

Erasing Pain

Speaking the body's own bioelectric language to heal from the inside out

5 Pillars of Holistic Healing

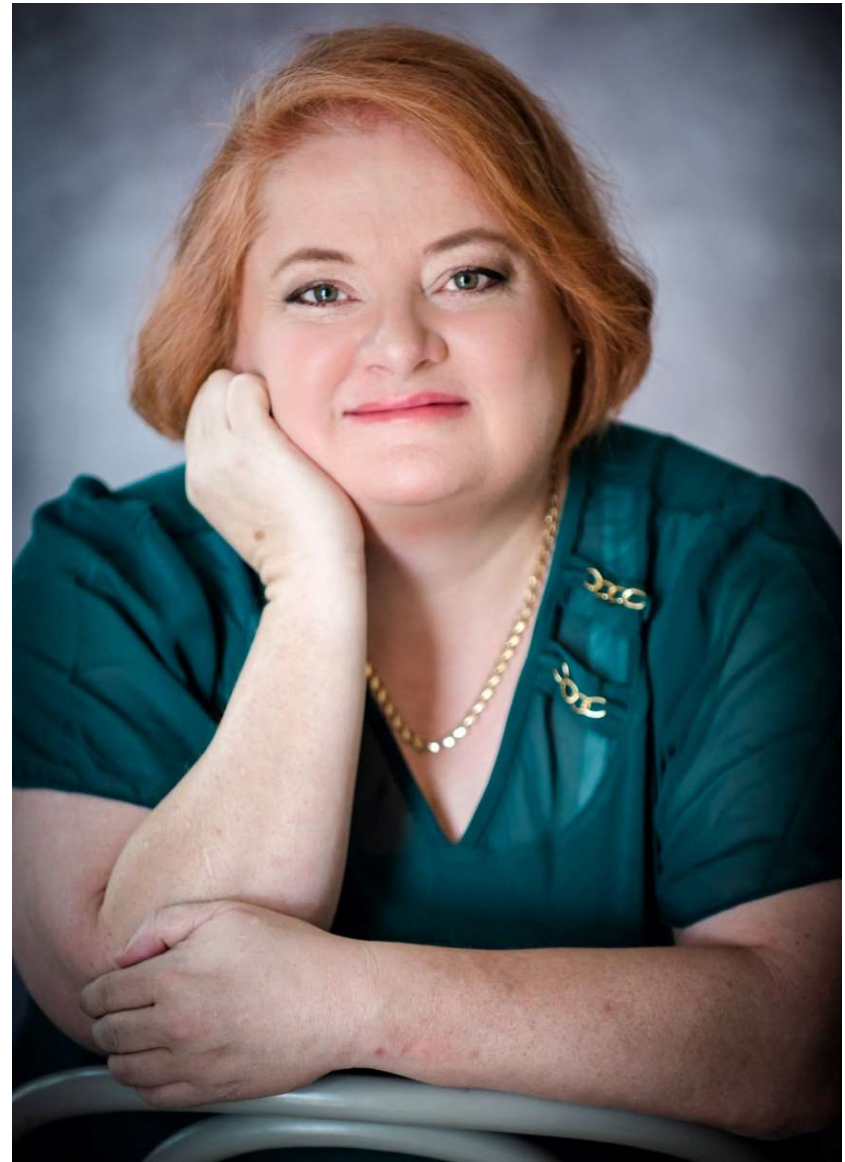


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- 30+ years in healthcare: EMT, CNA, RN: Cardiology, Oncology, Pediatrics, Memory Care, Infusion Therapy, Travel, ER, Pain Management, Holistic Healing
- Owner/Practitioner Erasing Pain Holistic Healing Center
- Co-founder/National Trainer for LearnMicrocurrent Academy
- Certified by Dr. John Hache in Microcurrent Therapy 2015
- Owner ElectroMassage Supply & ShopMicrocurrent.com
- Bioelectric utilization specialist, accessory designer
- Founder/Executive Director CRPS Clubhouse non-profit
- 9+ years CRPS/RSD Specialist
- BS in Nursing 1997 BYU, MS in Nursing Education 2010
- U.S. Presidential Scholar, WY 93

Me 😊

- Microcurrent Missionary
- Bridge
 - East & West
 - Allopathic & Holistic
- Connector
- Coach
- *Healer*



Prepare to Learn...

Picture a time in school when you were overwhelmed or confused or felt dumb & unable to receive new information.

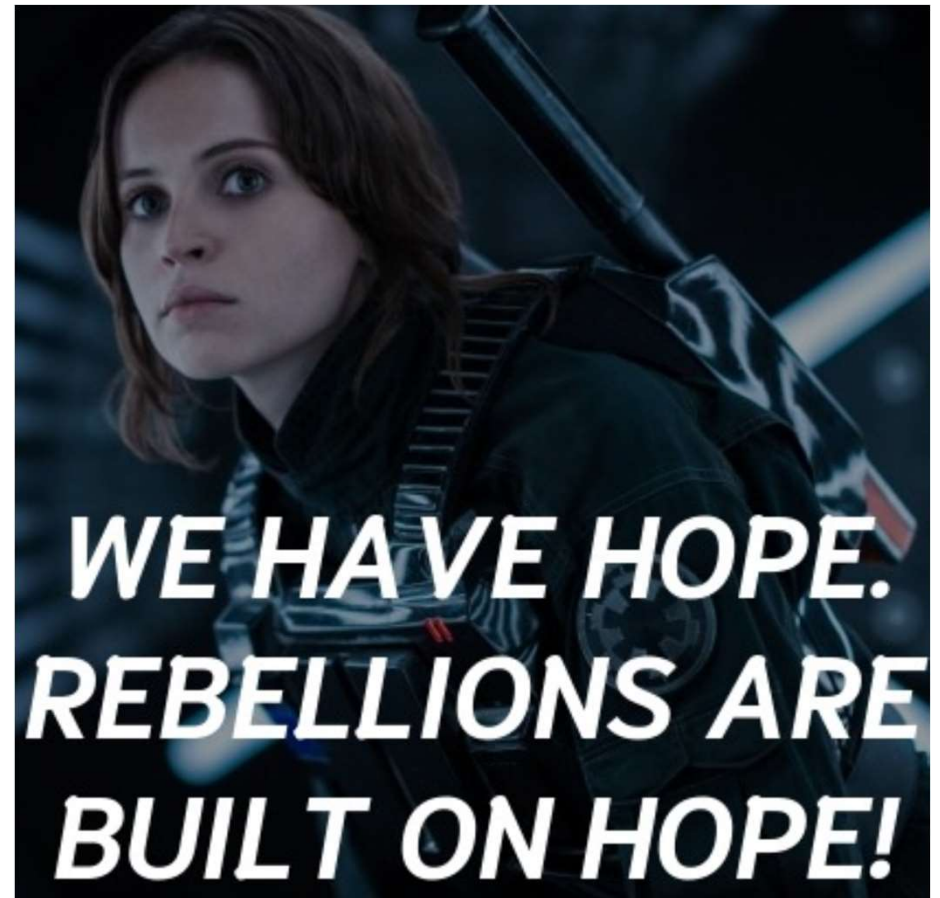
What was your most scary subject? Physics? Science?

Take out your tapping fingers.....

- It might be safe to learn about complex subjects
- I now allow feelings of anxiety to flow up and out of my body
- I can live without feelings of fear of learning and overwhelm
- I am safe to receive pieces of information without feeling left behind
- I have the power to learn both consciously and unconsciously
- I can trust my divine to help me remember principles and concepts that will help me move forward
- No matter how I learn, I fully and completely love & accept myself

HOPE

- A seed of faith that change/improvement is even possible



Press forward
with a
steadfastness
in Christ,
having a perfect
brightness of

HOPE

2 Nephi 31:20

What you are about to learn...

**will sound TOO GOOD
TO BE TRUE**

In order to understand that healing can be so much easier than we have been led to believe...

Here are a few real results:

NERVE REGENERATION

Severed facial
Nerve

4 treatments
over 7 weeks



WOUND HEALING 3 treatments over 16 days

G., aged 36, Electric arc burn, 20 % of body



Day 2
(Tx #1) 24.10.05.



Day 6 28.10.05.



Day 16 7.11.05



24.10.05.



28.10.05.



7.11.05

Scoliosis- Spine Straightened

One 15 min session

Before: Purple

After: Green



MOBILITY



Before



After One Treatment



How do I heal?

- E: EMF protection
- R: Rebuilding the body correctly through nutrition
- A: Alignment including scar tissue and energy flow
- S: Systemic detoxification
- E: Emotional release

5 Pillars of Holistic Healing

- #1- PHYSICAL
 - Body is in physical alignment
 - Energy is flowing and body cells are communicating
- #2- NUTRITIONAL
 - Body has building blocks needed for repair/rebuilding
 - Microbiome is balanced and functional
- #3- DETOXIFICATION
 - Heavy Metals/Chemicals out
 - New exposures minimized
- #4- EMF protection
 - Electrosmog repelled
 - DNA damage repaired
- #5- EMOTIONAL
 - Trapped emotions processed and released
 - Ancestral energies processed and released

#1- PHYSICAL



How does the body communicate?

- **Chemical**

- Timing varies- IV, sublingual, IM, oral, topical
- Blood flow is only 3mph

- **Electrical**

- Nervous system
- 100 to 268mph
- Fascia/Collagen fiber network
- instantaneous



- The difference between dial-up & fiber optic internet

ALL BIOCHEMICAL REACTIONS IN THE
BODY IS DRIVEN BY ELECTRICITY AND
ENERGY

ELECTRICITY PRECEDES CHEMISTRY

WHEN OUR ORGANS LACK BIONERGY TO
DRIVE BIOCHEMISTRY,
DISEASE SYMPTOMS OCCUR

EVERYTHING IS FREQUENCY!!!

Everything in life — everything you see, hear, feel, taste, and touch — is a vibration. Take any object. Yes, it seems solid until you put it under a microscope. Continue to magnify what you see and eventually all that remains is its vibrational signature. Smaller than atoms and even quarks, at the most fundamental level, the real underpinning of reality is the vibration of light.

Vibration = Frequency

Our bodies are made up of 4 million + frequencies. Water (80% of our body) has memory and stores additional frequencies.



