

Do the preliminaries –

(1) Find an **Indicator Muscle**

(2) **Balance the Meridian Energy System (i)** Find the first Element of the HK sequence in over energy – touch the Element

Evaluation Places (EEPs) ↓ **Points WM page ii (ii)** Find which Reflex Circuit is in over energy - touch the Reflex

Evaluation Places (REPs) ↓ **Points WM page ii (iii)** Hold the Reflex and Element/s from Steps 2 and 3

– **Points Working Manual pages NL 4/5 ♦ NV 6/7 ♦ SED 8/9 ♦ EP 2/3 ♦ Associated Emotions 1**

(iv) Check client is balanced **Points Working Manual page i Steps 5 and 6**

(3) Ask verbally for Energy Permission to work right now and any reason why not?

(4) Work out what you are doing for the session - **Ask**, "What are we doing today, Energy Correction Factors?" ↑ "How many at least 1?" etc. **Ask**, "Any other Factor?" If ↑ **Ask**, "Energy Toning Factors?" ↑ / ↓ "Adjunctive Factors?" ↑ / ↓

Record the number for each Factor in the boxes provided for the work to be done today and then **ask**, "What's the first / next thing to do?"

Energy Correction Factors		Energy Toning Factors		Adjunctive Factors	
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HK 1 MENU

ENERGY CORRECTION FACTORS

ENERGY CONTROL SYSTEM

- Body Brain Energy Integration	"For this group of ECS: BBEI there is at least 1 item?" etc	2
- Belief System Elimination	"For this group of ECS: BSE there is at least 1 item?"	4

PSYCHOLOGICAL

- I Feel / I Am	"For this group of Ψ I feel / I am	6
- Sentences	"For this group of Ψ Sentences	8
- PSR: Concern	"To deal with this concern we are holding"	10
- ESR	Tap thymus and hold NV 0	11

ESSENCE CORRECTION	"For this Essence Correction how many are we using....."	17
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TAPPING

- Allergy	"How many substances are we tapping for"	12
- Tolerance	"How many substances are we tapping for"	15

ENERGY TONING FACTORS

♦ Meridian Tracing **19** ♦ Essential Oils (Aura Sweep / Sniff) **18**

ADJUNCTIVE FACTORS – Regulars Play/ Laughter **27** - Rest **28** - Sleep **28** - Work **28** - Water **29**
- Cleanse EMF/degauss **29**

CONCLUDING THE SESSION

- **Ask**, "When may we work together for HK again are in counting in days?" ↑ / ↓ "In weeks?" "At least 1?" ↑, etc.
- **Ask**, "Is there anything we need to know about the next session?" (Something to bring – food, personal care products etc)
- **Ask**, "Is there anything we need to do before we stop to aid Stabilization / Harmonization / Integration / Progress or Process through smoothly of the work we did today?" (SHIPP) ↑ / ↓ If ↑, **ask** "Tap Sp 21?" / "Water?" / "Sit quietly for a while?"
- **Ask**, "Is there something that has been highlighted for me in today's session that needs clearing after you leave?" **If ↑ ask**, "Do I have your permission to test through the session to pinpoint which group it is that needs attention?"
- **Ask**, "Is there anything else we need to do or test **for you** before you leave the couch?" ↑ / ↓
- **Finally ask**, "ENERGY PERMISSION TO STOP?"



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The HK Energy Flows will be given to you as a separate Working Manual

The HK Energy Flows

Table for the Meridian Energy Balance	i	How to hold the Neurovascular Points	6
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Dr. Jimmy Scott's Element Summary Charts

Element 0 – Governing / Central		Element 3 – Large Intestine / Lung	
Meridians with End Points	1	Neurolymphatics and Neurovasculars	12
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Neurolymphatics and Neurovasculars	9	Element 6 – Small Intestine / Heart	
Activation and Sedation	10	Meridians with End Points	20
Element 3 – Large Intestine / Lung		Neurolymphatics and Neurovasculars	21
Meridians with End Points	11	Activation and Sedation	22



I have been professional HK practitioner since early 1990 having trained initially with Jane Thurnell-Read and then Dr. Scott. I have taught over 400 HK classes, since running my first HK class in February 1994. I have had the privilege of sharing my passion for HK with students in the UK, in Germany, in Australia and New Zealand. This Working manual is based on Dr. Scott's HK 1 Manual, the originator of the Health Kinesiology System. I have chosen to simplify the setting up of the Energy Correction Factors from his Manual to make working the HK Menu with clients easier for you.

If you work the Menu as taught by your tutor you will be amazed at the positive long lasting changes you will set in motion for your client's healing process.

THE ENERGY CONTROL SYSTEM

What is it? Where is it? Why is it so vital in the healing process?

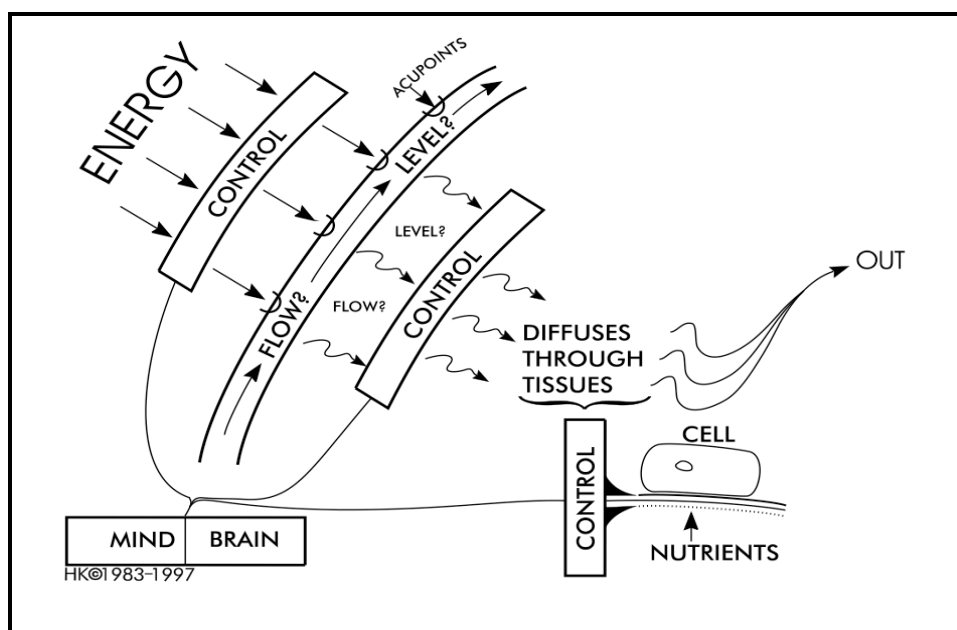
The Energy Control System, "ECS", is responsible for monitoring all our Energy needs. It is a function of the mind, brain and body. For a healthy well-balanced body, we need the ECS to be functioning optimally. **The human body has a dual sensory system –**

- **Our Nervous System:** The nervous system sends messages through the body as electrical impulses to control the sense organs, the motor functions and all the metabolic processes and our daily requirements for food, water and air.
- **The Electro-Magnetic System:** The electro-magnetic control system regulates the energies of the vital organs (the Chinese Five Elements), senses injuries and stimulates a healing response, controls the secretions from the pituitary and pineal glands, powers the immune system and operates through the acupuncture Meridians and their vital Points, switching the acu-points on and off to draw Energy into the Meridians from where it is fed down through the tissue.

The Energy Control System is a function of the body, brain and mind. Energy corrections within this category are often high priority for the body. The ECS is responsible for -

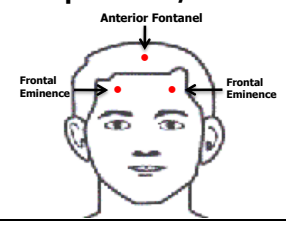
- Monitoring all the body's Energy needs
- Regulating the supply of Energy coming into the Meridians by switching acupuncture Points on and off and feeding the Energy into Meridians
- Drawing or directing the energy along Meridians to then diffuse it through the tissues into cells and into vital organs
- Metabolism so involved in the digestive system
- The excretion of waste so involved with our eliminative systems, skin, kidneys, bladder, lymphatic system, large intestine, lung- respiratory system
- Sensing injury or invading nasties such as bacteria or viruses and alerting the immune system to deal with them
- It also adjusts the way the Energy flows through the 5 Elements System.

Dr. Scott's diagram below explains how the Energy Control System controls (i) the intake of energy coming into the body and (ii) what happens in the body as the energy is drawn down into the tissues to do what it needs to do before being released back into the environment.



ECS: BODY-BRAIN ENERGY INTEGRATION – (ECS: BBEI)

ECS: BBEI deal with the way the energy flows from some tissue area back to brain. The items are early fears set up either within the mother's womb (particularly the last 2 months before birth) or within the first 2 months of a child's life. They are pre-language fears (regardless of the language the energy pattern of the fear is the same). They are gut level feelings not head feelings. **They both TL and correct at the same points AF / FE.**

Steps	What to ask/say	What to do
1. Identify how many items in the group	Ask , "For this group of Energy Control System: Body Brain Energy Integration there is at least one item?" ↑ "At least 2?" ↑ "At least 3?" etc. If you had at least 3? ↓ You would then confirm the number by saying, "So, there are 2?" In this example	You test through the "At least?" until you get a negative response You don't need to test for the Energy Flow to retune these fear items as it is always AF/FE.
2. Identify the items by verbal testing	YOU FIND AN ITEM AND DO IT BEFORE FINDING THE NEXT ITEM An example of finding the items – "Is the first/second/third item in the Fear of section?" ↑ "In the first column?" ↑ "In the first half?" ↑ "In the first section?" ↑ "One of the first 3?" ↓ "Number four?" ↑ Confirm by saying, "So it is 'Fear of being cared for'?" ↑ You lift the items directly off the list.	Always start in the 'Fear of' section To find the BBEI item you keep dividing the list on opposite page up until you come to the section you need. although it is possible that 'being' might be replaced by 'feeling'
3. Check item by testing	Tell client to think the item "Fear" You think the item 3 times to allow the client's body wisdom and energy system to lock onto and evaluate the stress, then test IM ↓ We now have Energy confirmation that the item is stressful	Hold points AF/FE TO TL 
4. Do the correction	Say , "Keep thinking "Fear" You think the item with the client	Continue to hold points - AF/FE First yawn is confirmation you have the right item continue holding the AF/FE until the Energy settles
5. Check that item is done	Say , "Keep thinking "Fear"	Continue to hold points AF/FE test the arm – looking for a ↑ If ↓ Re-hold points, then re-check
6. Verbal confirmation	Ask , "Is this item now robust?" ↑	Hand off the AF/ FE points and Monitor IM
7. Find the next item and do	Repeat steps 2 – 6 for each item As BBEI items can be very stressful for clients we always find and do each item one at a time.	
8. Final check	Ask , "Is this group of Energy Control System BBEI robust and complete?" ↑	Hand off the AF/ FE points and Monitor IM

Remember:

- Identify first item and correct before identifying second item so **find and do**
- People suffering from dyslexia often benefit from having groups of ECS: BBEI corrections done as well as doing cross-crawling exercises (alternate hands to opposite knees) on a regular basis
- Client's moods / behaviours can change very quickly.

Notate as:	<u>E C F</u>	<u>Reflex</u>	<u>Element</u>	<u>Item/other factors</u>
	ECS: BBEI	AF/FE		- fear of losing control
				- fear of being cared for

Dr. Scott's ECS: BBEI List

Although you are lifting the items directly off the list it is possible that 'being' might be replaced by 'feeling'

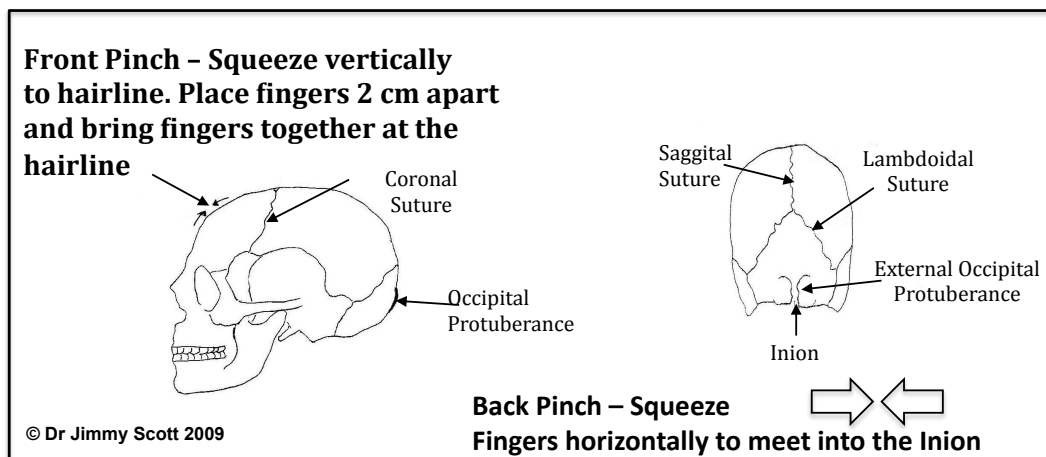
Fear of:		
being abandoned being balanced being blamed being cared for being cold	being slapped being too cold being too hot being trusted being trusting	losing control love loving others loving too much motion
being confined being constrained being free being helpless being hit	being unloved being with others bright light caring for others choking	my reactions needing others noise not getting enough care nurturance
being hot being hurt emotionally being hurt mentally being hurt physically being ignored	community contentment darkness death disorder	others reactions pain people relying on others rocking
being in danger being left alone being left uncared for being lifted being needed by others	emptiness evil falling getting hurt giving to others	silence strangers sudden changes sudden movement suffocating
being noticed being outside being rejected being separated being shaken	helping others hunger hurting others life	touch trusting others wanting to be with others water
Fear of not being:		Fear for:
able to know what I want able to be what I want able to do what I want able to undo what I communicate able to undo what I have done	free heard known as fair in control loved	others my safety the future
able to communicate what I want able to breathe allowed to be me allowed to know what I want allowed to do what I want	myself needed receptive of nurturance recognized understood	
allowed to be who I want allowed to communicate what I want allowed to be what I want exact fed	unique willing to be what I want wise worthy of freedom worthy of nurturance	
Fear that:		
things will happen to me beyond my control I won't be good enough others won't trust me I can't love others I am doubted I am insignificant I can't have an integrated body I can't have a normal body	I can't have an adult body I can't have a beautiful body I have a blocked body I am imperfect I am incurable I am defective I am enchanted (as in possessed)	

ECS: BELIEF SYSTEM ELIMINATION – ECS: BSE

This **Belief System Elimination** correction works very quickly to eliminate or reduce beliefs that are deeply held and are holding us back, keeping us in emotional captivity. Negative statements we hear, especially if spoken by people we trust or who “have power over us” (parents, teachers, other authority figures, peers) can become locked into our bio-energy system, and held as true, long after the initial statement or situation was consciously forgotten. These beliefs help shape our behaviour and attitudes toward the world and ourselves.

