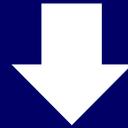


Neurotransmitters and Perception

Awareness



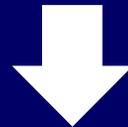
Consciousness



Subconscious



Chemistry



Physical

All must be in perfect harmony or balance for perfect health.

Diagnostic entries into a persons state of well being

Body types via coloured acetates

State of Being

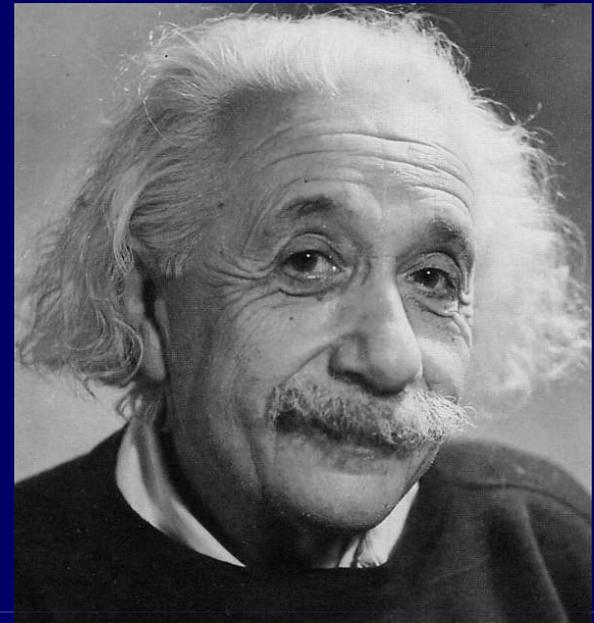
Energy (ATP) levels

Hormones

Neurotransmitters

Regeneration / Degeneration

The development of **quantum physics** in the 1920's changed the world we see and thought we understood from a material world to one of energy. Atoms were discovered to be bundles of energy and not solid matter as previously thought.



As all three aspects of a **State of Being** should be in harmony, disharmony would mean an imbalance in the person's energy fields i.e. their meridian system. Chi equates to prana (breath, life, vitality of the spirit) or vital energy. Meridians are energy channels that flow in specific and predictable patterns.

We can measure **meridian imbalances at specific acupuncture points.**

Meridians are waves of energy.

Energy is composed of both wavelengths and frequency.

Thus each meridian has a specific colour associated with it (wavelength) and a specific sound associated with it (frequency).

**How hormones change the mind
and how the mind changes
hormones**

The endocrine system carries out a wide variety of physiological processes through chemical messengers called "hormones."

This system is a collection of glands that produces these hormones, which are necessary for normal bodily functions.

The hormones regulate **metabolism, body shape, growth, and sexual development.**

These glands release the hormones directly into the bloodstream, where they are transported to organs and tissues throughout the entire body.

Body types Hormones and Colour



Light or so called “white light” is composed of an equal blend of **RED**, **GREEN** and **BLUE** components of the visible spectrum.

These 3 colours are also the sensitivities of the human trichromate cones.

Human cones are off-set to

619nm Orange / Red

550nm Yellow / Green

440nm Violet / Blue

Visual challenge

Challenge against the BLACK acetate. Indicates low vital energy. If weakens use therapies that increase vitality such as light therapy, cranial, VEP spray, aromatherapy.



Visual challenge

**If the BLACK acetate does not
weaken challenge against**

The CONE acetates

RED

GREEN

BLUE

Strong muscle will weaken to one of the **cone acetate** colours.

Then challenge each eye individually for any less dominant colour.

RED/RED **RED/GREEN** **RED/BLUE**

GREEN/GREEN **GREEN/RED** **GREEN/BLUE**

BLUE/BLUE **BLUE/RED** **BLUE/GREEN**

**The three coloured acetates and
their relationship to body types
and the endocrine glands.**

RED Thyroid Endomorph Kapha

Morphology

Key is leanness. The thyroid elevates metabolism. Hands are long with thin straight fingers often with knuckles. Nails are hard and moons pronounced. Lots of eye brows often meeting above the nose. Fine hair and small white teeth.

Long bones and thin. Thyroid is stimulated by anything that raises blood glucose thus they crave sweets, coffee, chocolate, juices and alcohol. Do best on high protein, moderate in fat and low in carbohydrates. Breakfast is the most important meal. Tendency to arthritis and skin problems.

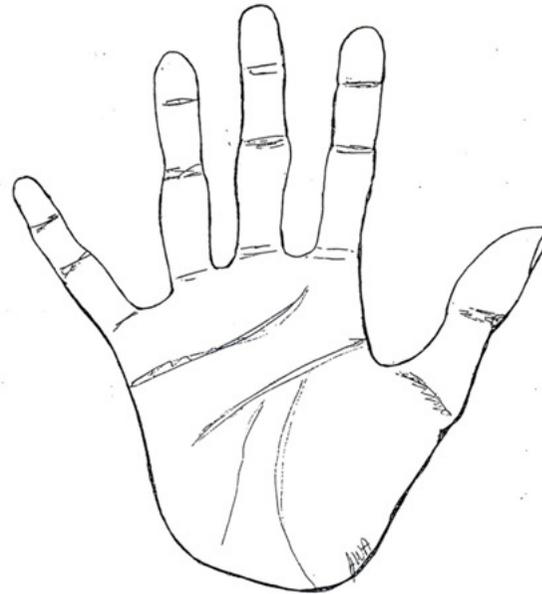
Emotions

Tend towards depression. Regular ups and downs in energy and temperament. They tend to be intuitive.