Collagen Fiber Network

Fascia tubes create communication channels, energy pathways between organs

“Living Matrix” to every single cell in the body. 70 trillion cells each need constant communication and maintenance

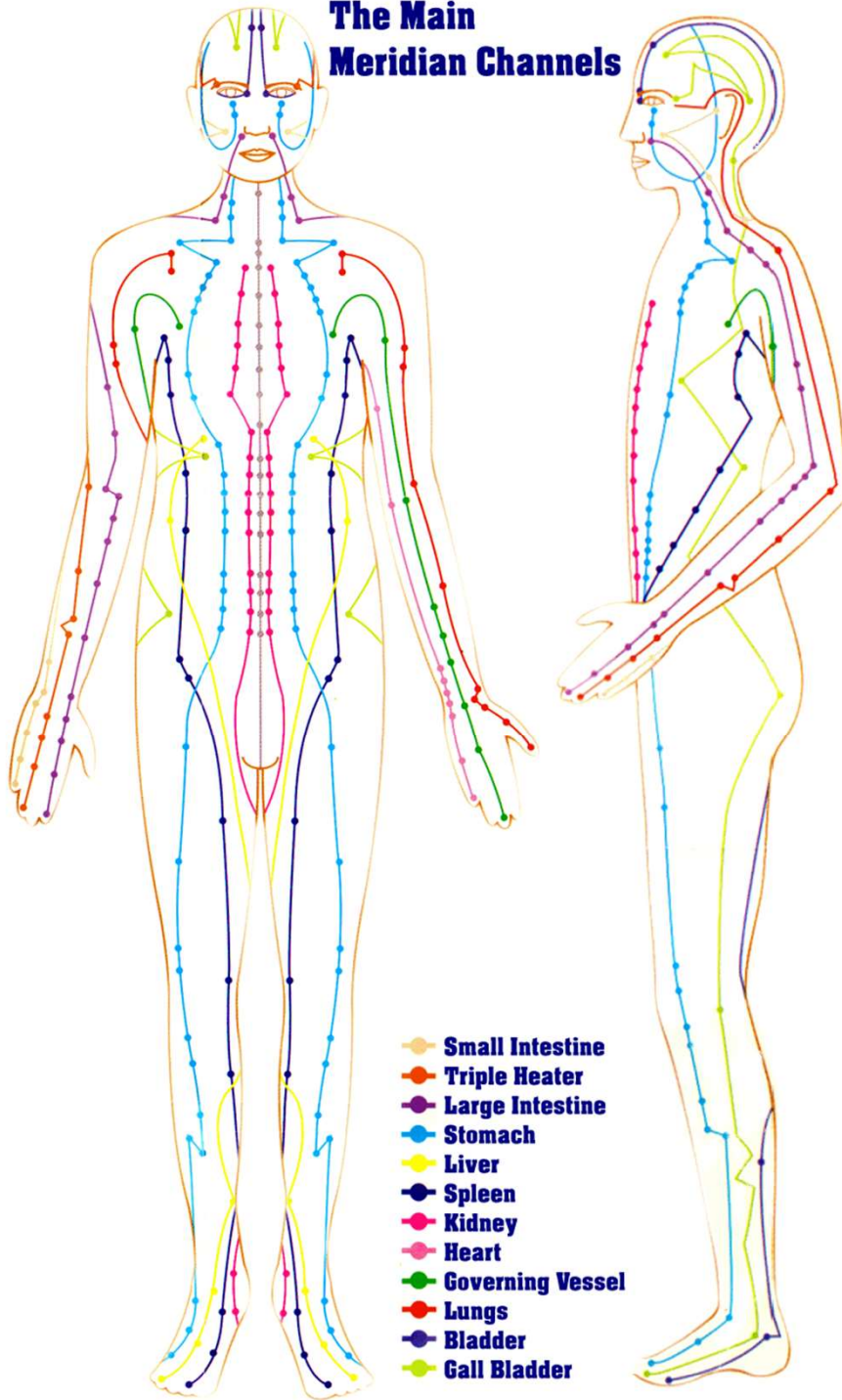
Not every cell is attached to a nerve. Every cell IS connected to the fascia network.



How does the body communicate?

- Energy pathways
- Based on embryology
 - Tissues developed simultaneously creating fascia tubes that form the basis of the collagen matrix of the “Body Electric”
- Aka Meridians or Chakras
 - Acupressure points are useful
- Goal: Homeostasis/Balance

The Main Meridian Channels



Crown Chakra Sahasrara	Understanding Cosmic Consciousness Enlightenment	White Jade, Diamond, Herkimer Diamond, Clear Quartz
Third Eye Ajna	Clairvoyance Intuition Psychic Senses	Amethyst, Moonstone, Sugilite
Throat Chakra Vehuddha	Communication Creativity Healing	Lapis Lazuli, Turquoise, Kyanite, Blue Topaz, Azurite
Heart Chakra Anahata	Love Hope Compassion	Aventurine, Jade, Rose Quartz, Kunzite, Rhodochrosite
Solar Plexus Manipura	Energy Vitality Desire / Power	Citrine, Calcite, Topaz
Sacral Chakra Svadhishthara	Sexuality Intimacy Emotions	Aventurine, Ruby, Carnelian, Citrine
Root Chakra Muladhara	Security Grounding Survival Instinct	Coral, Bloodstone, Garnet, Ruby

www.MusicFestivalJunkie.com



Review: Parasympathetic

Sympathetic

**FIGHT
OR
FLIGHT
OR
FREEZE**

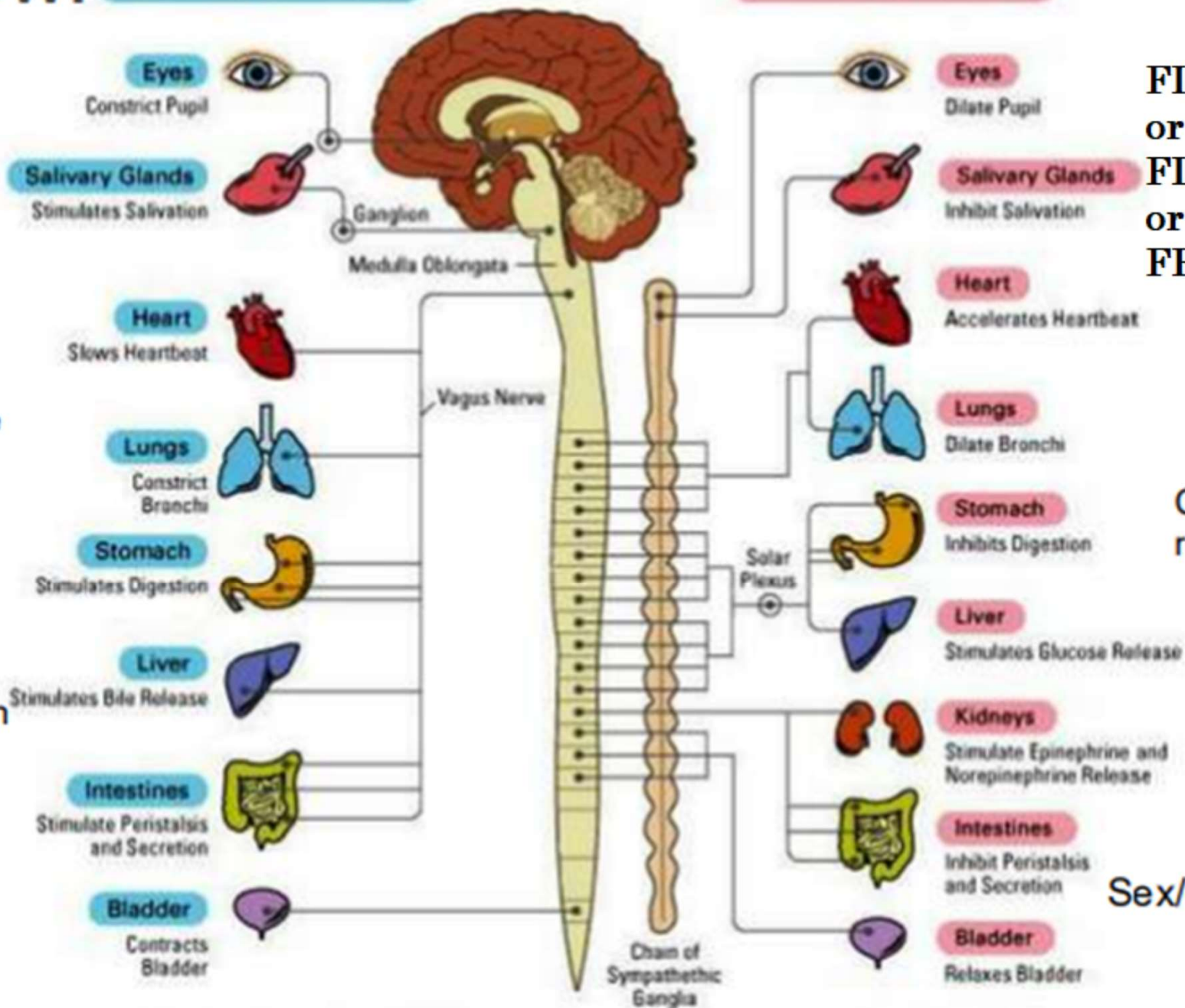
“ZEN”

acetylcholine

Relaxation
Sleep
Digestion
Regeneration
Assimilation
Emotional
stability

Cortisol
release

Sex/orgasm



Two Nervous Systems in the Body

- Fight or flight or freeze: Stress mode (sympathetic nervous system)
 - Increase blood pressure, heart rate, blood sugar, decrease pH, decrease extremity circulation (cold hands), dilate eyes, intimacy.
 - Brain's Beta Waves (12-38 Hz)
- Homeostasis: Zen mode (parasympathetic nervous system)
 - Eat, sleep, digest, assimilate information, process emotions
 - Brain's Alpha Waves (7-12 Hz)

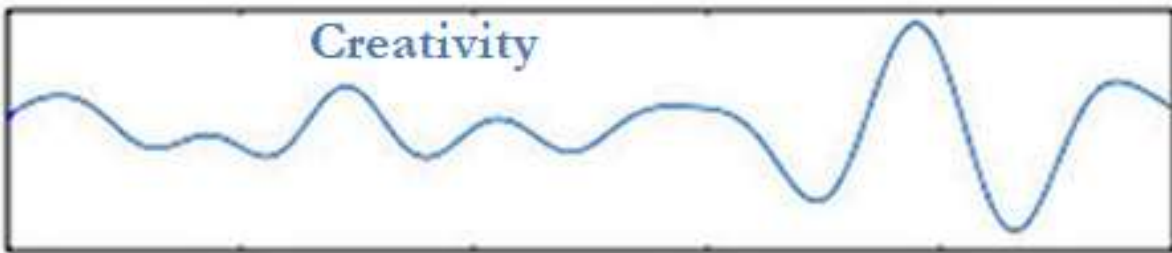
Brainwaves



Delta Wave
0.5-4 Hz



Theta Wave
4-7 Hz



Alpha Wave
7-12 Hz



Beta Wave
13-38 Hz



Gamma Wave
38-45 Hz



The chronic pain/sleep connection

- During REM sleep (delta waves, 0.5-4 Hz) the brain recalibrates, takes out the trash, drops cortisol levels, converts short-term to long-term memory & does general repair & regeneration.
- The longer you spend in the stress zone/ sympathetic nervous system the more the other body systems shut down and the harder it is to slow the brain down enough to reach REM sleep.
- The less sleep you get the more the pain/stress takes over: a vicious cycle very difficult to break and one key element of chronic pain relief.