Steps	What to ask/say	What to do
1. Identify how many items in the group	Ask , “For this group of Energy Control System: Belief System Elimination how many items, at least 1?” ↑ “At least 2?” ↑ “At least 3?” etc. If you had at least 3? ↓ You would then confirm the number by saying, “So, there are 2?” (In this example)	You test through the “At least?” until you get a negative response You don’t need to test for the Energy Flow to return these items as it is always Squeezing across the Inion and vertically midline to the hairline
2. Identify the items by verbal testing	You find an item, do it, before finding next item	Work the Core Beliefs List on opposite page if client hasn’t already given you a clue for the statement
3. Check item by energy testing	Tell client to think the item and TL ↑ Now ask the client to verbalize the item over and over. Client may need to verbalize the item in their native tongue.	Test IM ↑ After the 3rd repetition test IM ↓ Confirms item is stressful
4. Do the correction	Say , “Keeping verbalizing”	Squeeze the two places on the head – Across Inion and to hairline on forehead
5. Check that item is done	Say , “Keeping verbalizing”	Palm over navel test IM – looking for a ↑ If ↓ Keep squeezing, then re-check
6. Verbal confirmation	Ask , “Is this item now robust?” ↑	Hand off the navel
7. Find the next item and do	Repeat steps 2 – 6 for each item	
8. Final check	Ask , “Is this group of Energy Control System: BSE robust and complete?” ↑	

- **Horizontally** on the back of the head at the external occipital protuberance, on the soft tissue between the inion (see diagrams) with finger tips about 2 cm or 3/4 inch apart and squeeze together, **and simultaneously**
- **Vertically** on the midline at the front of the head, with one finger just above the usual hairline and the other finger just below, about 2 cm or 3/4 inch apart and squeeze fingers to the hairline. Client or the practitioner can do the pinching.



If you get a clue from the list, share it with your client and then **ask**, "This is just a clue for your item how would you express this concept so it is personal to you?"

CORE BELIEFS

You may get a clue from the items below and using the modals or the adverbs will help to determine the exact item. The belief may be an **internal one** – "I" or "My" or **external** – A category of people or concepts - "alcoholics, druggies, money, life, things, everything, food, sex etc"

Modals - am, can, could, do, might, must, need, ought, shall, should, want, would or their negative counterparts

Adverbs – always, constantly, continuously, never

The groups tend to be small – up to 3. Within a group the items may all target the same underlying belief.

Health I never sleep well I always have to get up in the night I can't heal myself Exercise is torture Healthy food tastes terrible I'm out of shape because I'm old I can't change my I never have enough time for me This is too hard I'm not flexible Once you have kids it's all downhill	Feeling powerless I am weak I can't stand up for myself I don't dare stand up for myself I am powerless to change I always leave myself open to abuse / being used I am a victim I must obey other people's dictates Forgiving other people is hard I can't get in touch with my emotions Why does this always happen to me? This situation is hopeless I must be perfect in all I do	Feeling different People don't value who I am I don't fit in (anywhere) I am always left out Wherever I am, I am unwelcome I'm nothing I stick out like a sore thumb I can never be myself I can't cope with criticism Everyone thinks I am stupid But I'm not like them
Self-Worth I am untalented, unintelligent and unattractive I am stupid I am ugly I will never amount to anything People always walk all over me	Feeling useless I am useless (at) I will never be any good at (.....) I never start what I finish I am so disorganized I can't do this because.... I can't handle change	Security It is not safe to be out at night alone I never feel safe in multistorey car park The world is not a safe place Authority is scary Disagreement and conflict are a disaster
Self-Respect I am not worthy of respect Other people take me for granted My parents didn't respect me My sisters take advantage of me My finances are always out of control	Feeling unwanted Nobody wants to spend time with me I don't matter Nobody listens to me I am a burden I am a pest Nobody cares about me I don't deserve to be loved	Feeling hopeless I'll never amount to much No matter how hard I try I never get it right I can never make decisions I never stick with any decisions I make I am hopeless (at.....)
Feeling incompetent (not good enough) I am useless I am not good enough I will never achieve anything I am awkward I will never make it I will never measure up to I will never make it I am helpless I am hopeless There is nothing I can do I can't ... Other people think I'm stupid/useless It's not possible to overcome failures I'm not good enough If I take a risk I will fail I can't do that...it'll never work Other people are more important than I am Women can't handle the pressure of high-stress jobs	Feeling insecure Life is hard Life is Men (Women) take advantage of me Nobody respects me People cannot be trusted People are not reliable You can't trust (men, women, alcoholics) It is dangerous to allow other people to get close People do not change People are either good or bad Problems are a sign of weakness and failure I can't speak in front of an audience I freeze when I am put on the spot	Financial Wealth Anyone who is wealthy is greedy, so I'd rather be middle-class If I didn't earn it, then I don't deserve it, even if it was a gift I'm nothing if I don't succeed I'm nothing unless others love and approve of me I can't trust anyone else to do the job as well as I can I can't afford that I must do it perfectly or it's not worth bothering with I don't deserve what I truly want I'm not smart enough to make more money I'll always have to work more and more hours if I want to make more money Money doesn't grow on trees Whenever things are going well, something very bad will happen Making money is not easy © Sandie Lovell 2010

Ψ I FEEL / I AM

Psychological items deal with limiting beliefs, thoughts and perceptions, emotions, feelings and disturbed behaviours. They work at Meridian level releasing blocks in the Meridian flow. Ψ I FEEL / I AM are paired states of being. There is a tension between the negative "I feel...." item and the positive "I am...." item.

Steps	What to ask/say	What to do
1. Identify how many items.	Ask , "For this group of Ψ I feel / I am, how many items, at least one?" ↑ "At least two?" ↑ "At least three?" ↑ "At least four?" ↑ "At least five?" ↓ Confirm by saying, "So, there are four?" (In this example) This is just an example of your testing for the number of items.	Monitor IM (Always an even number for the Ψ I feel + I am groups) Put in the dashes in the Item/Other Factor column. Groups tend to be 2,4 or 6
2. Find the Reflexes Verbally	Ask , "For this group of Ψ I feel / I am, are we holding NLS? / NVs? / EPs? / Sed? / Act?" When you get ↑ record it and ask , "Any other Reflexes?"	Monitor IM Record what you find
3. Find the Elements verbally	"For this group of Ψ I feel / I am, are we holding in just one Element?" If ↑ ask, "Element Zero, 1 or 2?" and continue through the Elements to find which one. If ↓ to just one Element ask, "Element Zero, 1 or 2?" identify and keep asking till you have at least 2 Elements then ask, "Any other Element?"	Monitor IM Record what you find
4. Confirm points verbally	Confirm by saying, "So we're holdingrepeat the Reflex and Element (For example) So we're holding NV 3?"	Look up points and decide with client how you will hold them (you can hold them on yourself as well as the client)
5. Identify the items by verbal testing	(An example of testing for the item) Ask , "Is the first item in the first two columns?" ↑ "In the first column?" ↓ "In the second column?" ↑ "In the top half?" ↓ "In the third quarter?" ↑ "One of the first 3?" ↑ "First or Second?" ↑ "First?" ↑ SILENTLY CHECK – "So, it's I feel unacceptable?" ↑ You now have the second item as you are lifting it off the list – "I am purposeful" (In this example)	Lift the item directly off the list – See Dr. Scott's List on opposite page Work the list constantly dividing it into half to arrive at the item quickly. Record and do the items as you find them
6. TL the item	a) Palm over navel , tell client to think "I feel" ↓ b) Touch the REPs from Step 2 above and client thinks item ↓ c) Touch the EEPs from Step 3 above and client thinks item ↓	a) Is the validation that you have the correct item and b) and c) that you have the correct energy flows
7. Do the correction	Tell client think, "....."	Hold points and you think the item as well Yawn, sigh, pulse etc
8. Check that item is done	Ask client to continue thinking the item ↑ If ↓ Re-hold points, then re-check	With palm over navel Monitor IM
9. Verbal confirmation	Ask verbally , "Is this item now robust?" ↑	Palm off the navel Monitor IM
10. Repeat 6-9	Repeat steps 6-9 for each item until the group is complete	
11. Final check	Ask verbally , "Is this group of Ψ I feel / I am robust and complete?" ↑	Palm off the navel Monitor IM

Notate as: E C F Reflex Element Item/other factors

Ψ I feel / I am NL 6 - I feel rejected
- I am appreciated
- I feel confused
- I am welcomed

Dr. Jimmy Scott's Ψ I Feel / I Am List

Work the list continually halving until you get to the item. Record both items one under the other on the Case Study Form 'Working in Body Sequence'. For the items 'I feel used /abused /confused' and 'I feel loveless /unloved' you need to test which of the options is relevant for the item you are doing – on other words you use only one.

I feel antagonistic I am accepting	I feel furious I am adequate	I feel used / abused /confused I am welcomed	I feel sarcastic I am excited
I feel bothered I am approachable	I feel fuming I am answerable	I feel rejected I am appreciated	I feel with-holding I am trusting
I feel burdened I am acceptable	I feel fiery I am refreshed	I feel offended I am caring	I feel trapped I am amused
I feel indignant I am worthy	I feel hysterical I am aware	I feel hurt I am fascinated	I feel put-upon I am admirable
I feel inadequate <u>I am open</u>	I feel incensed <u>I am receptive</u>	I feel wounded <u>I am needed</u>	I feel deprived <u>I am delighted</u>
I feel attacked I am choosing to	I feel overwrought I am prepared	I feel unappreciated I am understanding	I feel vindictive I am alive
I feel questioned I am optimistic	I feel seething I am encouraging	I feel dumb I am essential	I feel separate I am at oneness
I feel annoyed I am adaptable	I feel belligerent I am invigorated	I feel indifferent I am attuned	I feel unloved I am safe
I feel opposing I am deserving	I feel grief I am guilt free	I feel immobilized I am congruent	I feel loveless/unlovable I am at peace
I feel fear of loss <u>I am assured</u>	I feel conquered <u>I am co-operative</u>	I feel numb <u>I am creative</u>	I feel melancholy <u>I am completed</u>
I feel not-heard I am daring	I feel unacceptable I am purposeful	I feel unfeeling I am appreciative	I feel deserted I am at-one-ment
I feel disappointed I am bold	I feel despondent I am concerned	I feel disconnected I am gentle	I feel uncared for I am quiet
I feel overlooked I am considered	I feel ruined I am productive	I feel pessimistic I am in tune with	I feel unacceptable I am calm
I feel unwelcome I am proud	I feel betrayed I am lucky	I feel rigid I am in balance	I feel unimportant I am unified
I feel let down <u>I am motivated</u>	I feel discouraged <u>I am involved</u>	I feel stagnant <u>I am perceptive</u>	I feel morbid <u>I am fulfilled</u>
I feel bitter I am protected	I feel self-punishing I am reliable	I feel destruction I am tender	I feel consumed I am loyal
I feel threatened I am brave	I feel defeated I am sincere	I feel hostile I am enthusiastic	I feel stubborn I am opposed
I feel frightened I am affectionate	I feel resentment I am interested	I feel picked on I am jubilant	I feel drained I am needed
I feel anger I am willing	I feel embarrassed I am tuned in	I feel frustrated I am attractive	I feel responsible I am mature

