

A Quantum Medicine Approach to Healing Increases and Sustains Vitality

by

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International Quantum University of Integrative Medicine

Date: June, 2016

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Dissertation submitted in partial fulfillment of the requirements for the degree of
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International Quantum University of Integrative Medicine

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ABSTRACT

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Abstract

This paper is evaluating what vitality is, why so many Americans are lacking it and how to achieve it through the Quantum Medicine principles. The cases being examined had multiple serious health issues, which stemmed from undiagnosed root causes, unhealthy lifestyle, energetic blocks and emotional traumas. The disempowerment by Western Medicine is presented as well as the limited treatment options offered such as pharmaceutical therapy, invasive tests and even surgery. This paper will also describe the process of a Quantum Medicine evaluation, healing modalities used and vitality measurement tool that was developed and used with all case subjects. By tapping into the knowledge, principles and modalities of Quantum Medicine, vitality of the subjects is achieved and sustained long term.

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Chapter 1: Introduction

Why I chose this subject

When I was a young child living under challenging conditions in communist Romania, I spent a lot of time in nature. My family's home was located on a large parcel of land and we grew most of the food we ate. We did not have television and I did not have many toys so I spent much of my time outside day dreaming under an apple tree, picking ripe apples and daydreaming about how I wanted my life to be when I grew up. Life under the communist regime was difficult and my family struggled so sitting under my favorite tree I visualized a better life. I dreamed of moving to the United States, getting a college education, marrying my best friend and having two kids. During my younger years it never occurred to me that one day I would not have vibrant health so I never really focused on visualizing it, assuming it would always be there. In my early thirties I realized that everything I had dreamed of as a young child I had achieved except my vibrant health, the one thing I did not visualize.

By the age of thirty-two I was diagnosed with two different autoimmune conditions and I was told that there was no cure available. The treatment options offered to me by Western Medicine were pharmaceuticals and surgery. I felt extremely disempowered and after being disappointed with poor results from medications I turned to Alternative and Quantum Medicine. I used nutrition therapy and herbs, flower remedies, essential oils, energy healing, grounding, emotional releasing and the power of intention. To my surprise I made huge improvements and

today I am fully recovered from both conditions. At forty-five years of age I am healthier than I have ever been. My vitality is more vibrant now than it was in my twenties and I am so grateful.

Over the last ten years, I have pursued the path of Quantum Medicine first through my own healing and then by assisting others in their own healing journeys. I have seen many miracles that cannot be explained by Western Medicine and I found that attaining vitality and maintaining it, is far more successful through Quantum Medicine practices than through Western Medicine options.

The Problem and Purpose of the Study

It is my belief that vitality diminishes through several factors: poor nutrition, lack of movement and rest, chemical additives in food, toxic environmental influences, stress, energy blockage, negative emotions as well as lack of community and connection to our higher purpose. As I spent years searching for my own vitality, I became aware that the more I connected to higher consciousness (“bliss body”) and asked for guidance, the path unfolded before me. It was as if there was a map available to me and with each question asked, I received the route to the next destination. Our physical, vital, mental, supramental and bliss bodies need to be attended to regularly. When we understand this holistic approach, we tap into a universal consciousness that provides a series of synchronicities, which lead us forward. I believe that our American society has become so preoccupied with achieving a societal definition of success and comfort that we have lost our way to our own intuition and guidance system. We eat on the run, we do not know what’s in the food we eat; we sit for a living and experience little or no movement. People rely

on coffee or other stimulants for energy instead of appreciating the need for rest. They bury their feelings and their connection to what's important is lost.

The Western Medicine disempowering model also works against hope and healing modalities that work in unison with the body and mind. As Dr. Berney Siegle, MD, states in an interview with Quantum University: "*Doctors treat the result not the cause*". (Siegle, 2015)

I believe that Quantum Medicine gives individuals a holistic approach to heal, thrive and achieve vitality. Through entangling with the client and guiding them to connect with the universal consciousness, the quantum doctor empowers his/her clients to step into their best selves where there are no limitations, where all information is attainable along with the desired state of wellbeing and vitality. The purpose of this paper is to present the success of Quantum Medicine principles in healing the body and reaching a state of vitality.

Chapter 2: Literature Review

What is Vitality?

The general concept of vitality is universal, but it is expressed differently from one culture to another. In the West, vitality often refers to an abundant supply of physical energy, vigor and resilience; in the East, what the Chinese call "chi" and healers in India call "prana" refers more generally to an inner life force whose currents sustain both the physical and nonphysical aspects of every living thing.

According to Catherine Guthrie in an article called Being Healthy Is a Revolutionary Act,

“The popularization of yoga, tai chi and meditation has begun offering more Americans a taste of practices that can help us understand and cultivate this sort of vitality. But we still tend to compartmentalize it as something found in spas, exercise regimens, special diets and the like – rather than as a core component and determiner of our everyday existence. In America, vitality is the frosting on the cake of life – and not, as in Eastern cultures, its main ingredient. In the ancient traditions of China and India, as well as in the traditions of many other indigenous cultures, vitality-related concerns encompass everything from environment and attitude to personal integrity and spiritual purpose.” (Guthrie, 2007)

“Western medical experts who insist in categorically lumping health and vitality together further confuse vitality’s true foundation”, says Monica Reed, MD, author of The Creation Health Breakthrough book and the CEO of Florida Hospital Celebration Health Center in Orlando. “As a society,” she says, “we judge our health by what we don’t have; so if you don’t have high blood pressure or diabetes, we figure you must be healthy.” (Reed, 2006) What most Americans fail to understand, she notes, is that “if you have clean arteries, but have a life without purpose, you’re still missing a key ingredient for vitality.” (Reed, 2006)

One of the founding fathers of Natural Medicine, Henry Lindlahr, MD, in his book *Philosophy of Natural Therapeutics*, describes vitality as having enough economy of vital force. He suggests that this “vital force” necessitates spending generous amount of time in nature, getting proper rest and sleep, proper food selection, adopting the right mental attitude, right thinking and feeling. *“Lowered vitality means lowered, slower and coarser vibration, which*

results in weakened resistance to the accumulation of morbid matter, poisons, disease taints, germs and parasites.” (Lindlahr, 1919, p. 41)

“The vibratory activity of the cell may be lowered through the decline of vitality brought about in a natural way by advancing age, or in an artificial way, through wrong thinking and feeling, wrong habits of living, overwork, unnatural stimulation and excesses of various kinds. On the other hand, the inflow of the vital force into the cells may be obstructed and their vibratory activity lowered by the accumulation of waste and morbid matter in the tissues of the body. Such clogging interferes with the inflow of life force and with the free and harmonious vibration of the cells and organs of the body as surely as dust in a watch interfered with the normal action and vibration of its wheels and balance. From this is evident that negative conditions may be brought about not only by the hyper-refinement of the physical organisms, but also by clogging it with waste and morbid matter which tends to interfere with the inflow and distribution of vital force. The positive nourishing diet consisting largely of meat, eggs, fats and gluten clogs the system heavily with pathogenic waste and morbid materials, thereby obstructing the inflow and distribution of the life elements, which is equivalent to lowered vitality or a negative condition.” (Lindlahr, 1919, p. 43)

My belief is that vitality is a state of harmony, strength and integrity of the mind, body and spirit. When vitality is in its optimal state we are able to meet the stress in our life with grace. We also wake up rested, our life has meaning and our happiness level is high. Our energy

reservoir is plentiful and when we encounter common ailments, the body repairs and recovers rapidly.

Why Americans Lack Vitality, Possible Root Causes

Poor Nutrition and Lack of Movement

The way we generate vitality has to do with what we put in our bodies, the food we eat, how we process that food and how we use it in our bodies. We are finding in the science that it is no longer calories in, calories out; it is the quality of the food that determines if we can digest it well or not. Many individuals have difficulty digesting GMO's (Genetically Modified Organisms), gluten, dairy, etc.

“We need to look at where we are losing and draining our vitality and what changes we need to make to achieve the most gain. Consuming animal protein from animals that have not been fed in a healthy fashion we are taking in all kinds of toxins and burden the body.” (Shojai P. , 2014)

The type of proteins we consume can play a crucial role in our health. Eating meats, dairy products and eggs with hormones and antibiotics are at the core of many health conditions such as early puberty, abnormal cell growth and antibiotic resistance. (Hyman, 2014) According to Organic Consumers Association, hormones such as DES (diethylstilbestrol) were approved for use in beef cattle in 1954. As a result, an estimated two-thirds of the nation's beef cattle were treated with DES by 1956. (OCA, 2007)

“Today, there are six steroids given, in various combinations, to nearly all conventionally raised cattle in the U.S. and Canada: Three natural steroids

(estradiol, testosterone, and progesterone), Three synthetic hormones (the estrogen compound zeranol, the androgen trenbolone acetate, and progestin melengestrol acetate)." (OCA, 2007)

Much controversy over the impacts of these added hormones on human development and health has lingered for the past four decades. In 1988 the European Union banned the use of all hormone growth promoters. (OCA, 2007)

In 2007 a study called "Study for Future Families" assessed sperm quantity and quality among 773 men. Data on beef consumption during pregnancy was available from the mothers of 387 men. These mothers consumed, on average, 4.3 beef meals per week, and were divided into a high beef consumption group (more than seven meals per week) and a low-consumption group (less than 7 per week). The scientists compared sperm concentrations and quality among the men born to women in the high and low beef consumption groups. They found that: Sperm concentration (volume) was 24.3 percent higher in the sons of mothers in the "low" beef consumption group. Almost 18 percent of the sons born to women in the high beef consumption group had sperm concentrations below the World Health Organization threshold for subfertility, - about three-times more than in the sons of women in the low consumption group. The authors concluded that maternal beef consumption is associated with lower sperm concentration and possible subfertility associations that may be related to the presence of anabolic steroids and other xenobiotics in beef. (OCA, 2007)

Protein shakes have become a popular substitute for meat for many health conscious individuals and vegetarians, but according to recent news, finding a pure protein source without heavy metals seems to be a challenge. Whey protein may also be an issue of concern for people with gut inflammation.

Genetically modified (GM) foods add another layer of toxicity and have taken over the food supply in the US and the negative results are staggering. Dr. Joseph Mercola DO, writes on his site, Mercola.com:

“How can US the wealthiest industrialized nation be the sickest? Americans get sick more often than Europeans or people from any other industrialized nation. Since the mid-1990s, the number of Americans suffering from at least three chronic illnesses nearly doubled. Life expectancy has decreased and infant mortality has increased. Illnesses once rare are now common, with some approaching epidemic levels. For example: Autism now affects one in 88 children (CDC) compared to one in 25,000 in the mid-1970s.

Type II diabetes rates in the U.S. increased by 176 percent between 1980 and 2010. Celiac disease is four times more common now than 60 years ago.

Alzheimer’s disease (AD) is rising at alarming rates. It's estimated that 5.4 million Americans (one in eight older Americans) now has Alzheimer's disease, and nearly half of those age 85 and older have it; AD rates have doubled since 1980.” (Mercola, Mercola.com, 2012)

In the recent review around the safety issue of genetically modified organisms, an analysis of 19 animal studies revealed that nearly 10 percent of blood, urine, organ and other parameters tested were significantly affected by GMOs, with the liver and kidneys being affected the most. The findings also revealed that the GM soy and corn fed to the animals involved in these studies included more than 80 percent of all GMOs cultivated on a large scale, which exist in virtually every processed food sold in the United States. It is clear that the danger posed by GM crops is no longer theoretical. Unfortunately, since GM foods are patented inventions that

are protected under copyright and proprietary information laws, the large corporations controlling the seeds only allow them to be studied under very limited conditions. (Mercola, Mercola.com, 2012)

According to Dr. Mark Hyman, MD, who was recently featured in a documentary film called Fed Up, the average American eats 146 pounds of flour and 152 pounds of sugar per person per year. That's almost one whole pound a day, combined, for every man, woman, and child in America. This high amount of sugar consumption leads to chronic inflammation and low nutrition value. (Hyman, 2014) More and more information is coming to the surface about how inflammation is the root cause of major health conditions and this is a serious issue that the quantum doctors will be faced with in their practice.

The presence of inflammation is what makes most disease perceptible to an individual. It can often occur for years before it exists at levels sufficient to be apparent or clinically significant. How long the inflammation has been smoldering really determines the degree of severity of a disease and the prognosis, assuming the inflammation can be controlled. One could also argue that without inflammation most diseases would not even exist. Allergy, Alzheimer's, Asthma, Autism, Arthritis, Celiac, Eczema, Fibromyalgia, Fibrosis, Hashimoto's Thyroiditis, Heart Attack, Lupus, Multiple Sclerosis and Stroke are only a few of the many diseases that have a relationship with inflammation. (Marquis, 2013)

Candida overgrowth is also a result of sugar overconsumption. This happens when healthy flora (probiotics) levels are low in the intestines compared to unhealthy candida amount. Candida overgrowth is connected to many illnesses including leaky gut. "Leaky Gut" is a condition where the lining of the intestines becomes damaged making it less able to protect the internal environment and to filter needed nutrients and other biological substances. This damage

allows pathogens and undigested food particles in to the blood stream. Leaky gut can cause an immune response, leading to food sensitivities and can create autoimmune conditions overtime. It is caused by chronic stress, over-use of antibiotics, and over-consumption of processed foods, candida overgrowth, food sensitivities, heavy metals and more. (Martin, 2000, pp. 56, 57)

At one time or another, we all end up spending too much time at our desk staring at the computer screen. Research shows that sitting for long periods can increase our risk of heart disease, diabetes, depression, and certain types of cancer. What we may not realize is that even an adequate amount of exercise cannot reverse the unhealthy effects of sitting for eight hours. *"Smoking is bad for you even if you get lots of exercise,"* said exercise physiologist at the Healthy Active Living and Obesity Research Group, Dr. Travis Saunders. *"So is sitting too much."* Sitting is an unnatural position for the human body and can cut off blood flow to our legs and feet while contorting our spine over time. A 12-year study conducted with 17,000 Canadians at the Pennington Biomedical Research Centers revealed that regardless of age, body, weight or amount of exercise, people who spend more time sitting have a shorter lifespan. (Caba, 2014)

Another study described in the Medical Daily, by John Ericson, reports that exercise appears to alter the way our genes operate. The study suggests that while every cell of our body contains our entire genetic blueprint, only a fraction of this genome is active at any given time. Genes coding for various things are constantly turned on and off, sometimes at a very rapid rate, expressing proteins that influence a variety of physiological functions. The data suggests that exercise may affect the risk for Type 2 diabetes and obesity by changing DNA methylation of those genes, senior author Charlotte Ling, an associate professor at Lund University, told *The New York Times*. New findings are additional proof of the robust effect exercise can have on the human body, even at the level of our DNA. (Ericson, 2013)

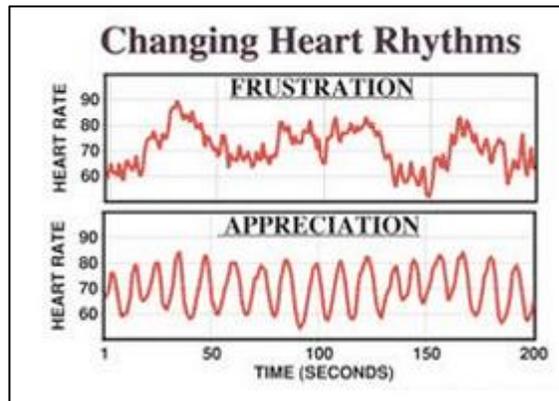
By evaluating the literature in this section it is clear that poor nutrition and lack of movement is contributing to many chronic diseases, reducing life expectancy and decreasing the quality of life among Americans.

Stress and Negative Emotions

The National Institute of Health, reports that approximately 80% of all illness is due to stress. The HeartMath Institute calls it the number one proxy killer disease. Stress can affect our immune system, can impact blood pressure, cholesterol, brain chemistry, blood sugar levels, ulcers, depression, paranoia and cause hormonal imbalances to name a few. Simply put, stress drains our vitality immensely.

HeartMath's research shows how emotions change our heart rhythm patterns. Positive emotions create coherent heart rhythms, which look like rolling hills – it's a smooth and orderly pattern. In contrast, negative emotions create chaotic, erratic patterns (see illustration below). When using a heart monitor, the changes in heart rhythms can be seen in real time as the subject shifts his/her emotions from stressful (like anger, anxiety) to positive feelings (like care or appreciation). Coherent heart rhythm patterns demonstrate higher brain function, whereas negative emotions inhibit a person's ability to think clearly. (HeartMath Institute)

Figure 1: HeartMath Institute - Observing the Changes in Heart Rhythms



Dr. Bradley Nelson, author of *The Emotion Code* describes how thoughts can be measured and every thought has a different vibration. When we are feeling an intense emotion we vibrate at a different rate than when we are relaxed. Sometimes emotions are so powerful that the energy field of the body becomes overwhelmed and the energy of the emotion you are feeling becomes trapped in the body. A trapped emotion is like a ball of energy ranging from the size of an apple to the size of a cantaloupe and it will usually lodge in an area of the body where there is a weakness. (Nelson B. , *The Emotion Code*, 2011)

“Perhaps there was a previous injury in the shoulder or a symbolic reason like feeling that you are carrying the weight of the world on your shoulders.

*Many health issues have trapped emotions at the root of the problem. The emotions affect us physically because they distort the body’s energy field. So when that happens the body’s tissues get distorted which results in illness. The tissue starts vibrating at the rate of that negative emotion so it puts that area under stress and it blocks blood flow to the area.” (Nelson B. , *The Emotion Code*, 2011)*

In *The Emotion Code* book, Dr. Nelson includes instructions on how one can help themselves identify and release emotions through muscle testing. This method can also be used by a practitioner. He suggests using the following chart that lists negative emotions that correspond to various organs per Chinese medicine principles. One may ask if the trapped emotions belong to themselves or were passed down by their mother, father or other ancestors on either family side. One can follow up with another specific question to a specific health imbalance they are experiencing, for example: “are there negative emotions I can release at this time related to my back pain?” Then ask if the emotion is in column A or B and go one by one using muscle testing to see how many emotions are related to the pain. A person may start experiencing relief shortly after releasing. Dr. Nelson describes how a small child witnessing their parents fight may pick up a negative emotion in their energy field without realizing and that energetic block could get stuck in the low back or somewhere else in the body, then overtime less blood flow goes to that part of the body and eventually a physical discomfort can develop and manifest.

After using this method of releasing a few times and after becoming comfortable with the process one may notice that the emotions that come up may correspond to organs that they may have had discomfort with or some kind of imbalance. Trapped emotions can create depression, anxiety, pain and other unwanted feelings that one cannot seem to shake. They can create an energetic block and interfere with proper function of the body’s organs and tissues, causing many ailments. Sadly, no matter how great the suffering, the invisible energy of trapped emotions remains undiagnosed by conventional medicine. (Nelson B. , *The Emotion Code*, 2007, p. 11)

Figure 2: The Emotions Code Chart

The Emotion Code™ Chart		
	Column A	Column B
Row 1 Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Unreceived	Effort Unreceived Heartache Insecurity Overjoy Vulnerability
Row 2 Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
Row 3 Lung or Colon	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubbornness
Row 4 Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
Row 5 Kidneys or Bladder	Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wishy Washy
Row 6 Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless

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In conclusion, stress and negative emotions affect the heart's rhythm and disrupt the body's energetic field, which leads to many physical ailments and decreases our vitality.

The Negative Effects of Fluoride

Toxins in our environment, food supply, personal beauty products and especially our water further contribute to illness and drain our vitality. Studies have repeatedly linked fluoride to reduced IQ and brain damage. According to Dr. Mercola DO, scientific studies are showing the direct, toxic effects of fluoride on the body. An editorial published in the Journal of the American Dental Association, October 1, 1944, stated:

"Drinking water containing as little as 1.2 ppm fluoride will cause child developmental disturbances. We cannot run the risk of producing such serious systemic disturbances. The potentialities for harm outweigh those for good." (Mercola, Harvard Study Confirms Fluoride Reduces Children's IQ, 2012)

Despite the evidence against it, fluoride is still added to 70 percent of U.S. public drinking water supplies while over 95 percent Western Europe is fluoride free. Many cities and counties across US including Davis, California and Portland, Oregon have challenged the fluoridation laws and claimed that fluoridation is medicating the public without consent. This is an accurate statement when one looks at the ingredients of the drug Prozac that contains fluoride. Part of the problem is that fluoride is an accumulative toxin that, over time, can lead to significant health problems that may not be immediately linked to fluoride over-exposure.

(Mercola, Harvard Study Confirms Fluoride Reduces Children's IQ, 2012)

In a 2005 paper entitled "*Fluoride—A Modern Toxic Waste*," Lita Lee, Ph.D. writes:

"Yiamouyiannis' book, 'Fluoride, The Aging Factor,' documents the cumulative effect of tissue damage by fluoride, commonly seen as aging (collagen damage), skin rashes and acne, gastrointestinal disorders, and many other conditions, including osteoporosis. The U.S. Center for Disease Control and the Safe Water

Foundation reported that 30,000 to 50,000 excess deaths occur in the United States each year in areas in which the water contains only one ppm fluoride. Fluoride suppresses the immune system: Fluoride inhibits the movement of white blood cells by 70%, thereby decreasing their ability to reach their target. Yiamouyiannis cites 15 references in his pamphlet, Lifesavers Guide to Fluoridation that document immunosuppressive effects of as little as 10% of the amount of fluoride used in fluoridated water. Immunosuppressive effects run the gamut, from a cold that won't go away to increased risk of cancer and other infectious diseases." (Mercola, Harvard Study Confirms Fluoride Reduces Children's IQ, 2012)

It is clear that fluoridated water is not safe to drink and overloading the body with toxins over time causes serious disturbances in both children and adults.