Do best on an early to bed and early to rise sleep pattern.



Morphology



**Long thin fingers.
Palm length equal or
longer than fingers.
Overall appearance is
lean and possibly moist.**

**Women 5ft5-5ft-7
Men 5ft6-5ft8**

RED THYROID TYPE



Weight gain

RED Thyroid Endomorph Kapha

Affinity to Aluminium

Homocysteine

**Low Methyl tetrahydrofolate so
increased risk of heart attacks.**

+ve to APOE4

Cholesterol and Triglycerides

**Require hypoiodite by their immune
systems**

Natural carnivores React to wheat lectin

Avoid broccoli as ↓Thyroid

Diet

High protein – red meat and fish

Moderate fats

Low carbohydrates

Breakfast most important meal.

Avoid wheat

Avoid broccoli but cabbage ok

Supplements

Vitamins – to be taken in water 3x a day with meals

Vitamin B2 (Riboflavin)

Vitamin B6 (Pyridoxine)

Folic acid

Vitamin B12 (Hydroxycobalamin)

Inositol

Vitamin C

Minerals – to be taken in water 3x a day with meals

Iodides-magnesium and potassium

Manganese

Molybdenum

Selenium

Silica

Zinc

**Oils all organic and cold pressed.
To be taken with the evening meal.**

Flax

Hemp

Olive

Pumpkin

Herbs and Spices as beverage. All organic. To be taken in hot water 3x a day between meals.

HERBS

**Coriander
Oregano
Rosemary**

SPICES

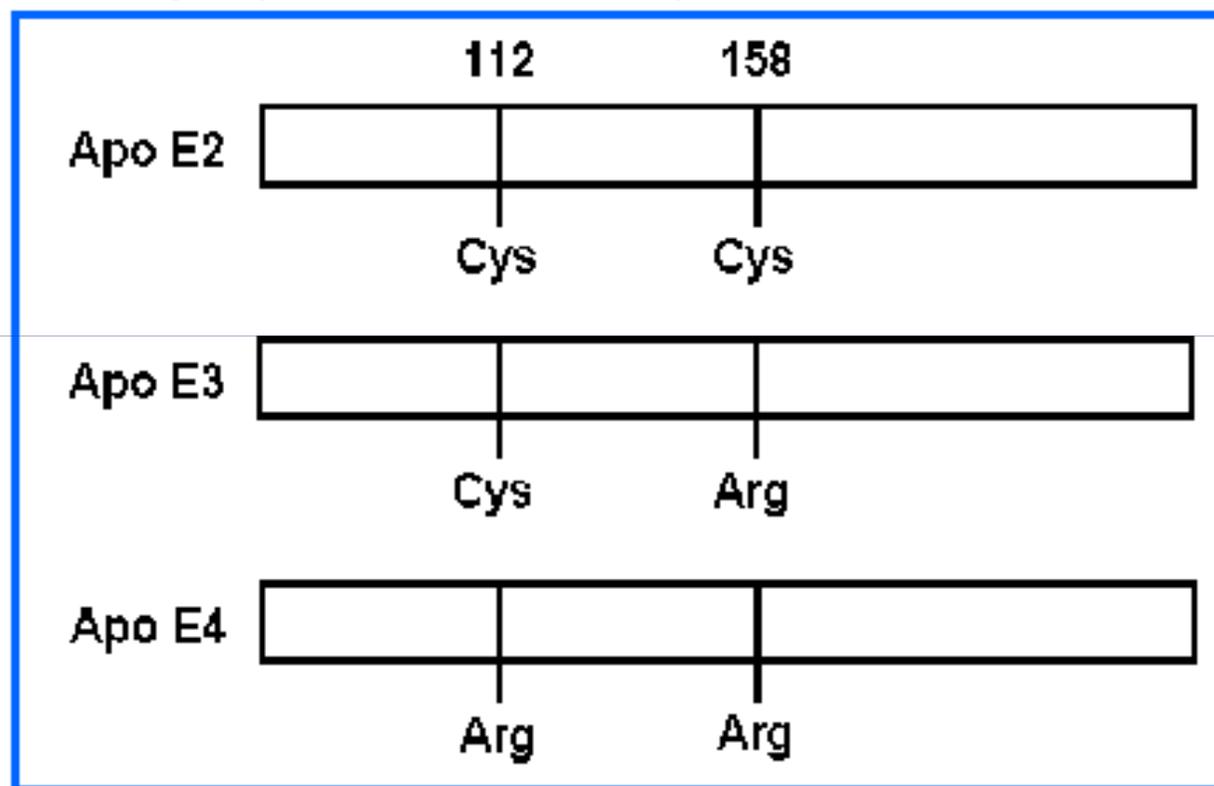
**Cumin
Fenugreek
Ginger
Mace**

Probiotics

To be taken last thing at night. Put powder into a glass and then add room temperature mineral water. Stir well and drink.