Ψ SENTENCES

Steps	What to ask/say	What to do
1. Identify how many items in the group	Ask , "For this group of Ψ Sentences at least one item?" ↑ "At least two items?" ↑ "At least three items?" ↑ "At least four items?" ↓ Confirm, "So, there are three." ↑ This is just an example of how you find the number of items.	Monitor IM Put in the dashes in the Item/Other Factor column
2. Find the Reflexes verbally	Ask , "For this group of Ψ Sentences are we holding NLS? / NVs? / EPs? / Sedation? / Activation?" When you get ↑ to a Reflex record it and ask, "Any other Reflexes?"	Monitor IM Record what you find
3. Find the Elements verbally	Ask , "For this group of Ψ Sentences are we holding in just one Element?" If ↑ ask, "Element Zero, 1 or 2?" and continue through the Elements to find which one. If ↓ to just one Element ask , "Element Zero, 1 or 2?" identify and keep asking till you have at least 2 Elements then ask , "Any other Element?"	Monitor IM Record what you find
4. Confirm points verbally	Confirm by saying, "So we're holding" repeating the Reflex and Element tested in Step No. 2 and Step No. 3. For example – "So we're holding EP 3?" (You can hold them on yourself as well as the client)	Look up points and decide with client how you will hold them
5. Identify ALL the items by verbal testing (At first you may find it easier to find and do the items one at a time)	Clues for Ψ Sentences items could come from (i) the Sentences Access list, (ii) the I feel / I am list and / (iii) the BBEI list / (iv) Core Beliefs List (v) one of your Reference Books or For example - ask , "Is there a clue for the first item on the Sentences access list?" ↑ "First column?" ↑ "In the top half?" ↑ "In the third quarter?" ↑ "One of the first 3?" ↓ "One of the next 2?" ↓ "So, it's the 6 th ?" ↑ "Is that it exactly?" ↓ "Need to change the verb?" ↑ / ↓ "Need to change the attitude?" ↑ / ↓ "Need to expand on this?" ↑ / ↓ Confirm , "So it's '.....'?"	Once you identify which list has the clue for your item work the list constantly dividing it into half to arrive at the item quickly. Share the item with the client and get them to help.
6. TL the item	a) Palm over navel , client thinks "....." ↓ b) Touch the REPs from Step 2 above and client thinks item ↓ c) Touch the EEPs from Step 3 above and client thinks item ↓	a) Is the validation that you have the correct item b) and c) that you have the correct Energy Flows for each item in the group
7. Do the correction	Tell client think, "....." Hold points you tested in Steps 2 and 3 to retune the energy and you both think the item	Hold points and you think the item as well Yawn, sigh, pulse etc
8. Check that item is done	Tell client to continue thinking the item ↑ Place palm over navel If ↓ re-hold points, then re-check	Monitor IM
9. Verbal confirmation	Ask , "Is this item now robust?"	Palm off the navel Monitor IM
10. Repeat for each item	Repeat steps 6-9 for each item	
11. Final check	Ask , "Is this group of Ψ Sentences robust and complete?"	Palm off the navel Monitor IM

You might also get a Clue for the items for the Ψ Sentences from the (i) Sentences Access List (ii) Ψ I FEEL / I AM WM Lists (iii) ECS: BBEI WM Lists (iv) Sandie's Core Belief List from **one of your own Reference Books** check which one then just work the lists

Because of the training requirements in the UK to submit client case study sessions I have chosen to change the way Dr. Scott uses the 'Personal Stress Items' List into a more user friendly and meaningful format for your clients and renamed it the Ψ Sentences Access List.

Ψ SENTENCES ACCESS LIST

Reformatted for this manual by Amanda Brooks from the Personal Stress Items list in Dr. Scott's HK 1 manual

Authority	I am spontaneous and playful	I need help
Be direct	I am wonderful!	I need people
Be with me	I am worthy	I need recognition
Being touched is comfortable and easy	I benefit from everything I do	I need time for myself
Believe me!	I can learn effortlessly and easily	I need to be supported
<u>Closeness</u>	<u>I can recall details vividly and easily</u>	<u>I need to have excitement</u>
Don't blame me	I can't achieve transformation	<u>I need vision</u>
Don't criticize me	I can't be natural	I need you
Don't cry	I can't deal with defiance	I should be independent
Don't leave me	I can't do it!	I should be strong
Don't tell me what to do	I can't get going	I should do it!
<u>Don't touch me!</u>	<u>I can't have abundance</u>	I should not be dependant
Don't try to control me	I can't remember anything	<u>I should not be lazy</u>
Fear of the unknown keeps me from learning	I can't say what I mean	I should not be weepy
Forgive me!	I deserve growth and development	I trust my inner self
HK is difficult	I deserve totality	I try hard
HK is easy	I don't have energy	I understand complex material
<u>I am (always) considerate</u>	<u>I don't have time</u>	I value people
I am adventurous	I don't need friends	I want to
I am always sensitive	I feel alive!	<u>I want to be acknowledged</u>
I am average	I feel angry	I want to be appreciated
I am bored	I feel close	I want to be trusted
I am changing	I feel comfortable in any circumstance	I want to cry
<u>I am confused</u>	<u>I feel defeated</u>	I want to have everything
I am conscious	I feel disconnected	I will do it!
I am controlled	I feel lost	<u>I will have the ability to succeed</u>
I am creative	I feel overwhelmed	It's OK not to be perfect
I am devoted	I feel rejected	It's OK to have money
I am enthusiastic and eager	<u>I feel responsible</u>	Learning is fun!
<u>I am essential</u>	I feel satisfied	Leave me alone
I am feminine / masculine	I feel stressed	Listen to me!
I am flexible	I feel trapped	<u>Mistakes are bad</u>
I am focused and attentive	I feel victimized	Mother knows best
I am fortunate	I feel wounded	My emotions are easy to express
I am grounded and centred	<u>I forgive you</u>	No one understands me
<u>I am happy</u>	I have all the confidence I need	Nobody loves me
I am healthy	I have ambition	Other people have more then I do
I am honoured	I have energy	
I am hopeful	I have let go of the past	People are sensitive
I am important	I know what I am doing!	People are understanding
I am loved	<u>I love myself</u>	People are warm
<u>I am needed</u>	I love people	People should keep their opinions to themselves
I am not stubborn	I make decisions easily	<u>Permission</u>
I am open and receptive	I might be wrong	Pleasure
I am ordinary	I must be organized	Relax!
I am powerful	I must empower myself	Sharing
I am practical	<u>I must have happiness</u>	The future is exciting
<u>I am pretty / handsome</u>	I must not be foolish	The world is not ready for this!
I am ready	I need affection	<u>There is hope</u>
I am respected	I need attention	This work is weird
I am responsible	I need comforting	Touching is comfortable and easy
I am sad	I need friends	Why me?
I am sensual		Worry
I am smart		

Ψ PERSONAL STRESS RELEASE – CONCERN

The purpose of a Ψ PSR –Concern **is to reduce the stress around one specific worry or concern** the client has that might cause a tummy flip or bring them out in a sweat when they think about it.

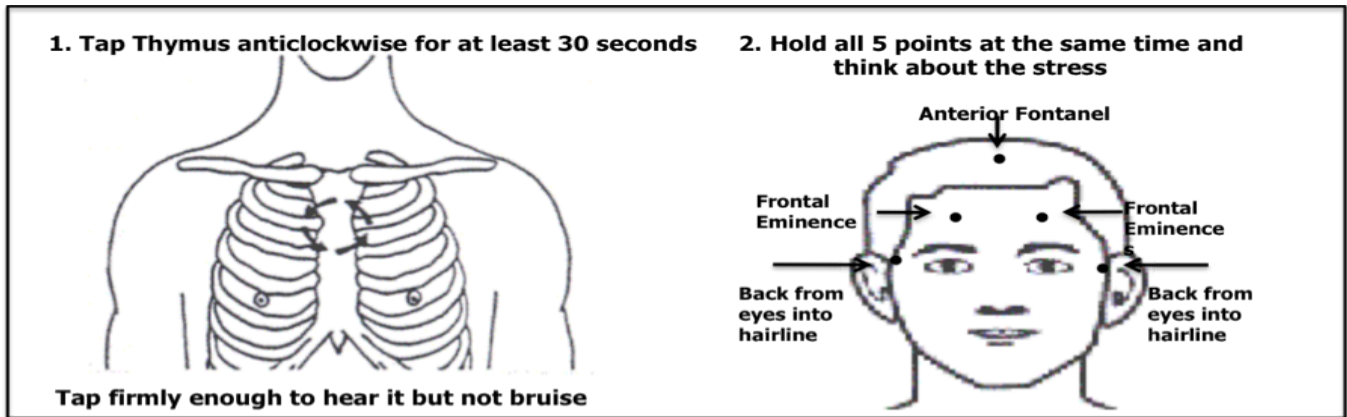
Steps	What to ask/say	What to do
1. Identify which concern is to be dealt with	They do not need to share what the stress is as long as they keep thinking about it. Ask the client to rate the stress on a scale of 0 to 10 around the concern. They might say 6.	If they are obviously stressed don't bother to either rate the stress or TL just move onto Step 2.
2. Find the Reflexes verbally	Ask, "To reduce the stress around this concern are we holding NLs? NVs? / EPs? / Sed? / Act?" When you get ↑ to a Reflex ask, "Any other Reflexes?" If ↑, identify it and ask, "Any other Reflexes?" Because there may be a number of aspects to the concern you sometimes hold more than one set of Reflexes to retune the energy. (For example) NLs ↑ "Any other Reflexes?" ↑ NVs ↑ "Any other Reflexes?" ↓	Monitor IM Record what you find putting the Reflexes one under the other in the Reflex column
3. Find the Elements verbally	(For example) Ask, "For the NLs are we holding Element 0?" ↑ "Any other Element?" ↑ "Element 1?" ↓ "Element 2?" ↑ "Any other Element?" ↓ Ask, "For the NVs are we holding Element 0?" ↑ "Any other Element?" ↑ "Element 1?" ↑ "Any other Element?" Record as NL 0, 2 NV 0, 1	Monitor IM Record what you find putting the Elements for each Reflex in the Element column
4. Holding the points	If we are holding more than one Reflex and more than one Element then we need to know which order to hold the points in to give the client the smoothest healing process. (Using example above) Ask, "Are we holding NLs of 0 first?" ↑ "Then NV 0 next?" ↑ "Then NV 1?" ↑ "And finally, NL 2?" ↑ Record as: NL 0 2, 2 4 NV 0 1, 1 3 We always hold in HK Element Sequence but in order to ensure the smoothest healing process for your client if you have two different Reflexes with the same Element you must ask which to hold first.	(We usually hold in HK Element sequence once we have tested the order for the Reflexes but you must check that this is the case) Look up the points and decide with you client how to hold them
5. (optional) TL the concern	Palm over navel, client thinks "....." ↓ (optional)	If they are obviously stressed don't bother
6. Hold the points	Instruct client "Continue thinking about the stress around....." Be sure to hold the points in the correct sequence	Yawn, sigh, pulse etc Watch the client's body language
7. Check each set of points is locked in	When you have held one set of points ask, (i) "Have we held these points for long enough?" ↑ (ii) "Any further benefit in holding the points for longer?" ↓ Move on to hold next set of points then repeat questions above	Monitor IM
8. Re-rate the stress?	if appropriate, ask client, "Where on the scale of 0 to 10 is the stress level now?"	They might say it is now 2