FREQUENCY- the language of the body electric

- Different body cells/tissues communicate at different frequencies
- Talk to specific groups of cells directly! Just like tuning a radio.... The brain generates these specific frequencies, also known as nerve impulses or action potentials, in order to communicate with the nervous system

02 Hz	07 Hz	9.6 Hz	13.6 Hz	15 Hz	15.3 Hz	17 Hz	24.3 Hz	35 Hz	77 Hz	90 Hz
Nerves	Bone	Ligaments	Muscle	HBP & Trauma States	Capillaries Lymph	Blood Flow & Circulation	Fluid retention in joints & tissues	Clearness of Mind & Mental Function	Scar Tissue	Soft Tissue & Mucous Membranes

Sisken and Walker

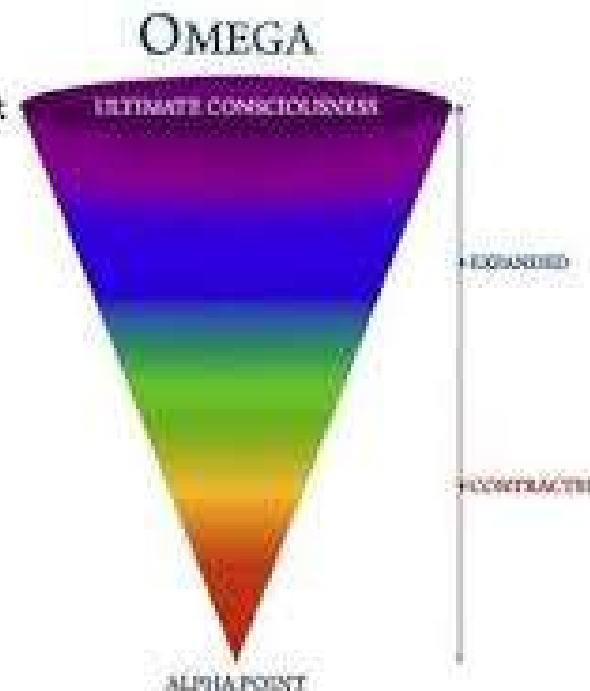
- General: frequencies >100 Hz = anti-inflammatory
frequencies <100 Hz = Regenerative/repair

Solfeggio frequencies

<i>Fork Names</i>	<i>Frequency (in Hz)</i>	<i>Chakra</i>	<i>Characteristics</i>
UT	369	Root	Liberate from guilt and fear
RE	417	Sacral	Undoing Situations and Facilitate Change
MI	528	Naval	Transformations and Miracles (DNA Repair)
FA	639	Heart	Connecting/Relationships
SOL	741	Throat	Expression
LA	852	Brow	Awakening Intuition
	963	Crown	Connect with light and spirit

Meridian tropism	Absolute frequency (%)
Lung meridian	3216 (58.33)
Spleen meridian	2189 (39.71)
Liver meridian	2170 (39.36)
Stomach meridian	1982 (35.95)
Heart meridian	1593 (28.9)
Kidney meridian	1282 (23.25)
Large intestine meridian	808 (14.66)
Gallbladder meridian	511 (9.27)
Small intestine meridian	471 (8.54)
Bladder meridian	289 (5.24)
Triple Energizer meridian	191 (3.46)
Pericardium meridian	94 (1.71)

- 700+ Enlightenment
- 600 Peace
- 540 Joy
- 500 Love
- 400 Reason
- 350 Acceptance
- 310 Willingness
- 250 Neutrality
- 200 Courage
- 175 Pride
- 150 Anger
- 125 Desire
- 100 Fear
- 75 Grief
- 50 Apathy
- 30 Guilt
- 20 Shame





: the “currency” of the body electric

- ATP (adenosine triphosphate) is a high-energy molecule that resides in every single cell of our body. ATP is our power supply, our battery. Without it, we die.
- “The difference between life and death is VOLTAGE” – Dr. Robert Becker
- ATP is the fuel we use to heal, regenerate, fight off infection, regulate hormones, digest food, transmit signals, move muscles, and every other body process.

How do we recharge our battery?

- Exercise and movement

Muscle contraction produces more ATP! When our muscles contract, we generate twice as much ATP as we used in the first place.

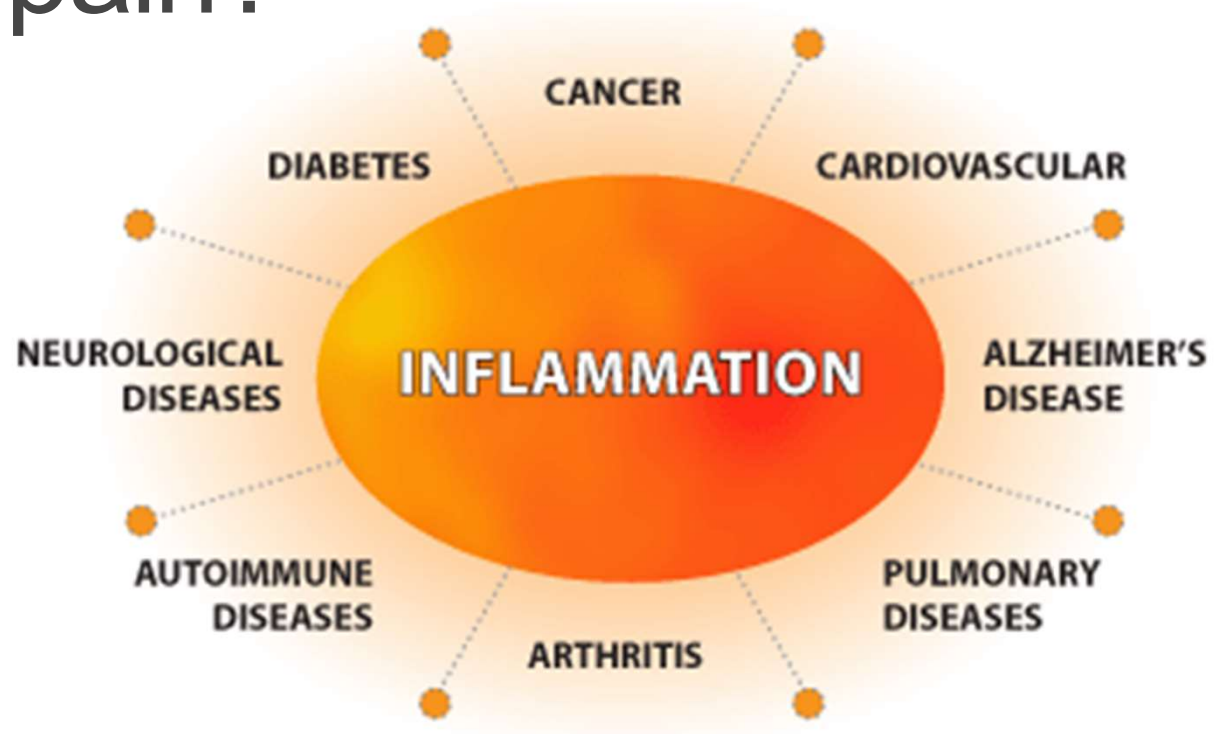
- It also produces another molecule (NADH) that enables your body to store higher amounts of ATP.
- 2 principles: use it or lose it, and you have to spend money to make money/energy.



What causes pain?

Symptoms:

- Rubor (Redness)
- Dolor (Pain)
- Calor (Heat)
- Tumor (Swelling)
- Decreased Range of Motion



When our body experiences injury, trauma or a hormonal imbalance (pregnancy, menopause, aging), our *natural flow of bioelectric frequency becomes disrupted*. It's like a **cellular power outage**. Those cells of the injured area lose their ability to conduct electricity and communicate effectively with the rest of the body, ensuing tissue damage, pain, inflammation, skin atrophy, and the impedance of countless biologic processes.

Inflammation

- The brain sends white blood cells, chemicals, proteins, etc to the injured area
- Creates molecular bonds that need to be broken.
- Produces an oxygen reaction that generates heat.
- Like a beaver dam in a river, it is all walled off forming a Selye pouch.
- Cells behind the wall and in the area go 'out of tune'
- Eventually the area is repaired and the materials are absorbed, the pouch dissipates and balance is restored

Chronic Inflammation

- Free radicals and other toxins leak out, contaminating nearby structures
- Sometimes the pouch bursts sending accumulated toxins into the bloodstream in a condition called sepsis
- Sepsis is friendly fire. The brain over-reacts (perception becomes reality!) and initiates a cytokine storm of tumor necrosing factors
- These tumor necrosing factors block the small blood vessels, which then kills the surround cells causing a chain reaction leading to systemic organ failure and death

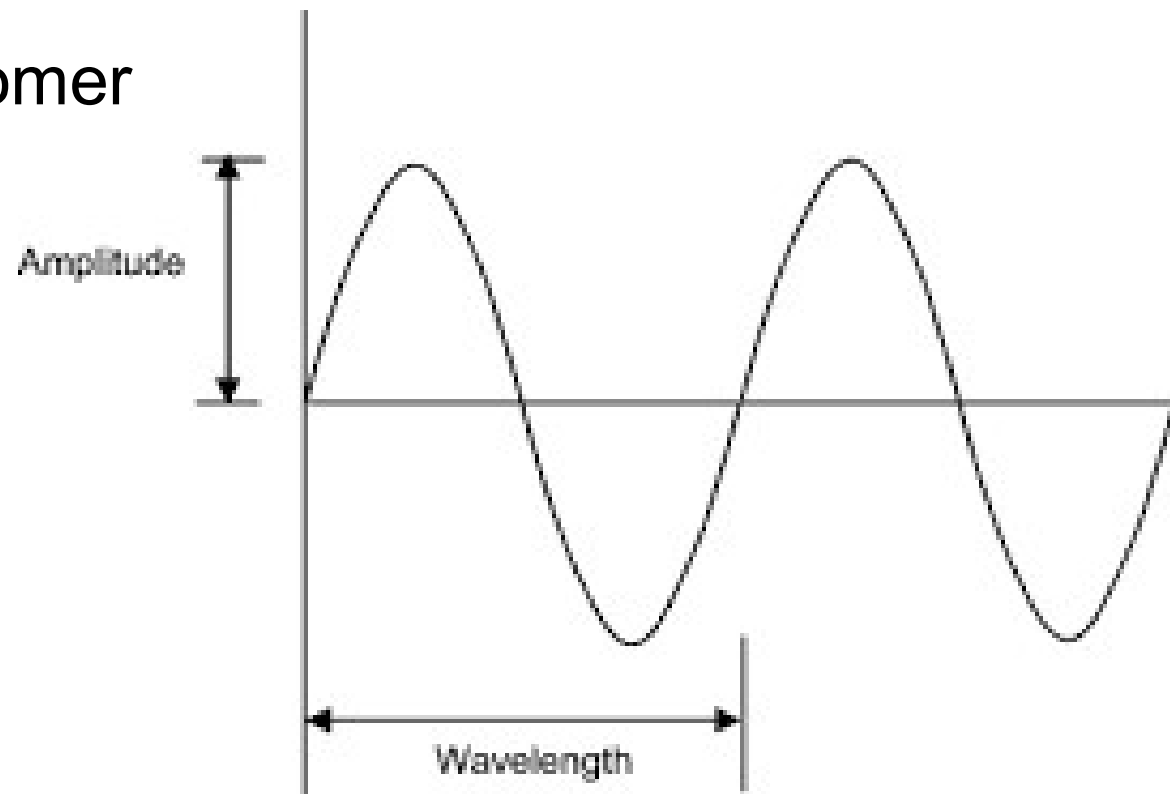
Understanding terminology

- Pulse width/amplitude/frequency (hertz)-

How deep does it penetrate?

- Pulse wavelength (rate)- How fast does it go?