L. Plantarium

Substitution of Arginine for Cysteine in Apo E3 and Apo E4 at Positions 112 and 158 Results in Loss of Potential Binding Sites for Sulfhydryl Reactive Heavy Metals such as Mercury



APO E4 and the Cone Acetates

RED cone denotes APO E4 allele

GREEN cone denotes APO E2 allele

BLUE cone denotes APO E3 allele

GREEN Adrenal cortex Mesomorph Pitta

The key feature is muscular development and intramuscular water retention. Tends to be taller than other types and be strongly built. Hands are square with tubular fingers about as long as the palm. The face tends to be triangular.

Good resistance to disease and get well quickly. They work and play hard. Thymus and thyroid tend to be their weakest glands and may suffer asthma and allergies. The adrenals are stimulated by sodium and cholesterol and so crave salt and salty foods and greasy foods like crisps and chips.

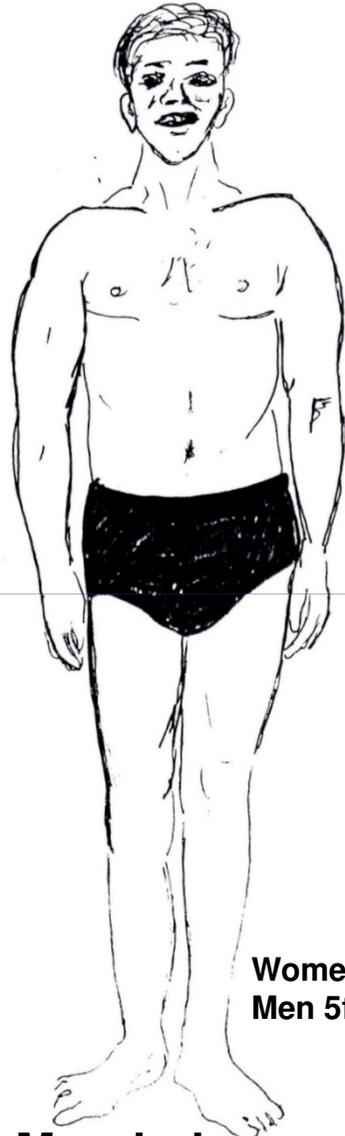
They get stronger and stronger as the day progresses and those who stimulate their adrenals tend to drink alcohol in the evenings to relax. They tend towards high blood pressure and some types of heart disease.

Diet Pritikins diet – low calorie, plenty of fruit and vegetables. Low fat.

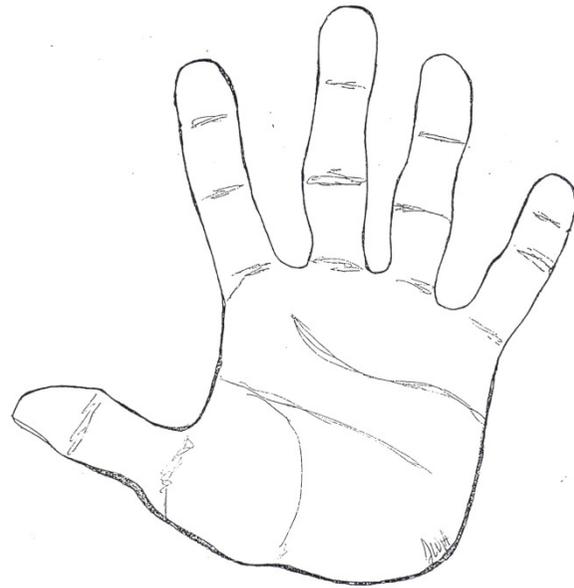
Emotions

They are hard working, intelligent and positive but very sensitive. Temperament can be explosive.

Late to bed and late to rise is the norm.



Morphology



Fingers are strong and muscular with squared tips. Palm is square and muscular. Fingers and palm lengths tend to be equal.

Women 5ft8 and above
Men 5ft8 and above

GREEN BODY TYPE



Weight gain

GREEN Adrenal cortex Mesomorph Pitta

Affinity to Nickel (spice tincture)

Require hypobromite (*walnuts*) **by their
immune systems**

Chemically sensitive individuals.

Alpha Solenine foods (spice tincture)

Sulfites (spice tincture)

Casein

Diet

Priritikin-Plenty of fruits, vegetables, legumes (such as black beans and pinto beans), whole grains such as brown rice, starchy vegetables like yams, lean meat, and seafood.

Avoid as much as possible potatoes, tomatoes, green peppers, chilli.

Avoid cheese especially cooked.

Supplements

Vitamins – to be taken in water 3x a day with meals

Vitamin B1 (Thiamine)

Vitamin B6 (Pyridoxine)

Folic acid

Vitamin B12 (Hydroxycobalamin)

Choline

Minerals – to be taken in water 3x a day with meals

Boron

Copper

Selenium

Silica

Zinc

**Oils all organic and cold pressed.
To be taken with the evening meal.**

Grape seed

Hazelnut

Peanut

Sesame

Herbs and Spices as beverage. All organic. To be taken in hot water 3x a day between meals.

HERBS

**Rosemary
Lemon balm**

SPICES

**Cumin
Ginger
Star anise**

Probiotics

To be taken last thing at night. Put powder into a glass and then add room temperature mineral water. Stir well and drink.