PSYCHOLOGICAL PERSONAL STRESS RELEASE - LIFE ISSUE

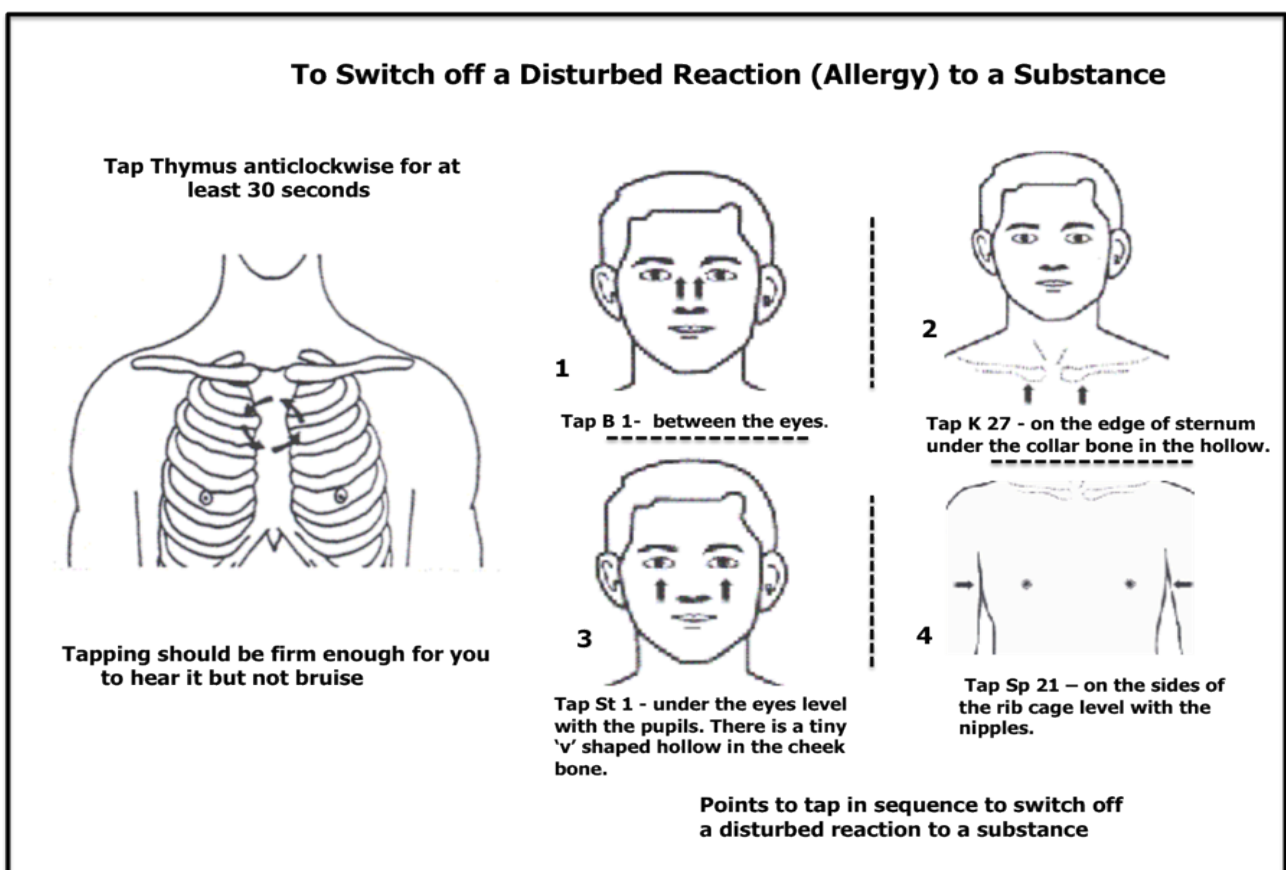
This is **major stuff** going on in a client's life. **It affects the way they function and is on their mind day and night.** As there are often several aspects to the deep-seated problem we tend to hold a number of Reflexes and more than one Element within each of these energy circuits. In my experience of both using this correction and teaching it to former students a PSR Life Issue rarely comes up until you have the experience to handle the issue. If indexed, clients usually rate a life issue as 10+.
Work out the points you are holding as above for Psychological PSR – Concern. For a Ψ PSR Life Issue you often hold more than one Reflex with more than one Element for each of the Reflex circuits. This could be all you do in the session.

Ψ EMOTIONAL STRESS RELEASE

The Emotional Stress Release works really well for stress that is 'of the moment' i.e. current or bubbling up to the surface for a client. Not usually used within a session but it may need to be used if a person arrives very flustered and you can't get an indicator muscle. In which case tap the thymus first and then get the client to hold the points and think about their stress.



Teach all your clients the Balancing Tap and Ψ ESR. Ask your tutor for a copy of the Self-Help sheet for you to print off and give to your clients.



In most cases, the above works well for everyone to switch off the allergic reaction **if done immediately** the reaction occurs. If symptoms persist for yourself just work your HK menu to deal with the problem entirely or at least significantly reduce the symptoms. Remind clients to whom you give this technique that they would need to come for a session if their symptoms persist.

ALLERGY TAPPING CORRECTION

See opposite page for the procedure

Synergy is the interaction of two or more agents or forces so that their combined effect is greater than the sum of their individual effects. **This ECF deals with an energetic disturbed reaction/s at tissue level.** After the correction is finished the body will now **recognize** what it should do with a specific substance and it also sparks off a detox to off-load the toxic levels of the substances that may have been stored in the body.

A disturbed reaction to a NUTRIENT means the body is not recognizing it **NEEDS** the substance so deals with it inappropriately i.e. the nutrient is not delivered to or taken up by the cells and is either stored inappropriately** and / or excreted. A disturbed reaction to a TOXIN means the body is not recognizing that it **DOES NOT NEED** the substance and so instead of the eliminative systems breaking it down and excreting the toxin safely, it is stored in the body.

**The need for supplementation may be less as the body uses the stored nutrients instead so if you have Adjunctive: Nutrition coming up with the body of work check this possibility.

Allergy = Zero Tolerance Level

However, it is possible to have a zero tolerance to a substance but not experience an allergic reaction to the substance.

The symptoms for an allergic reactions and intolerance are the same. The difference is where they are affecting.

- **Allergy** creates an altered Energy response (i.e. a disturbance) at tissue level whereas
- **Tolerance is a metabolic issue** - how much of a substance can the body handle at any given time without reacting to it.

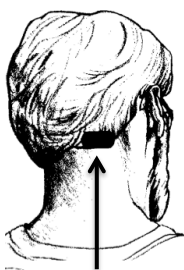
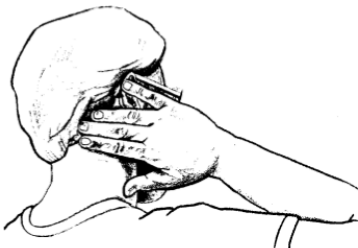
TOLERANCE TAPPING CORRECTION

The best way to raise tolerance levels for clients is to simply work your full HK menu, however sometimes the client's body will ask for the tolerance level for a specific substance to be raised. **See page for the procedure**

Remember to warn clients they if they are feeling below par, for whatever reason, to avoid the substances for a few days because their tolerance levels would have dropped.

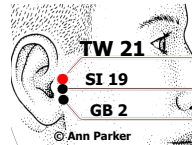
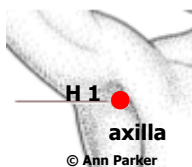
MEASURING ACTUAL TOLERANCES

Sometimes it may be appropriate to check for the tolerance level of a specific substance at this moment in time to prove a point to the client.

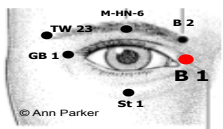
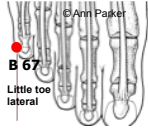

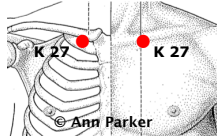
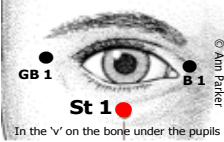
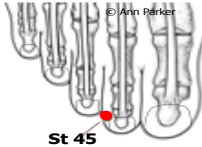
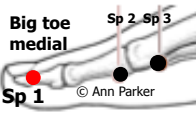
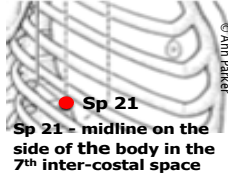
 <p>Tolerance Test Place</p>	 <p>Place one hand across the test area</p>	<p>Place substance on CV 6, touch the area on the back of the head and test. Keep adding more of the substance until the arm TLs ↓. That is the tolerance level at this moment.</p>
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*******Remember our tolerance levels** for everything we come in contact **vary from day to day** and even from **hour to hour** and **minute to minute** – the tolerance levels depend on how well we are feeling and how much of the substance we have eaten or been exposed to within the past few hours / days. **Be sure to stress this.**

ALLERGY TAPPING

Steps	What to ask/say	What to do
1. Find the number of substances	Ask , "For how many substances are we tapping at least one?" ↑, "At least two?" ↑, "At least three?" ↓ "So, there are two substances?" ↑ The number of substances is usually a small number	Monitor IM Put in the dashes in the Item/Other Factor column
2. Identify the substances	Identify the substances. Your client may have brought substances to which they know or suspect they react, for you to test. Otherwise ask , "Is it a food?" ↑ / ↓ or "Is it a chemical?" ↑ / ↓ "Cosmetic?" ↑ / ↓ "Body care products?" ↑ / ↓ "In the kitchen or laundry?" ↑ / ↓ "In the garage?" ↑ / ↓ "Something at work?" ↑ / ↓ "A drug ?" ↑ / ↓ "Pollens?" ↑ / ↓ "Animal body substance?" ↑ / ↓ "Dust mite?" ↑ / ↓ etc.	Food list on page 16 Once you have identified the substances place them on the table away from the client's body
3. Test TW 21 in the clear	Touch the side of the ear at TW 21 in the clear and TL ↑ If arm TLs ↓ then tap TW 21 20x lightly to switch on and retest ↑ Still TLs ↓ tap Lung 5 in the crease of the elbow and retest Don't keep your finger on TW 21 as the point quickly becomes tired	 © Ann Parker
4. Check the substances for an allergic reaction	Place one of the substances on CV 6 below navel and re-check TW 21 – if arm ↓ then the substance is disturbing the client's energy system Check each substance individually on CV 6 while touching TW 21 ↓ Unlocked (relaxed) arm confirms it is disturbing the client's Energy System	This confirms your verbal testing for the substances
5. Permission to do the Synergy Tap	Touch Heart 1 in the clear – should be ↑ Place a substance on CV 6 re-check H 1 ↓ If the muscle unlocks this confirms we have permission to tap for that substance. Check each item individually. TLing Heart 1 can only give you an altered response from locked in the clear to relaxed for permission to tap	 © Ann Parker
6. Permission to tap them altogether?	First ask verbally , "Permission to tap all these substances together?" ↑ Re-check H 1 in the clear ↑ Place all substances on CV 6 and touch H 1 bilaterally to test for permission to tap them all in one go ↓ (If arm locks then verbally test for which substances and place them together on CV 6. Re-check at H 1 looking for an unlocked arm to validate your verbal testing)	If you get permission to tap the substances together put a bar down the side of the dashes
7. Tap EP 2, 4 bilaterally If you have help to tap the points please balance the helpers and ask for Energy Permission for them to help	First: Client taps B 1 between the eyes and you tap B 67 little toe lateral Ask , "Have we tapped these points for long enough?" ↑ Ask , "Any further benefit in tapping the points for longer?" *** ↓ Second: Then you tap K 1 under the ball of the foot and client taps K 27 at the top of the sternum Ask , "Have we tapped these points for long enough?" ↑ Ask , "Any further benefit in tapping the points for longer?" *** ↓ Third: Client taps St 1 under the pupils of the eyes on the cheek bone and you tap St 45 second toe lateral Ask , "Have we tapped these points for long enough?" ↑ Ask , "Any further benefit in tapping the points for longer?" *** ↓ Fourth: Client taps Sp 21 on the side of their ribs level with bottom of sternum and you tap Sp 1 big toe medial Ask , "Have we tapped these points for long enough?" ↑ Ask , "Any further benefit in tapping the points for longer?" *** ↓ *** If incorrect response, then tap the points a little longer.	Yawn, sigh, pulse etc It is important that you tap each Meridian individually. Use a firm tap. This ensures the Synergy Tap will remain robust. Emotional traumas and Geopathic Stress can sometimes undo energy corrections including synergy taps.
8. Allergy now corrected?	With all the substances, still on CV 6 Re-check TW 21 – should now be ↑ Ask , "Is this Allergy Tap robust and complete?" ↑	Monitor IM Confirmation tapping has worked
9. Avoiding the substances	Ask , "Should the client avoid any of these substances for a period of time?" ↑ / ↓ If ↑, identify which substances and the regime for re-introducing them back into the client's life.	See page 14

Allergy Tapping, having received permission to tap, we tap End Points of Elements 2 and 4 firmly

2	Bladder	B 1 – inner canthus of eyes		B 67 – at the base of the nail on the little toe lateral	
	Kidney	K 1 – in the dip under ball of feet in line with the big toe joint		K 27 – in dip below collar bone (clavicle) on each side of the sternum	
4	Stomach	St 1 – in dip 'v' on the bone below the pupils of the eyes		St 45 – at the base of the nail on the second toe lateral	
	Spleen	Sp 1 – at the base of the nail on the big toe medial		Sp 21 – level with bra line for women on the side of the rib cages (usually tender)	

Regime for re-introducing substances

If there was a food or contact substance involved for either the Synergy or Tolerance Tapping correction and you tested a substance/s needed to be avoided for a period of time, you must now test how long before the client can safely eat the food or be in contact with the substance – this is usually somewhere between 4 to 12 weeks.

Ask, "Are we counting in days?" ↓ "Are we counting in weeks?" ↑ Start with - "At least 4?" ↑ "At least 5?" ↑ etc.

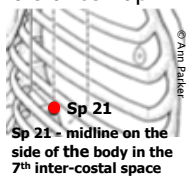
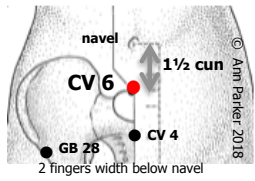
- When it's reintroduced - how much can the client have and how often without exceeding client's tolerances even on a bad day? Identify quantity (example below on how to do this testing)
 - "At least an ounce?" ↑ / ↓ "spoonful?" ↑ / ↓ "cupful?" ↑ / ↓
 - "Are you able to have it every day?" ↓ "Every other day?" ↓ "Every third day?" ↑ "For how long - at least 1 week?" ↑ "At least 2 weeks?" ↑ etc.
 - "Are you then able to increase the amount for each serving?" ↑ / ↓
 - "Is it then appropriate to increase the frequency of the servings?" ↑ / ↓
 - "How many times a week are you now able to have it" – start asking with a number more than the previous regime.
 - If the client is now able to have the substance as many times as they normally would or would wish to have it then stop testing and ask **"Is there anything else we need to know about this?"**

If you have a client phone for an appointment and the client says they are experiencing problems with substances

- Suggest they bring small samples of the substances with which they suspect they have problems.
- Once you have them balanced and have Energy permission to work whip through the items checking for a Disturbed Reaction. You can either do this verbally or with substance on CV 6 and TL at TW 21. Make a list of what you find.
- Then put them aside and ask what work you need to do to make the most significance difference for them. Don't be disturbed if there is no SET or tapping to do. Psychological corrections are an indirect way to treat Energetic Disturbed Reactions to substances (i.e. Allergy or to raise Tolerance levels).
- Often you will find at the end of the session that a large number of the disturbed reactions have been dealt with.
- Now check for tolerance - verbally! Should they avoid the substance/s and if so, for how long?
- Remember sorting out an allergic response to substances is easy - what takes the work and time is raising the client's tolerance levels across the board

The best way to raise tolerances is to improve the overall general health - physically, emotionally, mentally and spiritually by simply working your menu.

