i=1591023>

- Some GOOD NEWS! I talked to my local water expert and she informs me that fluoride is not a problem in showers, as it does not evaporate like chlorine. A good shower filter will get rid of most bad stuff and the fluoride also does not get into the skin, I think because of the size of the mineral.

FLUORIDE TESTING USING KINESIOLOGY

- Test fluoride tablets (the fluoride added to most drinking water is actually a toxic waste from the aluminum or fertilizer industry - fluorosilicic acid, also known as hexafluorosilicic, hexafluosilicic or hydrofluosilicic). It contains arsenic and other toxic metals. If you can find a homeopathic vial of this it would be better.
- Test specific orange color - If the IM changes this usually means iodine and molybdenum deficiency (you can verify this by placing iodine or molybdenum over the throat and retesting). These are the only two minerals I know of that can help the body clear fluoride (test fluoride with iodine and molybdenum over the throat). So in effect, the orange color is a good test for fluoride toxicity!
- Test Teres Minor with palm of the hand turned in so the fingers point towards the navel.

The elbow is tucked right into the side. *This test was developed by Richard Rust, a Kinergetics Instructor from New Zealand.* If the IM unlocks place iodine over the throat and retest.



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- Test fluoride and calcium together for clients with arthritis and fibromyalgia. You can buy Schussler Salts (homeopathic) of calcium fluoride which is perfect for testing. Test over the joints for arthritis and over the muscles for fibromyalgia.
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IF THE CLIENT HAS HAD ANY PAST TRAUMA

This can cause flight/fight/freeze/survival and TMJ. This causes more kidney and adrenal stress and dehydration and magnifies the mercury and fluoride reaction. I have yet to find anyone with NO traumas!

TRAUMA EXAMPLES:

- Accident—bicycle, motorcycle, car etc.
- Ankle sprain
- Asthma attack
- Bee sting
- Broken bone
- Bullying
- Burn
- Death of friend, relative or pet
- Dental work—braces, extractions, fillings, root canals, implants etc.
- Divorce of parents
- Fall on coccyx
- House fire, bushfire
- Hurricane
- Mammograms
- Marriage or relationship breakup (some of you just doubled your trauma list)!
- Near drowning
- Nightmares
- Operation—appendix, caesarean, tonsils etc.

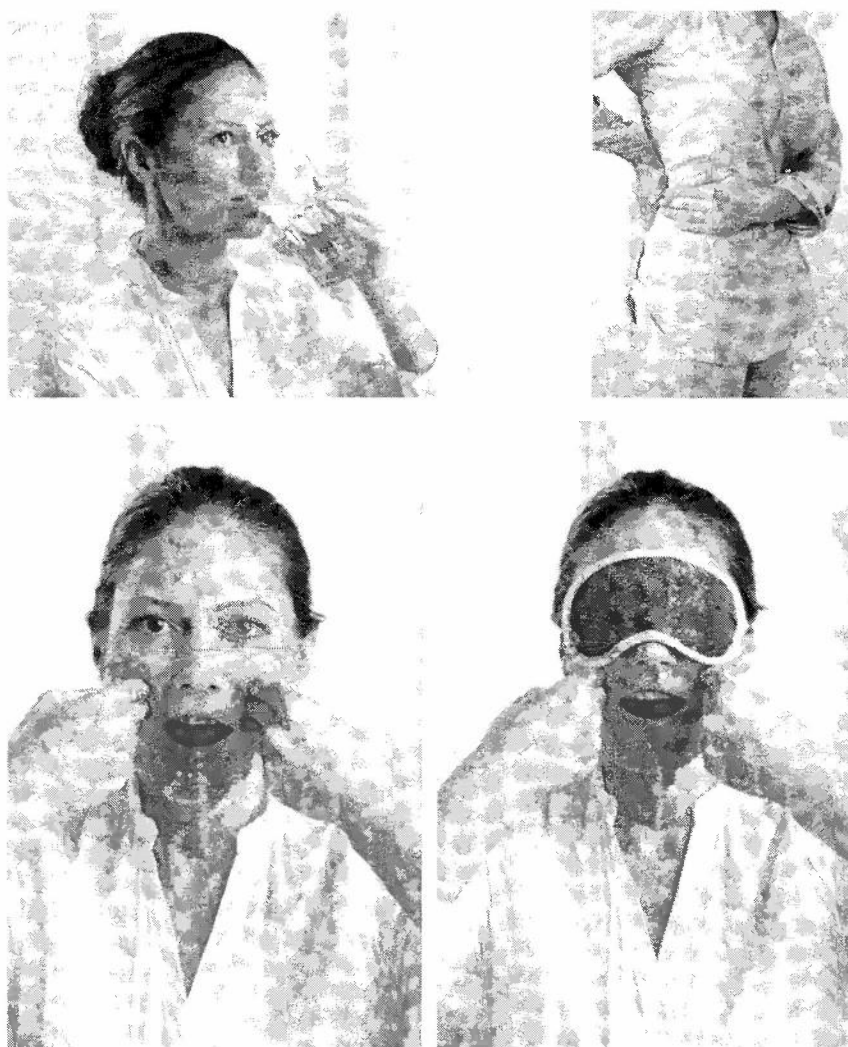
- Rape
- Scar
- Sexual abuse
- Ski or sporting injury
- Tornado
- Vaccinations (US kids now receive 40 vaccinations)
- Virus—measles, mumps, chicken pox, glandular fever etc.
- Violence

STOP THE MERCURY AND FLUORIDE!