L. Rhamnosis

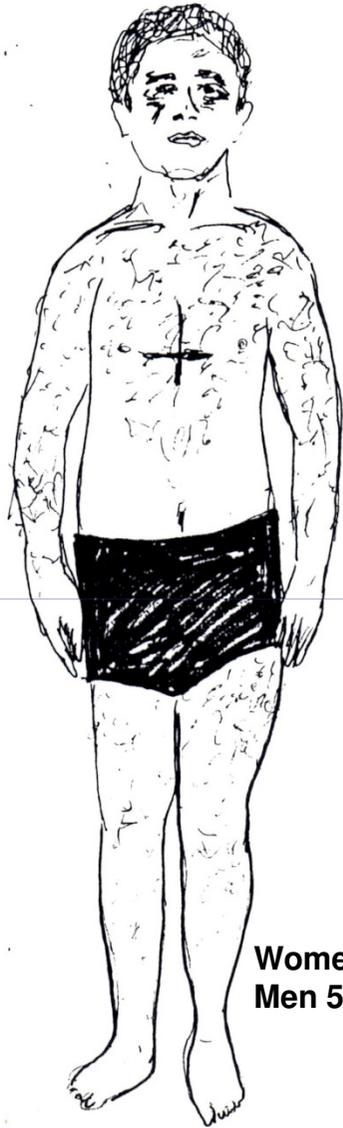
BLUE Gonads Ectomorph Vata

The key feature is short and sexual development. Classically far eastern body shape. Men tend to be short and stouter with softer musculature than the green person but with ample body hair often on the back. Small hands with tapered fingers which are shorter than the palm. Hair is usually thick and course.

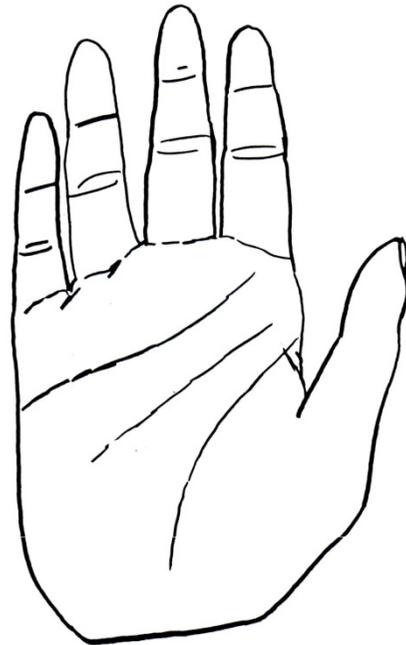
Skin tends to be smooth and elastic. Consistent physical fight with weight gain.

Emotions

Tend to be even tempered and cool down quickly if angered. Tend to be positive and helpful people. Are capable, industrious and loyal.



Morphology



Small hand with tapered fingers



Weight gain

Women 5ft5-5 and below
Men 5ft6 and below

BLUE BODY TYPE

BLUE Gonads Ectomorph Vata

Affinity to Mercury. (spice tincture)

**Low Methylene tetrahydrofolate so
increased risk of cancer. B12** (spinach)

**Require hypochlorite by their
immune systems.** (seafood)

Natural vegetarians.

React to milk lactose. (milk contains IGF1)

Alcohol intolerant. Tyramine sensitive

Pesticides (estrogen mimics, spice tincture)

Diet

Low animal protein.

Plenty of fruit and vegetables.

No cow's milk or lactose products.

**Beware of old or aging cheese,
avocados, bananas, chocolate and
other tyramine foods.**

Avoid Aspartame and MSG.

Limit alcohol

Supplements

Vitamins – to be taken in water 3x a day with meals

Vitamin B1 (Thiamine)

Folic acid

Vitamin B12 (Hydroxycobalamin)

Choline

Minerals – to be taken in water 3x a day with meals

Boron

Magnesium

Selenium

Sulphur

Zinc

**Oils all organic and cold pressed.
To be taken with the evening meal.**

Flax seed

Pumpkin

Walnut

Herbs and Spices as beverage. All organic. To be taken in hot water 3x a day between meals.