[Disconnection from Intuitive Guidance](#)

Intuition is described in a variety of ways such as a gut feeling, a subtle knowing or a certain sensation in the body. The nature of intuition has inspired centuries' worth of research and inquiry in the fields of philosophy and psychology. Our intuition is always there, whether we're aware of it or not. As HuffPost President and Editor-in-Chief Arianna Huffington puts it in her upcoming book called *Thrive*:

“Even when we're not at a fork in the road, wondering what to do and trying to hear that inner voice, our intuition is always there, always reading the situation, always trying to steer us the right way. But can we hear it? Are we paying

attention? Are we living a life that keeps the pathway to our intuition unblocked?

Feeding and nurturing our intuition, and living a life in which we can make use of

its wisdom, is one key way to thrive, at work and in life". (Gregoire, March)

As we grow and learn as practitioners we start trusting our intuition more and more. In recent years, while working with clients, very specific thoughts would come into my mind related to what modality would be best for a particular client or what questions to ask and what modality to use first. In the beginning I second guessed these intense thoughts I was having and did not act on them. As time went on they became stronger and more regular so little by little I started to test them. Each time when applying the information I was receiving, to my surprise the client's outcome or response was positive. In 2014 I took a hands on course called Life Force Energy Healing and received a certification in this modality. It was a practice that resonated with me deeply and I wanted to incorporate this hands-on energy healing in my work with clients. At first I followed the exact methods I learned and did not deviate from the course protocol. After a few weeks of practicing I started to get the intense thoughts again that I should modify the techniques in a specific way. For example, I received intuitive guidance to incorporate a gratitude visualization process with the client after I balanced the chakras. Then I asked them to visualize their body having vibrant health and having balance in other aspects of their life, which they discussed earlier in the session. At first I was arguing with myself that I should not deviate from the protocol but after getting the same message again and again I decided to try it. To my surprise the clients found this process very powerful and asked if we could do it again. We noticed that after a few sessions the clients were experiencing faster improvement in their conditions and changes in other areas of their life which we included in the visualization. A few months later, I attended the IQIIM World Congress of Quantum Medicine where Dr. Jeffrey

Fannin, PhD. gave a presentation called “Commanding the Power of Thought”. Dr. Fannin has worked in the field of neuroscience for over 15 years and has been doing extensive research at Arizona State University looking at the effects of subtle energy in the quantum field and its effect on the brain. As I was listening to his presentation I was very intrigued and utterly shocked at one point. He described how he and his team discovered some fascinating information related to manifestation. In their research they came to the conclusion that when a person’s chakras are aligned, plus the heart and mind are in coherence by feeling gratitude and if the person visualizes a certain outcome following this process of alignment, the manifestation speeds up significantly. His words were “One is able to create miracles”. This research was astounding to me since just weeks prior I received intense thoughts and intuitive guidance to follow this exact process. I had not taken any of Dr. Fannin’s courses before or researched his work prior to the conference. After this experience, I learned to trust and no longer question the intuitive information coming through and I have experienced many miracles as Dr. Fannin calls them ever since.

Dr. Alan Keith Tillotson in his book *The One Earth Herbal Source* describes how many times medicine is an art not a science. “*Gut feelings are not only real but sometimes crucial to successful medical outcomes. Intuition could be defined as direct knowledge without recourse to ordinary thought. Intuition comes in the form of feelings, mental pictures, or an inner voice.*”

(Tillotson, 2001, p. 85)

Small children are very much connected to the spiritual world. When we ask them to describe their imaginary friends or the angelic beings they see, they often describe them in detail. I have had this conversation with my own children and they would also describe their angels as they were sitting in front of them. Dr. Bruce Lipton writes of how children between two and six years of age operate primarily in the range of *Theta* brain state. While in the *Theta* state, children

spend much of their time mixing the imaginary world with the real world. As they become older and move into the *Alpha* and *Beta* brain states they become more logical; if they are not encouraged by their environment they lose the creativity or belief in the magic of life. (Lipton B. , 2008, p. 134)

Dr. Lissa Rankin MD, describes intuition as “Your Inner Pilot Light” or the part of us that knows which choice to choose, how to heal ourselves when we are sick, and whether to trust someone or not.

“Your Inner Pilot Light (IPL) knows exactly what you like, loves boundlessly but selectively, discriminates between what is and is not authentic to your inner nature, and has the 411 on how to connect straight to Source. Your Inner Pilot Light guides the path, lights the way, navigates the journey, and asks only that you trust the process. The truth is that your IPL knows all the secrets, not just to who you really are, but to how to help you live a happy, healthy, whole life full of mojo. Your IPL knows what you’re called to do on this earth. Your IPL will recognize your soulmate when the two of you meet. Your IPL knows when you’re in the wrong job, and can feel it when you’ve found the right one. Your IPL can even heal what ails you. Your IPL can see beyond the masks other people wear so you can witness the IPL of someone else, and therein lies true intimacy. When you tap into the healing wisdom of your IPL, your health will improve, you’ll find the compassion and love that can heal or release toxic relationships, your business will thrive, your creativity will explode, and you’ll feel more connected to The Universe than ever before.

Your IPL is the foundation upon which the rest of you must build in order to live a whole, vital life. In order to be wholly healthy, all the facets of what makes you whole – your work/ life purpose, relationships, creativity, spirituality, sexuality, environment, finances, mental health, and physical health – must all be tapped into your IPL. Otherwise, things get out of balance, and you wind up living a disconnected, inauthentic life that’s not in touch with who you really are at your core.” (Rankin, 2011)

As adults we become so busy with life and all “the doing” that we take little time meditating and tapping into our own intuition and guidance system. This disconnection keeps us stressed, worried and in a state of fear over events that are occurring, real or impending. This state of worries and fear holds us back from receiving the guidance that is available to all of us through connecting to the universal consciousness and over time, this drains our vitality.

Western Medicine Approach

Working in health care for over twenty years I witnessed first-hand how disempowering Western Medicine is. Overprescribing of medication, dealing with side effects and frustration over sitting in waiting rooms only to see the doctor for 15 minutes, barely scratches the surface.

The overprescribing of drugs has become an epidemic in itself. Dr. Joseph Mercola, DO, writes in an article called *The Cholesterol Myth That Is Harming Your Health* how when he opened his medical practice in the mid-80’s, cholesterol and the fear that it was too high was rarely talked about, while now, it’s a recommendation for all people over 50. The American

Heart Association updated their guidelines in 2004, lowering the recommended level of LDL (low-density lipoprotein) cholesterol from 130 to LDL to less than 100, or even less than 70 for patients at very high risk. (Mercola, The Cholesterol Myth, 2010)

Dr. Mercola describes the major side effects to cholesterol drugs as:

- *An increased risk of polyneuropathy (nerve damage that causes pain in the hands and feet and trouble walking)*
- *Muscle damage*
- *Dizziness*
- *Cognitive impairment, including memory loss*
- *A potential increased risk of cancer*
- *Decreased function of the immune system*
- *Depression*
- *Liver problems* (Mercola, The Cholesterol Myth, 2010)

The total cholesterol level is not a great indicator of heart disease risk; in fact having enough cholesterol is a vital component of every cell membrane. (Mercola, The Cholesterol Myth, 2010) The many side effects associated to taking cholesterol medications demonstrates the negative effect this is having on the vitality level of Americans.

According to the CDC, in the early 1900 the leading causes of death in the US were influenza, pneumonia and tuberculosis. In the 1950's heart disease and cancer took the lead and they are still leading today, over 60 years later. It is my belief that the shift to overmedicating,

changes in our food supply, chemicals in our environment and disconnection from the earth has lead Americans to heart disease and cancer as the leading causes of death for the last 64 years.

A troubling recent report published in May of 2016 in the *British Medical Journal* also discusses that medical errors kill 251,000 Americans each year, making it the third leading cause of death behind cancer and heart disease.

This report updates previous estimates that were much lower by the Institute of Medicine. For instance, it was previously estimated that only 98,000 deaths a year were caused by medical error. The authors of the *BMJ* study thoroughly analyzed four major studies to arrive at the conclusion that over a quarter of a million Americans die each year due to medical errors. Because of the scarcity of data outside hospitals, this was based largely on hospital data. (Michael Daniel, 2016)

This figure is shocking enough, but it still may understate the problem. Dr. Gary Null, an award-winning journalist and a leading advocate of natural healing, calculated in his book *Death by Medicine* that conventional medicine is actually the number one cause of death in the US, killing 783,936 a year. Even this number may be an underestimate, since Dr. Null uses the IOM's number for hospital deaths caused by medical errors, when these more recent calculations show a higher number. He writes, "*Dr. Lucien Leape, in 1994, said his figure of 180,000 medical mistakes annually was equivalent to three jumbo-jet crashes every two days. Our report shows that six jumbo jets are falling out of the sky each and every day.*" (Null, 2003)

The Alliance for Natural Health is also discussing this article in their newsletter called The Pulse of Natural Health and is outraged.

"These numbers point to systemic failure in the American medical system to provide quality care to patients. Even worse, those patients and doctors seeking to

use natural remedies to both prevent and treat diseases and rely on safer and more effective methods face a concerted effort by the medical establishment to shut them down and even take away the doctors' licenses. Conventional medicine usually claims that natural medicine is neither effective nor proven safe, despite overwhelming evidence to the contrary. These attacks also raise a vital question: Are the defenders of a system that kills more Americans than both heart disease and cancer really in a position to determine what is safe?" (ANH-USA, 2016)

Dr. Frank Lipman also describes some of the biggest problems with Modern Medicine in the United States as he sees them.

- 1. Modern Western Medicine is based on a narrow "scientific" model, and arrogantly ignores and rejects therapies and entire medical systems that don't fit this model.*
- 2. Doctors are trained in hospitals in "crisis care" medicine, not to take care of the "walking wounded," which is the majority of people.*
- 3. Instead of treating the underlying causes or imbalances, doctors often merely manage symptoms.*
- 4. Symptoms are seen as something to be suppressed rather than a pointer to some underlying imbalance.*
- 5. Doctors see the human body as a machine with separate parts that can be treated independently rather than as an integrated whole. In addition the mind and body are also seen as separate independent entities and emotions are often ignored.*

6. *Man is not seen as part of nature, and how what happens in nature affects humans.*
7. *We look for a magic bullet instead of all the possible factors that make up the total load which are causing the underlying imbalance.*
8. *No belief that the body has a self-healing capacity and no ways to boost that capacity.*
9. *Everyone with the same disease gets treated the same way, patient uniqueness ignored.*
11. *There is a reliance on numbers and tests rather than how the patient is feeling and what is found during examination.*
12. *We don't take into account the importance of diet and lifestyle on health. Doctors get a total of 6-8 hours of nutrition lectures in medical school.*
13. *We don't recognize or understand the correct use of supplements to optimize health.*
14. *We don't recognize the importance of toxicity on our bodies nor know how to boost the body's own detoxification systems.*
15. *The Doctor patient relationship is not emphasized and the role of the patient as a partner in his or her own health care is not encouraged.*
16. *The placebo has a negative connotation and ignored.*
17. *The drug industry is too enmeshed in the medical system. The pharmaceutical industry has way too much power and is "bribing" doctors to use their drugs and researchers to produce positive results for their drugs.*

18. More than 80 percent of all medical treatments used have been untested by rigorous peer reviewed study, yet the Medical establishment insists that alternative health treatments must undergo these before they can be used.

(Lipman, 2010)

Reviewing this list makes anyone feel disempowered and concerned about the growing disappointment with our medical system in the United States. To the average person receiving healthcare by Western Medicine these frustrations are the norm.

What is Quantum Medicine?

Quantum Medicine is based on the science of Quantum Physics, which suggests that humans are energy beings. Albert Einstein's equation of $E=mc^2$ describes how all matter is compressed energy. This idea helps us to look at the body as energy. *"The quantum model acknowledges the supremacy of consciousness over matter as the basis of the fabric of reality."*

(Drouin, Quantum Healer, 2012)

Dr. Paul Drouin and Dr. Amid Goswami at International Quantum University of Integrated Medicine are leading this field of Quantum Medicine with new and fresh ideas. They suggest that Quantum Physics and Medicine are connected. They describe three main ideas as:

- *Consciousness is the ground of all being*
- *Downward causation is how the world operates*

- *Non-locality, discontinuity, and entangled hierarchy are the major components of the quantum and a daily reality. (Drouin, Quantum Healer, 2012)*

According to Dr. Goswami in the book “The Quantum Doctor” the quantum healer has a built in advantage over the conventional doctor. He/she understands the three levels: mental, vital and physical, including our gross physical world. Through quantum creativity the quantum healer can see health as a transformative journey in all the domains of the mind and the vital energies. (Drouin, Quantum Healer, 2012)

Having this knowledge as a healer, endless opportunities for creativity open up and one can assist the client in tapping into the quantum field of all possibilities. Using this model, the healer and hee/e can engage in setting the intention to achieve perfect health and vitality.

Quantum Medicine Approach

The Five Bodies of Consciousness

Quantum Physics has revealed to us that “Consciousness”, an unseen reality, is a fundamental reality. Consciousness has the capacity to be aware of itself, and transcend its own boundaries. The Quantum Field is the invisible template that shapes form at the levels of vital body, mental, supramental and bliss body. (Goswami, Quantum Doctor, 2008)

During a Quantum Medicine evaluation a quantum healer will address healing at many levels where the highest levels permeate the lowest. The bliss body or pure consciousness is the

highest level where we connect to our spiritual essence of divine light, wholeness, the field of all possibilities. The next level is the supramental, which helps us connect to our intuitive essence and archetypes. The supramental provides a framework for mental meaning and vital functions, associated feelings and the laws of physical movement. The next layer is the mental body, which deals with the domain of meaning and concepts, from which the brain makes representations. Dr. Rupert Sheldrake in a lecture called “Morphogenetic Fields of the Body” explains how the usual assumption is that memory is stored in the brain. Scientist’s attempts to find these memories have been unsuccessful because the memories are not there. The brain is more like a TV receiver than a video recorder tuning into the memories. (Sheldrake, 2015)

“Now if you damage the brain you can get loss of memory. It’s like if you damage a TV set it can affect the pictures or the sound that it produces but this would not prove that the information is stored or contained in the TV set. It just shows that the TV set is necessary for tuning into them.” (Sheldrake, 2015)

Next level is the vital body that is connected to life force and the domain of the morphogenetic field. This is where each chakra associated with our habit patterns and feelings are also involved. The morphogenetic field carries blueprints of biological functions of the body, which are then represented as physical organs. Morphogenetic fields are relevant to all kinds of healing and underlay the natural healing ability and regeneration of the body. How do these fields work? Dr. Sheldrake believes that morphogenetic fields work according to new principles through imposing patterns on probabilistic processes as taught by quantum physics. (Sheldrake, 2015)

We also see the representation of the vital body in the Traditional Chinese Medicine and working with the meridians to balance the body. Dr. Nan Lu, founder of TCM World Foundation

describes how the twelve major meridians correspond to the internal organs and each organ with its own physiological and invisible energy functions is dependent on other organ systems and also on the greater meridian network. Energy and blood flows through the meridians and also transmits information to the organs. They send signals to raise or lower body temperature, to regulate emotions and many other functions. (Lu)

“According to TCM, as long as Qi flows freely through your meridians and your organs work in harmony; your body can remain healthy. This means that when your body’s meridian system functions well, you are well. Yet due to a number of causes like excess stress your body’s meridians can become clogged or even blocked. This affects the function of the corresponding organ and ultimately the whole body-mind-spirit. Meridians are incredibly sensitive. They can carry the effects of stimulation in the form of healing energy throughout your entire being. It is this special quality that allows the various TCM treatment modalities to work. By using food, herbs, Qigong, acupuncture, or acupressure, the flow of energy in the meridians can be stimulated, restoring balance and health.” (Lu)

Lastly the physical body is the hardware where representations are made of the subtler bodies described above; this is where healing is manifested and where radiant health is visible.

“The quantum doctor’s intent is to harmonize the client’s supramental with the mental and vital bodies but also tune the supramental with the inner source to allow full potentiality.” (Drouin, Quantum Healer, 2012)

When a patient is suffering from fatigue or lack of vitality, Western Medicine doctors will look for causes such as anemia or hypoglycemia and focus on treating symptoms. Now if the same patient goes to a practitioner trained in Ayurvedic traditions from India, this doctor will

treat with herbs geared to correct the *pranic* imbalance. In summary, Eastern Medicine has focused on half of the apple, the vital body, and the blueprints of form while Western Medicine has concentrated on the other half, the physical body where form itself resides. We have two systems of medicine very good at what they do but they each narrowly focus on half the apple. When we combine them we get the whole apple “holistic health” which holds the key to healing. When we integrate science within consciousness and integral medicine it is truly Holistic Medicine or Quantum Medicine. (Goswami, Quantum Doctor, 2008, p. 35)

In the last 10 years I have started on the path of Quantum Medicine through my own healing and assisting others and as a result I have seen so many miracles that cannot be explained by Western Medicine. I have found that attaining vitality is far more successful through Quantum Medicine practices. The quantum doctor believes that perfect health, peace, joy and abundance are possible for anyone who aligns with it and respects the natural and universal laws. Quantum Medicine is a more inclusive approach, which encompasses mind, body and spirit.

The Five Pillars of Health

Dr. Paul Drouin MD teaches an evaluation process called “The Five Pillars of Health” which looks at five important components: Elimination, Assimilation, Immunity, Oxidation, and Regeneration. The quantum practitioner looks at each of the five areas in depth and determines where there is an imbalance. For example oxidation is an area that is directly connected to long-term inflammation in the body. A study from Bentham Science Publishers states: “*Chronic inflammation is a pathological condition characterized by continued active inflammation response and tissue destruction.*” (Nemat Khansari, 2014) From reviewing the literature, it

appears that there is a general concept that chronic inflammation can be a major cause of cancers and accelerated aging. Moreover, studies suggest that chronic inflammation may have a serious role in a wide variety of diseases such as diabetes, cardiovascular and autoimmune diseases.

(Nemat Khansari, 2014)

Earthing or grounding is one of the most effective and simple techniques I have come across to reduce inflammation for my clients and myself. Earthing is the simple act of walking barefoot on the earth or using an earthing sheet on the bed while sleeping. When the body comes in contact with the earth it receives free electrons, which are essential to stop free radical damage and prevent oxidation. (Clint Ober, 2010, p. 9)

Our ancestors were very much connected to the earth on a regular basis by walking barefoot and sleeping in dry caves with animal skins or dry grass for comfort. This allowed them to receive the free electrons from the earth on a regular basis. The earliest shoes we have a record of date back 14,000 years. They were made out of simple leather, which allowed the free electrons to transfer to the body. After World War II, the shoe industry took a vast turn towards rubber, plastic and petrochemical compounds. This change stopped our connection to the earth and led to the inflammation epidemic we see today. (Clint Ober, 2010, p. 19)

When we look at the CDC statistics mentioned earlier, 1950 is the year when the leading causes of death changed from influenza, pneumonia and tuberculosis to heart disease and cancer. I believe there is a connection here between the lack of connecting to the earth and receiving the benefits of free electrons with the high rate of inflammation, which may be connected to the high incidence of heart disease and cancer.

Studies described in the book called *Earthing, The Most Important Health Discovery Ever* have found that grounding appears to provide other health benefits, such as better sleep,

less pain, reduced stress and tension, and better immune function compared to study participants who weren't grounded. One study suggests that earthing eliminates the potentially harmful effects of electromagnetic fields given off the electronic devices that surround us. Another study assessed the effects of earthing for two hours on ten people. The individuals were assessed before and during earthing treatment for the amount of charge on their red blood cells (known as 'zeta potential'). The negative charge from earthing on red blood cells caused the cells to repel each other, which helps keep them from clumping together. This is important, because clumping of red cells can cause blood to become more viscous, potentially impairing blood flow, particularly in the smallest vessels. The zeta potential of the ten men studied increased by 270% on average after two hours of grounding from a depressed level of -5.28 millivolts (mV) to a healthy -14.26 mV. (Clint Ober, 2010, p. 177)

The "Five Pillars of Health" evaluation also incorporates the five bodies of consciousness that we described earlier, also the five elements from Traditional Chinese Medicine (TCM), which are: fire, earth, metal, water, wood and the seven chakras. The seven chakras or energy centers originated in India from the Ayurvedic system of healing are connected to the vital body functions and feelings. (Drouin, Five Pillars of Health, 2010)

"In Quantum Medicine less is better and to achieve this principle the practitioner must identify the specific stressors: physical, vital, mental, supramental and spiritual. The evaluation engages simultaneously all domains to understand how consciousness can fully actualize the full potential of a human being." (Drouin, Five Pillars of Health, 2010)

This comprehensive "Five Pillars of Health" evaluation encompassing Elimination, Assimilation, Immunity, Oxidation and Regeneration, assists the practitioner in gaining much insight in the

areas that need to be improved for the client. As a result, an individualized and personalized protocol addressing all five pillars is developed for every client to follow. In my own practice, I have developed a comprehensive quantum evaluation report (see Figure 6) which explains the importance of these five pillars of health in a practical sense, that helps the client take immediate steps to start working on these basic but powerful principles.

The Wheel of Vitality

Dr. Pedram Shojai MD, founder of Well.org and creator of The Vitality Movie, teaches that in order to live life with vitality, so we can thrive daily, we need to focus on five important elements. They are: Stress, Diet, Exercise, Sleep and Mindset. Dr. Shojai refers to the four components mentioned above (Diet, Exercise, Sleep and Mindset) as “The Wheel of Vitality”. As they spin together in a synergistic way the body extracts vitality. Getting one’s lifestyle in order is a key component to creating balance. He proposes the need to say no to things in our lives that are not beneficial, like paying for cable and watching television, and saying yes to buying and eating organic, cooking for ourselves and dedicating more time to nurturing healthy habits. *“Vitality means having the energy in life to thrive, be there for our kids and be a good neighbor. If we are involved in life, doing what we love to do, living out our dreams, looking at family, career, goals, fulfillment, those are the critical pieces to our health.”* (Shojai P. , 2014)

Dr. Shojai’s

Vitality Movie and his website www.well.org are revolutionizing the way physicians and health care consumers think about their health. He is partnering with other like-minded

physicians and training doctors across the country in functional medicine focusing on the root causes of illness and on incorporating the mind body connection.

