

Holistic Balance for the 6 Stages of Nutrition

by Sharon Promislow

Our goal: to remove all energy blocks we have acquired that are impacting and perhaps sabotaging our best efforts to physically improve our digestive and nutritional wellbeing with better lifestyle choices.

As practitioners and individuals concerned with our own well being, we spend much time worrying over nutritional education and choosing foods to provide the building blocks for cellular health. We know that we can better serve our physical body by feeding it the proper fuel to support and nourish the cellular activity necessary for healing, growth and good health. We are concerned about our food sources, and carefully weigh the need for supplementation to provide our bodies the proper balance of nutrients.

However, the old maxim "We are what we eat" must be expanded to "We are what we eat AND what our body can digest, absorb, circulate, assimilate and eliminate." Just because we eat it doesn't assure our body is getting the good of it.

We think of our body's nutritional processes as being out of our conscious control -

governed as they are by complex reflex adrenal and chemical orders. No matter how careful we are about what we put in our mouths, there is no assurance that this food actually becomes nutrition for the cells of the body unless a complex symphony of weights and balances is playing in perfect harmony.

In our kinetic work, nutritional issues have come up for biochemical and structural correction in the context of specific emotional, physical and performance issues, but most of us have never consciously **and specifically** identified and defused the emotional energy outages around the whole nutritional process as the issue itself.

We know the brain is more than willing to correct imbalances which it identifies as nonserving. The more imbalances we pre-identify, the more movement we get from our correction. This balance is designed to put the nutritional process up for an examination that triggers and identifies all the life issues to which it is reactive - to pinpoint and eliminate the energy imbalances surrounding all six stages of the nutritional chain.

Procedure

This balance has been written to support less experienced practitioners with a step by step protocol. Experienced practitioners are invited to go directly to the pre-assessments, and to put them in the context of your own balancing methods.

A. PRELIMINARIES

1. PRE-CLEAR MUSCLES (However you feel appropriate)

a. Hydration:

Tug hair - Drink Water

b. Overload

1. Push with alternate hands

- Brain Buttons

2. Verbal: "Yes Yes, No No"

- Brain Buttons

3. Five Fingers pointed into body twice

- Quick Fix

c. Overenergy:

Zip up... down ...up
-Cook's Hook Ups or meridian flush

d. Clear Circuit

Pinch Spindle cells in belly of muscle - check that both contraction and extension of the muscle release. Switch back on by pushing spindle cells apart.
- Hypertonic release.

2. PERMISSION TO WORK WITH THIS PERSON

☐ Yes ☐ No (If 'no', do not Balance)

3. PERMISSION TO BALANCE ENERGY ON THE 6 STAGES OF NUTRITION.

☐ Yes ☐ No (If 'no', do not Balance)

4. IS THERE AN EMOTION TO BE IDENTIFIED?

☐ Yes ☐ No (If yes, identify the emotion from one of the following:)

☐ **a. Five Element Emotions.** use PKP expanded chart, or test (arm will fall, indicating negative emotional charge on)... "Sympathy ...empathy ...grief... guilt... regret ... fear...anxiety...anger... rage...joy ... love ...hate ... embarrassment...respect ... shame...support."

☐ **b. Behavioural Barometer** _____

☐ **c. Barton's Biokinesiology organ emotions** _____

☐ **d. Other source from your knowledge** _____

5. % NEGATIVE EMOTIONAL CHARGE : _____ %

6. % POSITIVE EMOTIONAL CHARGE: _____ %

7. PERMISSION TO DO THIS BALANCE GENTLY

☐ Yes ☐ No (If 'no', defuse willingness for balance to be easy and respectful - issues of deserving life to be easy and other key core beliefs are involved. Use frontal occipital holding or correction of choice. NOTE: Issue of 'Gentle' can be a major, full balance in itself if never previously dealt with.)

8. 100% WILLING TO ACCEPT AND 100% ACTIVELY DETERMINED TO SEE THE BENEFITS OF THIS BALANCE IN YOUR LIFE ON ALL LEVELS.

☐ Yes ☐ No (If 'no' determine _____% of willingness, and defuse, using frontal/occipital holding or correction of choice to achieve %100 willingness)

B. PRE-ASSESSMENTS: Test by Headings: Test in depth wherever there is stress.

1. ☐ 6 STAGES OF NUTRITION *

☐ **1. Diet.** ☐ The basic nutrients vital to good health are available to me every day.
☐ I make choices that serve the highest good of my body. ☐ I am nourished on every level. ☐ I am successful. ☐ I am supported. ☐ I attract positive influences.