HERBS

Basil

Coriander

Dill

SPICES

Chilli

Cinnamon

Paprika

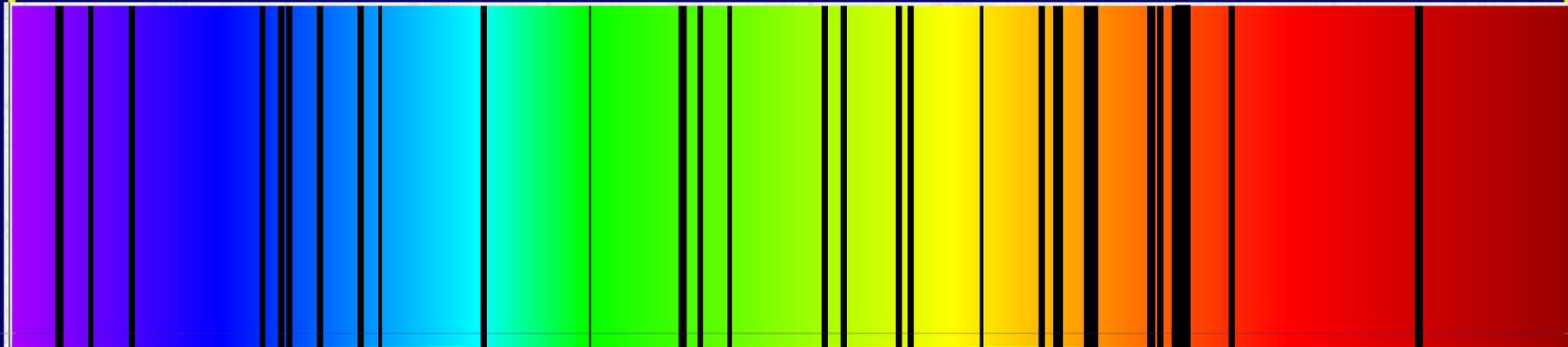
Probiotics

To be taken last thing at night. Put powder into a glass and then add room temperature mineral water. Stir well and drink.