Dr. Shojai's concept of attaining vitality through Diet, Exercise, Sleep and Mindset is a good and simple model to follow for individuals who are ready to take active steps towards health and balance in their life.

The Power of Belief and Intention

As described in the beginning of this paper I harnessed the power of belief, visualization and intention in my life since I was a child. This is not something I was taught; it was an innate knowing and practice that was part of me. As an adult I realized how powerful this practice was and have since incorporated these principles in my practice as I work with each client. One of my favorite quotes is: "When you change the way you look at things the things you look at change" by Dr. Wayne Dyer. No matter how bleak my life was, I spent time daydreaming and picturing a different outcome and soon enough the circumstances shifted and aligned with the new picture I had created in my mind.

Quantum Physics also teaches that the future is a series of possibilities; some of them may resonate stronger than others when our emotions are congruent with a certain possibility. The material world (our reality) starts to organize based on the loudest resonance, so when we think of the life we wish to experience, the more we focus on the positive outcome the more we will resonate probabilities that are congruent with that. Those waves of quantum possibilities will collapse into particles. When we add emotion to it and focus on the feeling of having the health, vitality, joy and happiness, we start collapsing faster and stronger. Engaging with the field of possibilities that has the outcome we want gives us a better chance of collapsing those quantum

possibilities. (Clark, 2014) This science of quantum possibilities is a very powerful process we can engage in with clients to guide them toward achieving magic in their lives.

Dr. Bruce Lipton in an interview with Dr. Wayne Dyer describes a research study in Houston, TX. including arthroscopic knee surgeries. The surgeon used three different modalities of helping people heal from knee pain. One group received a small surgery with flushing out the joint of the knee by rinsing it, the second group received surgery with scraping the sides of the knee plus rinsing it out and the third group was a placebo group with a fake surgery. The fake surgery group received the small incisions like everyone else, there was a draping of the area so the patient could not see their knee and the doctor put on the video screen a surgery he had done earlier on another patient. The only thing the placebo group received was the two incisions, watched the video and got sewn back up. They looked at the results and all the groups received the same results. The determination was that the mind of the patients did the healing. This experiment points to the power of perception and the power of our minds to overcome anything. Dr. Lipton describes how our stem cells are so intelligent that our perception alone can activate the stem cells to heal the body and regenerate. (Lipton D. B., 2013)

Using positive affirmations and making declarations are additional tools to use in attaining desired goals in our life. There is proof that healing affirmations do actually heal. Louise Hay wrote a book called *“You Can Heal Your Life”*, where she tells of healing herself of cancer by the use of affirmations. Of course, they helped her change her thinking, forgive people in her past and change her diet and other life habits with healthier options. All this originated from her daily affirmations. Affirmations were the vehicle she used to change her thought patterns without surgery or medications. Here are some examples of affirmations from Louise Hay’s book:

*In the infinity of life where I am,
all is perfect whole and complete.
I accept health as a natural state of my being.
I now consciously release any mental patterns within me
that could express as dis-ease in any way.
I love and approve of myself.
I love and approve of my body.
I feed it nourishing foods and beverages,
I exercise it in ways that are fun.
I recognize my body as a wondrous and magnificent machine,
and I feel privileged to live in it.
I love lots of energy.
All is well in my world. (Hay, 1984, p. 269)*

Whether we use books with affirmations or write our own, affirmations can be one more modality in the quantum healing practice to customize and individualize for the client's needs.

The power of belief and intention is very powerful as we have seen in the literature above. The body is self-healing and is always working towards balance and restoration. This healing process works together with the mindset as the placebo effect has proven in so many published studies. Our role as Quantum Healers is to guide our clients to a new way of thinking, to help them understand how intelligent their body is and how their belief plays such an important role in their healing journey.

Energy Healing

Dr. John Ryan, MD, is the author of a book called *The Missing Pill* which he wrote specifically for health care practitioners to guide them through understanding energy healing. He describes life as energy. Everything being composed of organized energy. Matter is based on atoms energy particles such as protons, neutrons and electrons. The atoms give rise to elements which have specific relationships and properties. In quantum physics interdimensional forces are now recognized at the subatomic level of matter. We know that consciousness has influence over matter. (Ryan, 2014)

“Everything we see in this physical dimension is energy. We have energy particles protons, neutrons and electrons spinning in orbits all joint together and they form molecules of different elements we see in the periodic table. All these molecules and energies interacting are who we are. We also understand that there are interdimensional forces that exist inside the atom that we call quantum relationships. Then we start to realize that consciousness controls matter because of the intent and the way we relate with the material world. We are actually a spiritual being of consciousness and we come to the planet to live as a human being and we take on energy bodies.

The physical is body composed of energy. The key to healing is to understand that we can transform matter by consciousness and by understanding. The etheric body is an organized field of energy, meridians or channels inside the physical body. The emotional and mental bodies are connected to our thoughts, feelings which interphase with each other. The whole energy system interphases with the nervous system and our spiritual dimension of consciousness. It’s a

bridge we have to make to begin to understand healing in a profound way. Our body has a magnetic field that holds the physical body together. Energy runs through it, it channels energy to all the cells to keep them alive. The chakras are consciousness in energy domain; they are transducers and transmit energy. They are portals for the reception and interchange of divine energy from higher vibrational reality to the physical plane to receive and transmit energy.

Our human life is a reflection of an internal order of energy in our bodies. It reflects the quality and order of energy in our etheric, emotional and mental bodies. We are attracting experiences that mirror our own energy signature we attract experiences that are vibrationally resonant with our energy structure. That's why we hear people say we are conscious creators. We are not conscious creators because we have a thought; we are conscious creators because we have a presence. It is one thing to say I want to be happy, but we have to bring that happiness into our system to manifest it and bring it into life such as peace, joy, love. We are also connected to a higher conscious reality. When we think we don't know the answers we actually do, we can reach deep within us and it is this understanding that can open us to healing or manifesting healing from inside out." (Ryan, 2014)

In the "Unity Principle" energy healing modality that Dr. John Ryan teaches, he refers to consciousness as having sovereignty over matter, but in order for us to access this we have to realize our own consciousness, our spiritual nature and then we can bring this consciousness in our human experience and begin a transformation. In essence, we are more than human beings, we are spiritual beings.

Now, let's look at what are some of the things that affect us energetically. Two aspects are the form and flow of energy. If one has blockages that are constricting energy this will affect the health and vitality of that person. These blockages create a vibrational signature and that signature is the attraction, the energy signatures that defines who we are reflected by the experiences we attract. Then we get to see them showing up in our life and we can choose what we like and what we do not. If we don't express the anger, hostility, drama and release them, it may affect our energy and possibly lead to imbalance. Transpersonal things are also coded in our energy, these show up in life lessons, genetics we carry from our family lineage and then gets carried in our spiritual DNA which interfaces with our energy. Dr. Ryan is of the opinion that our DNA is evolving and that it is quantum in nature composed of multiple layers, physical and spiritual. The layers do not exist as form or 3dementional layers; they work together more like a soup with lots of ingredients. Our spiritual DNA interfaces with our human molecular DNA, similar to a Wi-Fi. If we walk in a room where there is a Wi-Fi adapter and if we use the computer we can pick up the messages that are coming through that Wi-Fi system and our molecular DNA is picking up the signals and energy that is coming from the quantum, the energy layer of our DNA and we can develop a conscious relationship with our DNA and learn to communicate with it, ask it for healing and we can get conscious instructions for our bodies to adapt to the DNA. This DNA is waiting for our call in a sense. (Ryan, 2014)

Energetic healing is founded on a greater understanding of the energetic form and causal influences of dis-ease states. Energy healing work can be direct such as hands on healing, crystal healing, reiki, or any other modality that works together with the energy system and vibration together with the energy system of the body. Working with the spiritual element of healing through consciousness and understanding is also essential. This can involve learning to align

with greater self-care and responsibility such as healing from past issues and the energy distortion caused by these issues. This process leads to greater awareness of our ego and truth and greater awareness of our spiritual ability to manifest change.

Catalytic energy healing is another form with support of vibrational tools and consciousness such as sacred geometry, resonance and sound cymatics. Sacred geometry is the study of geometry and the geometrical order that exists within life. The circle, sphere, platonic solids, toroid, spiral, the golden mean, Fibonacci sequence, Metatron's cube, and the flower of life are all part of this amazing geometry that shows up in plants, minerals and crystals. These patterns are also found in the human body and it appears that this sacred geometry is the order that life uses to create life. Caroline Nettle describes this geometry in a larger context.

“The earliest cultures including the Christians, Hindus, Greeks and Egyptians recognized that there were different patterns or geometric shapes that repeated throughout nature. They also believed that there was a correlation or connection between the various elements found in the earth and the heavens. These connections or common patterns, known as sacred geometry, were mirrored in the same patterns that appeared on the earth, in the sky and were believed by these ancient cultures to exist in all parts of the universe. They also recognized that these small patterns were representative of the building blocks that were literally the blueprint for everything in the universe. A seed, after all, contains all the material needed to become a mighty tree, regardless of the size of the tree. A single cell contains all the elements of the whole body, and the earth and heavens are reflections of each other. This idea, represented by the saying “As above, so below”, summarized this ancient belief. Modern science has proven

that these patterns are, in fact, the very molecular shapes that form the basis of all life in this universe. These shapes or patterns were universal and governed the way in which the world replicated itself. These universal laws or patterns were absolute and static; they did not change or alter over time or space. This is evidenced by the vast number of cultures from around the world that all recognized the sacredness of these specific patterns and geometric shapes.”
(Nettle, 2014)

Another interesting example of these phenomena is the forming of the human body. If we look at a zygote and forming of the human embryo, the way the cells divide from stage to stage is in line with the flower of life geometric shapes. This process of a human life forming in the shaper of the flower of life is such a beautiful example of how interconnected life and creation is and how everything is connected and divinely engineered by the creator.

Lastly, another example of healing through consciousness is the work of Dr. Msaru Emoto. As described by Dr. Paul Drouin in the IQUM course called “Quantum Healer”, Dr. Emoto conducted very interesting experiments with water. Polluted water molecules were subject to various words, thoughts and prayers and intention. Water was taken from a polluted damn; drops were frozen before and after prayer ceremony and observed under the microscope. The crystalline order developed beautiful crystalline geometric shapes in water exposed to prayer. The polluted water that did not receive the prayer had no interesting shapes just random patterns. (Drouin, Quantum Healer, 2012)

Since prayer has this beautiful coherence influence on water and if we think of the fact that our body is composed of over 80% water, how powerful it is to have someone pray for us or to pray for our own body to receive balance and healing.

Carlos Caridad, scientist and energy healing practitioner who presented in a lecture called “Removing Root Causes of Illness” at the IQUM’s World Summit of Integrative Medicine, suggests that when we follow our intuition we are in an open flow of energy in our chakras and we accumulate a positive quantum charge in our energy body and spiritual brain. But when we do not follow the intuitive guidance we accumulate a negative quantum charge in our spiritual brain and energetic body. The accumulation of the negative quantum charge of energy is called blockage by energy healers. In Eastern philosophy is called karma. Carlos recommends that it is very important to develop one’s intuition and awareness so we can feel, get in touch with our instincts when we make decisions in life. He believes that every human being has this capacity to receive intuitive guidance. (Caridad, 2015)

Some of the ways to dissolve the negative quantum charge or blockages is to send pure love energy by thought to a person who is next to us or from distance, or by placing our hands over the body and send pure unconditional love energy going to the person. Historically, the energy field was called different names by different cultures. Natives called it Mother Earth, the father of quantum physicist Max Plank called it The Matrix, Einstein called it The Ether, Gregg Braden calls it The Divine Matrix in his books and Dr. Adam McLeod ND, calls it The Field of Information. Other terms used by science or religions are: The Bio-Energy Field, Unified Field, Quantum Field, The Force (Star Wars) or The Holy Spirit.

From a quantum medicine perspective, this negative quantum charge holds us back from moving forward in life and affects our health. Energy healing brings energy from the spiritual non-physical dimensions to our energy centers, our chakras convert this energy in information and energy we can use in the physical dimension to strengthen our immune system, metabolic and nervous systems and promotes self-healing. Our chakras are whirlpools or vortexes receiving

energy from the fourth dimension and transform it in energy that we can interpret and use. The chakras are made of subatomic particles from the 3rd and 4th dimension;. that's why they have the capability to absorb and transform energy. This quantum healing energy is so powerful, it is also called cosmic energy or God's love and it works at the root cause of challenges at the cellular level. After receiving energy healing my clients claim that they feel energized and peaceful at the same time. Some clients feel like they are floating in the clouds or on water and they have a deep feeling of being loved and protected. Carlos describes how the requirements to be an energy healer are very simple, having a positive intention, be willing to allow your consciousness frequency to rise and be able to send unconditional love from your heart to your clients. (Caridad, 2015)

As our society is getting more educated about energy healing, how our bodies work and how this healing energy is available to any person who wants to help themselves and others, it will transform our paradigm in reversing illness and being aligned with our inner desires. What I have been observing in my clients who use energy healing regularly as part of their life, their attitude changes, they start desiring to be more kind and make a difference in the world, they attract positive people with similar mindset and their abundance and happiness level increases. This is fascinating to watch especially in individuals who start out very negative due to life's challenges. Step by step they shift to the opposite spectrum of walking through life with ease and joy.

The Seven Chakras and Essential Oils

In ancient Sanskrit language the word *chakra* actually means “wheel,” and it refers to the revolving discs of energy lodged in the body. Ascending from the root chakra at the base of the spine, to the crown chakra at the top of the head, each of the seven chakras produces a specific frequency of energy. The chakras are connected to the organs and the functioning of the whole body. We can think of the chakras as the software, which gives instructions to the hardware (the organs in the body). (Tuttle, 2014)

The vibrational pulse emitted from the chakras rejuvenates and restores the body on a daily basis. When all seven chakras are open and releasing energy into the body, we feel whole. We can experience happiness, prosperity, physical health, and peace of mind. A person with balanced chakra centers has all the tools required to address and overcome problems he or she faces daily. While having open chakra centers doesn't make a person immune to difficulties, it does give that person a sense of confidence in his or her ability to approach life's normal challenges. (Tuttle, 2014)

“Energy imbalances inherent to the chakras can occur for a variety of reasons. Traumatic childhood events, painful relationships, the sting of rejection from a loved one, or a troubling experience can all result in an accumulation of negative energy at a particular chakra center. When this happens, one may experience difficulties overcoming the obstacles he/she faces. One may feel plagued by the recurrence of hardships, suffering, and emotional pain. A blocked chakra almost always results in an energetic deficiency that can negatively influence the body's ability to function.” (Tuttle, 2014)

The seven chakras are the body's vital sources of energy. Located at various points from the perineum to the crown of the head, each of the chakras relates to an aspect of well-being. Some chakras relate to the ability to have fulfilling relationships with others and other chakras relate to body image and self-esteem. The unique energy emanating from each chakra like a funnel is represented by a specific frequency of light in the form of a color, such as red for root chakra and green for the heart chakra. During the quantum evaluation, the quantum doctor determines the full potentiality of the representation of the function of the chakra. We look at the percentage of ego-mode, self-mode and we aim to arrive at a balanced state called creative transformation. (Drouin, Five Pillars of Health, 2010)

The chakras are also connected to the vital body functions through organ and glands function as well as feelings and emotions. For example the root chakra is related to feelings of survival, selfishness, competitiveness, fear and the organs affected are kidneys, bladder, large intestine, anus, rectum and adrenal glands. When the root chakra is out of balance one may experience issues like colitis, constipation, kidney stones, hypertension, etc. (Drouin, Five Pillars of Health, 2010)

Chakras can be balanced in a variety of ways such as intention, hands on energy healing, crystal, color and light therapy and even essential oils. According to Dr. Debrah Zepf, PhD, professor at International Quantum University for Integrative Medicine who teaches "Introduction to Aromatherapy", there are essential oils, which can clear and strengthen each of the seven chakras. Oils used for the heart chakra are lime or vanilla while lavender and spearmint can support the throat chakra. (Zepf, 2011)

Essential oils work with the olfactory stimuli, in particularly the essential oils; have historically been used to treat psychologically related disorders across different cultures and

within differing social contexts. The use of essential oils has become more and more popular within clinical and spa settings. *“The increasing research effort has been paralleled by an increasing use of olfactory stimuli by clinicians in Europe and the USA, in both the individual and the hospital and psychiatric ward settings, often as an adjunct to existing treatments.”*

(Nelson F. , 2010)

Having experimented with some of these oils myself and with my clients, I have seen powerful results. I combined eight different oils in a spray blend with distilled water and I use it as part of my protocol to balance the chakras. I suggest to my clients daily use after showering as part of their daily routine to stay balanced and the reports are very positive.

We can heal ourselves by regaining the balanced movement of the vital energy at the chakra points to unblocking what was suppressed which means making what was previously unconscious conscious. (Goswami, *The Quantum Doctor*, 2004, p. 152) Having balanced chakras is an important part of maintaining good vitality and is an integral part of the quantum evaluation and treatment.

EFT Tapping

The Emotional Freedom Technique, or EFT, is the psychological acupressure technique that is used by practitioners and is highly recommended to optimize emotional health. Although it is still often overlooked, emotional health is absolutely essential to our physical health and healing no matter how devoted we are to the proper diet and lifestyle. Clients will have a challenge achieving their body's ideal healing and balance if emotional barriers stand in their way.

Ruth Stern, a licensed Mental Health Therapist, describes EFT as an energy psychology technique based on the principles of Chinese acupuncture founded by Dr. Gary Craig, a Stanford engineering graduate specializing in healing and self-improvement. EFT helps to clear the blocks to heal from painful experiences, stress, physical pain, helping individuals remove negative emotions, reduce food cravings, implement positive goals and etc., with remarkable speed and long lasting effects. It is basically an emotional version of acupuncture without needles. EFT is based on the Chinese complex system of energy circuits or meridians that run throughout the body. Traditional Chinese medicine believes there are 12 meridians that move throughout the body that brings energy to all the organs in the body and creates healing. In acupuncture, needles are used to unblock the energy and restore health. In EFT, instead of using needles, certain energy/meridian points on the body are stimulated by tapping on them with the fingertips while the person tunes into the particular issue or stating a certain affirmation. By restoring the balance of the energy system, we are also neutralizing and reducing negative emotions. (Stern, 2016, p. 4)

“It is a simple easy method to apply and one may often be surprised at the results he/she may achieve. In all my years of practice, I have never seen or witnessed a technique that the client can achieve results on their own so quickly; whether it is for healing, growth or change. This is a most phenomenal approach to work with just about anything. In the 1920's Einstein told us that everything (including our bodies) is composed of energy as described in his theory of relativity. EFT views the human body as an " energy configuration". Physicians use devices such as the EKG and EEG which measure the electrical activity of the heart and brain. So, it makes so much sense that we utilize energy sources to heal

from problems which conventional methods have overlooked. Whether you experience grief, loss, hurt, fear or anxiety EFT can help. Our bodies have a profound electrical nature and our electrical systems are vital to our physical health. (Stern, 2016, pp. 4, 5)

This combination of tapping the energy meridians and voicing positive affirmation works to clear the "short-circuit" the emotional block from your body's bioenergy system, thus restoring the mind and body's balance, which is essential for optimal health and the healing of physical disease. Some people are initially wary of these principles that EFT is based on the electromagnetic energy that flows through the body. The idea that this energy can regulate our health is only recently becoming recognized in the West. Others are initially taken aback by (and sometimes amused by) the EFT tapping and affirmation methodology. Figure 3, below lists the nine most common tapping points that most EFT practitioners use with this modality, although there is a more extensive version including other points, I will present the most common ones used.

