

## Is Wheat a Heavy Metal?

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### Introduction

As soon as we came home from IKC/I-ASK Conferences of 1991, we started to work with the new techniques that were developed by the various specialists and presented during the congresses.

Among these techniques, the one presented by Sheldon Deal, DC, at the 1991 TFH and I-ASK Annual Meetings, about the detoxification of heavy metals, was used almost daily.

At the same time, we started to study two books, *Allergies and Candida* by Steven Rochlitz (ref. 1), and *Tired or Toxic* by Sherry Rogers, MD, (ref. 2). These two books have something in common: **they say that we should be extremely careful with the allergies derived from food and environmental components.** As among the foods, **wheat, corn, and sugar**, are major components of our dairy diet., we decided to check our clients on them, in our institute in Rio de Janeiro - Brazil (Instituto Brasileiro do Balanceamento Muscularo). To our surprise, and astonishment, **all the clients checked had wheat, corn, and sugar allergies!**

And, more than that, **the wheat allergy had greater priority to their bodies than even a heavy metals intoxication!**

On the other hand, in our point of view, almost all our effort had been done into the defusion of the **neurotransmitters.** (Note: for **all** we are meaning **all of us**, people that work with the techniques known as TFH Synthesis) Almost all of us have been working strongly on the emotional part of the toxic system. But, for us - due to the results that we have obtained until now - what is really happening is that the emotional part of the toxic system is not the most important part of the "problem". As a consequence, our experience until now is that, **if we defuse wheat allergy, the process of auto-**

**healing is extremely faster than if we stay working on the emotional level only.**

### Techniques Used and Persons Checked

We based this work on a total of 171 (one hundred and seventy-one) persons that we checked on wheat/corn/sugar/heavy metals, 64 (sixty-four) men and 107 (one hundred and seven) women. As we are taking new clients constantly, these numbers refer to the persons checked until February 29, 1992.

The procedure that we used to check wheat, sugar and corn is as follows:

1. We took one Indicator Muscle (IM) clear -- that means, checked to be used as described in TFH I,II and III and in Three in One Concepts techniques (clear circuit, polarity, etc.):
2. Then we placed some wheat/corn/sugar in turn on the navel of the testee, and if the IM tested "weak", then we had one "allergy";
3. We double checked this "allergy" by placing the hand of the testee on the skull over the base of the brain -- if the IM stayed "weak", then we had one "allergy" **in the moment.**

For the heavy metals, we used the technique presented by Sheldon Deal, DC, at the 1991 TFH and I-ASK Annual Meetings.

As we already said, a wheat/corn/sugar "allergy" was found in all the people we checked.

A heavy metals intoxication was found in 84% (eighty-four) of the clients we checked (men or women, indifferently).

The statistical distribution of the men and women with heavy metals intoxication are shown in figure 1 and 2. For the men there is

one almost even distribution of occurrences of heavy metals intoxication between 1 to 49 years; for women, there is a strong concentration of almost 70% (seventy) of the cases between 30 to 59 years. Figure 3 shows the statistical distribution of men and women together.

Figure 1. MALE

AGE	HM	%	NHM	%	QTY	%
1-9	10	19	2	20	12	19
10-19	6	11	3	30	9	14
20-29	12	22	12	19		
30-39	9	17	1	10	10	15
50-59	4	7	1	10	5	8
60-69	4	7	1	10	5	8
70-79						
TOTAL	54		10		64	

Figure 2. FEMALE

AGE	HM	%	NHM	%	QTY	%
1-9	7	8	1	6	8	7
10-19	5	6	1	6	6	6
20-29	9	10	2	12	11	10
30-39	18	20	8	46	26	24
40-49	22	25	3	18	25	23
50-59	21	23	1	6	22	21
60-69	4	4	1	6	5	5
70-79	4	4			4	4
TOTAL	107		90		17	

Figure 3. MALE & FEMALE

AGE	HM	%	NHM	%	QTY	%
1-9	17	12	3	11	20	12
10-19	11	7	4	14	15	9
20-29	21	15	2	7	23	13
30-39	27	19	9	33	36	21
40-49	31	22	5	19	36	21
50-59	25	17	2	8	27	27
60-69	8	5	2	8	10	6
70-79	4	3			4	4
TOTAL	144		27		171	

NOTE:

HM means people that do have heavy metals intoxication

NHM means people that do not have heavy metals intoxication.