TOLERANCE TAP

Steps	What to ask/say	What to do
1. Find the number of substances	Ask , "How many substances are we tapping for at least one?" ↑ "At least two?" ↑ "At least three?" ↓ Confirm , "So, there are two?" ↑ (an example only) ** Often it is only one substance, as the body needs a clear energy pattern in order to raise the tolerance levels.	Monitor IM Put in the dashes in the Item/Other Factor column
2. Identify the substance/s	If you have previously done an Allergy tap then the substance/s for which you need to Tolerance Tap will most likely be one of the ones used for the Allergy Tap.	Otherwise go through the list of substances on page 31- "Is it a food?" "A chemical?" "A drug?" etc
3. Permission to Tolerance Tap 	Touch Sp 21 bilaterally in the clear ↑ Place one of the substances on CV 6 below navel and touch Sp 21 bilaterally –permission to tap. ↓ Check each substance individually – permission to tap ↓ The substance does not stress the body so apart from the permission to tap at Sp 21 there is no way to confirm you have the correct substance. Trust your testing.	
4. Permission to tap them altogether?	First ask verbally , "Permission to tap all these substances together?" ↑ Re-check Sp 21 in the clear ↑ Place all substances on CV 6 and touch Sp 21 bilaterally to test for permission to tap them all in one go ↓ If IM ↑ and you have two or more substances you must tap them individually.	If you have more than one substance you must have energy permission from SP 21 to tap them all together
6. Tap (NL) 2, 4 bilaterally NL recorded with brackets as they are special NL Points If you have help to tap the points please balance the helpers first.	First: Client places one hand over their navel (special NL area for B/K) and taps B 1 between the eyes with their other hand while you tap K 27 at the top of the sternum Ask , "Have we tapped these points for long enough?" ↑ Ask , "Any further benefit in tapping the points for longer?" *** ↓ Second: Client places one hand under their left breast (special NL area for St/Sp) and taps St 1 under the pupils of the eyes on the cheek bone with other hand while you tap Sp 1 big toe medial Ask , "Have we tapped these points for long enough?" ↑ Ask , "Any further benefit in tapping the points for longer?" *** ↓ *** If ↑, then tap the points a little longer.	Yawn, sigh, pulse etc It is important that you tap the special NLs for Element 2 separately from the special NLs of Element 4 unless you have helpers. Use a firm tap. This ensures the Tolerance Tap will remain robust. Emotional traumas and Geopathic Stress can sometimes undo energy corrections.
7. Have we raised the tolerance level?	Verbally ask, "Have we raised your tolerance levels for this substance to an acceptable level that even on a bad day you will no longer be challenged?" ***** ↑	***** Raising tolerance levels across the board is our most important work for the client – we do this by working our menu over a number of sessions to improve their overall well-being.
8. Avoiding the substances	Ask , "Does the client need to avoid any of these substances for a period of time?" ↑ / ↓ If ↑, identify which substances and the regime for re-introducing them back into the client's life.	If the client needs to avoid the substance check out the section on the previous page

Health Kinesiology Working Manual

Additives	Chilli	Kumara	Pawpaw	Squid
Alcohol:	Chives	Lamb	Pea	Strawberry
Brandy	Chocolate	Leek	Peach	Sugar – Beet
Cider	Cinnamon	Lemon	Peanut	Cane
Gin	Citrus Fruits	Lemon Grass	Pear	Sultana
Vodka	Cocoa	Lettuce	Pecan	Sunflower Seeds
Whisky	Coconut	Liqueurs	Pepper	Sweeteners
Wine – Red	Cod	Lobster	Peppers – Red	Sweet Potato
Rose	Coffee	Macadamia	Orange	Tamari
Sherry	Coriander	Mackerel	Yellow	Tarragon
White	Cornflower	Malt	Pineapple	Thyme
Almond	Courgette	Mandarin	Plaice	Tomato
Anchovy	Crab	Mange Tout	Plum	Trout
Apple	Cranberry	Mango	Poppy Seeds	Turmeric
Apricot	Cray Fish	Marrow	Pork	Tuna
Asparagus	Cucumber	Meats	Potato	Turkey
Aubergine	Cumin	Fresh	Prawns	Vegetables
Avocado	Date	Preserved	Pumpkin	Venison
Bacon	Egg	Melon	Pumpkin Seeds	Vinegar – Malt
Baking powder	Endive	Milk:	Quinoa	Rice
Banana	'E' numbers	Cows	Radish	Wine
Basil	Feijoa	Goats	Raspberry	Walnut
Beef	Fennel	Nut	Rhubarb	Watercress
Beetroot	Fig	Sheep	Rice –	Watermelon
Blackberry	Fish	Soy	Long Grain	Wheat Flour
Blackcurrant	Fresh Water	Millet	Short Grain	White Plain
Blueberry	Sea Water	Mint	Wild	Raising
Brazil nut	Fruit	Miso	Rocket	Wheat grass
Broad Beans	Garlic	Mushroom	Rye	Whitebait
Broccoli	Ginger	Mussel	Sage	Yam
Brussels Sprouts	Glucose	Mustard	Salmon	Yeast - Bakers
Buckwheat	Gluten	Mutton	Sardines	Brewers
Butter	Grapes	MSG	Sausage	Yogurt – Cows
Cabbage	Grapefruit	Nuts	Seaweed	Goats
Carob	Grains	Oats	Sesame Seeds	Sheep
Carrot	Green Beans	Okra	Silver Beet	Soy
Cashew	Haddock	Oil	Snap Peas	
Cauliflower	Ham	Onion	Sorrel	
Celeriac	Hazelnut	Orange Roughy	Soya Bean	
Celery	Honey	Oysters	Soy Sauce	
Champagne	Hops	Pak Choi	Spelt Flour	
Cheese	Ice Cream	Parsley	Spinach	
Cherry	Kale	Parsnip	Squash	
Chick Pea	Kiwi Fruit			
Chicken				

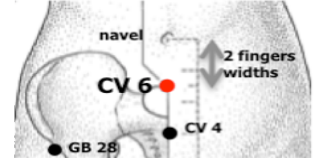
VIBRATIONAL ESSENCES

How the vibrational essences work within the energy differs between (i) taking vibrational essences orally and (ii) using them in HK corrections.

When taken by mouth, the essence's vibration passes into the blood circulation and from there into the electromagnetic current at the interface with the nervous system. From here it goes to the meridians where it goes in two directions – to the subtle bodies via the chakras and to the cells via ethereal fluidum. The vibration pattern matches the stress or blockage in the cells and cancels it out.

When used in Essence Corrections, it goes directly to the electromagnetic interface and bypasses the nervous system. All vibrational essences send a specific energy pattern or vibrational image into the physical body to connect with the crystalline structures within the body. The crystal essences seem to ground the energy in the physical body while the flower, colour and wood essences often work to clear emotional stress that has become locked into the cell memory and is 'polluting' the emotional body.

ESSENCE CORRECTION

Steps	What to ask and say	What to do
1. Always only one item. Identify how many essences.	Ask, "For this Essence Correction, how many essences, at least one?" ↑ "At least two?" ↑ "At least three?" ↑ "At least four?" ↑ "At least five?" ↓ Confirm by saying, "So, there are four?" (In this example) This is just an example of your testing for the number of essences.	Monitor IM
2. Find the Reflexes verbally	Ask, "For this Essence Correction are we holding NLs? / NVs? / EPs? / Sed? / Act?" When you get ↑ to a Reflex, record it and ask, "Any other Reflexes?" ↑ / ↓	Monitor IM Record what you find
3. Find the Elements verbally	Ask, "Are holding in just one Element?" If ↑ ask, "Element Zero, 1 or 2?" and continue through the Elements to find which one. If ↓ to just one Element ask, "Element Zero, 1 or 2?" identify and keep asking till you have at least 2 Elements then ask, "Any other Element?" ↑ / ↓	Monitor IM Record what you find
4. Confirm points verbally	Confirm by saying, "So we're holding" Repeat the Reflex and Element (For example) So we're holding NV 3?	Look up points and decide with client how you will hold them (you can hold them on yourself as well as the client)
5. Identify the essences by verbal testing	It doesn't matter in which order you find them. Place the essences in a heap together on CV 6 – two fingers below navel	
6. TL	Palm over navel ↓ We now have energy confirmation that the item is stressful	This is the validation that your testing is correct
7. Do the correction	Leave the essences on CV 6	Hold points Yawn, sigh, pulse etc
8. Check that item is done	Leave the essences on CV 6 If ↓ Re-hold points, then re-check	With palm over navel Monitor IM
9. Final check	Ask verbally, "Is this Essence Correction now robust and complete?" ↑	Palm off the navel Monitor IM

Health Kinesiology Working Manual

ENERGY TONING FACTORS

All Energy Toning Factors strengthen existing Meridian pathways. If done repeatedly over a period of time they will bring the Energy System into harmony and balance.

ESSENTIAL OILS						
CITRUS	FLOWERS	HERBS	EXOTICS	RESINS	SPICES	TREES
Bergamot	Chamomile	Angelica	Palmarosa	Amyris	Aniseed	Birch
Citronella	Geranium	Basil	Patchouli	Benzoin	Anise-Star	Cajuput
Grapefruit	Helichrysum	Carrot Seed	Sandalwood	Camphor	Bay	Cedarwood
Lemon	Immortelle	Celery	Vetivert	Elemi	Black pepper	Cypress
Lemongrass	Jasmine	Clary Sage	Ylang Ylang	Fir	Caraway	Eucalyptus
Lime	Lavender	Dill		Frankincense	Cardamom	Juniper
Litsea Cubeba	Linden Blossom	Fennel		Galbanum	Cinnamon	Lime
Mandarin	Neroli	Garlic		Guaiacwood	Clove	Mandarin Red
Melissa	Rose	Hyssop		Myrrh	Coriander	Myrtle
Orange	Tagetes	Marjoram		Terebinth	Cumin	Niaouli
Tangerine	Violet	Origanum			Ginger	Petigrain
Verbena		Parsley			Nutmeg	Pine
		Peppermint			Pepper	Rosewood
		Rosemary			Pimento	Tangerine
		Santolina				Tea-tree
		Spearmint				
		Tarragon				
		Thyme				
		Yarrow				

If you do not currently own any Essential Oils then this will not come up within your HK session. However, if you are thinking of investing in the oils then the ones highlighted would give you a good selection across the various categories of oils available. Paying extra for good quality oils is well worth it as you will have them as part of your kit for years to come.

"The Directory of Essential Oils" by Wanda Sellars latest edition 2005 published by Vermilion, London available at discount including postage from <http://www.bookdepository.co.uk>. This book covers 80 oils – Aroma, Features, History and Myth, Chemical Constituents, Properties, Precautions, Mind, Body, Effect on Skin and Blends. Josie Donaldson LLMA MIFA has written a superb book on the Subtle Properties of the Essential oils which both Sandie and I use all the time. It is available as an EBook from www.healthytherapies.com

Dr. Scott says Essential Oils have the highest vibration and most ranging effects of all the Energy tools we could use for healing. They can impact into the physical body and out through all the subtle Energy bodies.

ETF: USING ESSENTIAL OILS TO PROMOTE HEALING

For an **aura sweep** shake a couple of drops into the palm of your hand and rub your hands together to warm up the oil and release the fragrance. For **sniffing**, place a couple of drops on a tissue and ask the client to take several deep sniffs.

When the next thing to do is Energy Toning Factor: Essential Oils

1. Ask, "How many oils are we using, at least 1?" etc – it is usually only one. Identify the oil.
2. Ask, "What are we doing with it – Aura sweeping?"
 - If ↑ ask, "Figures of eights?" ↑/↓ "Round the head and then sweeping down through the aura to the feet?"
 - If ↓ to aura sweeping then the client will be sniffing the oil. (Usually need around 5 deep sniffs)
3. Once you get your signal that you have done the sweep for long enough or the client has sniffed the oil for long enough ask,
 - "Has the essential oil done what it needs to do for the present?" If ↑ move onto step 4. If ↓ sweep again or ask the client to keep sniffing.
4. Finally ask, "Is there anything else we need to know about this?"
 - If ↓, move onto the next thing to do as mapped out at the beginning of the session.
 - If ↑, you may need to give the client a couple of drops on a tissue to go home and sniff it once or twice a day for a number of days. (In which case put in a plastic sealable bag and it will hold the smell for about a week)

ENERGY TONING FACTOR - MERIDIAN TRACING HORARY CYCLE

All Energy Toning activities strengthen existing Energy pathways. To be effective they normally have to be repeated in a set sequence e.g. taking homoeopathic remedies at a set potency so many times a day for a set number of days. In HK 1 we consider the Energy Toning Factor: Meridian Tracing Horary Cycle. When we trace the Meridians from the beginning point to its end point we strengthen the interface between the Etheric and Physical bodies. You, the practitioner, or the client, can trace the Meridians. If you are tracing it on the client - trace the Meridians just off the body.