Figure 3 – List of EFT Tapping Points

H = Top of Head

EB = Eye Brow

SE = Side of the Eye

UE = Under the Eye

UN = Under the Nose

Ch = Chin

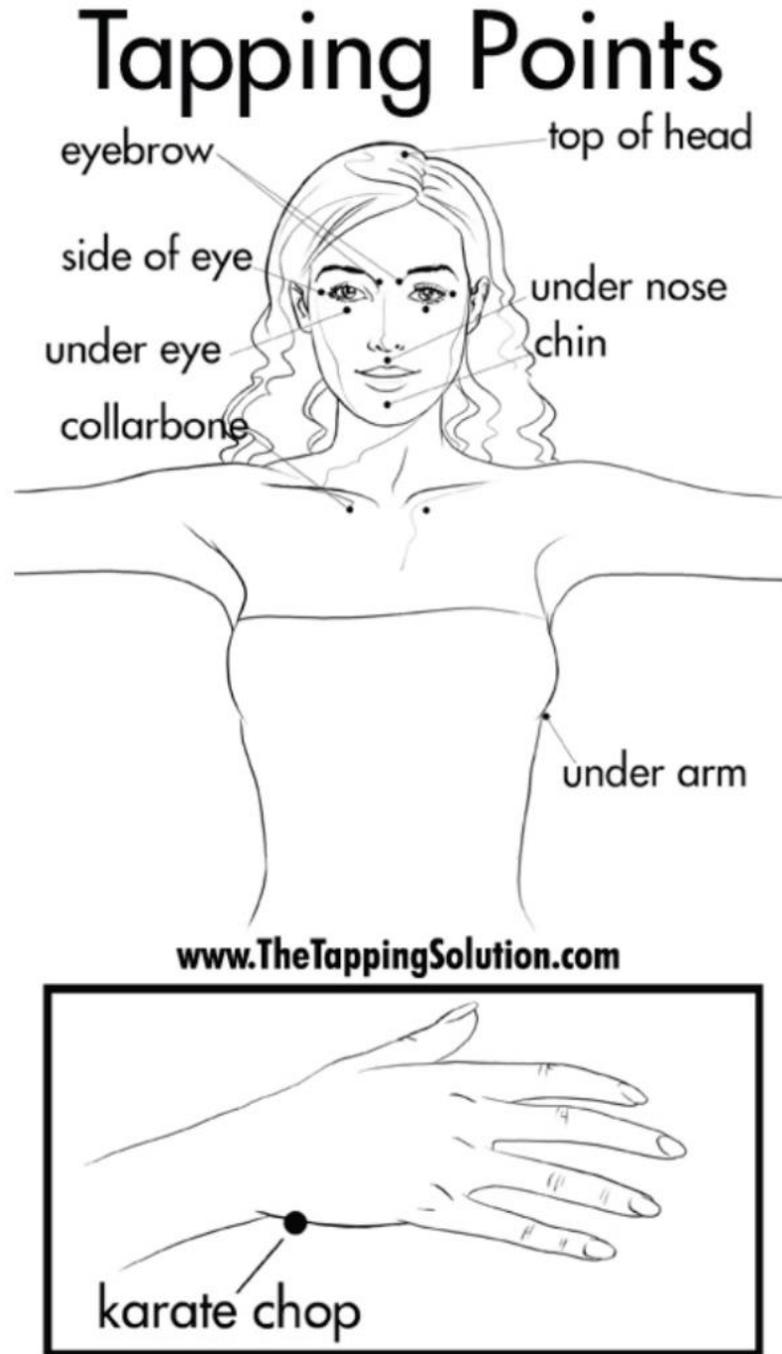
CB = Collar Bone

UA = Under the Arm

KC = Karate Chop

Figure 3.1 is a good illustration with the main nine acupressure points most commonly used. When I work with a client and try to teach them the EFT process, I print an illustration of the points by using the picture on the next page and I practice by showing the client how to do the tapping and the affirmations together. Most clients learn it very quickly and they take the picture home to practice on their own.

Figure 3.1 - Picture of EFT Tapping Points



EFT is done by stating affirmations statements and turning them into a problem.

Example:

Step 1: Choose a problem to work on and try to be as specific as you can.

Example: "I have stress (general problem)." Specific: "I am stressed and I can't get all my deadlines done at work."

Step 2: Rate your anxiety or discomfort on a scale of 0-10

This is called the SUDS scale. 0 = no disturbance and 10= highest disturbance.

When you think about it right now, how disturbing or upsetting is your stress?

Write down a number.

Step 3: Perform the Set-Up Phrase

While tapping on the Karate point, say the following phrase 3 times: "Even though I feel _____, I deeply and completely accept myself." Example: "Even though I have this stress from deadlines at work, I deeply and completely accept myself."

Now, use a short reminder phrase that represents the problem, such as "this anxiety" or "this stress" when you tap on the stress points.

Step 4: Tap on the stress points.

As you tap on each point, say your reminder phrase "this stress." Tap several times, at least 7 taps.

EB - this stress - (tap)

SE - this stress - (tap)

EU - this stress - (tap)

UN - this stress - (tap)

CH - this stress - (tap)

CB - this stress - (tap)

UA - this stress - (tap)

Head - this stress - (tap)

Take a deep breath!

Step 5: Now rate your anxiety or stress. Ask yourself how stressful or disturbing this is to you now on the 0-10 scale. If the SUDS number is going down perform another round of tapping starting with the Karate chop and say “Even though I still have some of this stress, I deeply and completely accept myself.” Then tap on all the rest of the stress points, using a short reminder- “This remaining anxiety or stress” on each point.

Step 6: If the number is not going down or is going down very little ask yourself, “What else am I feeling about this?” Or, if you are not sure, ask yourself, “What could I be feeling about this?” Take a guess and go with that guess. Often your guess is very accurate. This is important, as you want to tap on all the feelings that are feeding into the problem. Example: “I am also feeling angry that I have no time for me.”

Step 7: Start with the Set-up again with your new phrase. Example: “Even though I am angry that I have no time for me, I deeply and completely accept myself.”

Tap all the stress points with your new reminder phrase, “this anger.” Measure your upset feeling again on the SUDS scale. Do another round until you feel little

or no anxiety or stress. Your goal is to have significant relief from this issue.
(Stern, 2016, pp. 10-12)

While these examples represent a range of problems, there is no limit to the types of issues one can confront with EFT:

"Even though I have this fear of public speaking, I deeply and completely accept myself."

"Even though I have this headache, I deeply and completely accept myself."

"Even though I have this anger towards my father, I deeply and completely accept myself."

"Even though I have this war memory, I deeply and completely accept myself."

"Even though I have this stiffness in my neck, I deeply and completely accept myself."

"Even though I have these nightmares, I deeply and completely accept myself."

"Even though I have this craving for alcohol, I deeply and completely accept myself."

"Even though I have this fear of snakes, I deeply and completely accept myself."

"Even though I have this depression, I deeply and completely accept myself."

(Mercola, Basic Steps to Your Emotional Freedom, 2016)

As one goes through learning EFT they will notice that there are many different ways to do it depending on the practitioner who is teaching it. As a beginner, one can repeat the same word, feeling or phrase on each point. They will still get great results. As people get more comfortable with EFT, they can begin to “free flow” the words as they come up for them. There is no right or wrong, just words that fit for each person.

EFT has been researched for several years and the effectiveness is impressive. In a critical review published in the American Psychological Association's (APA) journal *Review of General Psychology* in 2012, researchers found that EFT consistently demonstrated strong effectiveness after only a few sessions.

Other recent studies demonstrate how EFT can reach remarkable progress in a short amount of time for people with a history of trauma. For example: A 2009 study of 16 institutionalized adolescent boys with histories of physical or psychological abuse showed substantially decreased intensity of traumatic memories after just one session of EFT.

An EFT study involving 30 moderately to severely depressed college students was also conducted. The students were given four 90-minute EFT sessions. Students who received EFT showed significantly less depression than the control group when evaluated three weeks later.

Research performed by the Iraq Vets Stress Project also demonstrates the effectiveness of EFT. In a study that included 100 veterans with severe PTSD, 90 percent of the veterans had such a reduction in symptoms that they no longer met the clinical criteria for PTSD after six one-hour EFT sessions. Sixty percent no longer met PTSD criteria after just three EFT sessions. At the three-month follow-up, the gains remained stable, suggesting lasting and potentially permanent resolution of the problem. (Mercola, New Study Validates EFT's Effectiveness, 2013)

I have used EFT on myself for over five years and witnessed positive results with my clients very quickly as well. On some issues such as fear, anxiety and pain the improvement can be experienced immediately. It's a very useful tool that I teach my clients who have interest because once practiced a few times it's so simple and can be used anywhere for quick results. Practitioners who offer EFT vary and can be found in every corner of the country and world.

Flower Remedies

In the 1930's an English medical doctor named Edward Bach began to experiment with the use of flower essences to treat certain medical conditions. Eventually Dr. Bach found 38 flower essences, which were associated with different emotional imbalances. Flower remedies are prepared as liquid similar to homeopathic products, which contain the essence of 38 English flowers. Children, teens, adults, and seniors alike, even animals can use flower remedies. Clients report that the remedies are highly effective when used for temper tantrums, fussiness, sibling rivalries, and shyness in children, stress, anxiety, and excessive worry in adults and so on. (Masters, 2013)

Practitioners may use a questionnaire to determine the challenges the client is experiencing and based on the results they determine which flowers to choose. When preparing the remedy, 2-4 drops of the flower essence is added to spring water. No more than seven flowers should be used at one time so the client does not become overwhelmed. (Masters, 2013)

Here are some examples of popular Bach Flowers and their uses:

- **Aspen** - For those troubled by vague fears, anxiety, and apprehension.
- **Cherry Plum** - For those fearful of losing control of thoughts and actions.
- **Mimulus** - For the fear of known things, such as heights, the dark, being alone.
- **Red Chestnut** - For those who worry excessively over the health and safety of friends and family, often anticipating that the worst may happen to them.
- **Rock Rose** - For panic, hysteria, or feelings of terror and fright; also for nightmares. (Feel Bach Inc., 2013)

One of the most common experiences with the remedies is called the peeling effect, like peeling an onion. As emotional difficulties are resolved, underlying emotions may surface, indicating a need for additional remedies to be taken. Though difficult for some, this phenomenon is integral to the process of emotional growth. (Feel Bach Inc., 2013)

Flower remedies have been an essential part of my own healing and I use them in my practice regularly. From a quantum healing perspective flower remedies work with the vital body and can be individualized for each client based on their unique needs. When we balance the vital body with flower remedies more balance and vitality is activated and available for us to use.

Zyto Compass Biofeedback Evaluation

Zyto Compass is a biofeedback technology that enables the quantum doctor or holistic practitioner to perform a Bio-Survey of the body addressing 76 biomarkers through a hand cradle. Using the Zyto Compass is a helpful way to target what products such as herbs, supplements, essential oils or flower remedies are most beneficial for the client. ZYTO Compass technology uses quantum physics as well as established Galvanic Skin Response (GSR) technology to measure fluctuations in electrical conductivity of the skin. A client places one hand on the hand cradle, and the ZYTO software sends stimuli to the body using digital signatures that represent actual things, whereby fluctuations in GSR are measured and interpreted. The response helps the practitioner to see how the body responds to items being assessed, which ones it prefers, and what dosage. This knowledge is used by healthcare practitioners to maximize their results, by helping to choose the right solution for their clients. I have used the Zyto compass for myself, my family and my clients for several years and found it

very helpful. If a client is coming down with a cold I can get a clear picture of what is needed, and then focus on elimination or immune support that is antiviral or antibacterial. The Zyto Compass has demonstrated to be an essential tool in my practice to assist with customizing a program, improving health and maintaining vitality.

Cryxon Light/Color/Crystal Therapy

Hippocrates, father of medicine has discussed crystals in his work, but using crystals has been around as long as humanity has existed. Our human organs vibrate at different frequencies. When we have physical imbalances like getting tired, stressed or ill, this frequency changes. The crystals vibrate at different levels and they balance the flow of energy inside the living organisms. The Cryxon device comes with 5 different crystals: Amethyst, Citrine, Rose Quartz, Clear Quartz and Smokey Quartz. Each of these crystals has unique properties that affect the body as well as the mind and emotions. For example the Smokey Quartz crystal relaxes the nerves, relieves stress, depression, promotes absorption of minerals, and helps with concentration, stability and patience. The color options are: red, orange, yellow, green, blue, indigo and white. The colors also have special therapeutic effects such as vitality, motivation, love, etc. as well as specific applications for certain health conditions. For example the color green supports the heart, lungs, lymphatic glands, supports inflamed joints, the eyes, exhaustion and so on. The device is hand held and can be programed for a certain number of minutes with the desired crystal and color combination. The practitioner receives a detailed manual with protocols for over 100 conditions as well as detailed instructions on how to balance the seven chakras. (Cryxon Inc. , 2014)

The Cryxon therapy device is a brand new technology from Hungary that was just released in 2015. This is a revolutionary device that combines the three well known healing modalities Light, Color and Crystal that are each known individually for their healing benefits. Combining these in one device provides the client a powerful healing experience with many applications.

Cell Well Being S-Drive

The S-Drive is a breakthrough German technology based on epigenetics that uses the DNA in the hair follicle to determine how a person's genes have been expressing in the last 180 days. Freshly plucked hair samples (no older than 4 minutes) are scanned and sent via computer immediately to a computerized technology lab in Germany. This technology allows the practitioner to gain access to a wide variety of environmental-information about a particular client in only a matter of minutes. While it is not a diagnostic or medical device, it does provide a potential of things that may be hidden within constant flow and ebb of the life cycle.

This portable device uses epigenetic indicator technology to code and digitize low frequency information from signature-waves and bio-markers. The signature-wave information data is de-coded, replayed and assessed against hundreds of environmental indicators covering nutrition, diet, cleansing, resistance and interference indicators. The resultant data is used to create an "Optimized Nutritional Food Plan" for the individual whose hair sample is scanned.

The powerful super-computer systems, linked to indicator technology, decode the epigenetic information based on quantum biological indicators. The data is then passed through algorithms and software programs, which create an optimal 90-day nutritional food plan that is

returned to practitioner's PC within 15 minutes. The report also includes pie charts with indicators for vitamins, minerals, amino acids, antioxidants, essential fatty acids, environmental challenges such as chemical, heavy metals, resistance indicators such as mold, bacteria, virus, EMF's and radiation, food sensitivities and suggestions for foods that will support to bring the body into balance. (Cell Well Being Ltd., 2016)

“Due to a busy lifestyle, people are not well supported by their diets and nutritional foods intake. It is often difficult to know which choices to make or path to take when making decisions for optimizing ones nutrition. The detailed nutrition plans provided by the S-drive can help to support decision making and target the key objectives of the client's needs. Epigenetics is the study of how the environment, on many levels, influences all people; and how this impact directly relates to the physical, emotional and mental states of being. In fact, 98% of all of our daily lives (the way that cells, tissues, organs, systems and person express daily) is impacted directly by the person's epigenetic environment.” (Cell Well Being Ltd., 2016)

These plans offer clinicians and practitioners a unique insight of many of the key food indicators of epigenetic influence. The data is laid out in clear charts for ease of access and understanding and is prioritized and categorized to help simplify decision making and speeding up wellness. The food categories are presented on 3 levels, Priority, Advisory or consider and the specific information in number priority order. This makes it very easy to see which food indicators are of the highest relevance and require primary consideration. The report also includes in depth nutritional explanation for each category mentioned above as well as 30 days tracking sheets to mark symptoms and see improvements over time. The Cell Well Being S-

Drive technology is extremely easy to use and having the results be returned in a few minutes is an aspect that clients appreciate. They can start working on specific nutritional areas based on their unique epigenetic factors to improve their health right the way. This cutting edge technology has revolutionized my practice by offering such specific and meaningful data to my clients to support their goals in attaining and sustaining vitality.

Figure 4 – Vitality Questionnaire

The vitality assessment tool below is used to measure six quality of life indicators: stress level, quality of sleep, happiness level, energy level, recovery time from common ailments and the frequency of symptoms from old medical conditions that the subjects are being seen for by holistic practitioner/quantum doctor. This tool was developed by reviewing several widely used existing tools and the goal is to have a quick, easy and practical measuring tool with a simple scoring option. The survey is scored by adding the points on the right hand side of each question. There are a total of 24 possible points, 18-24 points determines optimal level of vitality of the subject being measured. The second level is acceptable vitality level with 12-18 points and the third level is 0-12 points, which indicated that the subject needs improvement.

VITALITY QUESTIONNAIRE

Name: _____ Date: _____

STRESS

How would you rate your average stress level on a scale of 1-10?	Score
<input type="checkbox"/> 1-3 (Not really too stressed)	4
<input type="checkbox"/> 4-6 (Its certainly part of my life)	3
<input type="checkbox"/> 7-8 (It impacts my life often)	2
<input type="checkbox"/> 9-10 (it is debilitating at times)	1

QUALITY OF SLEEP

Do you wake up rested, refreshed and ready to start your day?	Score
<input type="checkbox"/> Most mornings	4
<input type="checkbox"/> 3-4 times per week	3
<input type="checkbox"/> 1-2 times per week	2
<input type="checkbox"/> Almost never	1

HAPPINESS LEVEL

Are you satisfied and happy with your life?	Score
<input type="checkbox"/> Yes	4
<input type="checkbox"/> Yes, most of the time	3
<input type="checkbox"/> Yes, sometimes	2
<input type="checkbox"/> None of the time	1

ENERGY LEVEL

Do you have a lot of energy?	Score
<input type="checkbox"/> Yes	4
<input type="checkbox"/> Yes, most of the time	3
<input type="checkbox"/> Yes, sometimes	2
<input type="checkbox"/> None of the time	1

RECOVERY TIME FROM COMMON AILMENTS

In the last 6 months, if you got a cold or flu you recovered in:	Score
<input type="checkbox"/> In 1-3 days	4
<input type="checkbox"/> In 4-7 days	3
<input type="checkbox"/> In 7-14 days	2
<input type="checkbox"/> In 3 weeks or more	1

FREQUENCY OF SYMPTOMS FROM OLD MEDICAL CONDITIONS

In the last 6 months how many times did you have flare-ups of old illness (es) you've been seeing a practitioner for?	Score
<input type="checkbox"/> Never	4
<input type="checkbox"/> Very rarely	3
<input type="checkbox"/> A few times	2
<input type="checkbox"/> Frequently	1

Total points: 24

19-24 Optimum Vitality

12-18 Acceptable

0-11 Needs Improvement

Figure 5 - Intake Form

The health history questionnaire or intake form illustrated in Figure 5 below is an essential tool that I use to get to know the client and gain insight into where they are coming from and where they want to go. I ask that the client completes this form before the first appointment. The first section has some basic information and social history of their current status and then moving into the health history and current habits. The second section gets into the stress level and identifying specific areas of the client's life which cause the most stress. This is one of the most important aspects of the intake since stress is such a major factor in illness and is most often the cause of client's lives getting out of balance. Then the form includes self-awareness questions which help the client spend some time in self-reflection about their beliefs, fears and willingness to make changes. I also ask what major physical and emotional traumas the client has had in their life as I use this information as a starting point when I address emotional healing. Lastly the client is asked to consider the possibility that *"if everything was possible and there were no limitations"* to list 3-5 things in their life that they would like to improve or change. This section is always so fascinating and most often I find a direct connection between their wishes, desires, dreams and the illness or stress they seek assistance with. Reviewing the information the client provides in this form opens up doors for rich conversation and allowing the client to tell their story and be heard. I often stop to empathize and acknowledge the client for their bravery and willingness to seek support in changing their life's trajectory. During this first visit I set the intention and ask for divine support in being able to assist the client's with what they need most. I also project the intension of love frequency from my heart chakra to theirs so they feel supported and loved.

Health History Questionnaire

Please help us provide you with a complete evaluation by taking the time to fill out this questionnaire carefully. This is considered confidential. If you have anything you wish to bring to our attention, which is not asked on this form, please note it in the Comments section, Thank you.

First Name _____ Last Name _____ M I. _____

Date of Birth _____ Sex _____ Relationship Status: _____

Address _____

City _____ State _____ Zip _____

Best phone # _____ Email _____

Name of Emergency Contact: _____ Phone: _____

Religious Preference _____

SOCIAL HISTORY

Are you currently working? (Circle all that apply) Full Time__ Part Time __ Retired__

Any physical restrictions? _____

Not working ____ Student__ Number of children _____ Ages? _____

What are your hobbies?

Please check if any of these are part of your personal health history:

- | | |
|--|--|
| <input type="checkbox"/> Abdominal pain | <input type="checkbox"/> Low-back pain |
| <input type="checkbox"/> Accident | <input type="checkbox"/> Mid-back pain |
| <input type="checkbox"/> Addictions (alcohol, tobacco, caffeine) | <input type="checkbox"/> Neck pain |
| <input type="checkbox"/> Allergies to oils/perfumes | <input type="checkbox"/> Nervous tension |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Neuropathy |
| <input type="checkbox"/> Breast augmentation | <input type="checkbox"/> Pacemakers or Defibrillator |
| <input type="checkbox"/> Broken bones | <input type="checkbox"/> Seizures |
| <input type="checkbox"/> Bursitis/gout | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Surgery |
| <input type="checkbox"/> Chest pain | <input type="checkbox"/> Thyroid problems |
| <input type="checkbox"/> Currently pregnant | <input type="checkbox"/> Varicose veins |
| | <input type="checkbox"/> Ulcerative colitis |

Other: _____

- Decreased range of motion
- Depression
- Diabetes
- Digestive disorders
- Disc problems
- Fibromyalgia
- Headaches
- Heart attack
- HIV
- Hypertension

Do you take any medications? _____

Supplements:

How many meals do you eat per day? _____ How many snacks? _____

What foods do you usually eat?

Breakfast: _____

Lunch: _____

Dinner: _____

Do you have any known allergies _____?

Organs removed _____

Major injuries past & present _____

Unresolved mental stress? Y__ N__

Number of glasses of water you drink per day _____

Natural fruit juices per day (# of glasses) _____

Do you drink soda? Y__ N__ How much? ____ Do you smoke? Y__ N__

Number of alcoholic drinks a week _____

Number of sugar snacks daily including soft drinks, ice cream, cookies, donuts, etc. ____

Do you exercise regularly? Y__ N__ How often? _____

What kind? _____

Number of amalgam and/or metal fillings currently, or present during last year _____

Number of cups of coffee a day _____

Other caffeine products daily _____

Number of street drugs used in last month__

Number of extreme toxic exposures this year, include. radiation, insecticide, chemicals__

Females only:

Regular menstrual cycle: Yes___ No___ In menopause__ Past menopause__

Average length of menstrual cycle (from period to period) _____ days?