L. Casei

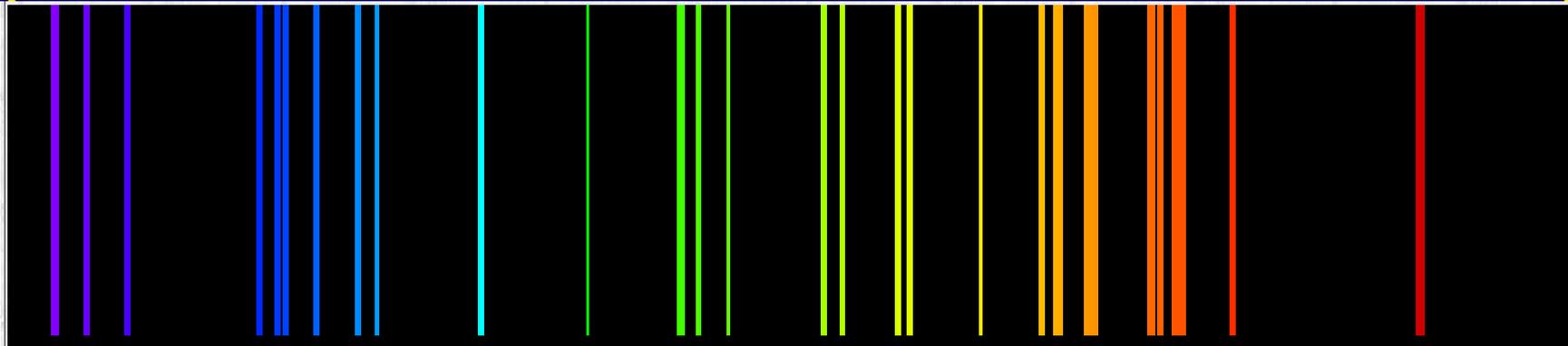
Aluminium

Absorption



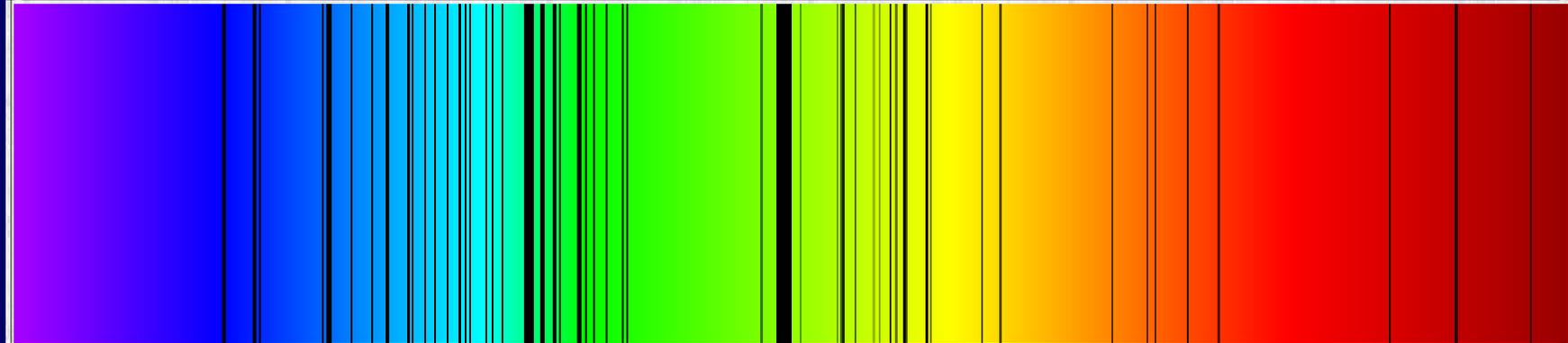
619 nm

Emission



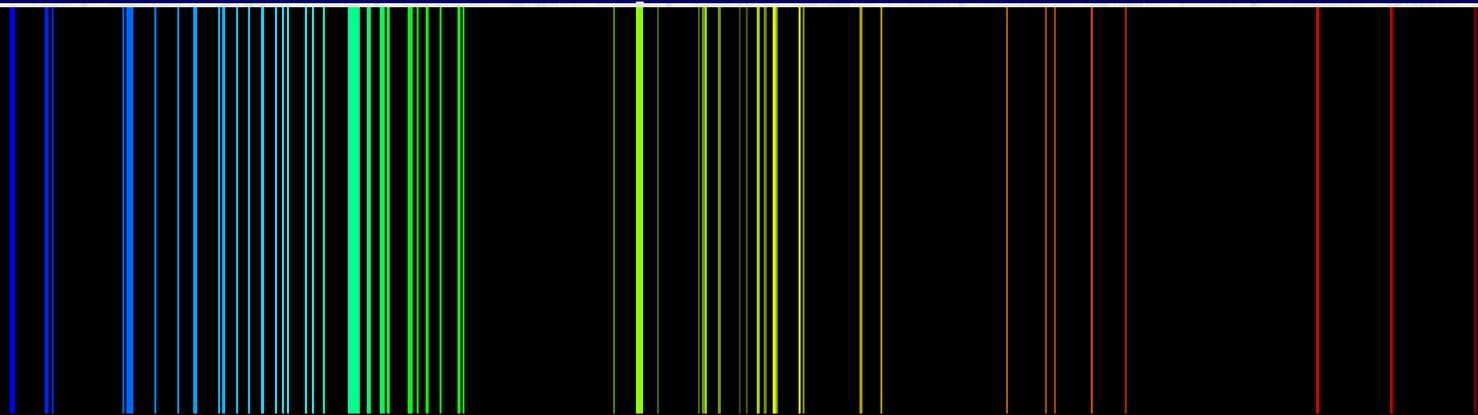
Nickel

Absorption



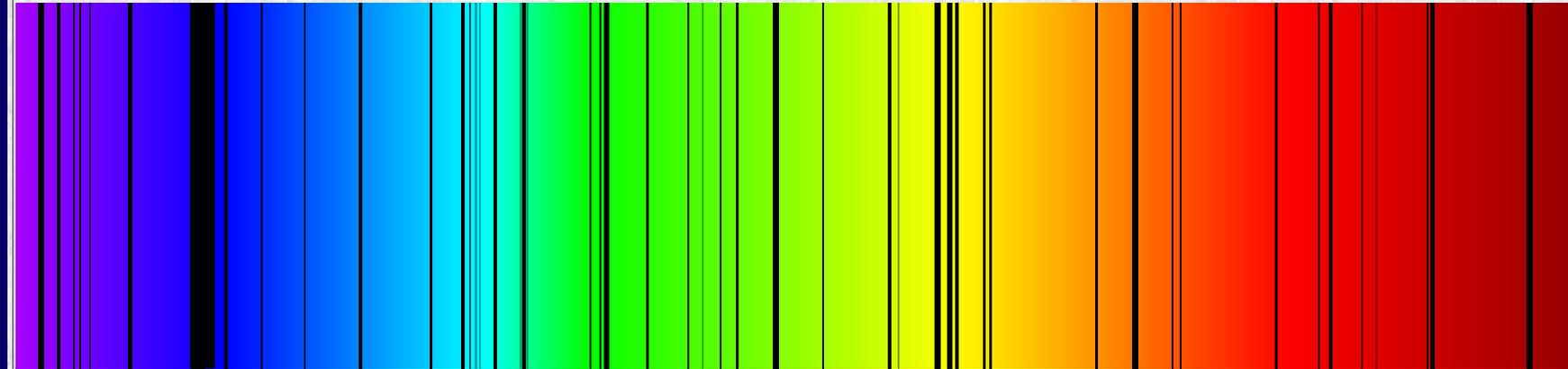
550 nm

Emission



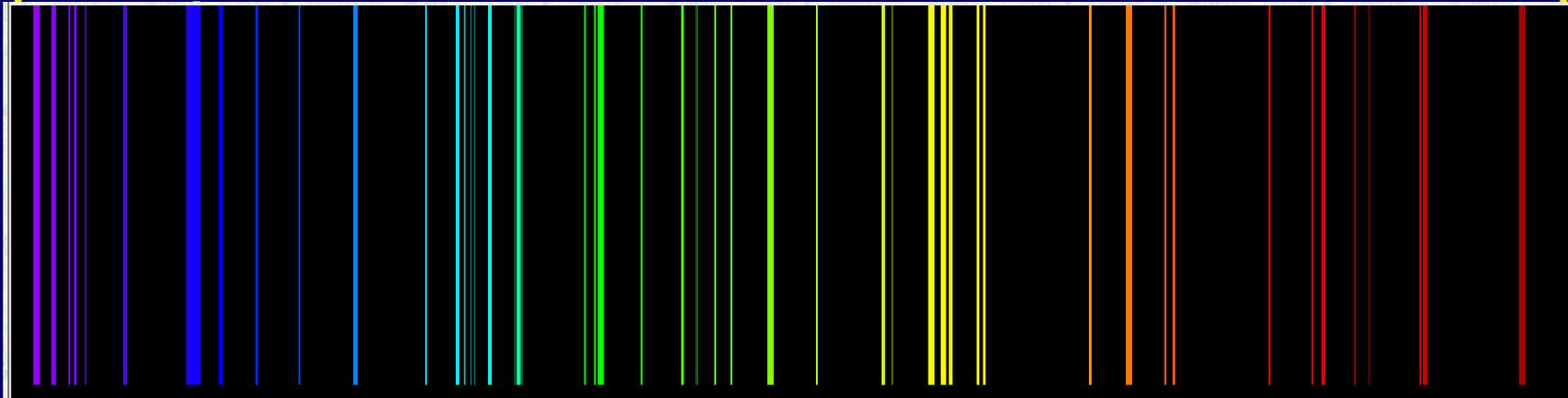
Mercury

Absorption

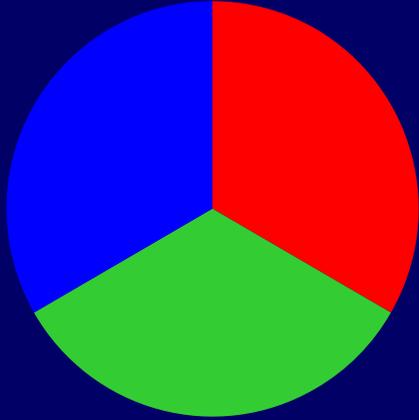


440 nm

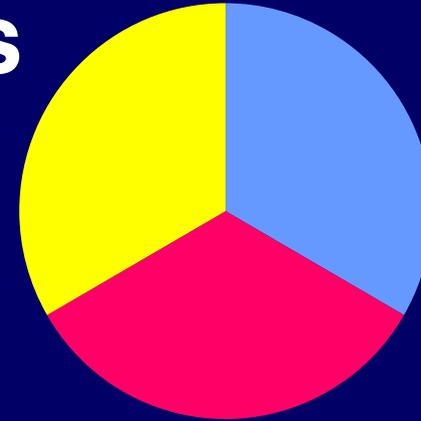
Emission



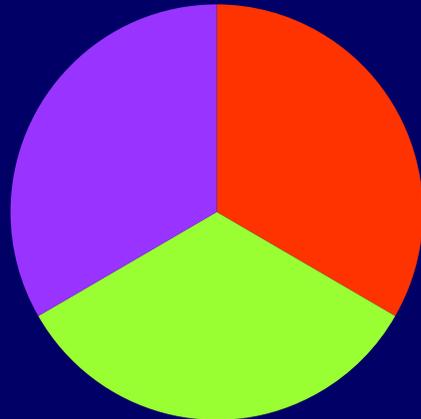
Primary colours



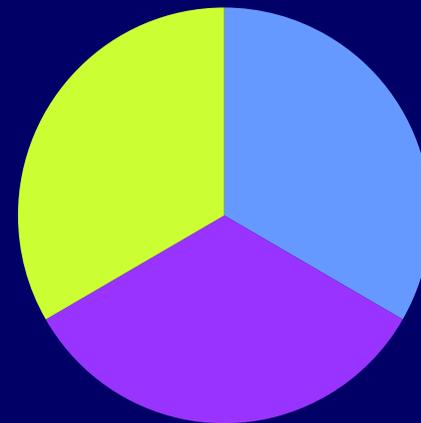
Complementary colours



Cone colours



Complementary cone colours



Complementary colours

A person is at their best when using the person's complementary coloured acetates.

Use always when testing for adverse substances such as toiletries cosmetics and food allergy / intolerances.

Both the weakening acetates and the complementary acetates appear to function clinically more powerfully over the **Frontal eminences.**

This brain region has been implicated in planning complex cognitive behaviour, personality expression, decision making and moderating social behaviour.

The basic activity of this brain region is considered to be orchestration of thoughts and actions in accordance with internal goals.

The most typical psychological term for functions carried out by the prefrontal cortex area is executive function.

Executive function relates to abilities to differentiate among conflicting thoughts, determine good and bad, better and best, same and different, future consequences of current activities, working toward a defined goal, prediction of outcomes, expectation based on actions, and social "control."