Down Front Up front	Yang Yin	Stomach 1 – Stomach 45 Spleen 1 - Spleen 21	Head to Feet Feet to Torso	7am – 9am 9am – 11am
To Outside of hands Back to head	Yin Yang	Heart 1 - Heart 9 Small Intestine 1 – Small Intestine 19	Torso to Hands Hands to Head	11am – 1pm 1pm – 3pm
Down Back Up front	Yang Yin	Bladder 1 - Bladder 67 Kidney 1 - Kidney 27	Head to Feet Feet to Torso	3pm – 5pm 5pm – 7pm
To Middle of Hands Back to head	Yin Yang	Circulation Sex 1 - Circulation Sex 9 Triple Warmer 1 - Triple Warmer 23	Torso to Hands Hands to Head	7pm – 9pm 9pm – 11pm
Down side Up front	Yang Yin	Gall Bladder 1 - Gall Bladder 44 Liver 1 - Liver 14	Head to Feet Feet to Torso	11pm – 1am 1am – 3am
Inside of hands Back to head	Yin Yang	Lung 1 - Lung 11 Large Intestine 1 - Large Intestine 20	Torso to Hands Hands to Head	3am – 5am 5am – 7am
Up back / Mid line Up front / Midline	Yang Yin	Governing 1 - Governing 27 Central 1 - Central 24	Torso to Head Torso to Head	1pm – 3pm 3am – 9 am

Next thing to do is ETF: Meridian Tracing - Questions to ask:

"Are we tracing the complete Horary Cycle?" **If** ↑ Client gets off the couch and you do it.

Then ask, "Anything else we need to know about the Meridian Tracing?"

If ↑ Client may need to trace the Horary Cycle at home. **Ask**, "How often at least once a week?" ↑ "At least twice a week?" ↑ etc. **Then ask**, "For how many weeks at least one week?" ↑ "At least two weeks?" ↑ etc.

Always end any questioning about a specific topic by asking, "Anything else we need to know about this?"

Ask, "Are we tracing the complete Horary Cycle?" **If** ↓ For example:

Ask, "How many Elements are we tracing at least 1?" ↑ "At least 2?" ↓ (Often is only one) Identify which Element. Ask, "Element 0?" ↓ "Element 1?" ↓ "Element 2?" ↑ "How many times are we tracing Element 2 at least once?" ↑ "At least twice?" ↑ "At least three times?" ↑ etc. "Bladder down and Kidney up?" ↑ (This would normally be the case)

If ↑ "Are we tracing Bladder down and Kidney up?" ↓ Then you would trace the Bladder Meridian the tested number of times in a row and then do the same for the Kidney Meridian.

Then ask, "Anything else we need to know about the Meridian Tracing?" If ↑, check how many times a day, for how many days / weeks they need to do it at home. If they traced the Meridians 4x in the session then it is most likely that is what they would do at home. But check it. Always end any questioning about a specific topic with "Anything else we need to know about this?"

Our energy peaks in each of the Meridians in a specific sequence in two hourly intervals. Traditionally, kinesiology modalities trace the 24-hour cycle starting with the Stomach Meridian. The diagrams for the tracing follow on from this page.

Meridian Tracing in the Horary Cycle

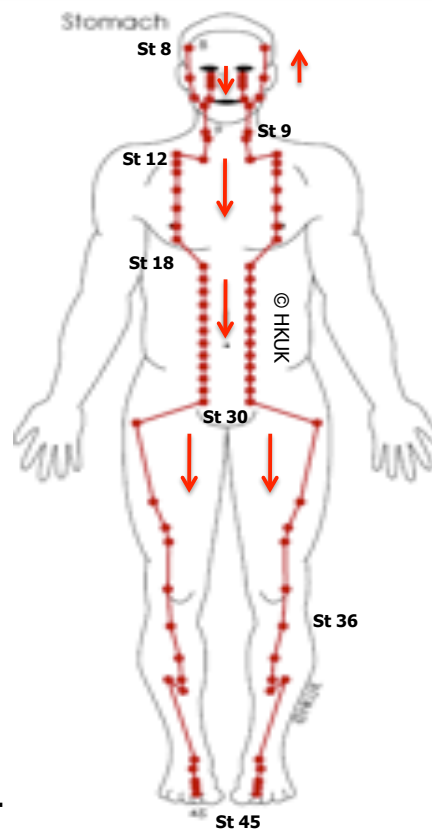
These diagrams were originally produced for HK UK in 2010 – I have modified them slightly with permission adding in extra diagrams if necessary

1.
 - (i) St 1 under the middle of the eye
 - (ii) Down to St 5 on the side of jaw
 - (iii) Up to St 8 on the temples
 - (iv) Trace down sides of the nose onto the neck at St 9
 - (v) Down to the collar bone and out to St 12
 - (vi) Down to St 18 then angle in and down to St 19
 - (vii) Straight down to St 30 out to St 31

STOMACH MERIDIAN Yang (7 am - 9 am) flows from head to feet

- (viii) Flow down the front of the legs to finish at St 45 on the base of nail second toe lateral

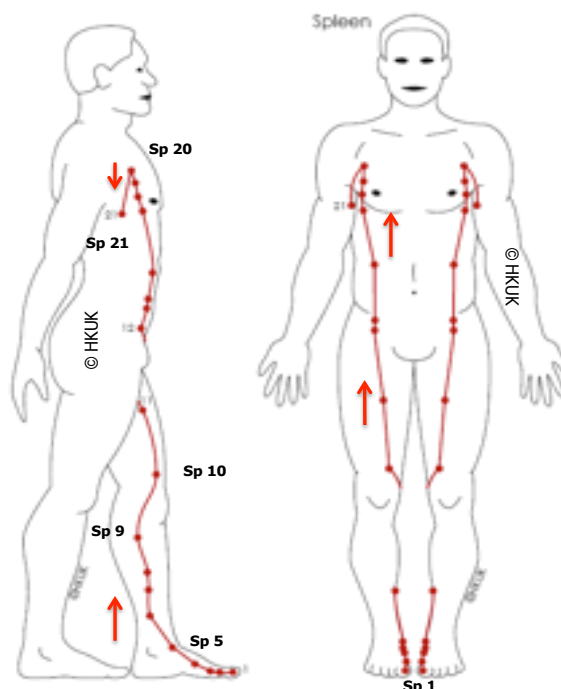
EARTH ELEMENT



SPLEEN MERIDIAN YIN (9 am – 11 am) flows from feet to torso

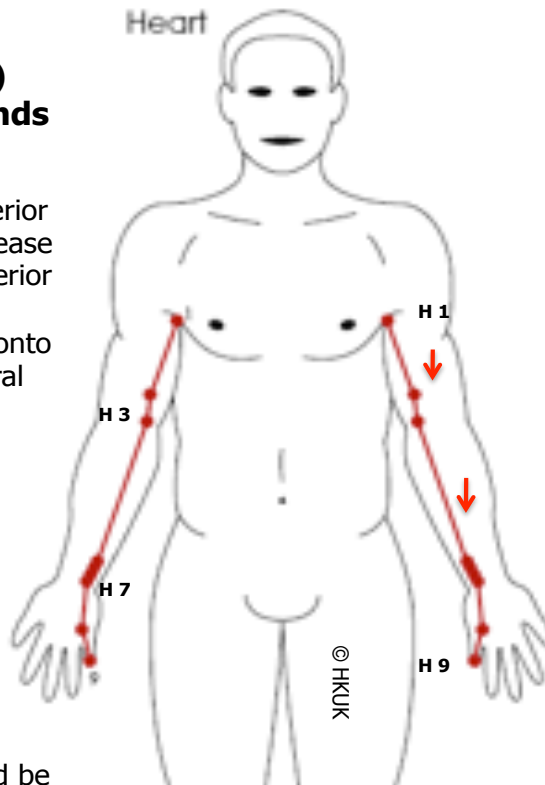
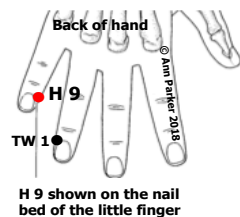
2.
 - (i) Sp 1 big toe medial
 - (ii) Flow to Sp 5 at medial ankle
 - (iii) Flow up the medial leg to just above the knee at Sp 9
 - (iv) Come over onto the front of the leg just above the knee at Sp 10
 - (v) Flow up the front of the body to Sp 20 just below the collar bone
 - (vi) Flow down the side of the body to Sp 21 (an ouch point!)

EARTH ELEMENT



HEART MERIDIAN YIN (11 am – 1 pm) flows from torso to hands

- 3.
- (i) Heart 1 in the axilla
 - (ii) Flow down the medial anterior arm to H 3 in the elbow crease
 - (iii) Continue down medial anterior arm to H 7 at wrist crease
 - (iv) Flow across palm of hand onto H 9 on the nail bed of lateral little finger (back of hand)

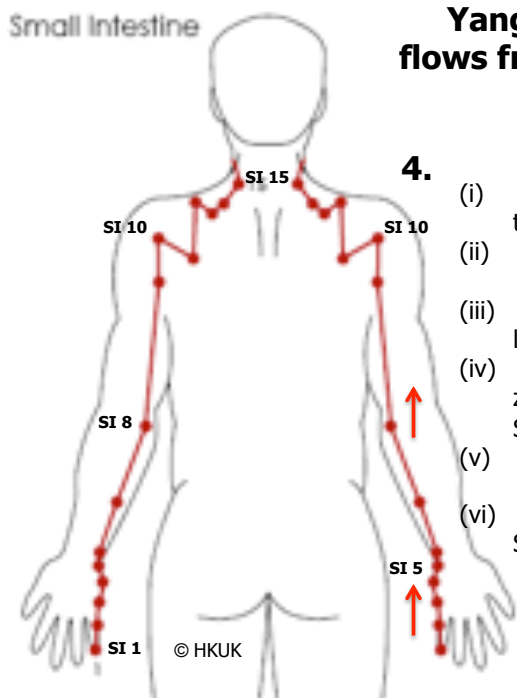


Leave hand with palm down and be ready to move to the other side of the little finger for SI 1

**FIRE ELEMENT
Sovereign**


SMALL INTESTINE MERIDIAN Yang (1 pm - 3 pm) flows from hands to head

- 4.
- (i) SI 1 with palm down on the little finger lateral
 - (ii) Flow up back edge of hand to wrist crease to SI 5
 - (iii) Flow up lateral back of lower arm to elbow at SI 8
 - (iv) On up to SI 10 and then zigzag on upper back to SI 15 on the neck
 - (v) Flow over the side of the neck to the jaw at SI 17
 - (vi) Onto to the cheek to SI 18 and back into the 'v' of the ear



**FIRE ELEMENT
Sovereign**



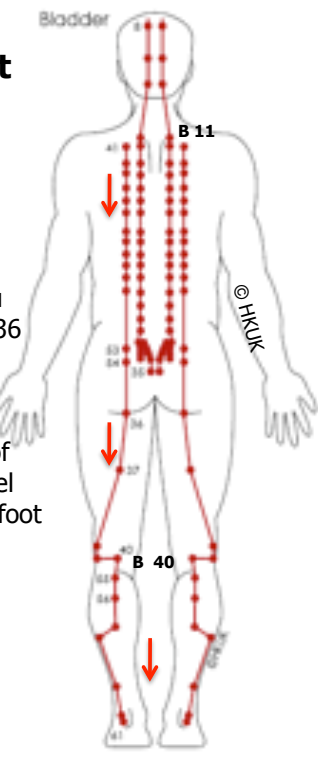


© HKUK

BLADDER MERIDIAN

Yang (3 pm- 5 pm)

flows from head to feet



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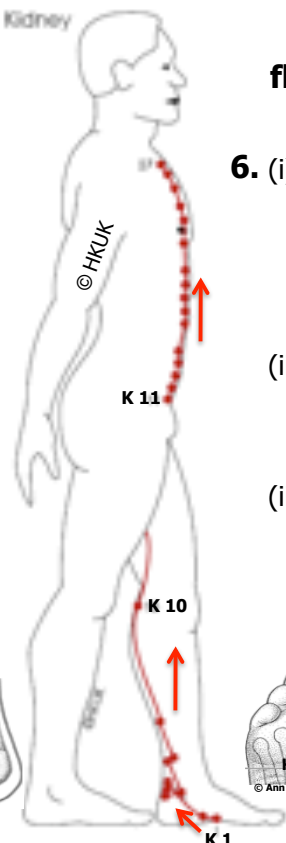
5. (i) From B 1 between the eyes take two lines up over the forehead and over the head to the bumps just above neck at B 10