☐ **2. Digestion** ☐ My body has all the acids and enzymes in proper balance and successfully breaks down complex foods into the building blocks that my body can use for energy and tissue building. ☐ I chew each mouthful well. ☐ I metabolize perfectly
☐ I am content with what I have. ☐ I am grateful.

☐ **3. Absorption** ☐ My body absorbs the products of digestion - simple sugars (from carbohydrates), amino acids (from proteins), and fatty acids (from fats and oils)
☐ vitamins, minerals and other beneficial nutrients pass through the lining of the intestinal wall and are taken directly into the bloodstream with ease. ☐ I easily absorb what is new and beneficial. ☐ I am active & productive.

- ☐ **4. Circulation** ☐ My blood and circulatory system functions effectively, transporting the absorbed nutrients to each cell of my body. ☐ I have clear, healthy arteries and veins. ☐ I am kind & understanding. ☐ I move ahead.
- ☐ **5. Assimilation** In order for the body's cells to grow, repair and rebuild themselves, proper assimilation is essential - the delicate process of passing nutrients through the membranes which surround each living cell. ☐ My cells receive the vital lipids, sterols and amino acids to support the cell's ability to assimilate nutrients. ☐ I can get the good of my nutrition into the cells of my body. ☐ I easily assimilate.
- ☐ **6. Elimination** ☐ My body efficiently eliminates waste at the cellular level, and completes the metabolic elimination through the skin, kidney, lungs and colon.
☐ I choose high fibre foods. ☐ I drink enough water to keep me healthy and hydrated
☐ I eliminate what is no longer required. ☐ I reject and eliminate toxins effectively
☐ I joyfully release the past to make space for beneficial change. ☐ I have self control.

NOTE Priority Stage of Nutrition (1-6) _____ %NEC _____
Priority Statement _____ %NEC _____

2. ☐ AFFIRMATIONS AND SABOTAGE PROGRAMS ** Note all outages

- ☐ 1. I have a right to be here and to be fed and to be taken care of
- ☐ 2. I have a right to abundant energy
- ☐ 3. I deserve satisfying relationships
- ☐ 4. I am capable and lovable
- ☐ 5. Letting go is safe, fun and easy
- ☐ 6. I am willing to release all guilt and fear
- ☐ 7. My physical health helps me to concentrate
- ☐ 8. The food I eat contributes to my health
- ☐ 9. I like my body
- ☐ 10. I can get the good of my nutrition into the cells of my body
- ☐ 11. It's OK for me to be responsible for my own needs, feelings and behaviour.
- ☐ 12. I can trust my inner wisdom.
- ☐ 13. What I say is important
- ☐ 14. I release judgement of myself
- ☐ 15. I release judgement of others.
- ☐ 16. Everything is easy.
- ☐ 17. Everything is joyful
- ☐ 18. I am easy to know and understand

More statements are necessary? If so, define them:

- ☐ 19. _____
- ☐ 20. _____ etc. _____

NOTE Priority Statement(s) (1-20) _____ %NEC= _____ %
 _____ %NEC= _____ %

3. ☐ TOUCH FOR HEALTH TESTS

- ☐ one or two priority muscles. ☐ 14 muscle. ☐ 42 muscle etc.

NOTE: Priority Muscle: _____

4. ☐ MORE PRETESTS ARE REQUIRED? IF SO, DO OTHER RELEVANT

- PRETESTS FROM YOUR KNOWLEDGE i.e.** ☐ Circuit Locate ☐ Alarm points
☐ Sensory tests ☐ Nutrition points etc.

C. CORRECTION ***

- 1. PERMISSION TO AGE RECESS** ☐ Yes ☐ No. If yes, determine relevant age by counting backwards in 10 year chunks, from present time all the way back to conception if necessary. **AGE:** _____. Is this age of cause or best understanding? ☐ Yes ☐ No
If yes, you will only have to defuse at this one age.

(IF YOU DO NOT HAVE PERMISSION TO AGE RECESS, YOU WILL HAVE TO DEFUSE IN PRESENT TIME FIRST, AND THEN ASK AGAIN FOR PERMISSION TO AGE RECESS.)