**The Body Priority**

When we started to check this "food allergy", we were thinking that, may be some of our clients would have it. But they all did. And we were thinking, too that probably, refined sugar should be the priority. And they did have sugar "allergy", but not as a priority. And they did have corn allergy, too, but not as a priority. **Wheat** was the priority.

As a great part of the persons checked had "wheat allergy" **and** heavy metals intoxication, we decided to check which was the priority of the body: to defuse the wheat allergy or to defuse the heavy metals intoxication - and, to our astonishment, in 100% (one hundred) of the cases, the priority was "wheat allergy".

As this point we came to one question that was: **To the human body: is wheat a heavy metal?** That means, is it so toxic to the human beings?

In *Tired or Toxic* (ref 2) we have [sic]:

"Furthermore there's a population of people who are gluten sensitive. When they have grains containing gluten (wheat, rye, barley and triticale) it causes a reaction in the intestinal wall (villous atrophy) where it becomes incapable of absorbing nutrients well and causes a host of gastrointestinal complaints. This gluten enteropathy is called celiac disease and can be likened to a severe form of wheat allergy. Sometimes even the slightest amount of wheat can set off a chain of events causing such severe malabsorption that these people look like they just come from concentration camps. Even a trace of wheat flour in a food can damage the intestinal lining for months!"

In *Allergies and Candida* (ref. 1) we have [sic]:

"It can be shocking to find out your favorite foods are your worst allergies. But this is one of the causes of allergy. It's no coincidence that the most frequently eaten foods in our society are also the most common allergies. This includes wheat, corn, sugar, coffee, mile, peanuts, chocolate, eggs, oranges, tobacco, tomatoes, beef and yeast."

And [sic]:

"Another food, only recently eat by man is wheat. Some say it is unnatural hybrid: cultivated and eaten only in the last 5000 years. Anthropologists cite cave drawings depicting arthritis and schizophrenia at times coinciding with the first ingestion of wheat."

**Then, may be, wheat is really toxic to the human beings?**

So, for these reasons, we started to consider that, may be, we all have wheat allergy, although we can't just recognize it due to the different reactions we get from "wheat allergy".

### **One Strange Discovery**

At the same time we checked wheat, we checked sugar and corn. One day, by hazard, we placed sugar and wheat together over the navel of one testee. And to our astonishment, the wheat allergy just disappeared! We checked that again and the answer was clear: **The wheat allergy disappeared with refined sugar!**

For some reasons that we could not understand yet, refined sugar counteracts "wheat allergy" for about 70% (seventy) of the people we checked.

**And, although refined sugar counteracts wheat allergy, it does not counteract corn allergy!** Nor do wheat and corn counteract each other.

Then, bearing in mind all this information, we came to some questions.:

- A. How does refined sugar counteract "wheat allergy"?
- B. Why doesn't refined sugar counteract corn allergy?
- C. Is there any other food that will counteract "wheat allergy"?

### **"Wheat Allergy" Defusion and Results Obtained**

We started to defuse this "allergy" using TFH and Three in One Concepts techniques. As a first result, the persons that were being balanced in spaces of 4 to 6 weeks increased the space between one balancing to the other to 10 to 15 weeks, only due to the "wheat allergy" defusion. That means, they got a lot better!

But there is another question extremely important too: **What else happened to those people whose "wheat allergies" we defused?**

And that's another strange part on this matter! **We had very different results than what we would have expected!**

These results ranged from getting better, from depression or migraines, to getting better of stomach problems (aches, sourness, bas digestion), facial flushing, skin problems and pains in general.

### **The Body Stressors**

With all these results we got on our hands, results completely different in a wide range, we started to ask to ourselves:

- Why?
- What was happening?
- How could wheat depress the body functioning to a point in which it would produce so many different results?
- And how/why did this reverse when we defused "wheat allergy"?

We could come to some conclusions based on the two books referenced at the beginning. The answer is: **explosion of the detoxification system.** It is indicated in these books that the brain is extremely attacked by the chemicals produced during the allergic process, causing several different results.