“Constant” misnomer



Understanding terminology

- Output- Amperes (amps)/Volts- How strong is it?

Amperage (amps) for short) is a measure of the AMOUNT of electricity used.

milliamps- one one-thousandth of an amp (TENS, EMS)

microamps- one one-millionth of an amp (microcurrent)

Voltage (volts) measures the pressure, or FORCE, of electricity. (PEMF)

Wattage (watts) amps x volts gives you the a measure of the WORK that electricity does per second.

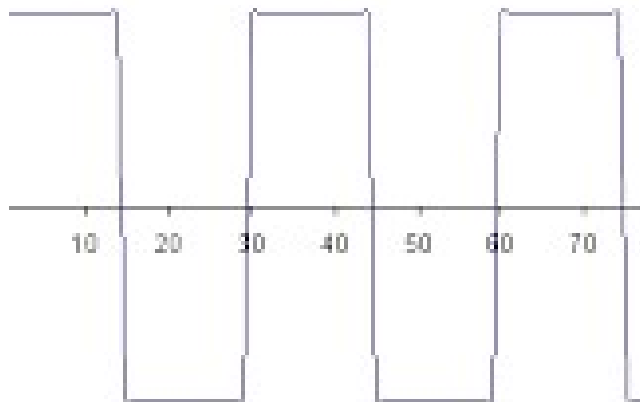
Example: Electricity through a wire is like water through a garden hose. How much can fit through depends on the diameter (amps). The pressure depends on how far open the faucet is (volts). The total work (watts) is both combined.

Understanding terminology

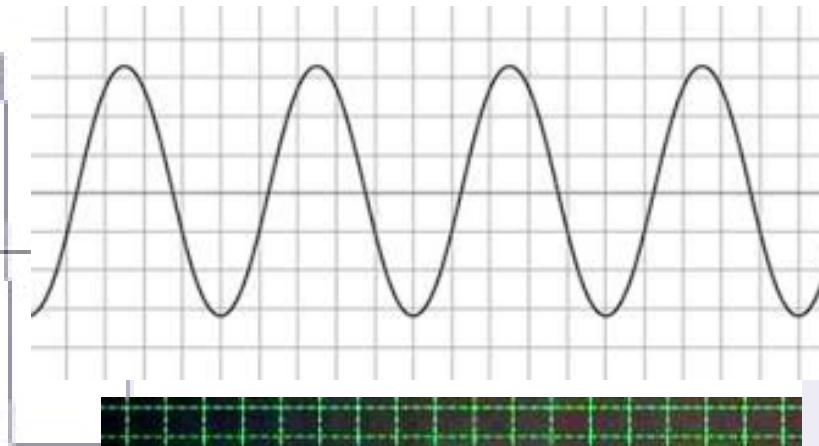
- Waveform, output pattern- What does it feel like?

Shape (slope):

SQUARE

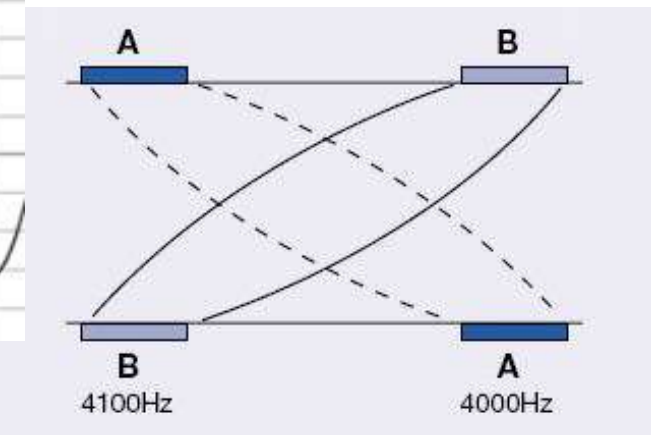


SINUSOIDAL



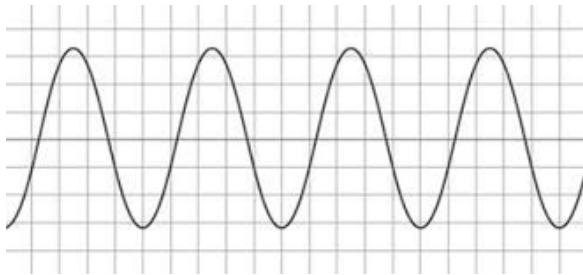
INTERFERENTIAL

(2 channels)



Understanding terminology

- Directionality: Monophasic or Biphasic (biofeedback)



- Contact: Active/Direct or Passive/Indirect

Categories of Frequency Based Devices

Bioelectric

PEMF

Scalar/Quantum

Transcranial

Estim: TENS

Estim: EMS

Microcurrent

Meridian Analysis

Non-bioelectric

Ultrasound

Music

Light/laser

Infrared

Grounding

EMF shields

Crystals/Oils/Essences

Electrostimulation: Multiple modalities

- TENS (Transcutaneous Electrical Nerve Stimulation)
 - technically Prescription only
 - Will numb nerves over time for chronic pain relief
- EMS (Electrical Muscle Stimulation)
 - Most of what is publicly available
 - “Hijacks” the signal from the brain to the muscle
 - Forces muscular contraction, stimulates rather than deadens nerves
- Microcurrent
 - 1/1000th the power level of TENS

Electrostimulation: Multiple modalities

- PEMF (Pulsed electromagnetic field)
 - Based on TESLA coil
 - No direct tactical sensation. Very small affected area.
 - Pulses penetrate. (difference between 4G and 5G)
- Scalar
 - DNA repair
 - Upward helix motion
 - Cellular regeneration (spike protein neutralization)
- BOTH technologies available as accessories for Avazzia Microcurrent devices

What is microcurrent?

- Microcurrent refers to the waves of electric current that **our own cells generate**. The current or frequency is so small that it is measured in one millionth of an amp (microamperage μA). This electricity runs sub sensory, meaning it is so faint that it does not stimulate our sensory nerves and cannot be consciously felt.
- When using the Microcurrent units at higher power levels for therapy purposes, a slight tingly feeling is felt and sometimes results in muscle movements.

What's the difference?

- EMS

- Hijacks/overrides the body's nerve impulses to FORCE muscle movement. Dominates.
 - When toning/strengthening muscles or massaging it is the right tool.

- TENS

- Scrambles/interrupts the nerve signals to the brain for a temporary numbing pain effect. Only masks the problem. Only lasts minutes to hours. Causes long-term nerve damage.
 - For pain relief, it is the wrong tool.
- Requires increasing power levels to maintain the same response.
- Energy is one direction only: IN
- Multiple safety precautions and interactions

What's the difference?

- Microcurrent
 - *Communicates* with the cells on an individual level with millions of signals sent per second.
 - Locates and neutralizes Selye pouches. (*No other technology can!*)
 - Cancels the inflammatory process that causes pain. **REMOVES** the pain at the source (not a mask).
 - Resonates at individual cellular frequencies.
 - Provides energy for the cells themselves to heal.
 - It triggers and speeds up the body's own healing capabilities.
 - Power levels decrease as pathways open with improved response.
 - Energy is transferred in **BOTH** directions.
 - Use with caution in early pregnancy. Few other restrictions.

Types of Microcurrent Devices

Microcurrent EMS- Beauty and cosmetic

Microcurrent TENS- Dolphin Neurostim, NeuroMD, Compex, InTensity, etc.

Frequency-Specific Microcurrent

Uses the difference between 2 frequencies on 2 channels to perform a specific frequency treatment, combination with interferential (like binaural beats, brain determines difference)

Has a slope setting to change the waveform between square & sinusoidal

Healy

Square wave, requires internet/phone/Bluetooth and monthly paid subscription service. One measurement per 5 seconds.

Types of Microcurrent Devices

Microcurrent Biofeedback Neuromodulation-

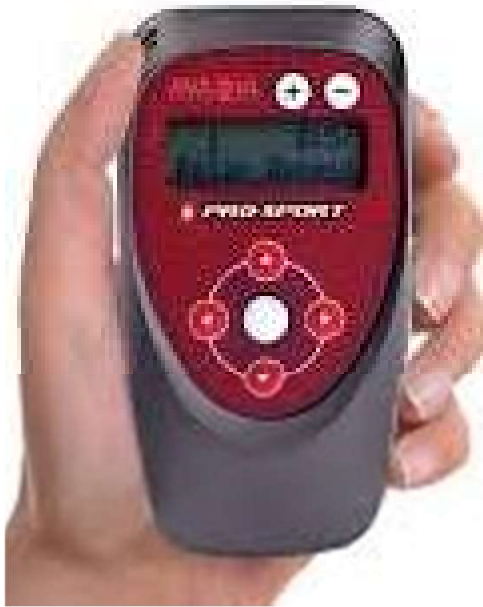
Scenar/Dumas: older Russian technology

Avazzia: Texas factory for all US production

BioModulator: Dr. Jerry Tenant's version

AvazziaLife: Dr John Hache's line of devices

Power Units- Microcurrent



Categories of Devices: Avazzia Microcurrent

Frequency: programmable 0.5-2500 Hz,
built in programs and algorithms

Output: 0-12 microamps, 0-450 volts

Waveform: damped asymmetrical sinusoidal

Directionality: biphasic

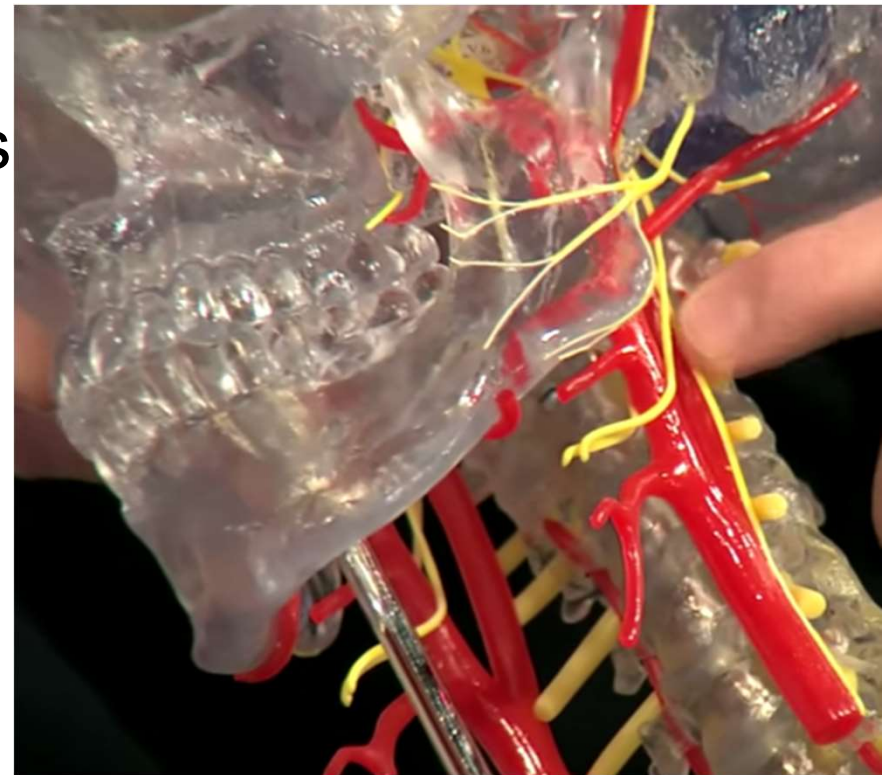
Contact: direct, many accessories available
indirect *including PEMF and Scalar*