- No more mercury amalgam fillings!
- Cheap water filters like Brita do not remove fluoride. Reverse Osmosis does, but wastes huge amounts of water. I own an Australian filter that takes out fluoride and a huge amount of other toxins and puts minerals back in. In fact it has more minerals than the expensive electrolyte drinks. It is a ten stage filter. Check with your local water filter experts.
- Read the back of your tube of toothpaste! Keep out of reach of children under 6 years of age. if you accidentally swallow more than used for brushing, seek professional help or contact a poison control center immediately." a single tube of bubble-gum flavored Colgate-for-kids toothpaste contains enough fluoride (143mg) to kill a child weighing less than 30kg. (Whitford 1987).
- If you have fluoride in your drinking water then ANY fluoridated toothpaste is too much.
- Throw out your non-stick pans, unless they are the new White Ceramic type. The coating on the regular non-stick pans contains fluoride.

BALANCING THE BODY FOR MERCURY AND FLUORIDE

- Any balance for mercury and fluoride must take the body out of flight/fright/freeze/survival, strengthen the kidneys so they can assimilate water and minerals, hydrate the body so it can get rid of mercury and fluoride and clear some of the physical aspects of past traumas.
- There should be no reaction to any colors or vials after the correction.
- Quadriceps, Sartorius, Psoas and Gluteus Medius should be in balance.
- Drink water (yes, of course, without fluoride)!
- Energize the kidneys for at least five minutes.
- Energize the front of the Masseter muscle for five minutes: 2.5 minutes eyes open and 2.5 minutes eyes closed. (from the RESET manual).
- Retest all colors, vials and muscles out of balance.



PHILIP'S Qualifications for This Article! (Testimonials)

SAVED FROM KIDNEY DIALYSIS: Several years ago I became severely ill while living in Japan. When I returned to America no one was able to diagnose the problem. Allopathic medicine only treated the symptoms that I had: Fibromyalgia, Chronic Fatigue, Epstein Bar, etc.

After much frustration I turned to Alternative Medicine for help. I was quickly diagnosed as having Mercury Poisoning. Alternative Medicine helped decrease the levels of Mercury in my body, but did not completely release it. All of the remedies that were tried, tried flushing out the Mercury renally taking an enormous toll on my kidneys. My kidneys were going into failure, I was days away from dialysis. This is when I was introduced to Phillip and his hydration work.

Phillip, via hydration and heavy metal balancing, was able to detox me of the Mercury. From that moment the pain was gone. I had instant relief. Shortly thereafter I was tested with Biomeridian Testing to see what the Mercury levels were within my body. Test results showed zero levels of Mercury. I was able to recover, regain my health, save my kidneys and have two healthy children. I will always be grateful for this work for what it has done for me and continues to do for me and my family. *Heather, Salt Lake City, July, 2012.*

EMOTIONAL TRAUMA: I would just like to thank you for the wonderful work you've done for me. It was truly amazing to see what just one session did!! Your kindness and expertise really made the experience all the more pleasant.

I had a very traumatic experience as a young child. Everything triggered me; I was in emotional pain and turmoil all the time. Before I came to you I jumped at every loud unexpected sound, I yelled when was touched without warning (and sometimes even when warned). But hardest thing that I had to live with was the blipping! When anything too overwhelming happened I just shut down completely to a literally unconscious state! That made day to day living extremely difficult.

When I met you I didn't know what to expect. But after one amazing session I left feeling like a whole new person! I feel calmer, more at peace I feel free!! I'm writing this to you to thank you since I just came back from an outing and I felt like a regular person!! I was out with noise and I was okay! I met new people and that was ok too! I wanted to thank you for giving me my life back in such a short amount of time! Thanks again!

FS, New York, July 2012.

PHYSICAL TRAUMA - CONCUSSION: My daughter was hit in the face just below her eye while playing basketball. She was diagnosed with a concussion. She struggled with severe headaches, was unable to go to school, sleep, focus.... I took her to one of the top neurologists, he said she needed to be on steroids and sleeping pills (to sleep). Did this for two days until she was sicker. I took her to a chiropractor, as well as nutritionist. Six months later I took her to Philip Rafferty at a Health Fair and he sent energy into the TMJ. Her headaches are gone now for eight days.

RH, Baltimore, July 2012.

MULTIPLE SCLEROSIS: Sorry I have taken so long to contact you after coming to you for a treatment to alleviate my MS symptoms. It was the end of February before I realised I did not have numbness in the left side of my body or in my right anymore! I still had some in January, but by the end of February they were gone completely. Thank you as I also felt better within myself and some days I also have motivation like today!! I am finally sending you an email! Thank you again

RS, Tasmania, 2012.

CHRONIC FATIGUE AND MS: I worked on the lady today that you balanced with Chronic Fatigue and she, like the lady with MS, is still holding all that you have done for her. Isn't that great?!!! Her Chronic Fatigue is not gone and we had more to do but she is maintaining what you did. This has me very excited. I just keep seeing great results and I'm more excited every day as I study the books you gave me.

Tawni, Salt Lake City, July 2012.

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	TABLE OF CONTENTS	
SATURDAY	AUGUST 3rd	
Message from B. Dewe (by S, Marina)		
Sheldon Deal	<i>Body Priorities as Demonstrated by Dental Splints</i>	46
Paul Dennison	<i>Movement-Based Learning for Life</i>	50
Brian Esty	<i>A 4 Dimensional Energy Balancing Model Based on Sacred Geometry</i>	53
Adam Lehman	<i>Injury Recall Technique: A Comprehensive Approach to Balancing the History of Pain & Injury</i>	58
Dr. Yoshio Homma	<i>Aroma-Kinesiology: Balance Energy in Seconds</i>	67
BANQUET		