(ii) Then take two lines down each side of the vertebrae as best you can into the gluteal crease at B 36

(iii) Flow down to behind the knees at B 40 and on to the middle of the calf muscle at B 57

(iv) Flow across to the lateral edge of the lower leg and down onto heel and over the lateral edge of the foot to B 67 on the little toe

WATER ELEMENT

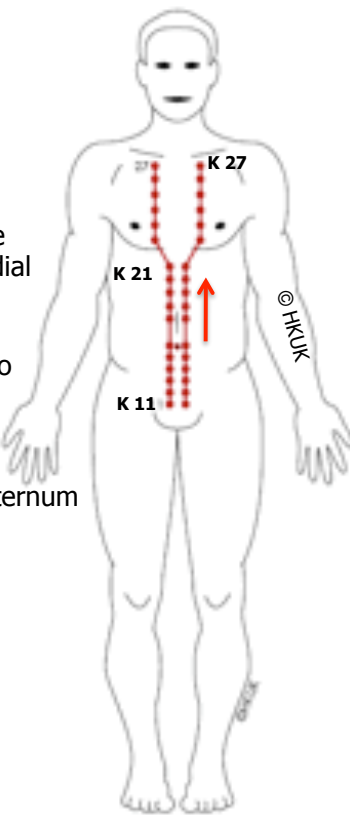


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KIDNEY MERIDIAN

YIN (5 pm – 7 pm)

flows from feet to torso

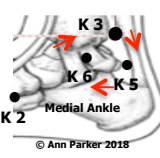
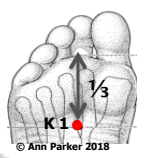


© HKUK

6. (i) K 1 in the ball of the foot and come onto the medial side of the foot at K 2 then around the ankle and on up the lower medial leg to K 6 and onto the medial knee crease at K 10

(ii) Continue up the medial thigh to the pubic bone and take two lines up one finger width from the midline to K 21

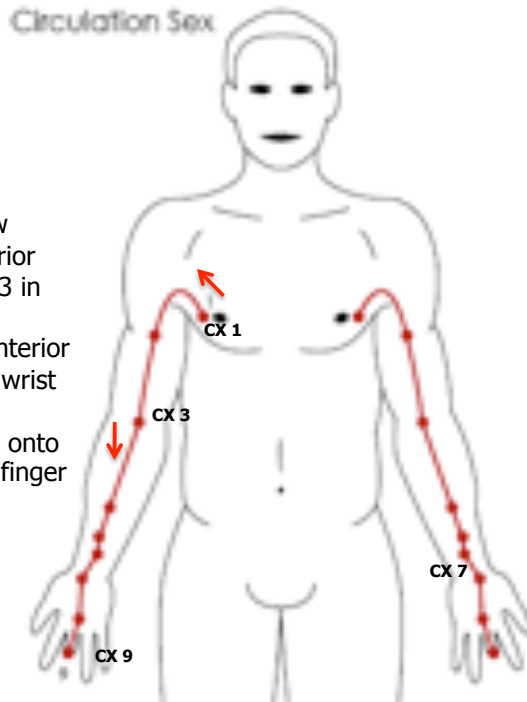
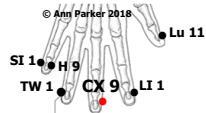
(iii) Flow out to the edges of the sternum and on up to K 27

WATER ELEMENT

CIRCULATION-SEX MERIDIAN
YIN (7 pm – 9 pm)
flows from torso to hands

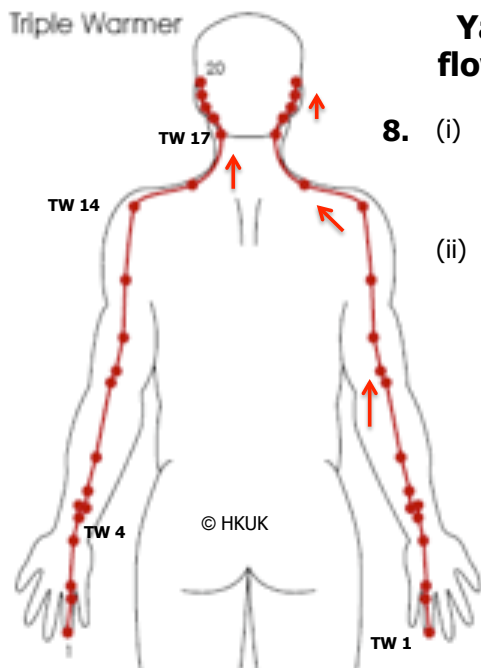
7. (i) CX 1 Lateral to the nipples then flow up and onto the midline of the anterior upper arm to CX 3 and down to CX 3 in the mid crease of the elbow
- (ii) Continue down the midline of the anterior of the lower arm to midpoint of the wrist crease at CX 7
- (iii) Flow across the palm and then over onto the back of the hand on the middle finger medial at CX 9



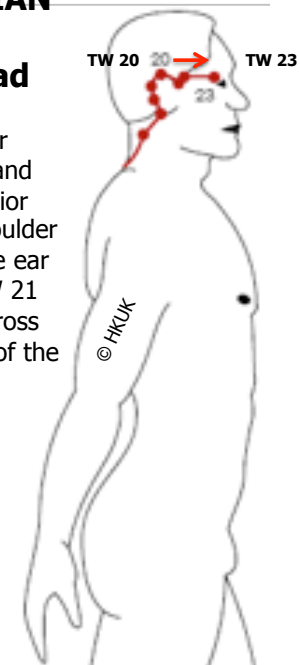
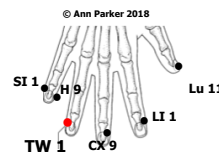
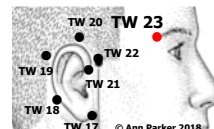
FIRE ELEMENT
Ministerial
(Pericardium)

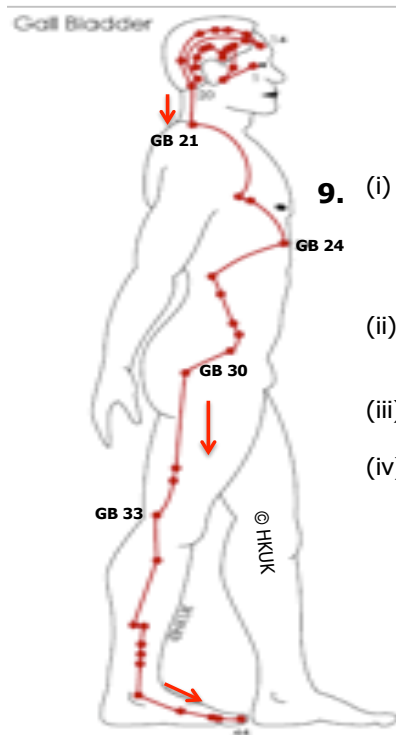
TRIPLE WARMER MERIDIAN
Yang (9 pm - 11 pm)
flows from hands to head

8. (i) TW 1 on the lateral ring finger flow across the back of the hand to TW 4 and on up the posterior midline to the back of the shoulder
- (ii) Flow across to the back of the ear and then round the ear to TW 21 at top front of the ear and across to end at TW 23 at the edge of the eyebrows



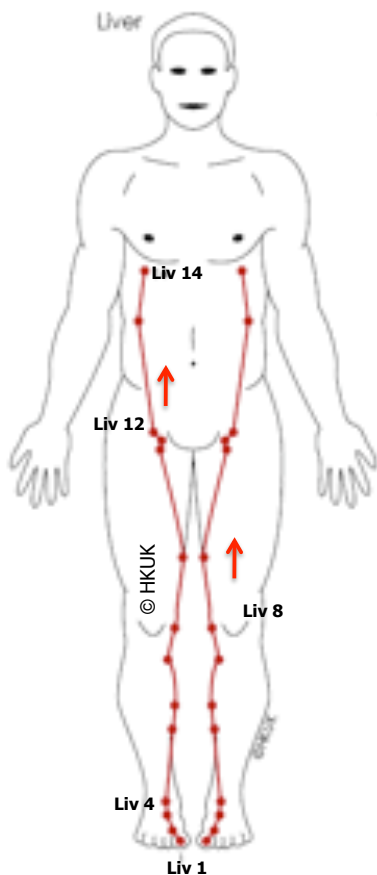
FIRE ELEMENT
Ministerial
(San Jiao – Burner)





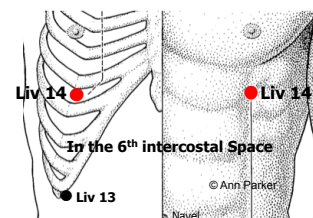
9. (i) From GB 1 at the lateral edge of the eye down to the side of the ear at GB 2 and then on up to the temple to the hairline before dropping back down 2 fingers width above the top edge of the ear, flow round the ear to GB 12 before turning to flow back to the temple to GB 13
- (ii) Flow down to the middle of the forehead above the pupil of the eye to GB 14 before turning to flow along the parietal eminences to GB 20 and down onto the shoulder to GB 21
- (iii) Flow round the front of the arm to about 3 inches lateral to the nipples and round down to GB 24 below Liv 14
- (iv) Back out to the side of the body before turning again and flowing down to GB 29 and out to GB 30 then down the lateral midline of the thigh to GB 33 on the edge of the knee cap. Flow on down the side of the leg to the ankle before turning and running across to the fourth toe lateral

GALL BLADDER
WOOD ELEMENT Yang (11 pm – 1 am)
 flows from head to feet



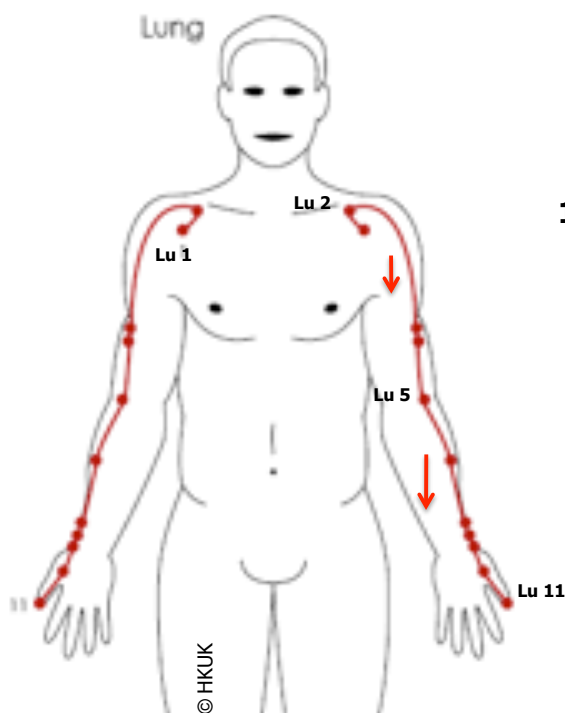
LIVER MERIDIAN
YIN (1 am – 3 am)
 flows from feet to torso

- (i) From Liv 1, on the lateral big toe, trace bilaterally to Liv 2 in the webbing between the toes and on over the foot to Liv 4 at medial anterior ankle
- (ii) Continue up the medial anterior lower leg to Liv 8 at the knee and on up through Liv 9 to Liv 12 in the crease of the groin
- (iii) Flow out to the edge of the floating rib to Liv 13 and in to Liv 14 under the nipples in the sixth intercostal space



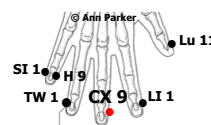
WOOD ELEMENT

Lung



LUNG MERIDIAN YIN (3 am – 5 am) flows from torso to hands

- 11.** (i) Flows from Lu 1 in the first intercostal space and up to Lu 2 before turning to flow down the lateral edge of the underarm to Lu 5 at the elbow crease
- (ii) Continues on down the the lateral edge of the underarm to Lu 9 at the wrist crease
- (iii) Flows over the plantar of the thumb and over onto the thumb nail at Lu 11



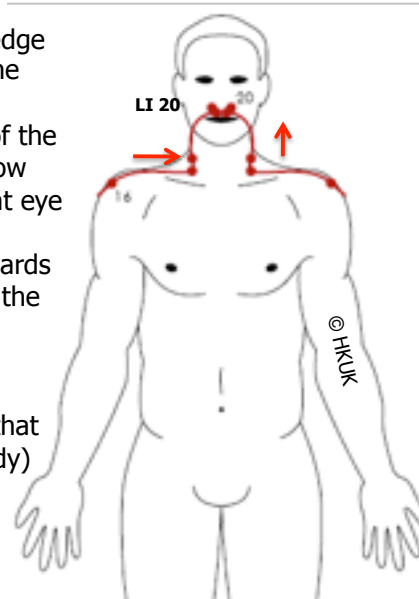
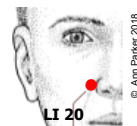
METAL ELEMENT