Painful menstruation? Yes__ No__

Excessive flow? Yes__ No__

Prolonged flow? Yes__ No__

Premenstrual symptoms? Yes__ No__

Hysterectomy? Yes__ No__

Number of pregnancies? __ Births? __

Miscarriages? __ Abortions? __

Have you ever used birth control pills? Yes__ No__

If yes, when and how long? _____

How much Personal Stress do you have in your life? 0-10 _____

(If your answer is 7 or above please answers the question below using scale of 0-10)

Please answer-using scale of 0-10

__ Interpersonal stress

__ Family Stress

__ Job or school stress

__ Stress from sickness

__ Stress from desire for things to be different

__ Struggle with money

Please place a ✓ if you have issues with any items below

__ Problems with breathing

__ Problems with skin (itching, rashes)

__ Problems with bowels

How many bowels movements do you have per day? __

__ Problems with sleep (__too much or __too little)

__ Depression

__ Problems with sweating

__ Problems with urinating

__ Too much mucous

Self-Awareness Question:

1. Do you practice any form of relaxation, meditation, prayer?
2. Have you noticed any connections between your perception of stress and your physical being?
3. If you decided to change your diet/lifestyle in order to improve your life, is there someone close to you that would support your decision? Yes__ No__
4. Who is your support person? _____
5. Is there anyone in your life that would make it difficult for you to follow through on such a change?
6. What is your biggest fear or concern about your health?
7. How long have you had this fear?
8. Do you feel there is a connection emotionally with your current physical condition?
9. What do you think your body needs to heal?
10. Are you willing to change and take control of your health and life situations?
11. Do you believe in God or some infinite source of power?

What illness/issues would you like support with during the upcoming visit?

What major physical or emotional traumas have you experienced in your life?

If everything was possible and there were no limitations;

List 3-5 things in your life that you would like to improve or change? Dream big!

Consent for Wellness Consultation

I believe the information I have provided is accurate. I agree to participate in the wellness consulting services provided by:

Otilia Tiutin MNM, CHHP, Board Certified Holistic Health Practitioner

I understand that Otilia Tiutin does not function as a physician, diagnose or treat disease, nor do her services replace the necessary services provided by a licensed physician.

Client Signature: _____ Date: _____

Figure 6 - Quantum Evaluation Report

The Quantum Evaluation Report is an essential tool that I use as a follow up with my new clients to provide for them a foundation of essential education. The information in this report is intended to save time and money for clients (up to five sessions). I discuss the importance of this foundational knowledge with each client and we review some critical points in follow-up sessions to ensure that the client understands these basic principles of Quantum Medicine.

Section 1 of the report is intended to educate the client on basic principles that they can start to incorporate in their life one by one over time and start to understand how the body works and how energy, consciousness and the environment affects their everyday life. This section is also intended to also provide a few quick ideas and solutions to incorporate as they have a need.

Section 2 of the report is intended to review the specific findings of the evaluation as well as recommendations made in the session. Often, clients feel overwhelmed with new information and retention may be difficult for them. I communicate to new clients that they do not need to worry about trying to retain all the information in the session because I will follow-up with the report. This helps them to relax and be more present in the moment as we focus on specific therapies and healing modalities. Having a summary of the findings and specific recommendations for the client gives them a good feeling that we have a plan and goals to reach towards, one day at the time, small steps, and one habit at the time. Clients tell me that this report is one of the most eye opening and practical tools they have ever received. I used years of accumulated knowledge and experience to put the most important pieces together as I learned from helping hundreds of clients. As I keep learning and growing I enhance the report and keep it up to date.

Quantum Evaluation Client Report

Otilia Tiutin MNM, CHHP
Board Certified Holistic Health Practitioner

Client Name: *Sample Client*

Visit Date: _____

The following report is designed to give clients some basic principles on what creates health and balance in one's life (Section1). Section 2 is more specific to the client's personal situation, nutrition program and specific recommendations. Most clients who embrace the holistic approach I teach see a huge difference over time in their health, in the level of happiness, a shift in perception, reduction in stress level and experience a feeling of well-being that they have not known before. Many of my clients also experience an increase in abundance in an effortless way. So expect miracles because they are possible. It is important to realize that when you start eating better, taking supplements, resting well and adopting a positive mindset you are building a new body. All our cells regenerate all the time; we build new blood in a few weeks, new organs in a few months, new bones, etc. Natural remedies work differently than medications; you will see changes in two to three weeks in most cases, because we are addressing root causes. Be patient with yourself and give your body the time to replace old cells with new cells.

Section 1. Quantum Medicine Evaluation

- The Quantum Evaluation approach I practice allows me to create a protocol individualized and personalized for every client.
- In quantum medicine, less is better, and to achieve this principle we aim to identify and bring into balance the specific stressors: physical, emotional, mental, and spiritual.
- This process of evaluation engages simultaneously all domains to understand how consciousness can fully actualize the full potential of a human being.
- The idea is that all is possible, living a life filled with Love, Peace, Joy, Radiant Health and Abundance is available.
- When the practitioner engages with client through "Entanglement" as Quantum Physics suggests, to see the client as whole and to look at possibilities not limitations, a powerful exchange happens and possibilities for healing open up. The healing process starts as soon as the two connect.

One Step at the Time

As you read this report it is important to keep in mind that the process of getting healthy and achieving vitality in your life is not a race. Research shows that taking small and consistent steps towards getting healthy is the best way to achieve long-term results. This report contains information to give you a basic understanding on how the body works and some specific things you may start to consider adding in your day to day life. I also included some specific remedies/modalities you may use when needed, so the intent is that you may come back to this report again and again as you need support or as you are ready to add another small step towards

achieving balance and vitality in your life. When we learn new information, our brain starts creating new neuropathways and the more we visit that information or that habit the brain starts to recognize it and becomes easier and easier and then one day we realize it's part of us in an effortless way. So be gentle and patient with yourself as you are learning and give yourself time to assimilate and adjust to the new information. I am available for any questions and clarification as you need it.

Five Pillars of Health

The system of the Five Pillars of Health will help to organize and understand the quantum parameters as well as how to evaluate and improve health, unlocking the stressors that creates a resistance to the full potentiality and a state of positive health.

We look at the following five areas: Immunity, Assimilation, Elimination, Regeneration and Oxidation.

Immunity addresses the condition of the Immune System, how much reserve do you have to stay well and recover from unexpected illness. Nano Silver (Silver Shield 20 ppm – NSP Natures Sunshine brand) is an excellent product to increase immunity as well as Probiotics, Colostrum, Astragalus, Olive Leaf, Omega-3, and Vitamin C. Foods that support the immune system are fermented foods such as sauerkraut, shitake mushrooms, garlic, onions, bone broth, pumpkin seeds, blueberries, etc. It is also important to optimize your Vitamin D3 in combination to K2. Studies show that Vitamin D3 taken without K2 can cause hardening of the arteries and may increase the Calcium in the blood. This can cause arterial sclerosis and more serious issues such as heart attacks. You may consider getting a blood test to check your Vitamin D3 levels. The optimal range is 40-80 on a blood test. If you are not in this range you should supplement with 10,000 IU per day for 2-3 months then decrease to 3,000-5,000IU daily minimum.



Source: www.iqum.org

Assimilation looks at the state of your digestion system and how well you are digesting your food and assimilating it for the body to use the nutrients. A person who is not digesting their food well cannot obtain the optimum amount of nutrients from their food to help rebuild, repair, and regenerate the body. Gluten affects assimilation in a negative way by “gluing” itself to the villi in the intestines, which impairs the absorption of minerals. Chewing the food well and eating raw food daily to get enzymes’ live nutrients is essential for the digestive system. Supplements such as digestive enzymes, probiotics, fiber, L-glutamine and Zinc can support good digestion and assimilation. Vegetable juicing is also a great way to infuse the body with high amount of nutrients, which are absorbed and assimilated into the blood stream quickly. A simple juicing recipe is: 4 carrots, 1 granny smith apple, 1 lemon, 4 sticks of celery, 1 red beat, and 1 inch piece of ginger.

Elimination is also an important pillar. The body is bombarded with toxins from food, air, water, beauty and skin products, toxic thoughts and emotions, associating wrong meaning to life events, etc. The body has many channels of elimination and it is essential to keep them open.

- **Colon support:** water colonics, colon cleansing (Clean Start – NSP brand), fiber (Psyllium Hulls, Slippery Elm) and Probiotics to balance the gut flora.
- **Skin support:** sweating, dry skin brushing, rebounding - mini trampoline from www.cellercise.com, buy organic skin and hair products, choose natural deodorant without aluminum and parabens.
- **Lung support:** steam inhalations, deep breathing (breathe in while counting to 5, hold for 5 and release for 5) and poultices over the lungs. The ability to take a full inhale and exhale is essential to proper toxin elimination. If breathing is impaired so is toxin removal. Eat local honey and bee pollen on regular basis.
- **Urinary support:** Can be achieved with increased hydration (drink half your weight in ounces of water per day) acupuncture and teas. Drinking warm water with juice from ½ lemon upon waking up is very healing and supports digestion and elimination. Organic cranberry juice without added sugar is also very nurturing for the urinary system and kidneys.
- **Avoidance:** Avoid exposure to all known toxins. Chemical, environmental, alcohol, tobacco can all unnecessarily add toxins to the system. Eliminate plastic in your home and replace with glass bowls, containers, water bottles, etc. For cooking use stainless steel or cast iron pots and pans. Avoid microwave ovens and use an ear phones when using cell phones. To harmonize your food, cell phone, computers you can consider vibrational tools from here: <http://vibesup.com/shop/>
- **Nutrition:** Eating whole foods that grow in the earth, organic diet can help decrease toxin exposure to the system. Avoid processed foods (food that comes from a box) which contain unnecessary toxins. Also, eating a diet which is more alkalizing in nature can help decrease acid production in the system, decrease toxin load in the body and balance your pH level. The general goal is to eat 70% alkaline foods and 30% acidic. (list of acidic and alkaline foods available) When chronic disease is present you can move towards 80% and 20%. Soaked nuts such as walnut, Brazil nuts and almonds are packed with nutrition and prevent many illnesses. They also provide good fats, calcium and

selenium. Soak a handful daily overnight in water, drain, rinse and eat in the morning or lunch.

- **Exercise:** is essential for adequate elimination and good sleep. Sweating, lymphatic movement and increased metabolism all facilitate toxin removal. A liquid supplement called Lymphatic Drainage – Natures Sunshine brand is a great way to cleanse the lymphatic system. As mentioned above, rebounding is one of the best exercises available, gentle on the body while eliminates toxins and boosts the immune system by bouncing gently 5 minutes a day. Jumping additional 15 minutes a day is a great start. See rebounder at: www.cellercise.com It is small and folds for putting away if necessary.
- **Rest:** relaxation and adequate sleep are essential for proper organ function which is necessary for adequate removal of toxins. Valerian is a very effective herb to support good sleep. Taking 2-4 capsules 30 minutes before going to bed can be very helpful. Liquid version is also very effective. Melatonin 3 mg for severe insomnia can be very helpful, but not long term.
- **Voice:** Proper elimination of toxins through voice can be assessed by one's ability to breathe and speak. It also relates to a person's comfort in voicing their thoughts, emotions and opinions. Letting go of negative emotions and traumatic experiences is very helpful. This can be done by using emotional healing techniques such as EFT (Emotional Freedom Technique), The Emotion Code, journaling, talking to a friend or a practitioner.

Regeneration

As human beings we are gifted with an amazing body, which regenerates daily. In Quantum Medicine we believe the body has a perfect master cell and a perfect blue print, which we can activate with our awareness and connection to consciousness (God). By tapping into this awareness and having the belief that all is possible we can support our healing and regeneration process. Nurturing the body is also important and de-stressing so we can create the perfect conditions for regeneration and healing. Spending time in nature, taking warm baths with Epsom salts, lavender and chamomile oil, getting a massage, are perfect ways to nurture our body. Getting 8 hours of sleep is a necessity for repair and regeneration as well. Spending time in prayer, meditation and visualization daily can also support this process.

Oxidation

Oxidation is something that most of us see in life when we leave some iron out and it rusts, but oxidation can also occur in our bodies. Many lifestyle factors contribute to the production of free radicals, including exposure to pollution, chemicals, radiation, EMF's, and drugs—all factors that have increased as a result of modern lifestyle. Believe it or not, free radicals also result from exercise if we overdo it.

We already know free radicals are a product of oxidation, which is a normal biological process; in fact, the immune system makes them to help destroy bacteria and viruses during an infection.

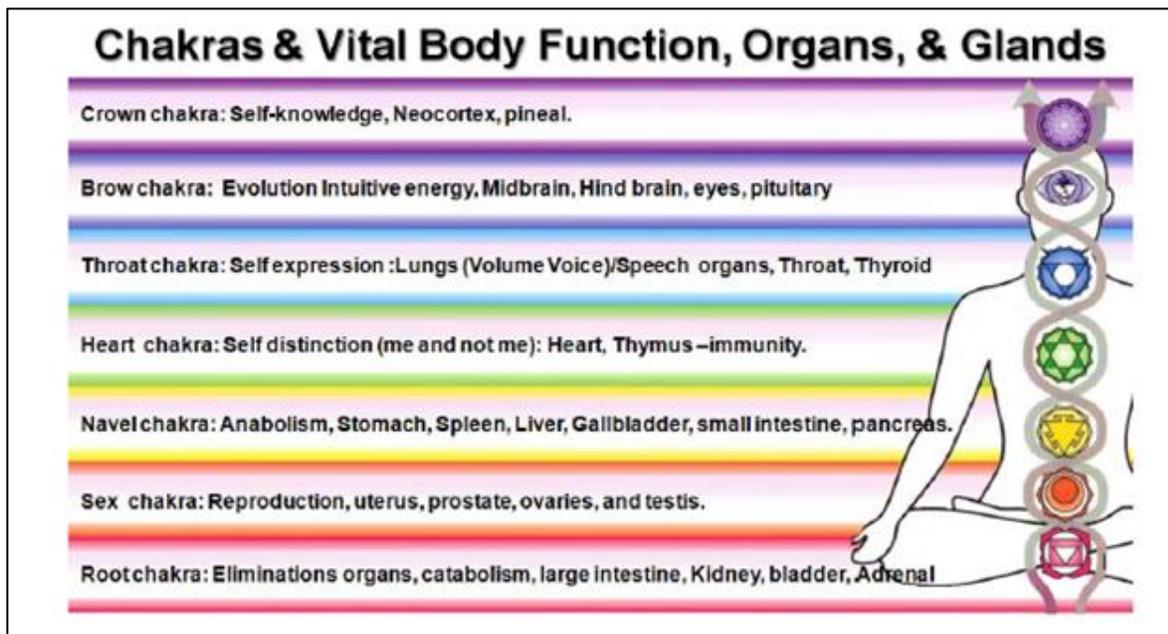
Antioxidants are molecules that behave as free-radical scavengers; that is, they seek out free radicals and donate the electrons needed to neutralize them. The body makes antioxidants, but it is also crucial to have dietary sources as well: Vitamin C, Vitamin E, Vitamin A, and the mineral Selenium.

Fresh fruits and vegetables are the best sources of antioxidants, especially those famous “super foods” like blueberries, gogi berries, mangosteen, cacao, and blue-green algae.

When we eat antioxidants our body receives free electrons from the earth, which was transferred to the plant. When we use earthing by walking bare feet on the earth or sleeping on earthing sheets and pillow cases (www.earthing.com 1-888-223-8454) we receive a high dosage of antioxidants (free electrons) which reduce inflammation and helps the body to balance hormones, reduce pain, improve immune system, thin the blood to normal ranges and so on. This keeps the oxidation level in check and brings the body to the Schumann resonance (7.83 htz.) of the earth which is the same resonance frequency of our heart. If you are taking blood thinning medications, blood pressure meds or thyroid meds talk to your doctor so you may get tested and reduce the dosage because earthing will start to slowly balance those areas and your blood may be too thin.

Seven Chakras

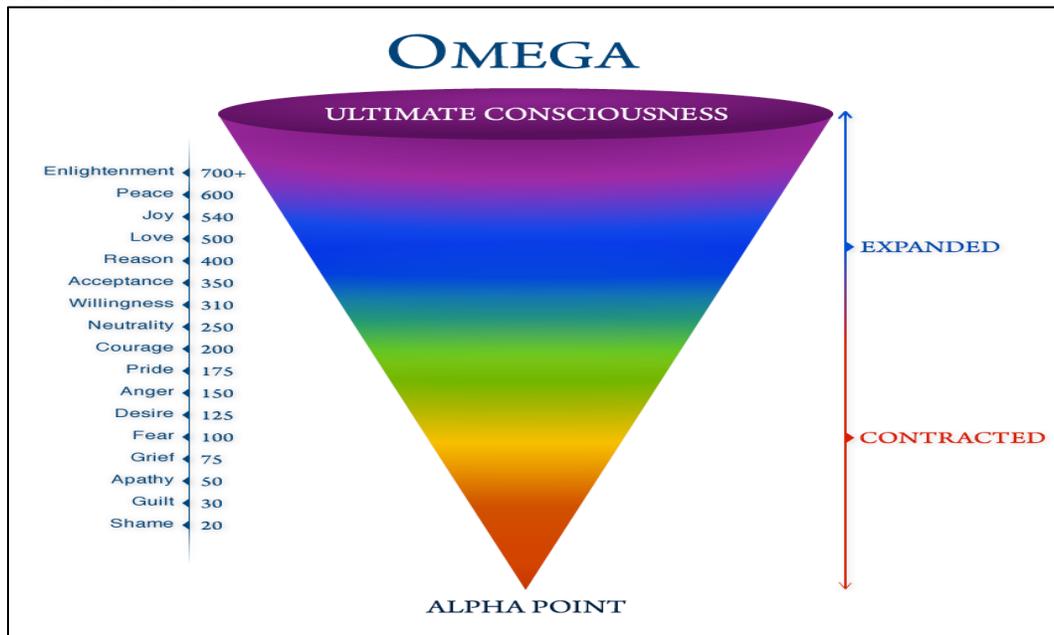
As part of the Quantum evaluation we also look closely at the health of the seven chakras which are connected to our emotions, feelings and the health of the organs. The chakras are energy centers that all humans have and they look like a funnel or wheel bringing energy in and moving energy out to create balance and proper blood flow to all the organs. The 7 chakras system is a really great way to better understand the interconnection between your physical and spiritual body. When an illness manifests in some part of your body, there will be a correlated block or weakness in one or more of your chakras. The imbalance first manifests in the energetic body (chakras) and if it goes unresolved it may manifest into a physical ailment. By identifying and understanding the way your different body parts relate to your 7 energetic wheels, you can easily address the energetic source of physical and emotional ailments. The following illustrations describe this in detail.



Consciousness and how it affects Your Life

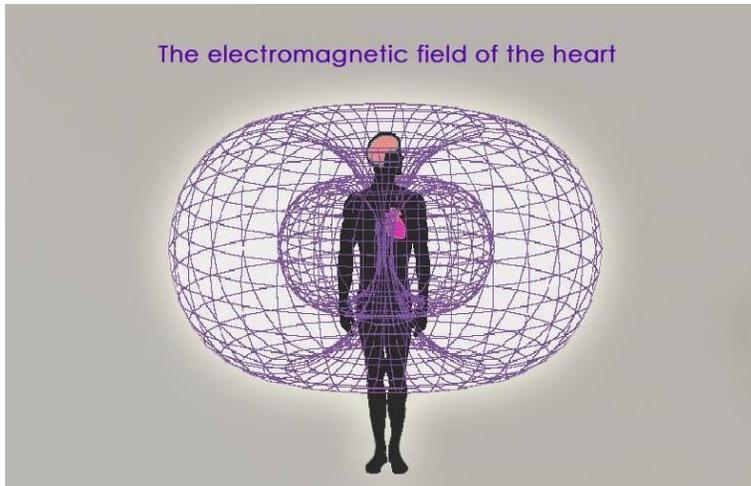
The main point of this section is to point out that the **energy and emotions** you are holding may be stopping you from getting what you want in your life. The Book, *Power vs. Force* by Dr. David Hawkins has calibrated energy and emotions on a *Scale of Consciousness*, as illustrated below. Love, peace and joy vibrate high above 500 vs. fear, grief, guilt is under 100. Our body has an electromagnetic field around it that is like an antenna; it receives information and sends out information. So if you are typically feeling fear and anger you will attract and experience that low level vibration.

See Chart below:



Becoming aware of our feelings and emotions is very important and choosing to shift by engaging in an act of kindness, expressing love, saying positive statements like “I am love, I am peace, I am perfect health, I am abundance” and feeling joy in your heart can shift your energy and positive things will start showing up in your reality. It’s also important to pay attention to what kind of people we spend time with, are they negative or positive?

According to the HearstMath Institute and studies with Stanford University, the electromagnetic field that our heart generates around the body is up to 18 feet around us. So when we spend time with positive people their electromagnetic field interacts with yours and therefore you will feel uplifted and happy.



Source: HeartMath Institute

What is the secret of people who heal?

According to Dr. Kelly Taylor PhD, who did much research on healing and wrote a book called “Radical Remissions” people who completely heal have nine things in common.

1. They make radical changes in their diet
2. They take control of their health
3. Follow their own intuition
4. Use herbs and supplements
5. Release suppressed emotions
6. Embrace social support
7. Increase positive emotions
8. They deepen their spiritual connection
9. Have strong reason for living

This is a great road map for you to consider and assess which areas need more improvement and which ones you are not addressing at all.

Section 2. Findings and Recommendations

During the evaluation, the areas that we talked about and need to be supported are the following:

- Focus on healing your digestion as a priority.
This will support in improving symptoms of joint and muscular pain, allergies thyroid, abdominal pain which you reported.
- Improve sleep
Sleep will support the regeneration of all organs, healing and strengthening the body.

Healing the Digestion System

From current research, autoimmune conditions are connected to leaky gut. It is essential that we make this a priority as it is connected to all other imbalances.