From *Tired or Toxic* (ref. 2) [sic]:

"These self-made brain chemicals also vie for aldehyde pathways for metabolism. That is

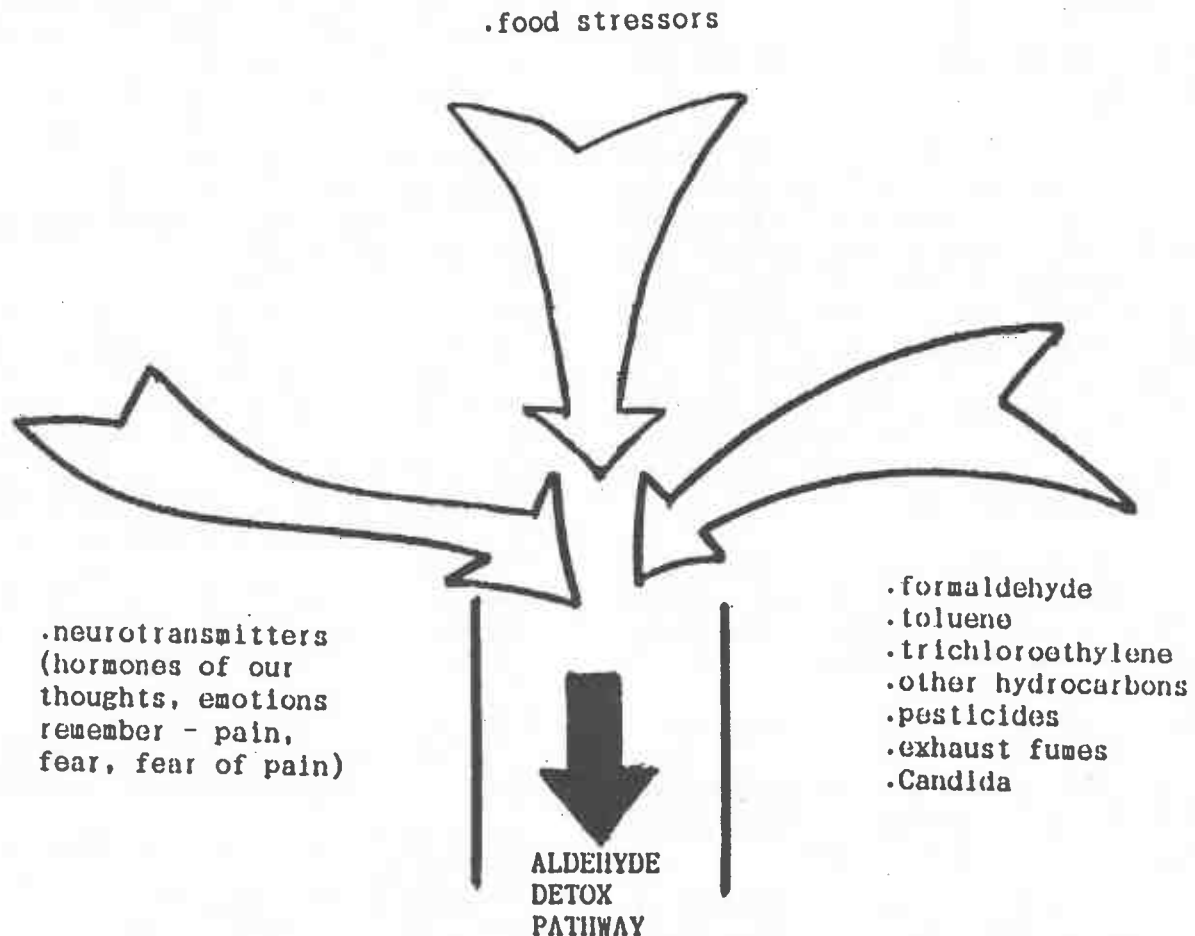


Figure 4

why stress makes a person more chemically sensitive.

"Furthermore, constant stress, (or anger or fear) can increase noradrenalin synthesis that increases histamine release from master cells. Translation: stress also adds to the total load of the detoxification system, accentuating chemical intolerances, as well as regular dust or mold allergies."

In our point of view, what has been written before can be synthesized by figure 4. This figure means that we have three major types of toxic inputs -- food, chemicals, and emotional -- that go to the same aldehyde detoxification pathway. And part of these chemicals, like aldehydes, and formalde-

hydes, are produced during digestion if we have one allergic process.