Large Intestine

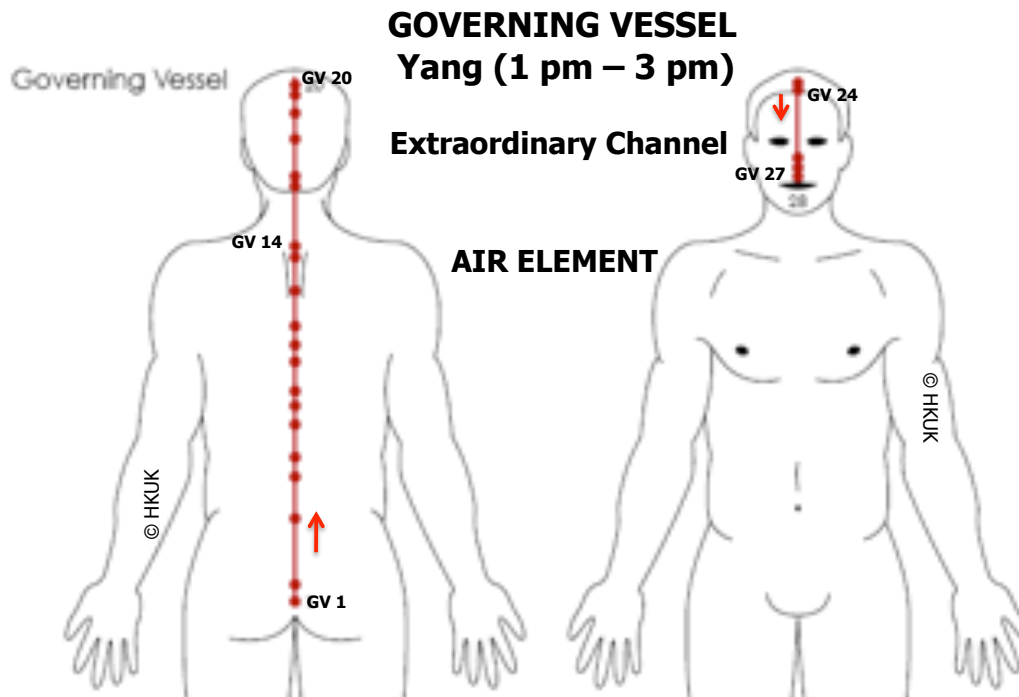


LARGE INTESTINE MERIDIAN Yang (5 am – 7 am) flows from hands to head

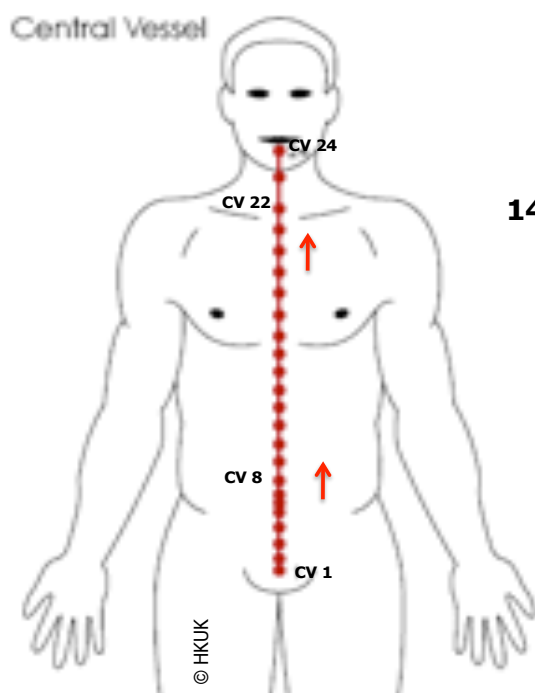
- 12.** (i) Flows from LI 1 at the base of the index finger medial when palm is down and along the edge of the index finger down to the side of the wrist at LI 5
- (ii) Flow along the medial edge of the lower arm to LI 11 at the elbow and on up to LI 15 in the front eye of the shoulder
- (iii) Flow up the neck angling towards the space immediately below the edge of the nose at LI 19
- (iv) Cross over under the nose to end at LI 20 (The LI Meridian is the only bilateral Meridian that crosses the midline of the body)



METAL ELEMENT



- 13.** Flows from GV 1 at the base of the spine up the midline of the back to GV 14 then up the back of the head over the crown to GV 24 in the hairline before flowing down to GV 27 at the top lip



- 14.** Flows from the perineum up the midline of the torso passing through the navel at CV 8 to CV 22 in the sternal notch and on to just below the bottom lip at CV 24

ADJUNCTIVE FACTORS

Adjunctive Factors are daily life style changes that it is appropriate for the client to make in order to support their Energy healing process and in some cases to promote their long-term health and well-being. They are the client's commitment to the healing process and may be responsible for between 5 and 20 percent of the overall healing process. Some clients struggle to make the changes to their life style and for them it may be appropriate for you to test through the list below to provide information about what other benefits they will gain in addition to helping with their more immediate concerns and goals. This may give them the incentive to persist with the adjunctive changes you have tested up for them.

The list below was compiled at a class taught by Jane Thurnell-Read in 1993

Other possible benefits may include:

- Energy levels increased / more resilience and/or Better Integration of the Subtle Energy Bodies
- Mental – concentration, memory, alertness, clarity, mental agility
- Weight – loss / gain / redistribution
- Pain reduction / release of toxins / Relief from symptoms and/or Sustained healing for a particular organ or body system
- Absorption of nutrients and/or the Correct excretion of toxins and waste products
- Emotional balance / Spiritual (e.g. moving on, letting go)
- Improvements in handling Relationships / Sexual libido
- Feeling socially accepted by peers
- Feeling motivated / able to set goals
- Improvement in Sleep quality
- Allergies sorted or Tolerance levels raised for all substances and/or Reduction of addictions
- Success in achieving goals
- Improved Sports performance / Learning / Cognitive ability
- With all of these adjunctive possibilities **as soon as you find an item of information** ask, **"Is there anything else need to know about the?"**

PLAY

Questions to ask:

- "How much play are we counting in minutes?" ↑ "At least 5 minutes?" ↑ "At least 10 minutes?" ↑ etc.
- "How many times per week at least once a week?" ↑ "At least twice a week?" ↑ etc.
- "Is there anything else we need to know about the play?" ↑ / ↓

Play helps activate the endorphins, which helps healing.

As adults, we often have forgotten how to play.

Play with young children or animals

Belly laughter stimulates the same endorphins as play so people who live alone could watch comedy DVDs.

Discuss with clients what they could do to play – be realistic.

Adjunctive Factors continued

REST

Instructions to give client:

- Lie on your back (by yourself) and close your eyes.
- Tap around Thymus to bring Energy into balance. Tapping for about 30 seconds anticlockwise in the valley of the boobs.
- Listen to music – Mozart, particularly the Violin and Piano concertos, puts the alpha rhymes into synch and helping the physical body go into a deep state of rest. All the Baroque music as well as Pan Pipe, Georgian Chants or Enya also work well (If the client doesn't like music, turn down the sound and put the headphones on CV4. CV4 is the sound receptor sites.)
- Rest before you eat or wait at least 1 ½ hours after eating.

Questions to ask:

- "On a regular basis, how much rest do you need at least 15 minutes?" ↑ "At least 20 minutes?" ↑ etc.
- "Is there anything else we need to know about the rest?" If ↑

Other things you might need to know:

- Where client is to rest? ↑ / ↓
- Specific time period during the day or evening to take the rest? ↑ / ↓

If client falls asleep during their rest periods then sleep needs to be addressed as well. It means their body is not getting enough good quality sleep. Tell client to persist with the rest periods and after a time they will find their sleep quality will improve.

WORK

Distinguish between paid employment and all the other work that the client does / doesn't do on a regular basis.

It is not our place to suggest the client changes jobs.

We could however test for the right balance of work.

SLEEP

Questions to ask:

- "Is it the quality of the sleep that needs addressing?"
- **"Is it the amount of sleep you are getting?"**

Other things you might need to know:

- Position of bed
- Mattress quality
- Metals beds (2 core cable around the bed)
- Electric blankets to come off
- Colour of sheets/ pillow cases
- Colour of bedroom
- Time goes to bed
- Time gets up

People who sleep deeply and yet wake tired may be spending too long in bed and so suffering from what I call 'sleep toxins'. The lymphatic system may need stimulating by exercise.

Adjunctive Factors continued

DEGAUSSING

General information

Suggest you reread page 20 the Energy Control System and

- Magnets 600 gauss (ours are rubber)
- Maximum gauss we can use for healing purposes on the body is 1500 gauss.
- A North Seeking magnet to the body forces our cells to spin clockwise. If we muscle monitor a balanced Energy System with cells forced to spin clockwise the muscle will switch off as it picks up the stress.
- A South Seeking magnet to the body forces cells to spin counter clockwise which is in harmony with the normal spin of the cells.

Disturbance in our electromagnetic field can be caused by:

- Sitting in front of VDU computer
- Sitting within 6 feet of TV – radio magnetic forces goes through you
- Electric hobs
- Microwaves
- Mobile phones
- Sitting in car, plane, tube, train

Next thing to do – Adjunctive

Questions to ask:

"Is it one of the regulars?" ↓

"Degaussing?" ↑

What to do:

Validate there is a problem

- Midpoint of palm over client's navel. Wave a magnet in their aura. TL ↓

To clear the electro-smog

- Degauss with the hair dryer paying particular attention to the head and feet.

Other questions to ask:

- "Do you need to degauss on a regular basis?" If ↑
- "How often, at least once a week?" ↑ "At least twice a week?" ↑ etc.
- "For how many weeks, at least one?" ↑ "At least two?" ↑ etc.

WATER INTAKE

Most people are not drinking sufficient good water to keep their bodies at optimal hydration levels. All other fluid intake apart from water has to be processed by the liver to extract water from it. Drinking the right amount of water daily will help the HK work to be more effective and process more smoothly for the client. Ask them to think of a glass or cup that they could use as a measure and ask, "On a regular daily basis what would be your optimum daily intake at least one?" etc.

Ask your clients to drink at least 2 pints of water spread out over the day for at least 4 days before coming to an appointment with you.

HOW TO EXPLAIN TO CLIENTS WHY THEY MUST BE DRINKING WATER

Most people are not drinking sufficient good water to keep their bodies at optimal hydration levels. It is essential for our long-term health and well-being that we drink sufficient good quality water daily. The naturopaths recommend that we drink the water at blood temperature - so drinking warm water is best. Hot or cold water is held at the top of the stomach while the body uses its own Energy to bring it to body temperature before releasing it into the system.

We are electro-magnetic beings and on a physical level

- All body fluids contain ionized chemical elements which are excellent electrical conductors
All metabolic processes are electrical and substances are transported through the cell walls electrically
- Nerve impulses are transmitted electro-chemically
- **All of this electrical activity is driven by water.**

The haemoglobin that transports oxygen to every cell in the body and collects the carbon dioxide to be released from the body needs to be hydrated to work properly. Each haemoglobin molecule has 4 prongs attached to it – two are receptors for oxygen while the other two are to collect and disperse the carbon dioxide. If the haemoglobin is fully hydrated then the haemoglobin molecule is plump and the prongs stand out proud and work with optimum efficiency whereas if the body is dehydrated then the prongs of haemoglobin molecule are bent over and can't work efficiently so the quality of the blood becomes more and more compromised. Haemoglobin is a protein-based component of red blood cells, which is primarily responsible for transferring oxygen from the lungs to the rest of the body. Haemoglobin is actually the reason red blood cells appear red, although oxygen-rich blood is noticeably brighter than the depleted blood returning to the heart and lungs. Fresh haemoglobin is produced in the bone marrow as needed. Essentially, haemoglobin develops a hunger for oxygen molecules. When the blood is carried into the lungs, haemoglobin proteins containing iron atoms attract whatever oxygen is available. This oxygenated blood then travels throughout the entire bloodstream, releasing oxygen into the muscles and organs. The spent red blood cells are transferred to the gastrointestinal system for disposal and new red blood cells with haemoglobin take their place in the bloodstream. As oxygen is reintroduced into the patient's lungs, the haemoglobin refreshes itself and the other gases become waste products.

The vast majority of the population is severely dehydrated and there are many causal factors, including chemicals in the food and environment that reduce our thirst sensation as well as pharmaceutical drugs that dehydrate the body. When we drink alcohol, we expel more fluid than we take in so alcohol also dehydrates us. Sixty percent of the water in our body is ingested through drinking fluid, about 30% comes from food and the cells make approximately 10%. About 60% of water is expended through the kidneys, whilst 30% of water is expelled when you exhale and the remainder is released through sweating and fecal matter. By drinking too little water we reduce the ability of the immune system to function optimally. The cells which fight disease are produced less efficiently by the immune system and then are slow to get to where they are needed because our lymph system and fascia transport systems have slowed almost to a halt as to be virtually ineffective. Hydration also supports the emotional processing and helps keep us all emotionally well. If you get thirsty when you eat it is because your body does not have enough water to digest the food. It is actually best to drink water 30-45 minutes before you eat to assist your body with the digestive processes.

Simple ways to revitalise your water: -

- Add a **handful of quartz crystals** to your water and let it sit for 8 hours. The hexagonal structure of the quartz crystals can help to rearrange the flexible structure of the water and bring it back to its original orderly makeup.
- Place a glass jug of filtered water on a Tesla purple energizer plate for at least 5 minutes. The plates create a positive Energy field around themselves that will penetrate any material substance by osmosis.