- Follow a gut healing diet by removing alcohol, caffeine, processed snacks, sugar, sugar substitutes, gluten, corn, chemicals and food coloring. Alcohol the caffeine decrease some of the minerals from the body and dehydrates you, cutting these out will go a long way for you.
- Avoid canned food and plastic containers, it has been linked to hormonal disruptions especially the decrease of Oxytocin in the brain.
- Try high quality whole grains such as quinoa and brown rice to your diet
- Making homemade soups and stews in the crock pot are great options to have while healing the gut.
- Making bone broth and having 3-4 cups a day and taking 2 tablespoons of coconut oil.
- Juicing 3-4 times a week is a great way to help support healing and detoxifying the body. (This recipe makes 2 large glasses of juice). For best results drink juice within 30 minutes. This juice recipe supports with detoxifying and healing the intestinal system.
 - ½ celery bunch (3-4 sticks)
 - ¼ of a large parsley bunch (high in Vitamin A)
 - 2 lemons (peeled)
 - 1 large cucumber

According to Dr. Amy Myers MD, (author of Autoimmune Solution) top expert in autoimmune conditions, the following approach is very effective in healing the gut and supporting the body to heal from chronic conditions. Her protocol is the 4 R's:

- Remove
- Restore
- Re-inoculate
- Repair

Remove – top inflammatory and toxic foods: dairy, corn, gluten, sugar, caffeine, alcohol, and soy. Also remove infections, candida and parasites. Taking coconut oil daily and turmeric is very helpful with this, which you are already doing. You may consider NSP Para-cleanse as well at some point to cleanse from parasites.

Restore – the digestive track with taking Food Enzymes with meals.

Re-inoculate – with a good probiotic - 50 billion live cultures per day.

Repair – the lining of the intestines by taking L-glutamine 1000 mg/day, Everybody's Fiber, Zinc 50 mg daily, and a good multivitamin with a good amount of Vitamin A 10,000 IU/day and Vitamin C 3000-5000 mg daily.

The good news is that you are already doing many of the things Dr. Amy Myers is suggesting; you need to adjust just a few items.

There is another expert Dr. Axe, who has a product “all in one” for leaky gut that you can consider. <https://store.draxe.com/products/leaky-gut-support>

The smoothies you are making sound very healthy, I would suggest that you may add chia, flax seeds and nuts by soaking them over night in a glass container with water. Soaking the nuts and seeds makes them sprouted, easier to digest and the body absorbs and digests the protein quickly.

Fruits like berries are an excellent source of antioxidants, especially wild blueberries which are available frozen, are extremely helpful to pull heavy metals out of the body. **Heavy metals**, is an area of concern for you from the hair analysis test. Cilantro helps with eliminating metals as well as Heavy Metal Detox from NSP. Eat a variety of fruits that are in season as well (2-3 servings per day). A red apple a day is excellent to support regularity, rich in pectin. Other foods that are very helpful to support the thyroid are: cruciferous vegetables, baby kale, spinach, asparagus, avocado, peas, chaga mushrooms or chaga powder, apricots and cherries. Some of the hidden causes of Hashimoto or inflamed thyroid are: heavy metals, pathogens, radiation and low levels of iodine. Most of these showed up in your hair scan. The iodine I recommend for you is the NSP liquid dulse. You may also consider cleansing with NSP Heavy Metal Detox mentioned above for 30 days. Heavy metals hold on to parasites in the body, parasites contribute to autoimmune issues and it’s a vicious cycle. Seaweed (packs with seaweed sheets) is an excellent snack filled with **iodine** which is nourishing for the thyroid and eliminating toxins as well.

Water: Drinking pure filtered water or spring water daily supports the digestive system and the elimination process. Amount: drink half your weight in ounces, so a person who weighs 140 lbs. will need to drink 70 oz. of water per day. Drink water in between meals and only a small amount (2 oz.) with a meal if you must. Drinking water with meals interferes with digesting the food properly. Drinking warm water with the juice from half lemon upon waking up is very healing and detoxifying for the body. You can add a teaspoon of local honey as well.

Improving Sleep: Foods high in L-Tryptophan promote sleep and regulates mood. They are: turkey, chicken, fish, tuna, eggs, pumpkin seeds, sun flower seeds, almonds, figs, mangos, bananas, tuna, almond butter, beans, lentils, chickpeas, and beets. You may consider using liquid magnesium 30 minutes before bed time 300-400 mg and valerian liquid. Liquids are absorbed much easier especially in your case. Mg has so many functions in the body including digestion, keeping you calm, sleep and making strong bones. Dr. Joseph Mercola recommends a minimum 800 mg/day. Some people need 1000 milligrams per day. Also here is a link to the Mg lotion that you could add directly to the muscles.

http://www.amazon.com/dp/B000RGPZ4S/ref=sr_ph_1?m=A2636VLZ4TIHSX&ie=UTF8&qid=1438659882&sr=sr-1&keywords=magnesium+lotion

Bath before bedtime, optional for stress reduction. Soak in a warm bath with two cups of Epsom Salt, 10 drops of Lavender and 10 drops of Chamomile essential oil. These oils can also be used in a diffuser in the bedroom while you sleep.

Movement:

It is important that you move your body minimum 3-5 days a week. Using the rebounder (which you already have) is one of the best exercises available. It's very gentle on the joints and it exercises every cell in the body, while cleaning the lymphatic system and improving the immune system. I recommend 5 minutes of bouncing gently, which boosts the immune system and then 15 minutes of bouncing at medium to high speed. It is best that you use the rebounder with shoes. Walking in nature is also very good, walking at a medium pace for 2 minutes and then walking fast for 30 seconds is very effective to improve cardiovascular health. Studies are showing that exercising 30 min per day is as effective in increasing serotonin levels as taking antidepressants. If pain increases in your legs from exercising, using a massage stick roller is very helpful, before and after exercising. Here is one I recommend:

<http://www.amazon.com/dp/B00W8FO7YU?psc=1>

Moving regularly will also help you sleep as your muscles get tired and you will reach a deeper level of rest.

Manage Stress

Stress is connected to 95% of all illness and it is very important that we take it seriously. Research at Loma Linda University found that laughter is one of the best things to do to fight stress, also deep breathing and prayer. Here is a great article by Dr. Mark Hyman MD, on tips to reduce stress. <http://drhyman.com/blog/2010/05/19/stress-tips-calm-your-mind-heal-your-body/> I also recommend taking baths with Epsom salt and essential oils such as lavender and chamomile before going to bed. This bath will assist you in sleeping better as well as improve your stress level. The essential oils can also be used in a diffuser in the bedroom while you sleep.

Gratitude and Positive Thoughts

As mentioned above our thoughts are very powerful so starting your day as soon as your feet hit the floor with one or two things you are grateful for is a good start. Then stating positive thoughts such as: My body is vibrant and healthy, I am peace, I am Joy, I am love, I am abundant, I make changes for my health with ease, all the wisdom I need is available to me. I am so grateful!

Also using the *Kindness Meditation* I emailed you will be very helpful to help you get centered and relaxed.

Deep Breathing is a wonderful way to reduce stress and oxygenate the body.

Use a simple breathing exercise when you wake up and also while you are walking in nature. You can visualize breathing in divine white light that goes in to all the organs to regenerate and heal the body.

- Breathe in for 5 (count)
- Hold for 5
- Breathe out for 5

When you wake up during the night and have a hard time falling asleep, use the same breathing technique but cover the RIGHT nostril. Breathing through the left nostril only activates the parasympathetic nervous system and helps you relax and fall asleep.

Supplements

As we discussed the most important items for you to consider are switching to some liquid options for better absorption and decrease the capsules.

- Ionic Magnesium liquid (Trace Minerals Research brand at Sprouts, Whole Foods or Amazon) and Mg lotion (by Dr. Norman Shealy on Amazon)
- Liquid Dulse – iodine, 15 drops twice a day
- VitaWave (NSP) liquid multivitamin 2 tbsp/day.
- Thai-go (NSP) antioxidant juice 2-4 oz./day – autoimmune, inflammation, energy, and pain.
- Dr. Axe leaky gut formula.
- Boron - ionic liquid. This mineral reduces inflammation, supports arthritic and joints issues, balances hormones and pulls fluoride from the body. The recommended dosage is 12 milligrams/day for 30 days, and then reduces to 6mg a day. (Boron may increase estrogen production in the body naturally so you may need to lower your prescribed dosage). NSP's VitaWave has 2mg of Boron in it.

Hair Scan Report

I hope this report was helpful to you and it gives you some guidance on specific issues going on. The major areas where you have deficiencies are: Vitamin K, B9, Zinc, Selenium, Iodine, Molybdenum, Omega 6, Vitamin C, Alanine, Cysteine. You also had high levels of toxic metals and parasites. Read the report several times so you can get the full benefit from the detailed nutritional information.

Getting Organized

Getting organized will play a big role in your success to gaining your health. In my family we get all our supplements ready on the weekend for the week so when the busy morning comes there's no stress and everything is ready to go. We have special small plastic cups from Costco labeled with AM or PM and we organize all we need for the week. Then in the morning we grab the ones we need to drink and if we need to take some with us to work we put it in a small Ziploc bag which can be reused. Some people like the pill organizers with all the days of the week.

We do the same thing with the food; we shop on the weekend and plan the meals in general. I leave some flexibility in case something comes up but I try to have plenty of good healthy options and healthy snacks. Eating together as a family at least 3 times a week is very important and establishing good habits for the whole family. Studies show that children who eat meals with their parents regularly have better test scores, less stress and stronger immune system. Science now understands how our electromagnetic field of the heart interacts and how we are able to balance each other as we spend time together with our loved ones.

For more information about this you can go to www.heartmath.org

Follow Up

I am honored that you chose to seek my services in your healing journey and I will do all I can to support you. I would like to see you in 30 days to follow up and see how you are doing.

I would recommend 3-4 more follow up sessions. Part of my success in making sure that the program I design works with my client's life style and it's important to receive feedback from you and make adjustments as necessary. You can also schedule 15-30 minutes phone follow up sessions if needed.

If you have any questions feel free to email or call me.

This client report packet offers suggestions and does not in any way replace the recommendations given by your physicians. Otilia Tiutin does not function as a physician, diagnose or treat disease, nor do her services replace the necessary services provided by a licensed physician.

Otilia Tiutin, MNM, BCHHP

Board Certified Holistic Health Practitioner

End of Quantum Evaluation Report

Figure 7 - Kindness Meditation

The Kindness Meditation illustrated in Figure 7 below is another simple tool I use for clients who are interested in adding a spiritual component to their daily routine. This is a very brief and easy meditation that clients can memorize easily and can start incorporating in their morning routine to set the intention for the day. Much research is available on the topic of gratitude and starting the day with gratitude opens and strengthens the heart chakra which is so important in our daily journey.

Use this meditation daily before starting your day

1. Kindness for yourself

Take a few deep breaths while you focus on your heart and the space around the heart.

Go into your heart and say: During this day, may I be happy, may I be healthy, and may I be free from emotional, physical, financial suffering. May I be free from drama, conflict, negative energy and instead be immersed in prosperity, positive energy, peace. During this day may I give and receive sincere acts of love and kindness.

Visualize love from your heart spreading in your whole body and around you.

2. Kindness for your loved ones

Then visualize the people you care the most about who are close to you, see a picture of them setting in front of you. Then say: During this day, may they be happy, may they be healthy, and may they be free from emotional, physical, financial suffering. May they be free from drama, conflict, negative energy and instead be immersed in

prosperity, positive energy, peace. During this day may they give and receive sincere acts of love and kindness.

Visualize love radiating from your sincere heart to all those people.

3. Kindness for people who drive you nuts and challenge you the most

Repeat the exercise

4. Kindness for all strangers and all beings on earth

Repeat the exercise

Source: www.hayhouseradio.com

Figure 8 – Follow-up Form

I created the Follow-up Form displayed in Figure 8 to assist me and the client to have a quick record of follow-up visits. This tool is an easy way for me to check in with the client on what improvements they have noticed since the previous session, how their stress level is and what they need the most assistance with at the time of the visit. If they come in for hands on energy healing, I ask them some questions about areas they would like to improve in their life so we can use those items in the visualization process I include at the end. Lastly, I write down any specific recommendations and I also record which chakras were out of balance so they know what to work on. The client receives a copy of this form and I keep a copy for my records. When the client schedules a visit, I take a quick glance to see what we worked on last visit and I can follow-up on the recommendations I made during the previous session.

Client Follow-up Form

Otilia Tiutin MNM, CHHP
Board Certified Holistic Health Practitioner

Client Name: _____ Date: _____

What improvement have you seen since our last visit?

On a scale of 1-10 what has your stress level been in the last 2 weeks – 1 month? _____

What do you need the most help with today?

If there were no limitations what would you like to improve in your life? *(We will use this list during visualizations exercise/energy balancing process)*

Practitioner Section:

Chakras out of balance: 1 2 3 4 5 6 7

Take home recommendations:

Chapter 3

Case Study 1 - 45 year old female – (myself)

As mentioned in the beginning of this paper, my journey into alternative healing and Quantum Medicine began when I suffered with two autoimmune health conditions (endometriosis and autoimmune of the thyroid). In both instances I was told there was no cure. After giving birth to twins, I experienced hormonal imbalances, which led to relaxed ligaments/unstable pelvis. This left me in a state of despair and depression for years. I also suffered from frequent infections, weak bladder muscles and on-going back pain.

While dealing with endometriosis, after years of agonizing pain, terrible side effects and feeling so disempowered by medical doctors, I spent some time in prayer and meditation reflecting on what to do next. An interesting thought came to me and I thought, “What is the root cause and why is my body not healing?” It was then that I realized that I needed to focus on healing instead of the disease. I read two books, *Alternatives for Women with Endometriosis*, by Ruth Carol and another one called *Spontaneous Healing*, by Andrew Weil. I was fascinated with all the stories of people who healed with natural medicine approaches. In their healing journey, the women with endometriosis did not follow one protocol, they all took different paths. The one thing the women had in common was that they went to see a naturopathic doctor or a holistic practitioner who customized a program for them. I sought to do the same. I found a medical doctor who also practiced alternative medicine and for the first time I felt hope. Her name is Marcey Shapiro and she has a practice in Albany, CA. Her office was inviting, soft relaxing music was playing and the staff was very kind and supportive. I knew I went to the right place. The first thing the doctor told me was that our body is intelligent and can heal from any

imbalance. I felt relieved and overcome with gratitude. I so needed hope, encouragement and someone to believe with me. She educated me on removing hormones and chemicals from my food, the importance of antioxidants, detoxing, using all natural organic beauty and personal products. She gave me herbs and supplements, encouraged me to try energy healing, and told me to consider practicing yoga for stress reduction. She also talked to me about my emotional health which no other doctor mentioned prior. Changing was not easy and it was costly. I had to start shopping at different stores, cook daily, plan my meals in advance and pack my lunch. However after adopting this new life style in less than six months I was fully recovered. I could not believe how simple it was and how many women are possibly led astray by listening to their doctor and believing there is no cure.

Two years later I was pregnant with twins and I was extremely happy. Unfortunately the pregnancy became very difficult and I had ligament pain in the pelvic area, and after the delivery the pain did not go away. My pelvic ligaments remained relaxed and I had an unstable pelvis for several years. I remember one day I was at the park with my sons, while we played I kicked a soccer ball. My pelvis went out of alignment and I started having severe pain, we had to go home and for the following three days I was in agony. The smallest sudden movement affected me greatly and the pain was unbearable. I resorted to pain medications and anti-inflammatories to get me through the day and go to work. My doctor referred me to physical therapy, which helped very little. I also learned of an MD who injected saline solution in the ligaments (called prolotherapy) so I gave it a try but after thousands of dollars spent, I saw very small improvement. I was told that my only hope was to have a metal plate placed in my symphysis pubis area to hold the bones together. That was my last straw and I abandoned all Western Medicine treatment.

I took some time to reflect again on what had transpired. I asked the question again, “What is the root cause and why is my body not healing?” as if my question was being answered; I found a great chiropractor and a naturopath who gave me hope again. Within a few weeks I felt better and better. The chiropractor handed me a book called *Feelings Buried Alive Never Die*, by *Karol K Truman*, and introduced me to the concept that childhood trauma and negative emotions that have not been released, can contribute to illness. I was intrigued and wanted to learn more. That conversation planted a seed that emotions could be a possible root cause of my illness. This learning also brought back memories from my childhood where a male much older than me made sexual advances that were inappropriate and very uncomfortable for me at a young age and I wondered how those emotions also played a role in the health conditions I was experiencing.

I also started educating myself on natural healing therapies including supplements, herbs, flower remedies, essential oils, homeopathy, and energy healing, releasing negative emotions and started helping others as well as myself. Thru my studies and with the help of blood tests I found out that I had an autoimmune disorder of the thyroid. I also learned about looking at root causes and realized there was a link with candida overgrowth and chronic stress. I made many changes in my diet and incorporated candida cleansing periodically. I started using meditation and positive affirmations to help with my stress and declarations of what I wanted my life to look like. Eventually one day while asking for guidance I came across the concept of earthing/grounding and started sleeping on a grounding sheet shortly thereafter. Earthing was a very important discovery for me because until I experienced its benefits, I did not realize how much inflammation was affecting my health. After two weeks of sleeping on the earthing sheet I was able to reduce my thyroid medication. After one month I no longer needed it. I also noticed

that I no longer had to wake up during the night to use the bathroom and all PMS symptoms stopped, including low back pain and cramps. I slept much deeper and woke up rested.

I also came across and used a modality called “The Emotion Code” By Dr. Bradley Nelson. Once the unresolved emotional issues started to be released and resolved I saw more improvement in six months, than what I experienced in many years prior. Through using this method of emotional healing I realized that so much childhood trauma was energetically trapped in my body especially around my pelvic area where most of my health problems were. This made me realize that the inappropriate sexual advances I experienced as a child affected this area of my body and the tension I held there created energetic blockages.

Lastly I learned of a biofeedback device called the Zyto Compass, which I purchased and started using regularly to monitor my progress and make the best choices for herbs, supplements, essential oils and more. This has been a very beneficial tool because it helped me measure improvement. I went from having 50-60 biomarkers out of balance (from a total of 76) and progressively reducing to 20 or less. In the last year I also started using the S-Drive DNA Hair scan and this device based on epigenetics has been extremely helpful in monitoring my state of health and guiding me to what specific nutritional foods to focus for optimum vitality.

In the last year I have also incorporated the Cryxon Light/Color/Crystal therapy which has been so helpful for balancing the physical, emotional, vital and mental body. If I get sore from exercising, feel down, get a cold or just feel stressed I have a non-invasive tool to use and get results in a few minutes.

An important point that negatively impacted my recovery was being a perfectionist and an overachiever; I wanted to be a perfect employee, a perfect mom, a perfect wife and so on. The overachiever is a typical case for long-term candida overgrowth and feeling overwhelmed. I had

to learn to let go of my perfectionism, ask for help and say no to some social events so I can rest and create balance. I did not learn these skills until my forties when I finally let go of the fears of being judged or being perfect. Today at 45 years of age I am healthier than ever. I run, dance, use weights, practice yoga, and both the thyroid and the pelvic area are recovered. My vitality is more vibrant than it was in my 20's and I am so grateful.

I have also learned to pay close attention to my body and give it what it needs before it gets out of balance. If I feel stress coming on I take more time for myself to rest, meditate, take a relaxing Epson salt bath with essential oils or use the light therapy. I have also learned to communicate better with my husband, children, other family and friends and not overbook myself with too many events. If my schedule gets too full I say "thank you for the invitation but my schedule is too full this week". People usually understand and I learned not to feel guilty. I also take time to do things I enjoy, go to 3 Zumba dance classes a week, take walks in nature, work in my garden, listen to relaxing music or have a weekend get away with my girlfriends in the mountains. My husband and I have date nights once a week and we choose a healthy restaurant in our area or choose other activities we both enjoy. I learned that in order to have vitality and maintain it, one must create balance in all areas of their life, nourishing their body with nutritious high quality food, getting enough sleep, find a career they love, manage stress, develop a positive mindset and connect with their inner guidance regularly and have goals that they look forward to. I can truly say that I have reached this state of being and I am so grateful.

Upon assessing myself by filling out the "Vitality Survey" described in Figure 4, the total score came to 23 points, which falls in the range of optimum vitality. This vitality assessment tool is used in this paper to measure six quality of life indicators: stress level, quality of sleep, happiness level, energy level, recovery time from common ailments and the frequency of

symptoms from old medical conditions that the subjects are being seen for by holistic practitioner/quantum doctor. I truly feel full of vigor and balanced in the areas measured by the survey. I also feel confident that I can maintain vitality by using the tools I have learned through Quantum Medicine if an imbalance shows up and needs attention.

Case Study 2 - 52 year old Female - (will refer to her as Pam)

Pam is an energetic, independent, strong willed fifty-three year old female who started experiencing more and more health issues as she got into her forties. She developed severe allergies, allergy induced asthma, acid reflux on regular basis, chronic back and neck pain and frequent sinus infection. Pam was seeing doctor after doctor seeking resolutions to her growing health problems and was very disappointed to leave the doctor visit with just another prescription medication on top of what she was already taking. She was taking three types of medications for acid reflux, some for allergies and pain medication. When she expressed her frustration to her doctor about the digestion issues not resolving, the doctor increased the dosage. In addition, she was prescribed antibiotics each time she had a sinus infection which further compromised her digestive system.

Pam came to see me as a client approximately five years ago and we started working on several aspects of her health. The first thing I learned about Pam was that she had much anger and frustration that she carried. She was easily triggered by negative encounters with co-workers, family and friends. Pam described how she had a difficult childhood as her mom was a teenager when she had her and Pam was raised mostly by her grandmother. Later on, Pam's mom married and had a second child with Pam's stepfather. Pam and her mother had a difficult relationship as

well as Pam and her brother. Pam resented the close relationship she saw her mother have with her brother which she always wanted as well but did not experience with her mom. Pam became estranged from her immediate family for years and had negative thoughts towards them.

Whenever she talked in our sessions about her parents and brother, she would get agitated and tense.

During our sessions, we did a lot of work on releasing negative emotions using the emotion code to find out what trapped emotions were behind the anger, frustration and all the health issues Pam was experiencing. Emotions such as abandonment, love unreceived related to the heart and small intestine came up as well as rejection which is connected to the liver. Other times emotions related to the liver such as anger, bitterness and hatred came up during muscle testing to be released. We did several sessions over several months and Pam started to shift more and more, having less anger and getting triggered less and less. I also prepared Bach flower remedies for Pam that were specific to emotions she was experiencing.

