

COMBATING CHEMICAL TOXICITY

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Purpose

- I. To educate people to be aware that many health problems can be caused by or magnified by environmental chemicals, toxins, pesticides, herbicides, cleaning products, drugs, medicines, perfumes, beauty products, chemicals in the work place...
- II To determine when chemical toxins are the underlying cause of many common or severe health problems or complaints, such as: fatigue, midback pain in the middle trapezius superior muscle, pain or spasms in the neck, shoulders, and arms, depression, irritability, burning skin, swollen ankles, allergies, yeast or mold overgrowth, aggravation of existing health problems, kidney-bladder problems, digestive imbalances, the growth of imbalanced tissue, and/or cancer...
- III. To show quick, effective and thus inexpensive ways of clearing chemical toxins out of the body and antidoting them, that I have learned through my professional experience.

Chemical toxins in the environment and marketplace? Could they be the underlying cause of many common or severe health problems today? How can we test to be sure? Are there natural, safe ways to antidote them and clear them out of the body? Are these methods effective, inexpensive and quick? Would you like to be able to help yourself and others antidote many of these toxins?

How many times have you come upon a health problem or a symptom that remained basically the same, with little or no improvement, in spite of the number of times you tried to balance it? You have given Touch For Health balancings, used techniques you learned from other wholistic health classes, changed their diet, added sup-

plements, tested for allergies, aligned the spine, strengthened their muscles, all to little avail. Or perhaps there would be improvements, but they were short-lived and would have required repeated treatment. You may have exhausted your repertoire of techniques, and not knowing what else to do you may have sent them on to someone else for help.

Many times the health problem and resulting symptoms may have been aggravated, magnified, or created by chemical or environmental toxins. The health problems may not be relieved until the underlying toxins are antidoted or cleared out of the body, and the imbalances restored. Hopefully the source of toxins will also be identified and eliminated.

MY EXPERIENCE

Let me relate the story of how I became aware, through my own personal suffering, of the harmful effects of toxins in the environment. This exasperating and frustrating experience was overcome by perseverance and determination, and many hours of testing and research. It began in 1984, becoming more serious and traumatic in 1985. My family and I had the unfortunate experience of being subjected to poisonous sprays in our home by neighbors who had hired a pest control company to spray their home and yard for insects, termites, and weeds. The wind blew these sprays into our bedrooms where they filled our home and bodies with their toxins. These toxins remained for five months until we had to replace all the carpeting, and some drapes. This problem was aggravated by the fact that other neighbors repeatedly used chemicals on or in their own yards. I was aware of them entering my house more than thirty times during a ten week period that spring and summer, until I

distributed an educational warning notice to every house within a two block radius.

I might not have been aware of when the succeeding sprays occurred as many times there was no odor involved, except that my skin would burn, and the air would test toxic, and then everything on my children's bodies as well as my own would muscle test weak. My awareness of toxins and viruses in the environment has been magnified by keeping the body balanced. I compare this to a window covered with fingerprints and dirt. If you put more prints on it, it would go unnoticed. If the window were clean and clear and prints were put on it, that would be very noticeable; however, it would not dirty this window any more than the soiled one was. The same is true when our bodies are clear; it is easier to tell when something is negatively affecting it. Substances that weaken can be easily detected with testing even before there are many symptoms. The body can be balanced to stay stronger in their presence. These substances once identified can then more readily be eliminated or avoided.

I discovered that the toxins could come from a two or more block radius, and make the air and plants outside test toxic for about three days. At that point it would be safe to open the windows and doors and go outside. That time could be shortened by washing down the trees, plants, house and windows, but that would not insure that somebody else might not spray again that day, and I did not want to go outside in the toxins. After hours of knocking on doors I found out the initial poisoning occurred from a house behind me on the other side of that street. Those initial toxins filled our house for about ten days before we could feel safe to open the windows and doors and try to blow it out. We had to hang some of the clothes in the garage for many months before the smells left, and others I had to wash over four times. Over this period of time I spent about \$1500 on homeopathics, herbs and vitamins to antidote the toxic effects in our bodies, and spent many hours testing to determine what we needed after each spray, when I could even get a muscle test.

SOME SYMPTOMS OF CHEMICAL TOXICITY

During the spring and summer months the main system that usually shows imbalanced in my clients is one I call chemical toxicity. (Viruses which the weakened body more easily receives, also commonly show up.) Chemical toxicity creates symptoms such as:

burning skin initially, sore throat, dizziness, headaches, fatigue, nausea, flu-like symptoms, midback pain in the middle trapezius superior muscle, pain or spasms in the neck, shoulders and arm, depression, irritability, tearfulness, confusion, aggravation of allergies and existing health problems, swollen ankles, kidney or bladder problems, yeast or mold overgrowths, digestive disturbances, the growth of imbalanced tissue, and/or cancer, etc...

TESTING FOR CHEMICAL TOXICITY

Chemical toxicity can be suspected when you find everything muscle tests weak. This can be determined by the following test:

1. Start with a strong indicator muscle.
 2. Therapy localize (TL) the brain and limbs by placing the palm of your hand over them and testing each one in several locations.
 3. If they all test weak, place your hand on the kidney "organ response location," on the side above the left hip at the waist, and test again.
 4. If weak, you can determine whether this "Y" substance is influencing the whole body by temporarily strengthening it by holding it and saying "love—love—love" several times, and retesting.
 5. Retest the brain and limbs. You can suspect "Y" causing chemical toxicity if they now test strong.
- * This can be verified by the use of a homeopathic I found that antidotes most chemicals and toxins called Sycamore Alba, usually indicated in the CM, 200C, or in severe cases the 10MM potency.