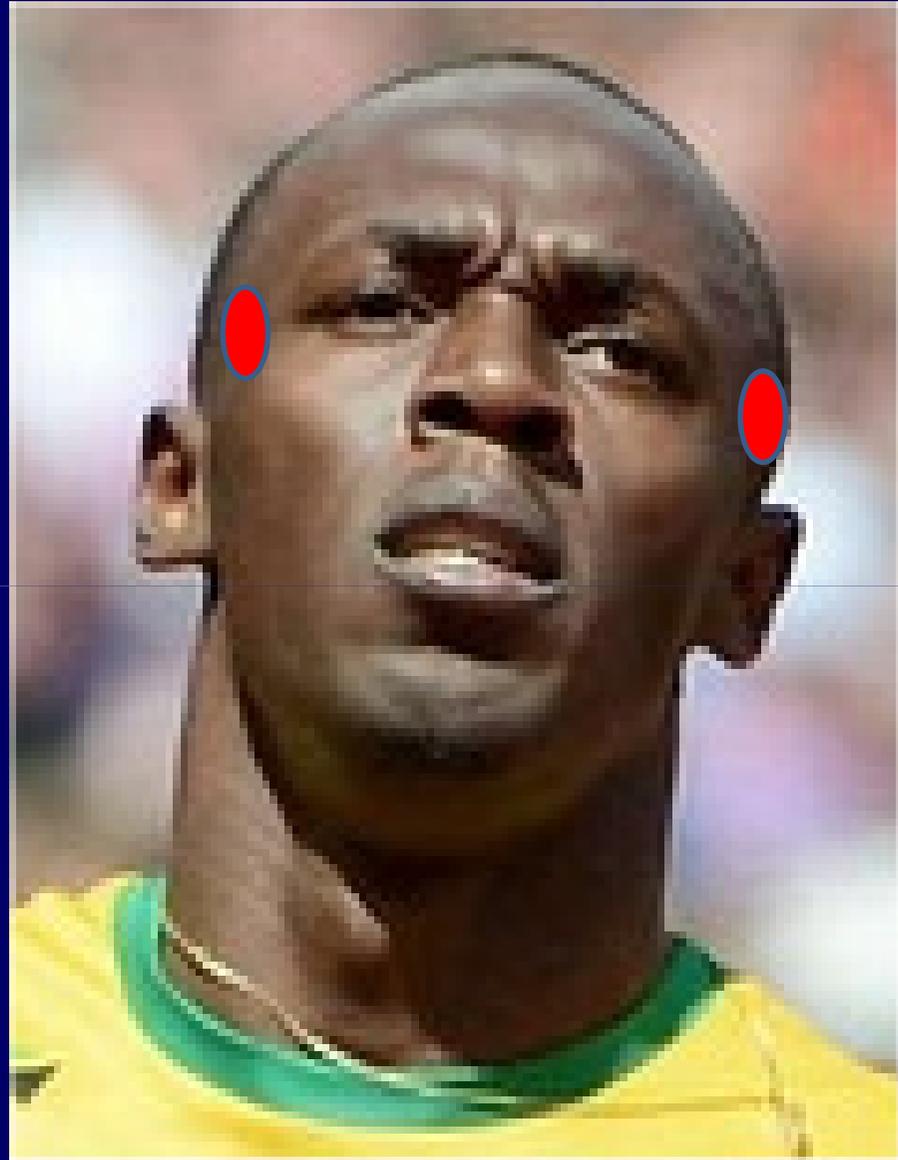
What to do when a person shows to different colours in each eye or body structure does not fit with the weakening colour(s).

1. Challenge for a subconscious emotion using the amygdala points.

Amygdala

Therapy

localise to the greater wing of the right and then left sphenoid. Then reverse therapy localisation.



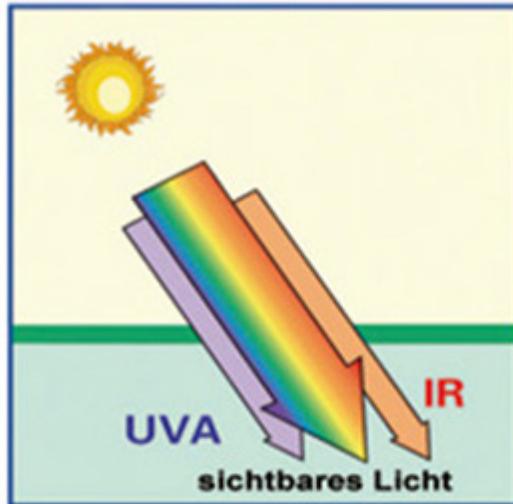
2. Whilst maintaining the positive therapy localisation administer 1 minute of Miron glass light therapy through the umbilicus.

3. Subconscious emotion challenge will now be negated + the true constitution will now be displayed.

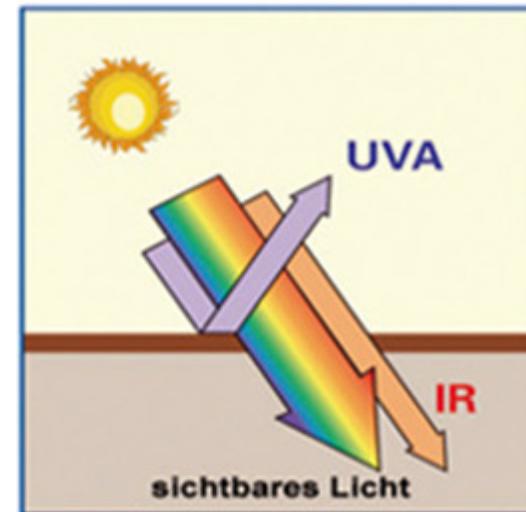
Miron Violet glass blocks the complete spectrum of visible light with the exception of the violet part.

At the same time it allows a certain part to be permeable for radiation in the spectral range of UV-A, and infra red light. This unique combination offers optimal protection against the ageing processes that are released by visible light, thus lengthening durability and potency of products.

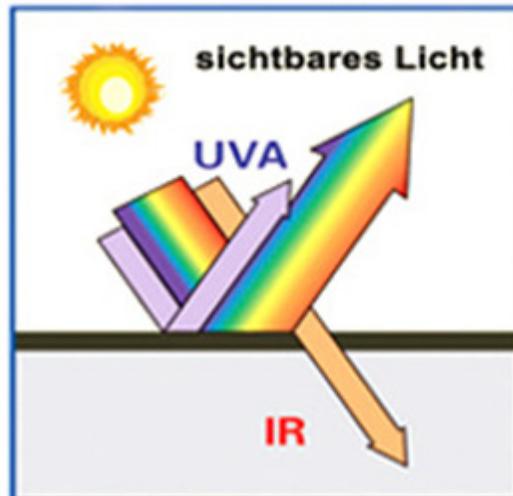
Grünglas



Braunglas



Schwarzglas



MIRON Violettglas