Next we worked on Pam's nutrition. This area was initially difficult for Pam because she did not make a connection between her poor diet and the way she was feeling. Pam was starting her mornings with a large mocha with lots of whip cream added and all the trimmings. After that a typical breakfast was a bagel, pastry or donut. For lunch Pam was eating out most days and common restaurants were Italian, Mexican, Burgers, Pizza, etc. At dinner time her husband was cooking another big meal which was usually BBQ or Mexican style. Desserts and candy after meals were common and eaten almost daily. When she ate unhealthy and sugary foods that gave her pleasure she saw it as something she deserved after a hard day.

After suffering for years, Pam knew she had to make a change and she started with small steps and making progress slowly as we went along. The way Pam described it was that she

started becoming aware of what her trigger foods were that led to her symptoms and one by one she started eliminating these foods, such as fried foods, tomato sauce, pizza, alcohol, sugar, coffee, cow milk and so on.

After learning how the body works and what foods contribute to healing, Pam incorporated a healthy green smoothie in her routine every morning with barriers, aloe vera juice, protein powder and a good amount of fiber. She also started to drink chlorophyll water with lemon and replaced the morning mocha with green tea. This was a huge step for Pam and she could not believe how much better she was feeling after making these changes. She started decreasing her medication and her body was getting stronger and stronger. Pam started to also make changes at lunch time, choosing restaurants that had healthier options such as soups, salads, a lean protein with vegetables and she started splitting her restaurant meals with her daughter or taking home half of it. She would also ask for the dressing or sauce on the side. This was another big step for Pam because her weight started to come off and her energy level increased. Instead of baking regularly, having cakes, cookies and candy for an afternoon snack, she added more fresh fruit and dark chocolate as her regular snacks. A few months after sticking to these changes Pam realized one day and she had no more acid reflux and that she weaned herself off all the medications. Her body had reset and she no longer craved sugar, she actually craved healthy foods. Pam allowed herself an occasional treat and she didn't stress about it.

Over time Pam also started to become very interested in reading about health topics and frequently I shared educational materials and latest research with Pam. She was very interested in the research on earthing and she invested in an earthing sheets and earthing shoes. Shortly after using the earthing sheet Pam noticed changes in the reduction of back and shoulder pain, improved sleep, less cramping during monthly periods and a deeper sense of wellbeing. She also

started walking daily, using weights two times a week and practicing yoga. These activities were in addition to playing on a softball and a bocce team.

As part of the protocol in helping Pam to regain her vitality, we carefully chose vitamins and supplements that were coming up in the Zyto Compass scans as highest priority along with good probiotics, food enzymes, antioxidants, omega 3 and so on. Pam also came in for regular Zyto Compass scans and she went from having 58 biomarkers out of balance in 2012 to as low as 15 biomarkers out of balance in 2016. This is significant improvement! Pam also learned basic knowledge about how to use herbs and supplements for common health problems like colds and flu so she could be proactive and have products in her home to address the symptoms right the way to avoid full on infections and viruses she had experienced in the past.

When Pam approached the allergy season we supported her body with natural herbs as well as taking other preventive measures to minimize sinus infections and allergy flare-ups such as sinus rinses, vacuuming the house frequently and using a good air filter in her home. All these small changes went along way for Pam and she rarely experiences old symptoms of her previous conditions. In a most recent visit Pam experienced the latest Cell Well-Being Technology where she had Hair/DNA scan and was able to get a detail report on how far she has come and what areas to focus on going forward. We were able to see what vitamins, minerals, amino acids, EFA's, etc. are in balance and what foods are most important for her body's needs at this time. This report confirmed to Pam that the hard work she has been doing is paying off.

Another important aspect in Pam's healing journey has been at a spiritual level. I suggested to Pam to try a morning meditation routine to clear her mind and set positive intentions for the day and Pam really took this habit seriously and started to notice the peace and calm she felt after meditation and throughout the day. Pam also used prayer regularly in her life

and started connecting with her angels. This brought a sense of peace and calm in Pam's life and when she did go thru challenges she asked for support and she felt the angels guiding her and bringing resolution to issues she encountered. She also started setting monthly and yearly goals which led to a job promotion, awards at work and new positive friendships. Pam realized that she always learns and feels good around her new friends and instead of talking about other people they talk about things that interest them. I recently met with Pam to reflect on all the growth and healing she has achieved and some of the comments were: *"I no longer think negative thoughts; they are no longer part of my world. I no longer invite negative people in my circles. I no longer get triggered by negative people. If a frustration comes, now I know how to energetically let it move through me and let it go. I am truly happy."* These comments say a lot about Pam's progress and how profoundly different her life is now.

She also came in for energy healing sessions to have her chakras balanced and learn how to work with releasing energy and emotional blocks. Pam also enjoyed using essential oils frequently for stress; relaxation and she regularly used the chakra healing spray I make for my clients. During our last energy healing session, Pam experienced the new Cryxon Light/Color/Crystal therapy and felt the profound effects and transformational benefits. When asking Pam what she felt made the most difference in her healing journey from all the healing modalities we used, she replied that the emotional healing had a huge impact on helping heal from the inside out, releasing the pain and anger she felt inside. She also said that it helped her understand herself and what she needed. Keeping her chakras clear and toned with the essential oil chakra healing spray was her second favorite, she really felt the difference if she did not use her oils.

Now when I look at Pam I see a vibrant, radiant, beautiful woman who is confident yet gentle at the same time. Her skin looks radiant; she is fit and slender and smiles a lot. She reflected on a recent conversation she had with her daughter where she was standing by the kitchen sink and emotions came over her. When her daughter asked what was wrong, she said *“I’m emotional because I feel happy”*. This was a beautiful moment for them both. Pam has been an amazing example for her college age daughter who has seen her mom through the low times and now has watched her transform her life in so many ways. Her daughter has also come to see me for consultations and has adopted many healthy habits together with her mom.

When Pam filled out the vitality survey her score was 21 points which fits in the category of optimum vitality. Looking back over the five years I worked with Pam it is so rewarding to see her transformation. She is someone who needed to tweak a few things in her lifestyle, to learn some basic self-management skills and be encouraged along the way to find her true happy self. Now she feels connected to her physical, emotional, mental and spiritual body and this is what we call vitality through Quantum Medicine principles.

Case Study 3 - 47 year old male – (will refer to him as Dan)

Dan is a busy dad of two teenage boys and devoted husband. He comes from a big family where food was always plentiful and his mom showed her love through cooking for all the family members their favorite foods. As a kid, he grew up loving sports and taking part in anything that appeared mischievous. He was the oldest of four kids and always felt responsible to watch over his younger siblings and be a good role model for them. In his late 20’s, he got married, started a career in finance and had two children in his 30’s. He loves soccer as he played

since he was young and still plays regularly. Since Dan grew up around lots of baking and cooking he had a sweet tooth, and fried foods and lots of meat were among his favorite foods. In his late 30's Dan started to notice that his health was declining. He was experiencing regular digestion issues, allergies, skin irritations, headaches and some weight gain. Stress was also increasing in Dan's life as he was a busy dad, he was commuting to work and getting stuck in traffic, his work responsibilities were increasing and he also took on home improvement projects. On top of all this Dan experienced a huge loss when his father had suddenly died from a heart related condition in his early 60's. The sudden death of his father pushed Dan into a deep depression and his health deteriorated even more. He started to get severe anxiety on a regular basis, he was experiencing chest pain, and his digestion issues got worse where he was having sharp pains. Dan went to see several doctors, had many invasive tests and was prescribed a number of medications. He was taking medications for an ulcer, for anxiety, for depression and pain. Dan was experiencing negative side effects from the medications and did not see much improvement in his symptoms. He decided to stop taking the medications and seek natural healing approaches in Quantum Medicine.

I initially started to work with Dan on his nutrition to improve his digestion which was causing severe intestinal and chest pain. We used the Zyto Compass Biofeedback testing to find out which supplements were best for him to start with. Dan was not big on eating breakfast so we put together a green alkalizing drink that Dan could make in the morning before work. We included whole leaf aloe vera juice, greens, liquid multi vitamin and minerals, fiber, lemon juice, extra liquid chlorophyll and vitamin C. Dan did not like taking too many pills so the liquids worked out well for him. Dan got organized and prepared all that he needed for the morning drink during the weekend, and in the morning he just blended everything together and was ready

to go. After being on this regimen for two weeks Dan noticed significant improvement. His intestinal pain decreased and the chest pain stopped. This was so encouraging to Dan, he felt like there was hope for him. He also came in for the S-Drive DNA Hair Analysis testing. Advanced technology based on epigenetics has supported Dan even further in seeing the progress he was making. It also showed changes in diet and supplements needed to be shifted as his body was healing and shifting. When Dan first had the Compass scan done in 2011 he consistently had 48-55 biomarkers out of balance, whereas in the last year his biomarkers are in the 20's. This shows significant improvement.

Next, we started to work on Dan's emotions by using emotional healing, flower remedies and essential oils. This area was harder for Dan as he was not so comfortable talking about his feelings, but he stuck with it. While using the emotion code in working with Dan I muscle tested to find out at what ages negative emotions that came up from the emotions chart set into his energy body. Age 10 kept coming up and the emotions connected to the stomach such as anxiety, helplessness, worry and despair. I asked Dan if any significant event took place at that age; with much reluctance Dan shared with me that he had a major traumatic event take place at that age. When Dan was growing up his family were farmers and Dan often helped his parents and grandparents work on the farm. In the fall of his 10th birthday during harvest Dan wanted to help his mom use a mechanical machine that removed the corn kernels. This machine had a funnel where the corn was dropped in a shaft with teeth like metal parts and the kernels would be separated from the core. Somehow, Dan got his hand too close to the sharp edge of the machine and his hand and fingers were severely cut. Dan had to be rushed to a hospital and had to have multiple surgeries and this was a very painful and traumatic event for him. In the book *The Emotion Code*, Dr. Bradley Nelson, points to the fact that negative emotions can get stuck in a

certain part of the body when a traumatic or stressful event takes place. For Dan the emotions mentioned above settled in the intestinal area. The good news is that in Quantum Medicine we are aware of this phenomenon and we can support people in letting go of these stuck emotions. As I worked with Dan, we also identified emotions of grief related to his father's death which affect the lungs and chest area. I prepared Bach flower remedy drops for Dan to take as well as asking him to use calming essential oils, which all worked together to support Dan's recovery. Dan and his wife also invested in an earthing sheet which they both love. They have noticed improvement in their sleep, energy level, stress reduction and less aching after exercising.

Additionally, Dan came in for regular energy healing and chakra balancing sessions when he was feeling stressed and overwhelmed, and we worked on a variety of self-management techniques to help Dan reduce and manage his stress level. He was open to taking Epson salt baths with lavender and chamomile essential oils, he loved using relaxing music as well as deep breathing exercises. These along with the Cryxon Light/Color/Crystal therapy helped Dan stay in balance and keep his stress in check. Dan also learned to communicate better at home and at work when something came up that needed to be addressed so it would not escalate to be a source of stress. He also uses his spiritual beliefs and prayer to support him through life's ups and downs, which brings him much comfort. Dan's wife was very supportive of Dan's shift to adopt more holistic approaches to his life and they made many positive changes for the whole family. They got very organized with their weekly shopping and planning so the meals are nutritious and balanced for them and their children. They also made sure to have plenty of fruit and healthy snacks to minimize indulging in sweets. Dan and his wife even take vacations to healing retreats and places that incorporate healthy organic meals, fresh juicing, mind body therapies and so on. Making time for juicing at home and cleansing is also a regular part of their

life now. They have date nights every week and they incorporate regular massage therapy sessions as part of the things they enjoy to do together.

Another important aspect of Dan's healing journey was learning to trust his intuition and pay attention to his body's needs. I noticed from the beginning that Dan was a very intuitive person but he was not so comfortable with the term "intuition". He made great financial decisions in his life and in his work, he was very good at reading people and situations and he liked to call it "gut feeling" or "gut instinct". So I started having conversations with Dan about using the same principles to pay attention to his body and the way he feels, using his gut instinct to check in with his body how it feels and consider what his body may need. Dan recently complained about an annoying skin issue that keeps coming and going, and we talked about what may be causing this. Dan started paying attention to how he feels after he eats certain foods; he realized he did not feel so good after eating gluten and how his skin irritation got worse. So Dan wanted to try to go off the gluten and sure enough it made a big improvement in the way he was feeling and his skin. Dan also started to pay more attention to stretching before and after playing soccer, and he noticed that he gets less injuries and less soreness.

Since starting on the journey of healing with Quantum Medicine modalities Dan has made a lot of progress, he no longer has depression, nor chest pains, no more intestinal pains, headaches or anxiety. He has energy to coach his children's sports teams, work a full time job, stay fit and healthy and have a happy balanced life. When he gets a cold occasionally or seasonal allergies he knows how to use natural remedies to recover quickly. He has learned a lot about the importance of gut health which was the culprit of his issues. He takes probiotics, enzymes, a few other vitamins and still has a green drink every morning. Looking back it's been very rewarding watching Dan take charge of his health and find a balance in his life where he can keep stress

under control, make healthy dietary choices most of the time, have a happy family life and have a strong spiritual connection. Family is the most important thing to Dan. He has been a role model for his children, his mom and his siblings. He has shared much of what he's learned with them and they started adopting healthier habits as well. Dan's wife has been very supportive and took part in every part of Dan's healing journey visualizing him healed and full of life. In a recent visit, Dan filled out the Vitality Questionnaire and his score was 21 which fall in the area of optimal vitality.

Case Study 4 - 16 year old male – (will refer to him as Andy)

Andy is a caring, happy and athletic 16 year old boy who is a joy to be around. He was born a twin and has an identical brother who is 22 minutes older. Andy was the smaller twin born at 36 weeks in fairly good health. When Andy was born he was pulled out with the vacuum and suffered minor trauma to the head. He also had some challenges breathing initially when he was first born. But after leaving the hospital 2 days after birth Andy seemed perfectly healthy. He developed well, started pre-school when he was 3.5 years old and was a very bright child. In fact in elementary school he tested advanced in many areas and was placed in a special program for gifted children. When Andy was around 4 years old he started having frequent respiratory issues. His parents visited the pediatrician office very frequently for bronchitis and ear infections. Each time he got an infection antibiotics were prescribed. This went on for 2 years non-stop. By the time he was 6 years old he was diagnosed with asthma and he was put on steroid medications. After being on asthma medications for approximately one year his parents noticed that Andy was not growing as much as his twin brother was and started to get concerned.

Andy's mom did some research and found out that one of the side effects of the asthma medications was stunted growth. At that time Andy's parents decided to seek out alternative options for Andy's asthma and frequent infections.

I started to work with Andy, initially educating the parents on how the body works and what happens when someone has asthma. I explained to them how in my experience most asthmatic clients have a weak digestive system. Some of them have food sensitivities, therefore they do not digest their food well and toxins get built up in the intestinal lining. The intestinal lining is connected to the lining of the lungs and therefore the lungs also become irritated and inflamed. I have learned that many asthmatics are sensitive to wheat and cow milk, so those were the changes we made first. We also talked about avoiding food coloring, processed foods, and processed sugar and made sure Andy chewed his food well. We chose to remove peanut butter as it is known to carry fungus and cause havoc. After doing a comprehensive assessment I also made recommendations for specific vitamins to support Andy's recovery. We used the Zyto Compass Biofeedback scan to find out what was priority. We gave Andy a good multivitamin and mineral, a special blend on elderberry for children with reishi and maitake mushrooms, with mangosteen, astragalus and echinacea. We also gave him probiotics at night and papaya enzymes with meals. After making the changes and taking the supplements for approximately one month, Andy started to improve. He kept making progress, he stayed on the supplements for 6 months and then we implemented a maintenance program. The parents were very cautious with Andy's diet making sure he avoided the trigger foods and eating a balanced diet with lots of greens, vegetables, fruits, whole foods and good protein. They switched to mostly an organic diet as well as juicing fresh organic vegetables regularly. Andy had learned to drink the vegetable juice without complaining and understood that it was good for his body.

Other therapies that we used for Andy were hands on energy healing, EFT tapping, emotional healing, essential oils and Bach flower remedies. Andy responded very well to these therapies and was very engaged. He was a very intuitive child and often knew which therapy he needed depending on how he was feeling. His personality was more hyper than his brother and he worried a lot about little things. He also got agitated very quickly, so the flower remedies and essential oils made a big difference in helping him calm down. Two years after Andy started Quantum Medicine therapies he was a very healthy child; he had no more evidence of his old illnesses. His parents reintroduced wheat occasionally in a sprouted organic form and he did just fine with that. He also drank raw milk and regular milk occasionally with no issues.

When Andy was 12 years old his family got some sad news that Andy's grandfather passed away in a tragic accident. Andy had never been at a funeral before or around death so it made him nervous. He asked his father if he was supposed to cry and what funerals were like. His father explained that everyone is different and if he felt like crying it was Ok to do so. The family went through a difficult time with the ordeal, all grieving in different ways. Approximately 2-3 weeks after the funeral Andy started to get chest pains. He had never had these pains before and the parents were very concerned. They took him to see his doctor, had some tests and were told that everything was ok. The chest pain kept coming on so Andy came in for a session. I talked to Andy about his pain and we did emotional releasing. During muscle testing the emotions of grief and confusion came up, which were both related to the lungs. His heart chakra was also blocked and we worked on balancing that. I talked to Andy about his grandfather's death and the funeral and how he felt about it. Andy thought about it, looked at me and said "when I was at my grandfather's funeral I did not cry but now I'm ready to cry". He

hugged his mom and his bear and let out his grief for a few minutes. This felt like a big release for Andy and his chest pain resolved.

He continued to come in from time to time to have Compass assessments and most recently to have the S-Drive DNA Hair Scan. Andy is an athlete, plays soccer at the club level and he is very dedicated. He puts lots of hours in practicing and improving his game. His body is also growing and changing, therefore we identify what he needs. Now that he is a teenager his diet is less than perfect, sometimes he bikes to the grocery store himself and buys some snacks that are not the best for him. He recently started to get some pressure in his chest when he played soccer and started to get concerned. After getting evaluated by a cardiologist and ruling out anything serious, we did the DNA Hair Scan and found out that he was low in magnesium. We know that the body uses lots of magnesium when we are active and this mineral also gets drained when we eat too much sugar and white carbs. So we started Andy on 500 mg of magnesium a day and the pressure and discomfort cleared up.

Andy also comes in if he has minor sports injuries and we use the Cryxon Light/Crystal/Color therapy which is very effective in helping the injured area heal quickly. Andy has learned from a young age how hard it is to be sick, but has also seen his body transform and recover in a profound way. These experiences made Andy more sensitive to other people who have illnesses. The pediatrician told Andy's parents that he will have asthma his whole life and this was not so. It is so sad that most parents believe these diagnoses and do not know that they have other options. Andy is grateful that his parents were brave enough to try something different and change the course of his health. Andy has learned that his body was just out of balance temporarily and the changes he and his parents made turned things around. Andy has become an expert in the basics of how the body works and what common herbs and

supplements are good for common ailments. He knows what to take for a cold, flu, sports injuries and so on and he recovers very quickly. He even teaches his friends about Quantum Medicine and tells them about different options to heal the body. Andy's parents also invested in earthing sheets for the whole family. Connecting to the negative electrons during sleep gives Andy an additional layer of protection from inflammation, free radical damage and reduces the effects of EMF's he is exposed to from electronics throughout the day.

It has been a pleasure working with Andy over the years and seeing him recover, learn about his body and make good decisions most of the time even as a teenager. He eats healthy balanced meals, gets lots of exercise, has learned to deal with stress and common ailments, and is not afraid to ask for help when he needs to come for Quantum Medicine therapies, all of this by the young age of 16. He has learned to listen to his body and follow the body's cues when it gets out of balance. Andy filled out the Vitality Survey recently and his score was 22. This indicates optimum vitality.

Case Study 5 - 51 year old female – (will refer to her as Jane)

I met Jane approximately five years ago and at that time she had many health challenges, concerns and stressors in her life. As a child, when she was seven years old, Jane's parents went through a difficult divorce and Jane was abruptly moved across the country 3000 miles from her father with whom she was very close. Jane has an older sister who has a life threatening condition called congenital adrenal hyperplasia. Jane's parents were much stressed with her sister's illness as her life was in danger on many occasions; Jane felt that she had to be the perfect child, so she would not cause her parents any more stress. Jane was very bright in school

and excelled in many areas, especially advanced writing and the arts. She held back her creativity so she would not shine too much to overshadow her sister, who had learning difficulties and many other limitations due to her illness. Jane frequently felt wounded and neglected as a child, and that somehow her cup was always half empty.

Jane loved horses and her dream as a child was to own her own horse. She had taken some lessons but due to financial burdens the family could not pay for on-going lessons. Jane held her feelings and disappointments inside and put a smile on her face to make everyone happy in the family. She was sickly as a child; she got colds frequently; mono, strep throat, tonsils taken out and ovarian cysts in her twenties. As a child Jane also had some unpleasant incidences with a male neighbor around inappropriate sexual conduct. As she got older she felt ashamed around the topic of sex and suppressed that area.

As Jane became an adult, she married, helped raise two stepdaughters. She had ups and downs and stressful periods in life. In her 40's she was experiencing a variety of health challenges. She had numbness in her face and legs, tingling down her spine, she was depressed, exhausted and had frequent symptoms of anxiety. Jane was diagnosed with multiple sclerosis, was placed in a gene study by her doctor and had severe anxiety during the yearly MRI's she had to have as part of the study. She was also given medication for depression. Jane felt very frustrated with the doctors she was seeing because they did not give her any real answers as to root causes or solutions for her ailments. A few years later Jane also was also diagnosed with high blood pressure, thyroid issues and fibroids which she decided to have removed by having a hysterectomy. She also felt angry and agitated frequently, her legs felt heavy when walking, she had skin issues, had gas, bloating and regular digestive discomfort.

