

BRT: Clearing Reactive Foods and Substances



The Brain's Signaling System

The human brain functions as a complex, highly organized, electromagnetic signaling system, initiating primarily 3 types of signals:

- a) Brain signals in response to stimuli directly contacting the body: the brain generates electromagnetic impulses in response to incoming stimuli from outside the body (for example: incoming stimulus = food; the brain's response = a signal to the stomach to produce acid to digest the food)
- b) Brain signals in response to foreign stimuli outside the body: the brain generates electro-magnetic impulses in response to stimuli outside the body (for example: outward stimulus = a flower; the brain's response = perceiving the shape and color of the flower, registering if it is dangerous or friendly, etc.)
- c) Internal brain signaling: the brain generates electromagnetic impulses to direct the internal processes of the body, not initiated from direct contact with outward stimuli (For example: regulating sleep or the self healing process)

Normal vs. Reactive Physiology

In Normal Physiology, the brain's signals to an external stimulus are appropriate for the type of stimulus. For example, after

eating a nontoxic apple, an appropriate response by the brain would be to send a signal to the body to help digest the apple.

In Reactive Physiology, the brain is in a state of partial de-polarization to one or more substances and sends inappropriate signals when the body comes in contact with these substances. For example, if the brain has "de-polarized" from apples, then eating a nontoxic apple may elicit an inappropriate response such as nausea or neck pain or a delayed response such as feeling very fatigued 3 hours later. Most commonly, the affected person is not aware that he/she is reacting to these substances.

Re-polarizing The Brain

The goal of BRT is to "re-polarize" the brain so that abnormal reactions to common foods and substances are permanently cleared. In order to achieve full "re-polarization" so that the brain returns to normal physiology, each person must be thoroughly tested to determine all reactive substances.

Once these substances have been identified, then the BRT Clearance Procedure can be used each day to help "re-polarize" the brain until each substance has been cleared.

De-polarization

What causes the brain to "de-polarize" and then become reactive to a particular substance, such as a food? Although "de-polarization" is a complex process, we have found two key factors that appear to initiate this process: a state of high emotional or physical stress coupled with "stressed" breathing (a state of shallow or rapid breathing).

When you are in a state of high stress, such as having a verbal argument with another person, watching a scary movie, or feeling very fatigued, then contacting a food or another substance at the same time may cause the brain to "generalize" the stressful state to include that substance. Then, when you come in contact with the substance at a later time, the brain may react abnormally, as if the substance presents a threat.



BRT vs. Allergy Testing

BRT is not an allergy elimination technique and does not use allergy testing or medical drugs. For long-lasting, effective results, our research shows that a reactive food or substance must be identified according to its electromagnetic signature and must be cleared on the electromagnetic level. Medical allergy testing is inadequate to identify or clear these subtle brain de-polarizations.

Avoiding Depolarization

To avoid the brain from “depolarizing” into new abnormal patterns, remember to do the following:

- A) Avoid Eating Under Stress. If you are involved in a stressful situation (emotional or physical), avoid eating or drinking at that time, including an hour or two afterwards. During the stressful time, remember to breathe normally, occasionally taking a few deep breaths. Avoid rapid or shallow breathing. Deep breathing helps to avoid depolarization.
- B) Pleasant Eating Environment. Whenever you eat or drink, think pleasant and uplifting thoughts. If another person is present, engage in only pleasant conversation, avoiding stressful issues. If confrontation or stressful issues need to be expressed, do so at a later time — not while eating. Avoid eating or drinking if you are feeling depressed, angry, very fatigued or out of sorts.
- C) Avoid Watching Television While Eating. It is best to avoid eating or drinking while watching television. Watching a tense or violent scene may cause your brain to “depolarize” to whatever you are eating.

Directionality

Although orientation to the cardinal directions (i.e. north, east, south and west) has been mostly ignored in the U.S., the electromagnetic nature of our bodies is highly sensitive to directionality. Natural health practitioners in other countries are very diligent about directional positions during their patient’s treatments.



Before performing a clearance procedure, it is best to test the person to be cleared for their directionality (the direction that best supports their body’s bio-energetics) in the standing or sitting position. Often, facing east or north will test as the best direction. If the person to be cleared is lying down, the directionality will change. (Test them again for best position. In the supine position, the best body energetics are often with the top of the head pointing south or east.)

BioField Repolarization Technique (BRT) Clearing Reactive Foods or Substances

1. Test the person on the Basic Categories of substances (see list). Note: It is best to test actual foods or substances, not homeopathic vials. The living enzyme/protein signatures should be present for full clearance.
2. After identifying reactive substances, clear the person on all reactive substances. You may clear up to 3 reactive substances per session. (See the list of Basic Categories to test, such as: Water, Protein, Dairy, Minerals, Oils, Salt, Probiotic Flora, Yeast, Metal, etc.)
3. After 1 to 3 reactive items have been cleared, the person should avoid touching or eating them for the rest of the day and until he/she has gone through one sleep cycle that evening.
4. The following day, retest the previously reactive vials to be sure the person is still clear. If not, clear them again and repeat the above procedure.
5. After he/she has been cleared for 1 to 3 reactive vials, test for other reactive items and begin to clear them. It is often advisable to clear the reactive items in the Basic Categories **first** before going on to clear special reactive substances (such as a peanut allergy or reaction to cat dander).