As a consequence, whenever we take wheat, and if we have **wheat allergy**, our body detoxification system is automatically attacked by chemicals derived from the allergic process itself.

If we consider that we usually take wheat everyday, we will understand that, the ones that have "wheat allergy" have constant level of allergy.

**This constant level of allergy is a real problem!** Anything that backlogs the detoxification system automatically starts from a high level of blockade in it: thus

creating all the consequences we have already mentioned in this text.

### **Then, Why Does It Work on the Emotional Level?**

Our defusion system (TFH I, II, III and Three in One Concepts techniques) work on the emotional level primarily, and **people get better!** We have thousands of cases that prove it. Why does it work? In our point of view, strongly, because we are reducing the quantity of toxics, (i.e - neurotransmitters) that are going to the aldehyde detoxification pathway (see figure 4). For this reason the body develops a better way to handle the other toxics, increasing the capacity of the system to detoxify them.

**The problem with this solution is that the toxic level derived from "wheat allergy" stays on! (And is extremely high, please don't forget!)**

Why? Because people take wheat everyday!

That means: we are working like Sisyphus! We defuse the neurotransmitters, but people take wheat and build it up again!

Can we win this battle working on neurotransmitters only? Yes, probably, in a long range view, but at which cost? How many appointments our clients will have to take until they stabilize their detoxification system in order that it can handle wheat without exploding?

And, in a long term basis, can the detoxification system handle this wheat allergy all the way? We should not forget that people get older and the body get's more tired, thus making it more difficult to the body to detoxify itself.

As a consequence of this long term attack of "wheat allergy", won't the detoxification system explode one day? **We think that it will for sure!**

### **Conclusions**

Food allergy, primarily due to wheat, corn, and sugar, with a full priority on wheat defusion, is the real problem.

That happens because this allergy is so big that we are under one constant, and extremely high level of "allergy" derived primarily from wheat! A process much more important than anything else because, unfortunately, this constant process **does not have one constant result!** For some people, migraines, for other ones, depression or stomach aches, for other ones, **anything that is happening!**

For that reason, we are not aware of the wheat allergy - **There is not a single "allergic" answer to wheat!** So, when we say that we have allergy on one issue, we are looking to the result of a backlog of a constant level of allergy we normally have. More stressors in the system, emotional or chemical, gives us one result due to the "explosion" of the detoxification system. This happens not because of the single stressor, but because the system can't stand "more" stressors than it already has.

And, more than that, almost all of us take wheat/corn/sugar everyday. But, usually, no one of us stay angry or fearful all day long.

Due to the results we got till now, our goal has changed to, normally, defuse wheat/corn/sugar "allergy" first then start on the emotional part of the system.

There are some people that say: "Wheat should not be taken in tropical countries because it has a natural glue that glues it to the small and large intestines". Till now we could not confirm if this is real or not, but as this research was done in Brazil - a tropical country - we strongly suggest that other ones do the same tests on wheat/corn/sugar/heavy metals to establish one comparison for the results we have got till now.

### **Summary**

1. Until now, all the persons checked by us had wheat/corn/sugar allergy.
2. For the same persons the percentage of heavy metals of intoxication was 84% (eighty-four).
3. "Wheat allergy" is much more important to the body than the other "allergies", and

even more important than heavy metals intoxication.

4. For the same reasons, sugar counteracts wheat allergy in one amount of round 70% (seventy), although sugar itself is one "allergy" stressor.
5. Then we come to one question: "Is refined sugar one antidote to wheat allergy?"
6. Due to the results obtained until now, we think that we should change our emotional defusion target oriented system to a wheat/corn/sugar defusion target oriented system, as a priority, and then work on the emotional level.

**References**

1. Rochlitz, Steven, *Allergies and Candida with the physicist's rapid solution*, Human Ecology Balancing Sciences, Inc.
2. Rogers, Sherry A., MD, *Tired or Toxic*, Prestige Publishing

10, 15, 30 Pink Flower -  
for Wheat  
Defusion 1-3-1  
Use all senses to see wheat  
to be used for defusion to wheat - other  
in THH 14 - or more to defuse