Before we met, Jane participated in a family constellation healing therapy which helped her understand that there is much more at play than what we see in the physical realm, including how trauma can be passed down to future generations. This experience helped open Jane to Quantum Medicine modalities of healing. Jane also saw a functional medicine doctor for uterine fibroids who helped her with having specialized tests done, recommended diet changes and supplements. Jane was overwhelmed with the amount of supplements but was grateful for the testing and nutrition advice. The difficult part for Jane with this doctor was that she only addressed the physical body and nothing was mentioned about the mental, emotional and spiritual.

When I started to work with Jane she was 46 years old, and one of the first areas we focused on was the emotional component. Jane had told me a story regarding a horse she had purchased a few years prior; she loved this horse. She was paying for him to be boarded at a stable in her area and she was riding him regularly at first, but then the horse got older and started to have health issues. Since Jane also had health issues she was very stressed about this horse situation. The financial responsibilities for the horse were becoming a challenge; she wanted to sell him but was having a difficult time getting over the guilt since owning a horse was a childhood dream. She also had a difficult time communicating to the staff at the stables, voicing her wishes and making a transaction that was fair and comfortable to her. We had one session of emotional healing using the emotion code technique. Shortly after Jane felt a huge relief, she felt like a big obstacle was removed from her path. She started to deal with the horse situation in a new way being able to make the best decisions for her and the horse. This event and the progress she experienced after the emotional healing stuck out in Jane's mind, and she realized how powerful this emotional healing can be. We had several more sessions and worked

on stressors and many layers of traumatic events in Jane's life. As we worked on these emotional issues Jane realized that her depression was getting better and she no longer needed the medication. I also noticed that Jane was wearing mainly dark colors, blacks, brown and grays. I talked to Jane about the concept of color and how dressing with bright vibrant colors can help uplift our mood and balance our body. She thought this was very interesting and she started to slowly add more color to her wardrobe.

Our next step was working on Jane's nutrition. She and her husband were eating out regularly; she was drinking several coffees a day and sweet treats were enjoyed frequently. She felt overwhelmed by having to cook or pack a lunch so eating was quick and on the go. We started with basic nutrition education, helping Jane understand how the body works and how important it was to make healthy eating a priority. Jane enjoyed learning about nutrition very much and she started to read and watch films on the topic frequently. Jane started getting organized with the grocery shopping on the weekend, cooking more, juicing regularly and avoiding sugar, gluten, coffee, processed foods and eating less meat. We used the Zyto Compass Biofeedback testing to prioritize what supplements Jane needed, and to see what areas were out of balance. The need to detox showed up for her, digestion issues, stress, skin issues and the need to strengthen the immune system. Having regular Compass assessments helped Jane see what areas improved and what she still needed to work on. In 2011 and 2012 her Compass reports showed 61 and 45 biomarkers out of balance, and in the last year they have been in the 30's and 20's. This very good progress is showing how her state of health has been improving over time as more and more biomarkers were moving into balance.

At this point, staying consistently on a healthy diet was the biggest challenge for Jane as it is for many people. She was disappointed to find out from her doctor during a physical that she

had high blood pressure. The doctor prescribed blood pressure medication and Jane held on to them but was unsure about taking them. When we talked about alternative options, Jane decided to purchase an earthing sheet which is known to help with regulating blood pressure. She took natural herbs specifically formulated for lowering blood pressure naturally. Jane also started walking more. After sleeping on the earthing sheet for a few weeks, Jane noticed that she felt dizzy and when she checked her blood pressure she realized it was too low. At this point she concluded she no longer needed the herbs. Her blood pressure was in balance and she stopped taking them. Jane was so excited about this and so happy that she chose not to take blood pressure medication and deal with negative side effects. She also noticed that since she was sleeping on the earthing sheet her period cramps and back pain diminished and she was sleeping better.

To help Jane with her journey of attaining balance, over time she also came in for hands on chakra balancing therapy, crystal/light/color therapy and Bach flower remedies. She also loved using the essential oils chakra healing spray I prepare, which all worked together synergistically to help the different layers of Jane's body to come into balance.

Jane also came in for the S-Drive DNA Hair Scan in the last year, and from that report she was able to gain more insight what to focus on. Some of the suggestions were to eat more flax seeds which help to eliminate excess estrogen from the body, vitamin c to keep her immune system strong, selenium, magnesium and keeping the EMF radiation level low. Jane also was guided on what foods her immune system is irritated by and what foods to avoid in the next 90 days.

Regular walking is another aspect that Jane incorporated in her routine as she lives in a beautiful area with hills and lots of trails. Jane and her husband started taking their dogs for walks regularly, and they both love the benefits of being in nature and enjoying its beauty.

Becoming aware of the power of thoughts and intention was a crucial area that had a big impact on Jane. She started using positive affirmations daily (especially around gratitude) and also used meditation and relaxation techniques regularly. Jane used prayer and connecting to her angels as a way of comfort and letting go of her worries and anxiety. The way she describes it is that she feels her angels are a support system she can connect to when she is worried or stressed. She also learned how to trust herself, her inner guidance and start paying close attention to how her body feels and how to be in tune with what her body needs. We discussed this in a recent visit when Jane mentioned that she was reading about essential oils and she was feeling drawn to Patchouli so she was going to buy some. Then while she was at my office getting a Compass biofeedback scan Patchouli came up as priority for her. This event helped Jane to realize how in tune with her body she had become, as she had learned to tap into and listen to her inner guidance system. When she saw her body responding she was so thankful and got encouraged to make more and more positive changes and trust herself more. Jane started to notice that the more small changes she made the fewer and fewer symptoms she had. The numbness and tingling were completely gone, her digestion got better, she was sleeping better and she had more energy to do things she enjoyed.

Last year an interesting event took place which is important to mention to illustrate Jane's progress. It was time for her yearly MRI as part of the gene study she was in. Normally she would see her primary care physician and would request a prescription for Ativan so she could get through the anxiety and fear of claustrophobia during the test. She made an appointment with

a new doctor she switched to, explained the situation and the doctor refused to prescribe the Ativan. At first Jane was very upset so she called me in a panic not knowing what she was going to do. I listened to her express her frustration. Suddenly it occurred to me to tell her that I felt that she made so much progress in the previous year that perhaps this was happening for a reason; the reason may be that she no longer needed the Ativan. We worked on so many self-management skills that perhaps she had the tools to get through the MRI without falling apart. I saw Jane for emotional healing and energy healing before her appointment, we released her fears and we also practiced some EFT statements she could use at home. When I introduced Jane to EFT a few years ago she really liked it, and she had used EFT for sleep issues and other stressors in the past with good success. I also gave Jane some calming herbs, some essential oils and she was on her way. Jane called on to her angels to support her in this process, much peace came over her and she was getting some confidence that she could make it through this ordeal. To her surprise and to the surprise of the radiology staff, Jane was able to complete the entire MRI test process, which lasted over one hour, without having to take breaks or feeling anxious. This situation left a mark on Jane; she realized how powerful the mind is and how far she had come in her journey of healing. In fact she felt so positive about her results that she decided she no longer wanted to be in the gene study; the M.S. symptoms have been gone for a while and she felt her body getting stronger and stronger.

Jane ended up having a hysterectomy a few months ago due to the fibroids that did not resolve naturally, but was confident her body would bounce back quickly because she was so much stronger. She recovered from the surgery very well. With all that behind her Jane keeps setting new goals to have more fun and joy in her life. She recently shared with me that she was listening to a talk by Dr. Christiane Northrup, who is an expert on women's health and has a very

holistic approach to helping people balance their hormones. Dr. Northrup was describing how fibroids are connected to suppressed creativity and that women should ask themselves “Am I living as my true self, am I expressing my creativity?” Then we started reflecting on Jane’s childhood how she did not want to shine too much to overshadow her sister, and how due to uncomfortable the situation described earlier with a neighbor she was still feeling like she is suppressing her sexuality. This was a very important insight; Jane made the connection between those childhood events and the fibroids she was dealing with and the connecting to suppressed creativity. Jane had started some creative projects in the past by making flower arrangements, and quilts and most recently decided to collect drift wood from the beach and make beautiful heart shape wall art out of them. These artistic projects are so therapeutic for Jane and she is so talented, they come natural to her.

Jane’s attitude has also changed so much over the years; she is no longer a cranky person, and she notices the beauty in the most mundane things. In reflecting about her transformation, she recently said to me: *“I realized that I had to stop and pay attention to life and what I needed to do to take care of myself. The transformation of my health helped me transform into a more giving person, wanting to be of service to others not just to myself, there is lightness in my heart now instead of the heaviness I used to feel. I also feel more present for myself and others. Things are less important to me, I learned to let go of feelings of guilt and I feel relieved”*. It is so rewarding and special to look back and reflect on all the progress Jane made and how she transformed from skeptical to embracing and benefiting from the Quantum Medicine principals she learned and incorporated in her life. Jane’s transformation also affected her family; she shared her knowledge with her stepdaughters, her husband, her mom, her dad and her friends. Jane also experienced another positive effect of shifting her vibration and her beliefs, the

abundance increased in her life! I am so proud of Jane and her transformation. She no longer associates with the heavy diagnosis she was given of M.S. as all her symptoms have resolved, she is positive, full of life, feels good most days, digestive issues have resolved, her legs no longer feel heavy, she takes time to nurture herself and looks forward to the future. I see how much strength and awareness she has gained in the past five years, and it has been such a privilege to watch her transform and be able to gently guide her along the path. When asking Jane what made the most difference in her healing from the work we did together, she said the emotional healing and the helping her shift her thinking. The deep learning to trust herself and her inner guidance was exciting to watch. She realized she went from skeptical to totally believing in how much potential she had in changing and transforming her life. Jane recently filled out the vitality questionnaire and her results were 19 points which places Jane in the optimum vitality category.

Case Study 6 - 54 year old female – (will refer to her as Anne)

This case is regarding a wonderful lady, who I will refer to as Anne who came to see me for severe personal stress, job stress, family stress, and stress from desire for things to be different, financial stress and very concerned about tumors she had in the left breast. Anne was very scared about her tumors due to family history of cancer. Anne's father had died from intestinal cancer and one of her brothers had lung cancer. Her sister was also dealing with late stage breast cancer during the time of the visit. Anne also had a history of liver issues, pre-diabetes, digestive disorders, gall bladder issues and joint pain. She saw a doctor for her concerns and was recommended to take medications and hormone therapy. Anne had two mammograms

and biopsy to confirm her breast tumor. She was very frustrated with the length of time it took to get a clear diagnosis and approvals for the tests necessary. She felt trapped in a health care system that cares about saving money and making profit more than giving timely care and attention to people like her.

Anne had also gone through a separation from her spouse and was dealing with many adjustments in life. Anne was having difficulty sleeping and just getting thru life day to day. Her biggest fear was that she would eventually get a cancer diagnosis like her family members. Anne also had a very stressful job and disliked the work she was doing and the environment she was working in. Her co-workers were very negative, they did not get along and different drama was going on in her department frequently. Anne also felt frustrated with the small amount of income she was making on top of the stress. At times she felt depressed and hopeless; she did not see a way out or have hope that her life could get any better.

After getting to know Ann a little and telling her about the holistic approaches I offer to health and stress management, Anne made an appointment and came in for hands on energy healing, and Cryxon light therapy. Anne was on a tight budget and was only able to have two visits in a period of 3 months. As a practitioner, I recall feeling a bit frustrated that I could not help Anne with a more comprehensive approach but I was happy to do what Anne was ready for even though it was a limited scope of the services I normally offer. In the first visit I asked Anne to tell me about herself, her life and stresses and she did for some time. During this time I watched her body become more and more relaxed as she was letting out her frustrations and pain. We also talked about all the opportunities available to us and which area Anne wanted to improve and shift. We worked on emotional releasing, opening and balancing her chakras, relaxation and visualization exercises and we also used several protocols on the Cryxon light

including specific ones for her breast tumors and liver. After the energy work we ended with a meditation where Anne saw herself in a beautiful place in nature where she felt secure and supported. We went thru the list of areas she wanted to improve and we took time to hold each one in her mind as if she already had the outcome she desired. At the same time we focused on the heart space to feel gratitude of the positive manifestation that was in the process of taking place. Anne was very good at visualizing and connecting to the image of her healthy body and to the vision of her new life filled with peace, joy, vibrant health, love and abundance.

During the visit Anne shared that she was interested in trying essential oils and flower remedies and she was excited to practice at home some of the visualization techniques she learned in the session. After the session, I emailed Anne some educational materials to read and she was excited about trying a new approach to her life challenges. Anne was particularly drawn to the chakra healing spray I prepared for her using 7 different essential oils and used it regularly as well as the Back Flower remedy drops. She also applied frankincense essential oil on her breast regularly.

There was a three month gap between the first visit and the second. During this time Anne reported that her sister who had late stage breast cancer had passed away and to her surprise she was able to accept the difficult circumstances and was able to handle the ups and down in her life with ease and a more positive perspective.

During the second visit, we did more hands on energy healing and Cryxon Light therapy. Anne reported that she felt so light and different afterwards. She continued with the positive thoughts and seeing her body and life in balance. After working with Anne over a period of three months and two visits, Anne reported that her tumors were gone. She was also offered a

new job that she enjoyed with much better compensation. She also felt very positive about the direction her life was going and could not believe how quickly things shifted for the better.

When asking Anne what she felt was the most important piece that helped her in her healing journey, she replied by saying that she felt that she finally had a place to go where she felt genuinely cared about and treated with love and compassion. After having the energy healing and light therapy she described a feeling of a powerful shift, new hope, like good things and new opportunities are coming her way. When I work with clients I ask them to visualize a golden healing light washing thru their body and infusing the body with loving energies and Anne loved this image and used it regularly. Anne also mentioned that she used the chakra healing spray every day and she felt so good afterwards. She felt like her energy was being uplifted and she could get thru her day with ease.

Working with Anne was truly a pleasure for me, it brought together so many of the principals I learned in quantum medicine. As mentioned earlier, when the chakras are aligned the person feels like they can get thru life with ease. This case is also an amazing demonstration of entanglement theory, illustrating the powerful results when the client and practitioner both visualize a positive outcome. Anne's transformation clearly illustrates Dr. Fanning's findings that when the chakras are aligned and followed by clear intention, the manifestation speeds up. Throughout the short period of three months Anne experienced quantum leaps in her belief system and energetic shifts in her body which in turn created physical healing, emotional healing and even started to attract abundance and more positive relationships. As a practitioner, I wanted to provide Anne a more comprehensive approach which would include nutritional adjustments but Anne was not ready for so much change, she was in survival mode barely getting by. Anne needed to take small steps which felt right to her. In a recent conversation with Anne she

informed me that now she is eager to have a nutritional assessment and start improving her diet which will continue to improve Anne's life. It's been a pleasure watching her transformation, the strength and courage she displayed in the last few months we worked together. When Anne filled out the vitality questionnaire, her score was 19, which falls in the area of optimal vitality.

Chapter 4

Results and Final Conclusion

In reviewing all the cases described above it is so insightful to see how perfect and amazing our bodies are. We are created by a consciousness/creator that is so intelligent and aware of our needs. This creator also placed a divine spirit within each one of us that guided all of the clients whose stories I have described here to an inner knowing and belief that their body can heal. Each case described exhibited courage, discipline and perseverance to try something new that felt right for them. An interesting observation in all six cases was that they all connected to their inner guidance which led them to make decisions and navigate through the healing journey. They also all embraced change, especially their mindset and the way they saw their illness. They all took time to learn the basic principles of healing outlined in the Quantum Evaluation Report described in Figure 6. Most made dramatic changes in their diet which is not easy for people to make. They also adopted a positive attitude about life, about their body's ability to regenerate and heal, and connected to their inner spirit that gave them strength to take one day at the time in this new unknown journey of Quantum Medicine.

It is interesting to note in my case is that both health conditions I suffered from were autoimmune related. Even though I recovered from endometriosis, the second condition that surfaced a few years later was also autoimmune related. My studies led me to the conclusion that some of the root causes of autoimmune are nutrition especially genetically modified foods, candida overgrowth, and inflammation and childhood trauma. I made changes in my diet while recovering the first time, but I did not fully understand the quantum model and I did not work on all five levels of consciousness. At that time I did not understand the importance of balancing the vital body especially healing suppressed negative emotions. I experienced physical and emotional trauma in childhood that was not addressed until later, after the second diagnosis. Childhood trauma is present in most of the cases presented here and I typically see this in most clients who develop serious health conditions. In two of the cases presented, we found that the study subjects had childhood trauma around inappropriate sexual advances. They also both developed conditions related to the uterus, so we can see a direct connection here of blocked energy in the vital body. We see a similar connection in three other cases, Dan, Andy and Anne, all three of them experienced significant grief from losing loved ones, with areas of imbalance taking place in the heart chakra and solar plexus. In The Emotion Code Chart, grief is connected to the lungs and colon.

When clients release negative emotions regularly we notice vast improvement in a short amount of time. Through releasing negative emotions one is able to tap into the supramental body and let go of old programming that is keeping the old morphogenetic field or blue prints running. By working with holistic practitioners clients “entangle” with them and set the intention to heal. The intention is set by healer, and the hee. It is a very powerful process. When holistic

practitioners practice entangled hierarchy in their relationship with their patients, more awareness is available and the opportunity of quantum leaps in healing become possible.

We also see in all the cases how energy healing played a significant role. Keeping the chakras open and maintaining them in balance by having regular sessions and using the chakra healing essential oil spray made a significant impact on the client's recovery. All six clients also used the Bach flower remedies which also affected the vital body and emotional body to slowly peel the layers of negative emotions which needed to be brought into balance.

The Zyto Compass biofeedback technology and the S-Drive DNA Hair Scan were also essential in guiding me to see the nutritional needs of the client along the way and be able to prioritize which supplements, herbs, oils, cleanses and so on were most important. By having these two pieces of technology it helped the clients see in a professional report the specific needs of their body and also tracked the progress they made. Seeing progress is motivating for clients, especially when they make a significant financial investment in their health as well as making changes that sometimes feel monumental.

The Crystal/Light/Color therapy which I used with all cases only in the last year has also made a significant difference for all six clients. This therapy has proved to be very powerful. What I'm seeing is that when I added this therapy with all six cases presented in this paper we were able to shift the imbalance faster than with other modalities. For example, when both Andy and Dan suffered sports injuries we saw the injury resolve in 1-2 sessions with the Cryxon device, compared to using other methods in the past which took 2-3 weeks. Being able to shift the frequency of the injured area by using the Cryxon device is a significant advancement in healing. All the six cases presented here had positive and fast results with this light, color and crystal technology.

As described earlier in the paper, becoming comfortable in using my intuition while working with clients has helped me as a practitioner move to another level of awareness and getting positive results quicker than before. I started to add a few minutes of quiet time in meditation before each session with a client asking for guidance and divine support. This practice has been powerful as I notice clear pictures that come into my mind and specific guidance I receive of what each client needs. Sometimes it shows up in a form of inner knowing of what therapy to use first with a certain client, other times is a simple question to ask which leads to opening up the person to deeper insight into their healing journey. Getting comfortable with using this inner guidance has definitely been a process of trusting and practicing until it became natural and I no longer questioned it. Now I see it as a partnership between myself and consciousness/God that put the desire of becoming a healer in my heart.

I believe that when it comes to healing and achieving long-term vitality Quantum Medicine offers a comprehensive approach to evaluate the whole person. While evaluating the Western Medicine model against the holistic approach of Quantum Medicine, it is clear that the quantum doctor offers an approach that heals the person and sustains the prana or chi, which is the essence of vitality. By restoring the morphogenetic field and allowing the individual to evolve from ego conditioning mode towards a self-creative mode, the quantum doctor focuses on the physical while also tapping into the vital, mental, spiritual and the bliss body. When I introduce my clients to the concept that there is a field of all possibilities “a quantum field” where anything is possible, they first look at me in disbelief. After a session or two they start engaging with this field and they see changes. They notice more options showing up (a menu of choices) which was not evident before and they never knew existed. This is the magic of interacting with the quantum field.

After years of learning and exploring with my own journey to vitality and through assisting others, I concluded that the clearer I became of what my higher purpose was the happier and more balanced I became. As I connect to the divine on daily basis through prayer, deep breathing, meditation, contemplation, I have less fear and worry, and more peace and joy. I feel connected to a higher intelligence (consciousness) that encompasses the answers to my questions. When I feel stuck, I ask for guidance and I am open to receiving what is for my highest good. Although the answer is not always what I'm expecting, I have learned to trust the loving universal intelligence that guides me to my higher purpose. The fact that I'm writing this paper completing my PhD in Natural Medicine is a direct act of the divine and a result of a life full of energy and vitality. When I felt unsatisfied with my career, I asked for support and guidance. Through a series of perfectly organized and synchronistic events, I was led to Quantum University. Here I am fulfilling a dream to receive the highest level of education in a field I love where I can make a difference for others. This brings me great joy. I know that when I live with purpose and fulfillment, I cultivate health and vitality in my own body, and radiate it to others around me.

In closing, through the research presented here, the cases described and my personal experience, I can say with confidence that a Quantum Medicine approach to healing increases and sustains vitality. Quantum Medicine is now my truth. My hope through this paper is to inspire people to be creative and open to healing in a new way and consider Quantum Medicine principles in their healing journey. Secondly, I would like to share the creative model I developed to evaluate my clients and guide them to reach vitality. I believe that each holistic practitioner has a specific calling to share their unique gifts with the world and I encourage all

practitioners to put any fears aside and let their creative juices flow and trust their inner guidance along the way. The rest will take care of itself.

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