Go Through One Sleep Cycle

Once a reactive item has been cleared, the person should avoid eating or touching the item until after going through one sleep cycle. (For example, if “Dairy” was cleared on Monday, he/she may not eat it again

until Tuesday. Sleeping Monday night would be one sleep cycle.) Before consuming or touching a previously reactive item, the person should be tested for it again the following day to be sure it is still clear. If still clear, he/she may consume or touch it a small amount. If not clear, treat that item again. Avoid it again until the next day; then test it again to see if it is clear. If not, clear it again. Continue each day until it tests clear.

BRT Clearance Procedure

First, do the BRT Clearance Procedure before beginning to clear reactive items. This ensures that the body's bio-fields have been strengthened and cleared in the neutral state. This means that the key acupuncture points of the meridian system are now switched on. Stabilizing the meridian system first helps to lay a foundation to greatly accelerate the clearance of reactive items. During this procedure, hold nothing in your left hand.

Reactive Item Clearance

After completing the BRT Clearance Procedure, you are ready to begin clearing reactive items. Depending on your pH balance (i.e. which correlates to the adequacy of your mineral /nutrient reserves), you can be effective in clearing several items per day (recom-

mended: 1 to 3).

Once you have been cleared on a reactive item, it is best to be retested on the same item the following day to be sure it is still clear. If an item is still reactive, then it should be cleared again. If you have a history of reacting heavily to a substance, it may take a period of time to completely clear it. Repeat the following procedure for each clearance:

- A. Organ/Gland Test.** While holding the reactive substance itself (or a glass vial containing the reactive item) in your left hand (with the fingertips placed directly on the vial or substance), test to see which organ and/or gland points are weakened.
- B. Clearance Step 1.** While continuing to hold the reactive substance (with fingertips on the vial or substance) in your left hand, place the BRT Vial on the vertex on the head.
- C. Retest.** Hold the reactive substance again in your left hand; then test to be sure that all previously weak points are now strong. (If not, repeat the procedure again. Then test again.)

BRT (BioField Repolarization) Testing Vials

Basic Categories

The following are the basic categories for testing vials (which you can assemble for use):

Note: Be sure to store vials at room temperature and replace at least once per year for nutritional products. Food vials should contain only fresh samples and be discarded after testing.

<u>Category</u>	<u>Test Vial Contents</u>
Minerals	Coral Legend (coral mineral powder)
Oils	Quantum EFA Oil Blend (4 organic oils: flax, olive, sesame, borage)
Salt	Premier Pink Salt (unprocessed raw sea salt blend with ionized trace minerals)
Water	Purified water
Protein (Dairy)	Quantum Whey Protein
Probiotic Flora	Quantum Probiotic Complex (over 12 different lactic acid bacteria, etc.)
Nutritional Yeast	Quantum Nutritional Yeast (contains multiple immune boosters, including highly available protein, glutathione and beta glucans)
bio-	
Vegetables	Quantum Greens Mix (contains multiple vegetables and greens)
Grasses	Quantum Greens Mix (contains young organic grasses: barley, wheat, oat)
Grains	Use a sample of organic grain which has been soaked for at least 1 hour
Nuts/Seeds	Use a sample of organic nuts/seed which have been soaked for at least 1 hour
Fruits	Use a sample of organic fruits (do not use commercial, hybrid, gassed fruits)
Mushrooms	Use a sample of organic mushrooms

Special Categories

1. Metals

If metal-containing devices have been placed inside the client's body, test them for reactivity:

- Dental materials which are metallic (i.e. silver fillings or metal alloys containing gold, platinum, palladium, etc. or composite fillings)
- Prostheses (i.e. hip replacement, knee replacement, metal plate in skull, spinal support rods, etc.)
- Incidental metallic objects in body (i.e. surgical staples left after surgery, etc.)
- Metallic piercings (i.e. pierced earrings, pierced nose, navel or tongue rings, etc.)

Test Vials: Determine the type of metal used; then obtain a sample to test that specific metal or metal alloy.

2. Breast Implants (or other body implant devices)

Obtain a sample of the implant sac material and filling material (i.e. silicone or preserved saline) to test.

3. Other Toxic Substances to which the patient may be reacting.

Note: Do not try to desensitize a person to toxic substances such as toxic body care or household cleaning products. The wisest choice is to switch to nontoxic body care and household cleaning products.

High Sensitization Substances If the client is aware of a substance which elicits an allergic-like response (i.e. peanuts, oranges, etc.), obtain a sample of the actual substance to test. (Avoid using homeopathic vials of the substance — the living enzyme/protein signature is missing and does not allow for a rapid, full clearance.)