History of Microcurrent

- Electrotherapy was in wide use in the USA along with homeopathy until approximately 1910. [Tennant video](#)
- Developed in Russia for space program in the late 20th Century (1970-1990) but ended up in use in the general population instead
- The real Russian Olympic secret advantage
- Texas Instruments produced the microchips for the Russian [SCENAR](#).
- Great Britain 1998, introduced to Dr. Lorraine Vanbergen
- Montreal, Canada 1999. Scenar manual written by Dr. John Hache
- Scenar introduced into US in 2002 by Drs John and Lorry Hache
- Tim Smith (CEO of Texas Instruments) improved the technology and founded Avazzia in 2004.
- Dr. Hache joined Avazzia as consultant and Master Trainer
- Current units have 65 programs as well as individual programming features and were upgraded in late 2021

Vagus Nerve

- The Wandering Nerve, longest cranial nerve
- Connects brain stem to heart, diaphragm and gut
- Branches out to all organs
- Control center for parasympathetic system
- Controls inflammation body-wide
- Manages and processes emotions



Vagus Nerve Stimulation

- Can do a gentle re-tune or a hard emergency stop depending on the frequency and duration used
- Automatically by implanted device or externally with more control/fewer complications.
- Hacks into the brain/central nervous system to **turn off the inflammatory process**. Calms it down system-wide.
 - See the Scientific American article, and multiple “Hacking the Nervous System” articles via google search. [Bioelectric Medicine Video](#)
- Treats:
 - Sepsis- Stops and reverses systemwide inflammatory process
 - Anxiety- Calms the brain stress response
 - Stroke- Brings down the blood pressure, opens closed blood vessels
 - Migraine- 75%+ of the time, migraines cease within minutes

How to do Diaphragmatic Breathing

- LAUGHTER is the best medicine... because it by nature includes diaphragmatic breathing.
 - Dr. Patch Adams' philosophy and style are a great example
 - Norman Cousins in 1979 wrote a book detailing how he “laughed himself out of cancer” after which he won a Nobel Prize
- Mini trampolines also force diaphragmatic movement: After 3-5 min on a trampoline one's energy index doubles. Both because of breathing and of muscle movement production of ATP.
- “God Breathing”: Breathe in to a count of 5 and breathe out to a count of 8

YHWH represent breathing sounds.

When pronounced without intervening vowels, it actually sounds like breathing. YH (inhale): WH (exhale)

So a baby's first cry, his first breath, speaks the name of God. A deep sigh calls His name –that is too heavy for mere words. Likewise, a person leaves this earth with their last breath, when God's name is no longer filling their lungs.

Being alive means I speak His name constantly.

In sadness, we breathe heavy sighs.

In joy, our lungs feel almost like they will burst.

In fear we hold our breath and have to be told to breathe slowly to help us calm down.

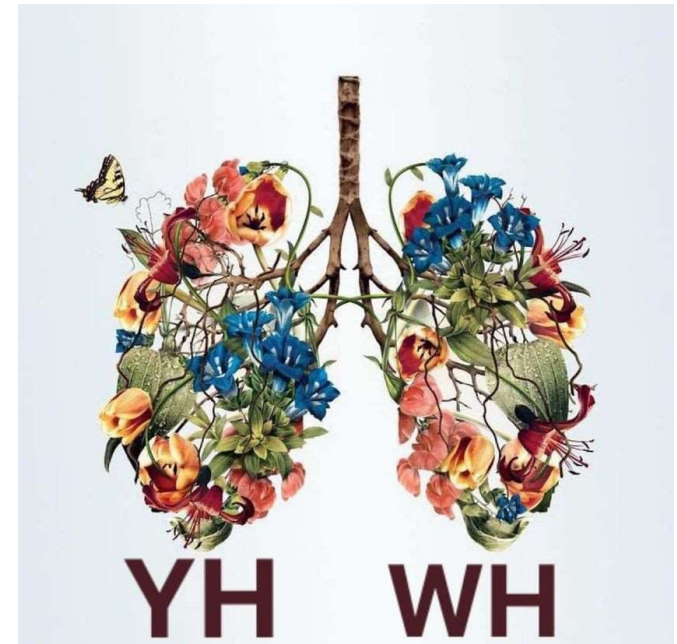
When we're about to do something hard, we take a deep breath to find our courage.

When I think about it, breathing is giving him praise. Even in the hardest moments!

This is so beautiful and fills me with emotion every time I grasp the thought. God chose to give himself a name that we can't help but speak every moment we're alive.

All of us, always, everywhere.

Waking, sleeping, breathing, with the name of God on our lips.



A philosophical question....

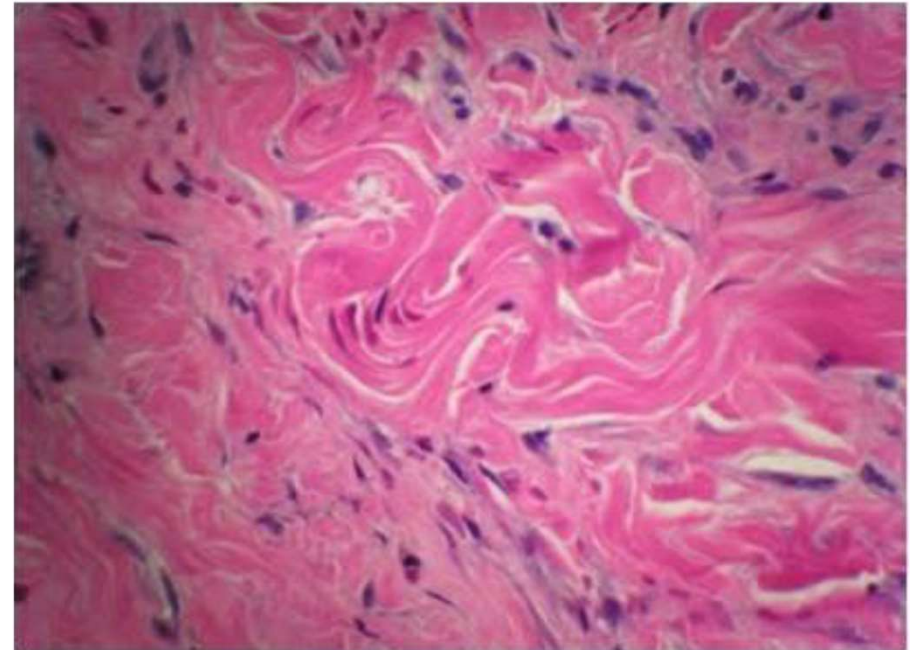
- *When every cell in our body replaces itself about every month, WHY then do we have scars?*

Collagen Fiber Network

Healthy Tissue



Scar Tissue



Communication Breakdown!
Severs collagen matrix

Scar Tissue

- Individual cells remember being traumatized and duplicate the damage
- Scar cells have lost the ability to send and receive the body's electrical signals so they build up, up to 1.5 volts creating an increasing large area of interference
- These “black holes” may be interpreted by the body as PAIN and may be much MUCH larger than Selye pouches
- Scar cells have blown-out sodium-potassium pumps in the mitochondria and are incapable of producing ATP
- Scars disrupt the meridian system when they cross channels of energy flow through the fascia, sending PAIN signals in all directions (Referred pain)
- *A good percentage of post-op pain, especially chronic can be almost completely attributed to the scar tissue from the incision*

Where are the scars?

- Belly button / Navel / Umbilicus
- Circumcisions
- C-Sections / Episiotomies
- Tattoos
- Serial injection sites: insulin, heparin, etc.
- Surgical procedures
- Old broken bones
- Whiplash
- Concussions / Traumatic Brain Injuries
- Microfractures
- Bruising / Spider & Varicose Veins
- Chicken pox, measles, teenage acne, etc.

First Rule of MCT- Neutralize Scar Tissue

- Like pulling a magnet through metal filings and watching them line up, the collagen fibers of scar tissue can be realigned using Microcurrent therapy at 77 Hz.
- Removes the cellular memory of the trauma so duplication normalizes
- Neutralizes the 1.5 volts residual
- Restores the ability to send electrical signals
- Restores the function of the sodium-potassium pumps and ATP production
- Removes interference interpreted as pain
- Appearance of scars will improve also, initially and accumulative effect over time.





**Many
Years
Old
Burn
Scar**

**Single
15 min
Treatment**



Side note: Acupuncture/Acupressure

- Each needle insertion causes minute scar tissue
- The only signal it sends is irritate/activate. The body adapts and fights so each treatment session is less effective than the last
- Needles are expensive, sterilization and disposal are issues, and placement must be precise