6. If available, place "Y" remedy on the body; if the brain, limbs, and left kidney now show strong, your client has a form of chemical toxicity.
- * Last year I had seven different remedies I would test to antidote the various toxins. This year, however, I find Sycamore Alba will antidote most of them.
7. You can test to see the seriousness of the toxicity by dosage testing to find out how many days the remedy is indicated; it could be from 1-60 days or even longer.

NEW RESEARCH

This year I have been researching specifically how to antidote the various toxins and viruses in the community without having to give any homeopathics. This has led to the need to find out how to strengthen the immune system so it will not weaken again in their presence, since these viruses and toxins are so universal. I have noticed people can have five or more viruses, toxins, or overgrowths residing in their body at one time. I find that now I can clear out the need for 100 or more days of homeopathics in one half to two hours of treatment time, and few if any remedies are needed. I have found that the more I research, the simpler the techniques seem to become to balance the body. The Lord said He uses "the simple things to confound the wise."

The three deepest healing methods work at the energy cellular level. These methods are prayer, acupressure-meridian work, and homeopathy. Emotions are also very important. I currently am concentrating more on the first two, in conjunction with balancing the underlying emotion. To my great delight and peace of mind I have found I can pray out most viruses and toxins in "the Name of Jesus Christ," Matthew 28:18, Philippians 2:9-11. However, in my quest to clear these toxins and viruses out of the body, and to make the body immune to them, and not wanting to offend some of my clients, I usually use acupressure and meridian work.

SOURCES OF TOXICITY

Some common sources of toxicity in our modern commercial chemical age are:

pesticides, herbicides, cleaning products, furniture waxes, commercial products, drugs, medicine, health (?) products, products with odors, perfumes, female products containing deodorants, beauty aids, creams, lotions, cleansers, automobile products, exhaust fumes, marking pens, etc..

I have found that these products mainly affect the left kidney and, with prolonged exposure, the liver. Working with these organs seems to be the best way to eliminate toxins from the body, according to priority testing.

ANTIDOTING CHEMICAL TOXICITY

I want to share with you some of the simple techniques, most of which you are already familiar with in Touch For Health, that are effective in antidoting chemical toxicity.

1. Begin by giving a Touch For Health balancing. This should make most of the brain and limbs test strong, but usually not the kidney organ response location.
2. TL the left kidney where it is weak, and put it in the Pause Lock position with the legs.
3. Now test which of the following techniques will strengthen this point until it tests to be 100% balanced:

Recommended Techniques for Combating Chemical Toxicity

- A) Test the outer energy off of the left kidney; it could test weak 15 or more feet away. Stand as far out from the person as the kidney tests weak, or as far as the room you are in allows you to go, and rotate counter-clockwise circles with your hand, slowly going in toward the body until it tests strong. This may take several minutes.
- B) Run the kidney meridian on the body; it may need as many as 15 to 50 times.

- C) Hold the kidney NV points on the head until they test strong.
 - D) Rub the kidney NL points on the body.
 - E) Hold the ends of the kidney meridian.
 - F) Rub K27.
 - G) Hold the kidney LANS behind the ears.
 - H) Assume the "Wayne Cook" posture.
 - I) Cross crawl with eye positions.
 - J) Homolateral crawl with eye positions.
 - K) Repeat the above techniques for the liver meridian.
 - L) Using eye positions and emotions with the above techniques speeds the process, makes it work deeper and more effectively.
 - M) Ask Jesus to remove the toxins from the body and restore any resulting imbalances.
 - N) Test which herbs and supplements will help antidote it and heal the resulting imbalances.
4. After the above indicated procedures have been done, TL the left kidney; it should now test strong.
 5. Say, "This is balanced 100%," and retest.
 6. If the kidney tests weak, do more techniques until the muscle stays strong on this statement.

A NATURAL PEST CONTROL AND GERMICIDE

I feel a responsibility to help more people become aware of the dangers relating to chemicals in the environment and marketplace; how they affect us physically and mentally; and the realization that they could create life-threatening imbalances in our health. I hope they will then be more cautious in using these products and reduce exposing themselves and others to their toxic materials. Hopefully, this will also create more interest in natural, nontoxic, nonpolluting methods of insect and weed control as well as cleaning and health products.

I have found a product that seems to be very effective as a pesticide and even as a germicide.

It is Boric Acid. It can be found inexpensively in 20 Mule Team Borox. It can be sprinkled along the borders of carpets, under appliances such as refrigerators, dishwashers, washers, dryers, water heaters, and in cupboards, etc., to kill roaches and insects. You can even place it in window tracks, in imitation flower arrangements, in central furnace air intake areas, and by the crawl space and vent areas under the house. This helps to kill viruses and bacteria and prevent their spreading, according to hospital reports. This will help keep our environment free of pesticides, toxins, and viruses which continually stress the body and immune system, and can cause continuous re-infection.

CONCLUSION

In testing the eight major systems that I have found in my research that encompass the body, clearing out toxins, viruses and overgrowths is usually the main priority for correction. However, still other systems in the body will test disturbed as a result of the damage created by the toxins. The most serious effect being tissue growing wildly, or becoming "unbalanced" in various parts of the body, and this can become life-threatening. To correct this, further energy work, emotional healing, and supplementation is indicated.

By becoming aware that underlying toxins can be in the body, we realize that they can also be aggravating or creating many other health problems and imbalances. By clearing them out, these imbalances can more readily be corrected and their symptoms eliminated. This is accomplished by dealing with the underlying causes of the health problems, along with strengthening the main organ involved; rather than just ameliorating or treating the symptoms only. With the techniques I have shared with you, you may be able to antidote effectively many toxins in yourselves and others that even complicated expensive measures may not correct, and find relief for some chronic or otherwise persistent health problems.

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CORRECT THE CAUSE, HEAL THE CONSEQUENCES