DEFUSION: AT AGE _____

- 2. IS THERE A DIFFERENT EMOTION TO BE IDENTIFIED AT THIS AGE?**

☐ Yes ☐ No (If yes, identify the emotion from one of the following)

☐ **a. Five Element Emotions.** use PKP expanded chart, or test (arm will fall, indicating negative emotional charge on)... "Sympathy ...empathy ...grief... guilt... regret ... fear...anxiety...anger... rage....joy ... love ...hate ...embarrassment ... respect ... shame...support. " _____

☐ **b. Behavioural Barometer** _____

☐ **c. Barton's Biokinesiology organ emotions.** _____

☐ **d. Other source from your knowledge.** _____

- 3. DIFFERENT % NEGATIVE EMOTIONAL CHARGE ?** _____ %

- 4. DIFFERENT % POSITIVE EMOTIONAL CHARGE?** _____ %

- 5. ALLOW TESTEE'S SYSTEM TO CHOOSE APPROPRIATE CORRECTIONAL PROCEDURES FROM YOUR KNOWLEDGE:** Let your intent be the most gentle, effective & respectful correction: (It can be as simple as ESR head holding). eg:

☐ **TOUCH FOR HEALTH** ☐ 14 muscle ☐ 5 Element ☐ 42 muscle ☐ PKP modes etc.

☐ **STRESS RELEASE** ☐ ESR ☐ Eye Rotation ☐ Temporal Tap etc.

☐ **BRAIN GYM** ☐ Action Balance ☐ Wonder Balance ☐ X- Span Balance ☐ Advanced

☐ **ONE BRAIN** ☐ Basic Exam ☐ Advanced Digits ☐ Structural Neurology etc.

☐ Hyperton-X ☐ Reflexology ☐ Biokinesiology ☐ Nutritional Education etc.

First Priority Correction _____

Second Priority Correction _____

Third Priority Correction _____

- 6. When correction is complete at this age,** check that the Emotion is now in Balance, 0% Negative Emotional Charge and 100% Positive Emotional Charge.

- 7. If you have balanced at age of cause, INFUSE positive sense input** before you return to present time, anchoring your balance each 10 years. (If you did not balance at age of cause, request permission to go there now, and get all emotional and stress information again, then rebalance with priority corrections chosen by testee's system, **repeating steps 1 to 7 until age of cause is defused, and you have infused and returned to present time.**)

- 8. In present time check if that emotion is now in balance, with 0% NEC and 100% Positive Emotional Charge.** "Totally clear of stress in the present, and the past."

D. FUTURE PROGRESSION Do you need to identify a date in the future when testee can have full realization of the benefit of this balance? ☐ Yes ☐ No

If yes, identify the date (more than 1 day, 2 days, one week etc: should be no more than 6 weeks in future) Date_____. Frontal/Occipital Hold while testee imagines being at that day in the future, and looks "back" and verbalizes all the positive changes which have arisen from this balance. When complete with positive visualization, ascertain that emotions are in balance and 0% Negative Emotional Charge, 100% Positive Emotional Charge. Return to Present Time and have testee stamp feet for grounding.

E. POST TEST all pre-assessments switched on -Statements and physical tests - that were previously stressed. Check all are now 0% Negative Emotional Charge, 100% Positive Emotional Charge.

F. HOME SUPPORT for the new integration Ascertain what affirmations or techniques may be necessary... how many times a day... for how many weeks.
Encourage testee to notice changes that occur in body functioning for additional anchoring.
Home support_____

BALANCE IS COMPLETE, and will profoundly support the biochemical improvements we create for our bodies through careful nutritional choices.

Notes:

* Concept of 6 stages of nutrition and diagram from Canadian Neolife Distributor Manual.

* * Affirmations and Life statements drawn in part from work of
Jan Cole, M.A., .Reprogramming Negative Personal Life Controllers, 1989,
Dr. Bruce and Joan Dewe, M.A., PKP level III, 1991,
Modified from meridian goals developed by Marguerite Murray, presented at TFH A. M, 1988
Dr. Wayne Topping & Robert Walden, Ex Smoker's Handbook, 1992.

* * * Correction Format draws from Three In One Concepts "Tools of the Trade", a strongly recommended course to master processes of Behavioural Barometer, negative and positive emotional charge, age recession, defusion, infusion and future progression.

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