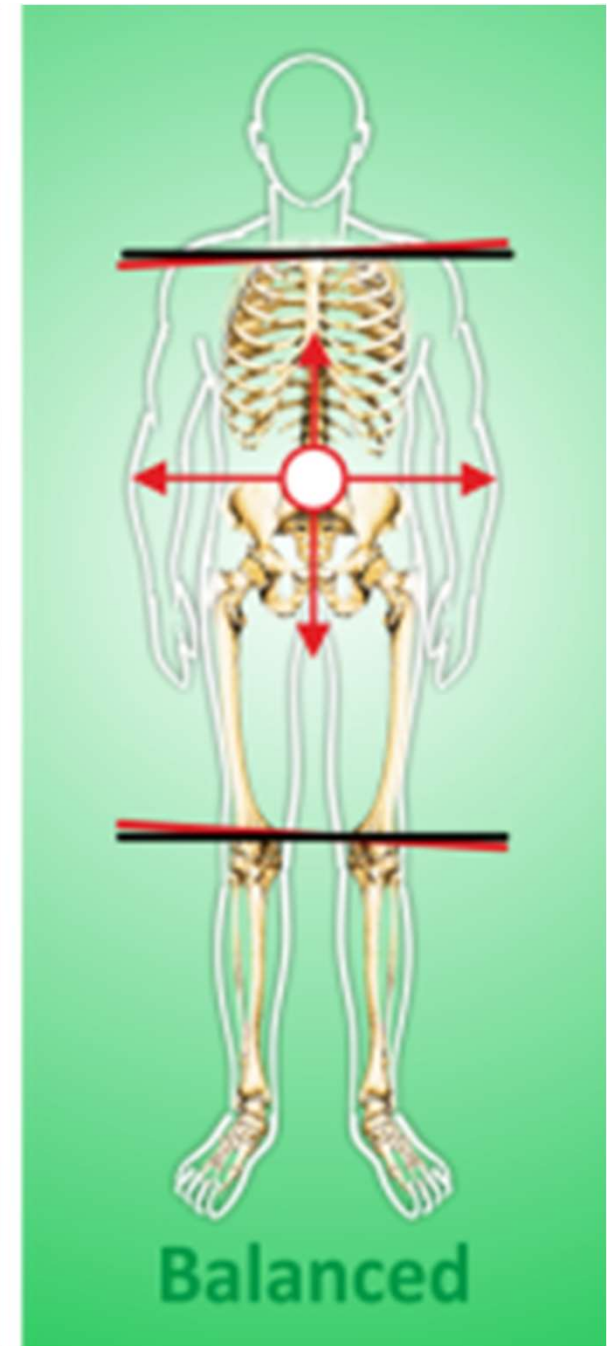
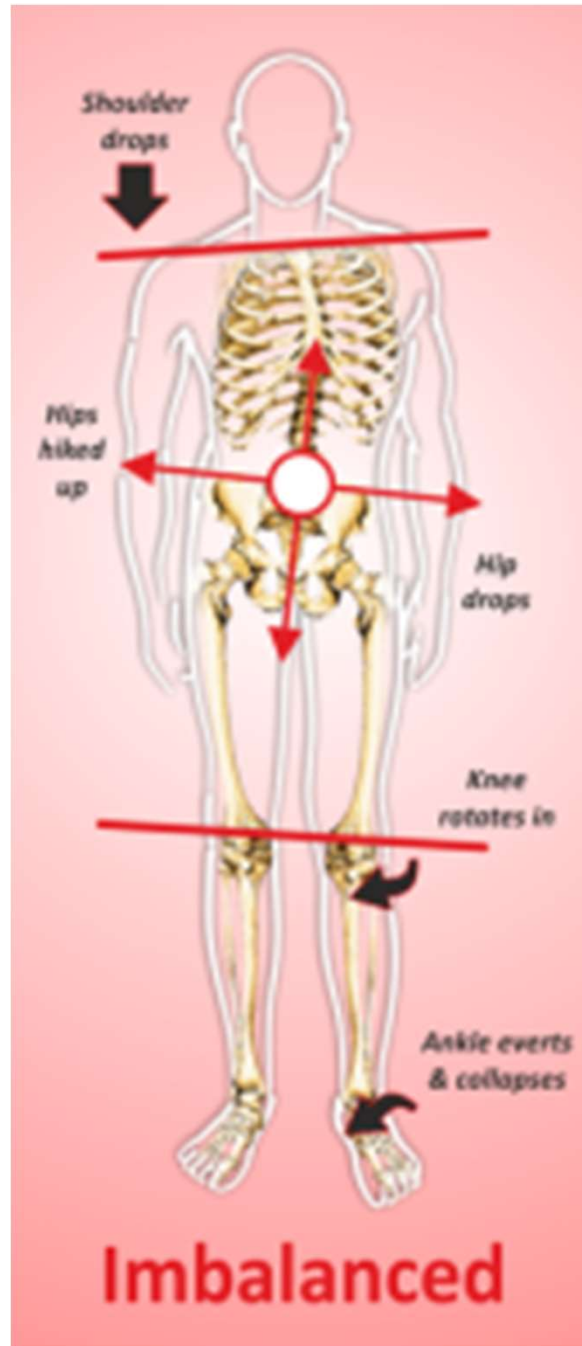
Using Avazzia pencil accessories, a multitude of bioelectric healing signals can be sent without scars, without penetration, and without such precise placement

100x+ more effective than acupuncture/acupressure alone.

Side note: Alignment

- Misalignment is a major trigger for inflammation build-up
- Alignment must be corrected prior to pain relief or it returns in a matter of hours from being constantly triggered
- Low back pain is up to 90% misalignment
- When Chiropractors align bodies they move bones, and the muscle memory pulls it back out again resulting in 3 visits a week for a month or more.
- Alignment with microcurrent programs the muscles to relax correctly, takes 3-5 minutes, and usually only needs to be done once.
- Microcurrent stimulating reflex points of the neck is the only way to help the body to align the entire atlas itself: bones of skull, sphenoid, inner ear, etc. that can be done no other way (Little Wings Cascade)
- Results in a domino effect of total body alignment from head to toe

Kinetic Chain



Second Rule of MCT- Stop Inflammatory Process

- Using biofeedback mapping, locate and remove Selye pouches, opening the blocked pathways
- Eliminate Free Radicals
- Signal neuropeptide release (endorphins)
- Increase perfusion, remove swelling

Third Rule of MCT- Stimulate Self-Healing

- Provide ATP for cellular regeneration-
 - up to 500% more!
- Get the brain's attention and start programming for healing
- Symptoms continue to progress for 24-48 hours as body responds to stimulus
- Effects are accumulative and progressive

A note on LIGHTS

- Higher group of frequencies than microcurrent
- Indirect vs Direct
- Recommended: Lumiceuticals Harmonic Light Therapy



Lumiceuticals Chakra Wand

- Recommended: Lifewave Patches
 - Microcurrent opens the doors and clears the pathways, patches charge and energize them.



#2- NUTRITIONAL

**PRETTY INSANE THAT 90% OF FOODS IN GROCERY STORES DIDN'T EVEN EXIST 100 YEARS AGO....
(AND NEITHER DID 90% OF THE DISEASES.)**



Barrier: Missing Elements

- Malnutrition or missing elements. *We can program and stimulate healing, but unless the building blocks are present your body can't heal.*
- Nutritional building blocks: pay particular attention to body cravings.
 - “Bone on bone” is a misnomer- lack of synovial fluid, ie hyaluronic acid/collagen 3. Bone broth is one source.
RECOMMEND: Modere Biocell (original)
 - Chocolate cravings are not only for sugar, they are primarily for endocannabinoids (CBD)!
RECOMMEND: Sutte CBD fluid from brizopure.com (59098)

Barrier: Missing Elements

- Why supplement?
 - All regional farmers use the same fertilizers, our food has much less nutritional value than it once did
 - ❖ Donald Davis tracked the nutrient content of 43 different fruits and vegetables from 1950 to 1999. You would need to eat at least 10 servings of vegetables today to equal just one serving from 50 years ago!
 - No matter how well or diverse we eat, we could only get 30-40 of the required 90+ nutrients our body needs to thrive
 - Look for diversity, absorbability, natural vs synthetic

Recommend: Zurvita or Youngevity 90 essentials nutrition

Minerals

- Fulvic acid is a chelator and "carries" the minerals.
- Humic acid is the dilator, increasing the cell wall permeability.
- The increased permeability facilitated by the humic acid allows easier transfer of the minerals from the blood to the bones and cells.
- Humic acid also encapsulates the viruses in our body, thus making the viruses vulnerable to attack by the immune system. It further prevents the viruses from reproducing.
- Chinese doctors now use humic related medicines to reduce inflammation, increase circulation, control bleeding, to regulate the immune and hormone systems, to heal digestive tract disorders, and as an anticancer and antitumor therapy.
- Research shows that humic acid - aka humic mineral complexes - naturally acts as a massive broad-spectrum antibiotic and antiviral medication
- RECOMMEND: Mother Earth's Elements Humic & Fulvic Liquid Minerals

Solutions: Take the Zeal Challenge

The most advanced Wellness drink on the planet!
Patented, Stabilized Rice Bran is the foundation

- All 93 essential nutrients a body needs daily
- 39 Superfoods for worldwide biodiversity
- 8 anti-inflammatories, 6 brain function enhancers
- Whole food nutrition, no interactions, no synthetics
- Cell-ready/pre-digested for 100% absorption
- Just add water, shake and drink
- 85% feel a difference in 20 min or less

No other supplement or combination of supplements anywhere can match it for convenience, cost and results!

Purchase link: www.zurvita.com/ErasingPain

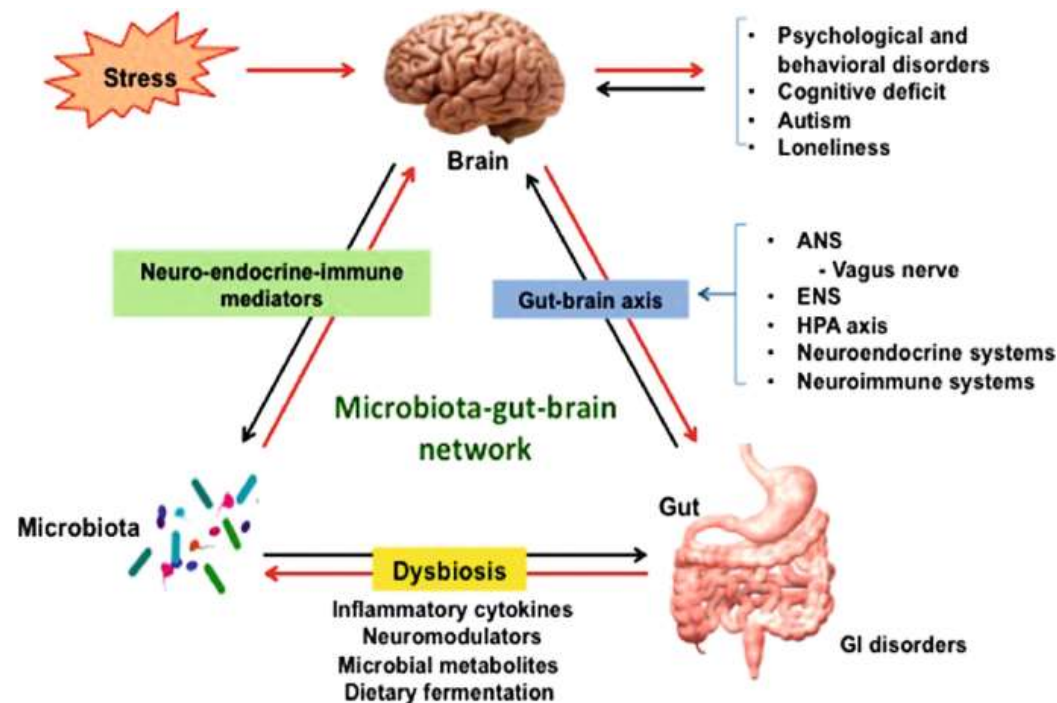


Barrier: Dehydration

- Dehydration *Our bodies are 80% water particularly fascia.*
- Both water and electrolytes are required! Water is highly electroconductive, but distilled water missing electrolytes is not conductive at all
- Calcium, Sodium, Potassium, Fluoride, Magnesium
 - MG⁺⁺: 90% are deficient by estimates
 - topical not internal absorption
- Balance! Calcium makes muscles contract, magnesium lets them release. Deficiency=spasms

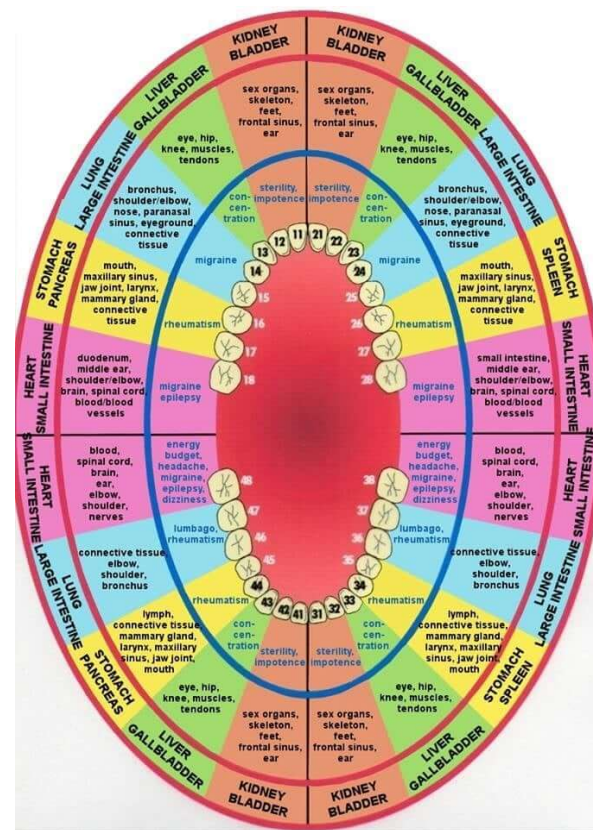
Barrier: Microbiome Imbalance

- Gut-Brain Axis controls Immune System
 - Takes 2 years to rebuild after 1 course of antibiotics
 - Digestive enzymes, prebiotics can improve short-term symptoms
 - Spore probiotics are needed to return long-term balance
 - RECOMMEND: Healthy Belly by Dr Ruby Tennant in Montana



Barrier: Microbiome Imbalance

- Dental problems are caused by lack of positive bacteria
 - Each tooth links to a meridian and causes/indicates body organ issues
 - RECOMMEND: ProDentin
- Parasites are a fact of life
 - We are meant by symbiotic with many, but must be kept in balance
 - Recommend: Ivermectin, Nano-silver, Turpentine, etc. 2-4x/year



A note on Weight Release...

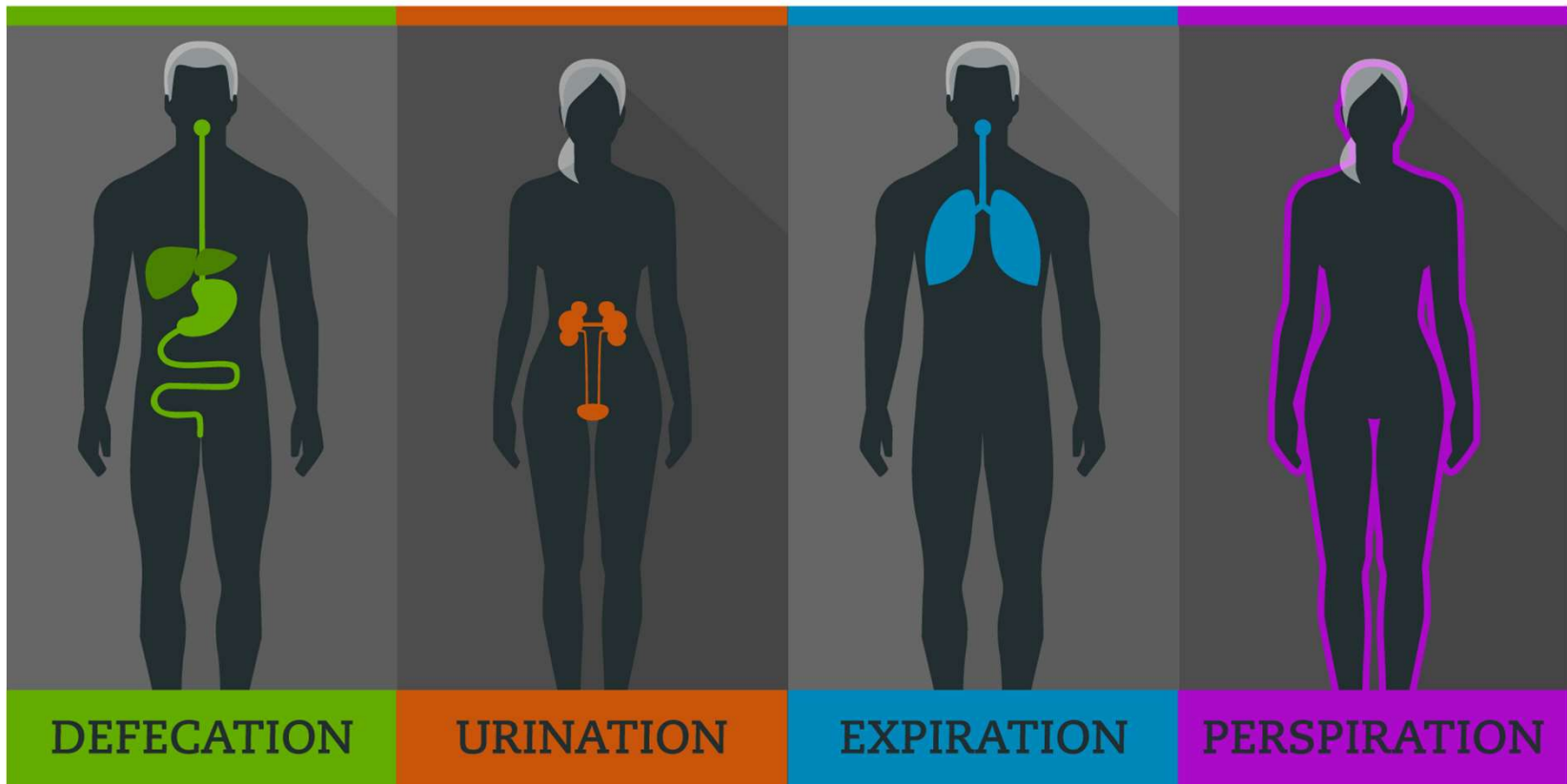
- Obesity is, paradoxically, a disease of malnutrition. In a starvation state, the body holds on to everything because it can't get what it needs. Once it is properly nourished, it can let go of the garbage.
- If your microbiome is off, nutrition isn't absorbing.
- If fat is storing toxins, your body won't burn that fat as a protection mechanism.
- Bodies build fat as a barrier to radiation exposure.
- Many emotional traumas manifest as an extra protection layer.

“You cannot make up for dietary indiscretions by increasing exercise. You can't outrun a poor diet”

@drjasonfung

#3- DETOXIFICATION

DETOXIFICATION



Fourth Rule of MCT- Clear the toxins

- Removing Selye pouch “beaver dams” releases built-up debris
- Hyperhydrate after therapy sessions to flush out debris
- Drain lymph- remove toxins. Body brushing or mini-tramps work well.
- Epsom Salt soaks (full bath or foot soak) &/or magnesium oil/spray
- Activated charcoal for gastrointestinal type treatments (capsule)
- Focus on diaphragmatic breathing

Detoxification

- Not putting in more garbage is just as important as removing what's there- eliminate artificial flavorings/sugars, glutens, nightshades, chemicals.
- Heavy metal toxicity builds up from mercury and aluminum adjuvants, chemtrails- beware vaccines.

Recommend: 1- Nano-ionized Zeolite

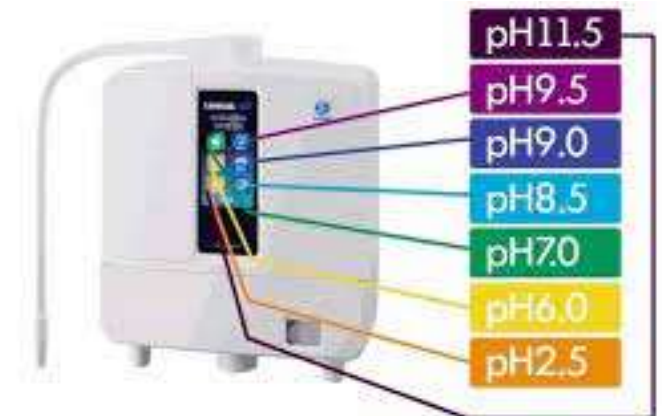
2-Sauna Detoxification with Niacin

Treatment Barriers

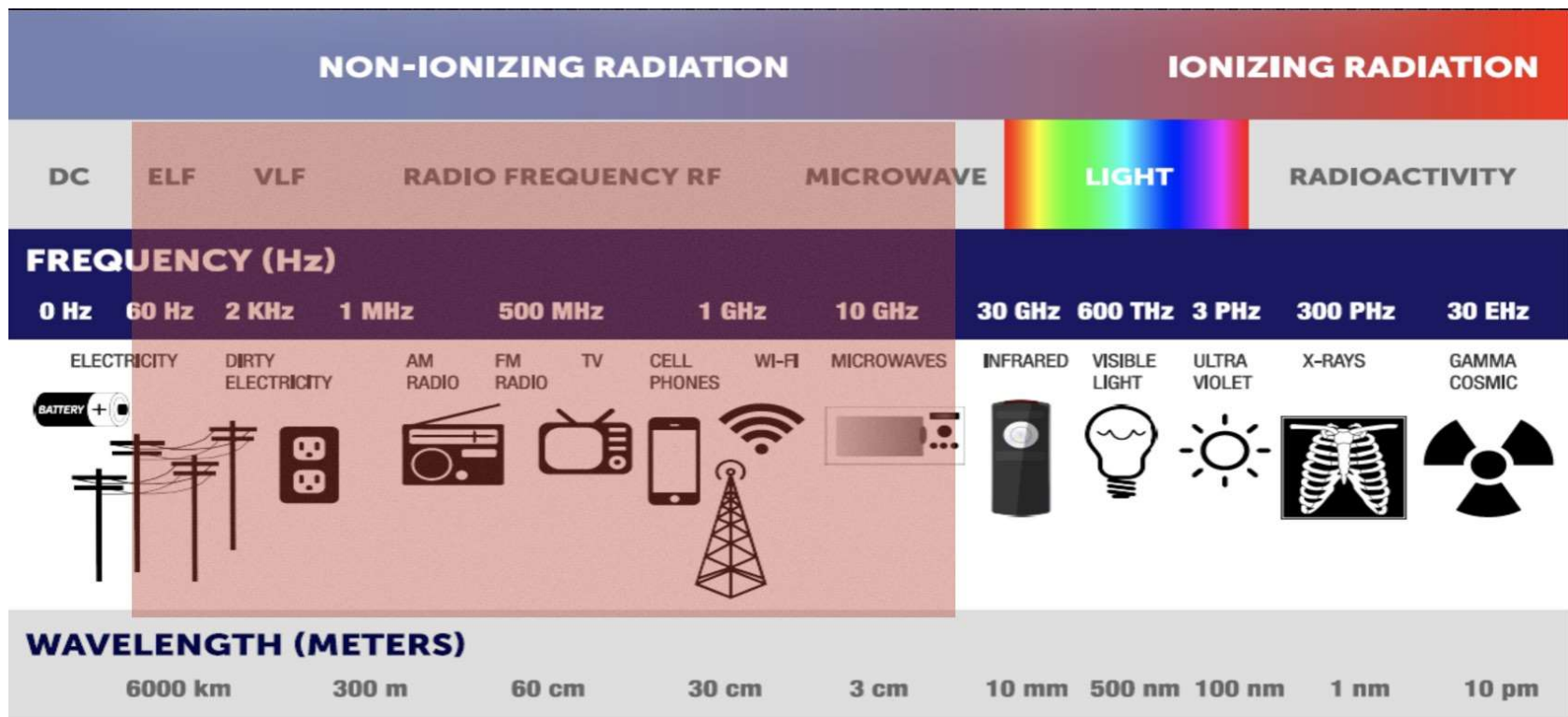
- Smoking: *Systemic inflammation makes identifying specific areas very difficult. (Also food allergies)*
- Chemical masks like pain medications. Pain signals must be present to be located and neutralized. *When you are at your worst, microcurrent works the best.*
- Advanced age and body deterioration *Prone to dehydration/malnutrition, more areas of chronic buildup*

Barrier: pH changes

- pH (potential for Hydrogen), 7.0 is ideal
- Lower is acidic, when acid is present mold grows
- Cancers thrive in an acidic environment. Below 6.8 is fatal.
- Higher is alkaline, better to be high than low
- Too high or too low will result in fatigue
- Get urine test strips from pharmacy to monitor
- **RECOMMEND: KANGEN WATER**
 - Electric not chemical alkalization
 - Structured, LIVING water



#4- EMF PROTECTION



Electrosmog

- We are surrounded by Electromagnetic fields
 - Wi-fi Electronics
 - LED lights Cellular waves (4G vs 5G)
 - Radio waves Bluetooth
 - Power lines Smart Meters
 - Barometric pressure changes
- These bombard our cells and can counteract our own body's electrical signals, knocking us 'out of tune' and causing hypersensitivity reactions
- Solutions: Block, Neutralize, or Transform negative fields

Geomagnetic/Cosmic Rays Health Risks [Kp Index]

Cosmic Rays **SAFE ZONE** Geomagnetic Storms

0 1 2 3 4 5 6 7 8 9

S0 S1 S2 S3 S4 S5

Radiation Storm Health Risk [Proton Storms]

High-Risk: Patients Cardiac- Coronary/Ventricular Dysfunction, Infarction, Arrhythmia, Stroke (including fluctuations in Heart Rate and Blood Pressure)
 Psychiatric- Exacerbation (including Suicide, Anxiety, Depression, Bipolar)
 Auto-immune- Exacerbation (including Arthritis, Lupus, Epidermal/Glandular)

All Biological Life: Seizure, Migraine, Cognitive Diminution Risks Increased; Melanin and Light-based Disorders

Airline: Passengers Increases Risk of All Listed Hazards, Radiation Risk During Kp7+ and S3+

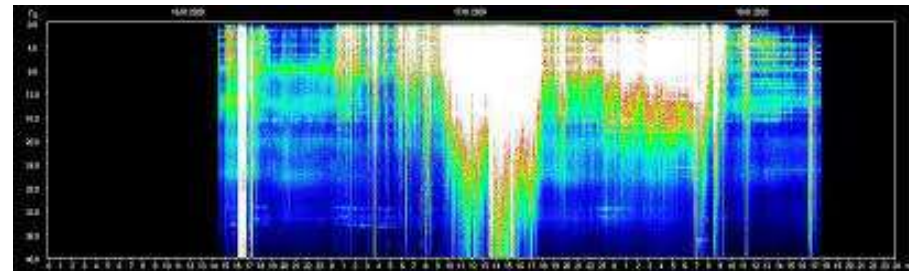


Solar Flare Health Risk

A1 B1 C1 C5 M1 M5 X1 X5 X10

High-Risk: Patients Psychiatric- Exacerbation (including Suicide, Anxiety, Depression, Bipolar)
 Auto-immune- Exacerbation (including Lupus, Digestive, Glandular)

All Biological Life: Seizure, Migraine, Cognitive Diminution, Visual Impairment, Reaction Time Diminution Risks Increased; Melanin and Light-based Disorders - High Risk



Recommendations:

- Harmonic Shield



- Russian Healing Blanket



- Rocks: Hematite, Shungite, Amazonite, etc.

FLOWW



















































#5- EMOTIONAL

Positive emotions

 ecstatic	 blissful	 confident	 happy	 curious
 pleased	 triumphant	 attentive	 self-collected	 dreamy
 peaceful	 delighted	 loving	 sleepy	 lovestruck
 hopeful	 sheepish	 withdrawn	 thoughtful	 surprised
 good	 glad	 proud	 jolly	 assured
 bashful	 idiotic	 innocent	 admiring	 kind
 adoring	 calm	 strong-willed	 engaged	 excited
 interested	 jubilant	 inspired	 grateful	 tender
 satisfied	 phlegmatic	 optimistic	 meditative	 sympathizing
 relieved	 determined	 apologetic	 indifferent	 amazed

Negative emotions

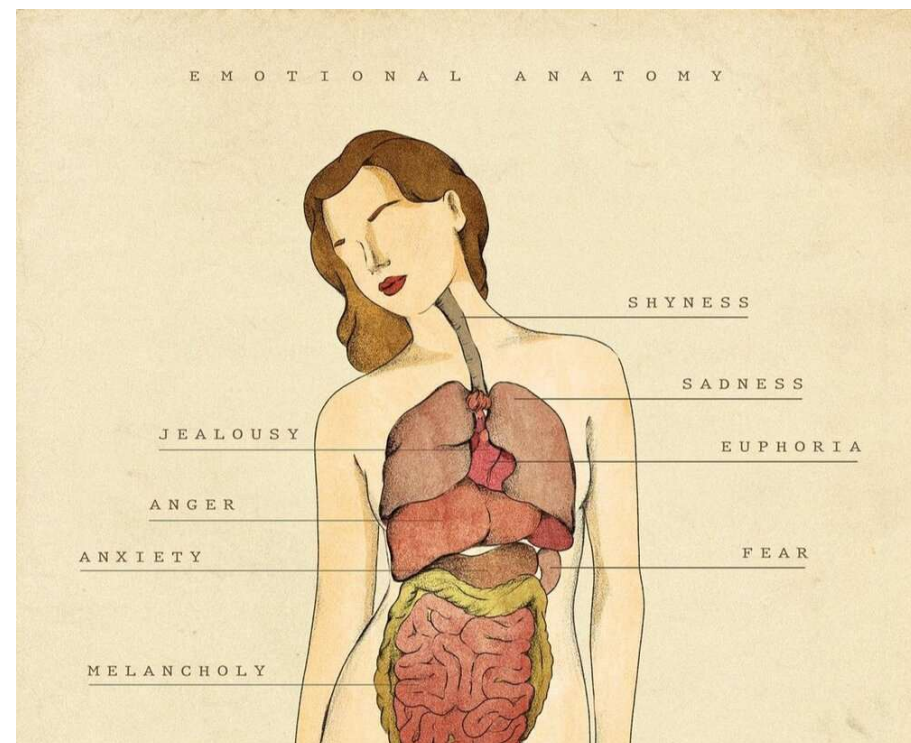
 demure	 cautious	 guilty	 frightened	 tired
 envious	 unsure	 disappointed	 hurt	 bored
 insulted	 sneaky	 discontented	 ashamed	 wistful
 nervous	 humiliated	 weak	 astonished	 jealous
 enraged	 speechless	 depressed	 upset	 lonely
 arrogant	 anxious	 aggressive	 eavesdropping	 hopeless
 gloomy	 heart-broken	 contemptuous	 impatient	 prudish
 shy	 repentant	 grieving	 resentful	 mean
 regretful	 annoyed	 suffering	 obstinate	 negative
 cynical	 suspicious	 shocked	 sad	 unhappy

The Emotional Connection

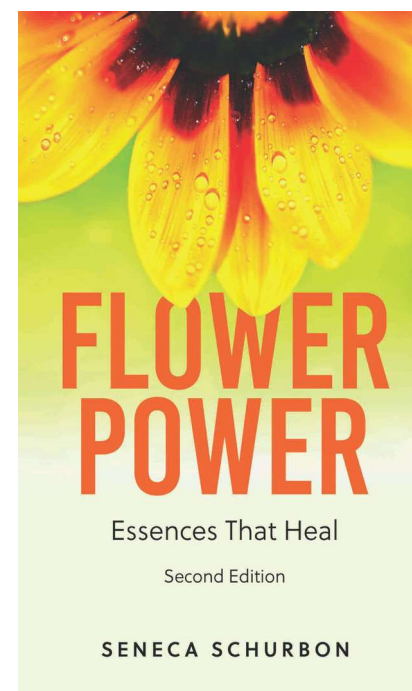
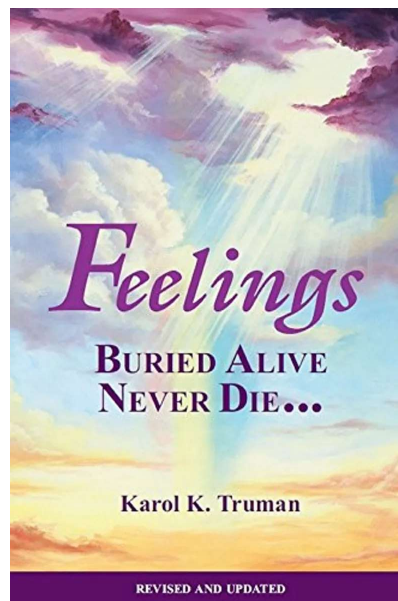
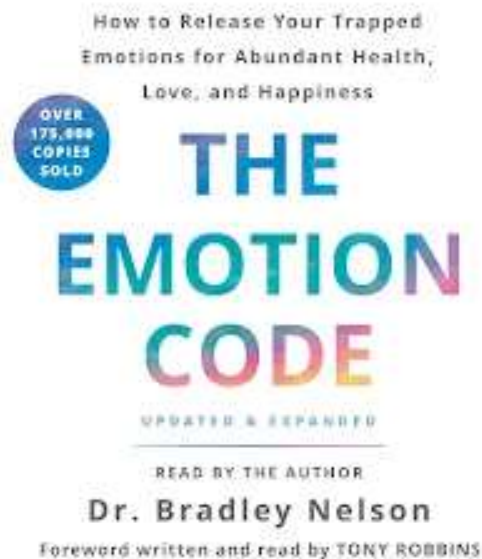
- **Neurotransmitters called peptides carry emotional messages.** These messages change the chemistry of our body's cells. (Candace Pert's book: Molecules of Emotion)
- Emotions are actual chemical peptides stored in body areas that must be processed or will manifest as physical symptoms.

Chemical Neurotransmitters involved in Emotions

- **Monoamine neurotransmitters** – Norepinephrine, Serotonine, Dopamine.
- **Aminoacid transmitters** – GABA, Glutamate.
- **Peptide neurotransmitters** – CRH, Neuropeptide Y, Substance P, Opioid.



Recommendations



www.Allieduzettclasses.com/af/94663791

Final Thoughts: Build a Toolbox

- No single tool achieves 100% relief: 5s & 10s add up
- Use the right tool for the right job
 - accessorize appropriately
- Read the instructions! Use tools properly.
- Re-evaluate your tools periodically
- Functional and allopathic medicine both have their place. Build a team willing to work together

Caution: Healing Crisis potential

Sometimes there can be a rebound effect.

- Like draining an abscess or popping a pimple, once a pathway is opened it may let out more than you thought was in there.
- The inflammation may start over or come back stronger.
- The pain may come back worse than before, temporarily.
- Much more likely in chronic pain vs acute injury, 5-10%
- You did not break them or do harm! Some things have to get worse before better, like a numb foot waking up.
- If that happens, treat again immediately with anti-inflammatory frequencies.
- If Rule 4 Detox is followed, healing crisis is much less likely

Summary: ERASE pain

5 pillars of Holistic Healing

- E MF protection
- R ebuild the body w 90 essentials nutrition
- A lignment physically including scar tissue & energy flow
- S ystemic detoxification
- E motional release

Moving Forward

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