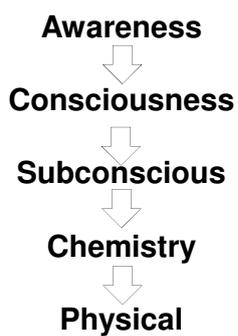


How perception alters your genes



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

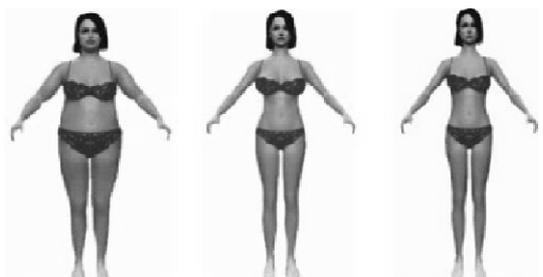
The endocrine system carries out a wide variety of physiological processes through chemical messengers called "hormones."

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.



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

Women 515-517
Men 516-518

RED THYROID TYPE



RED Thyroid Endomorph Kapha
Affinity to Aluminium
Homocysteine
Low Methyl tetrahydrofolate so
increased risk of heart attacks.
+ve to APOE4
Cholesterol and Triglycerides
Require hypoidite 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

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.

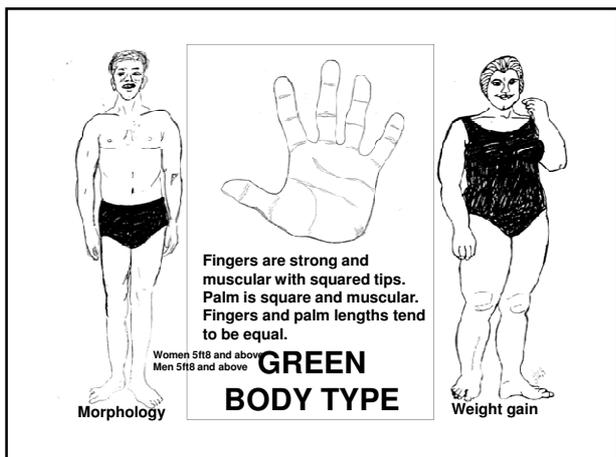
They get stronger and stronger as the day progresses and those who stimulate their adrenals tend to drink alcohol in the evenings to relax. They tend towards high blood pressure and some types of heart disease.

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.



**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

Pritikin-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

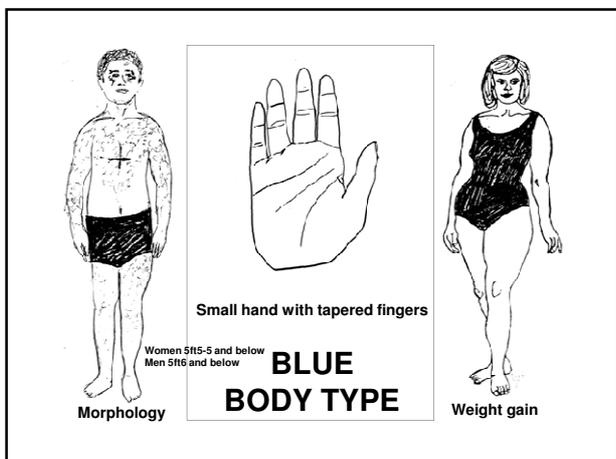
BLUE Gonads Ectomorph Vata

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.



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 | SPICES |
|------------------|-----------------|
| Basil | Chilli |
| Coriander | Cinnamon |
| Dill | 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

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.**

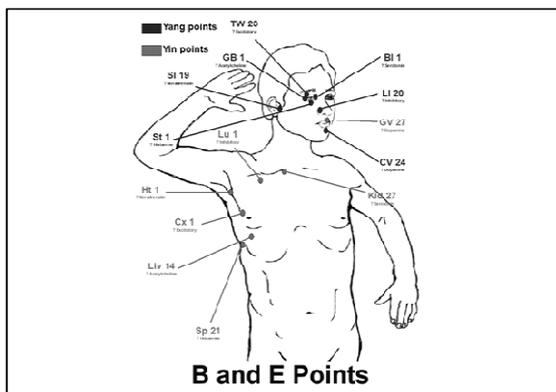
**2. Whilst maintaining the positive
therapy localisation administer 1
minute of Miron glass light therapy
through the umbilicus.**

**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.**

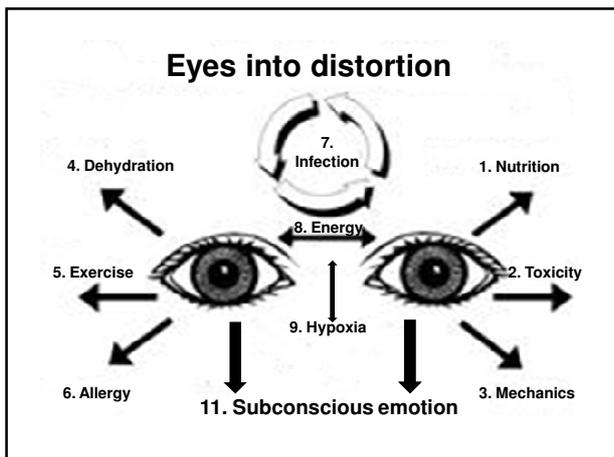
**Identifying the priority meridian
Therapy localise around the yin and
yang B&E points.**

**Usually only one yang and one yin
meridian will create weakness.
Cross TL one against the other. The
one that negates the other is the
priority meridian.**



TL to the priority meridian.

**Use the eye positions to identify the
key State of Being dysfunctions. i.e.
which positions strengthen.**



Nutrition. Challenge from weakness

- Amino acids**
- Minerals**
- Vitamins**
- Co-enzymes**
- Saccharides**
- Saturated fatty acids**
- Unsaturated fatty acids**
- Probiotics**

Cell membranes are the real brain of the cell.
Cell can stay alive de-nucleated until repair is necessary.
Skin and brain are both derived from ectodermal embryological tissue and remain intimately connected during life.

**Cell membranes are the real brain of the cell.
Every cell in the body has exactly the same organelles functioning as in the whole body e.g.
Respiration
Energy requirements
Detoxification
Elimination of waste material**

**Cell membranes are the real brain of the cell.
Brain receives information through the 5 sense receptors –
Eyes
Ears
Nose
Mouth
Touch**

**Cell membranes are the real brain of the cell.
The individual cells making up the human body community perceive the environment through their 1000's of cell surface receptors picking up information from neurotransmitters, hormones, toxins etc.**

**Cell membranes are the real brain of the cell.
The receptors open and shut many times a second. The frequency of opening and shutting is within the audible human scale of sound. (hence why music can be healing or detrimental).**

**Cell membranes are the real brain of the cell.
The most abundant receptors in the human body are the opiate receptors. These are present on every cell especially in the forebrain.**

**Cell membranes are the real brain of the cell.
The receptors are in two parts. Receptors that have antenna that the ligand attaches to and changes the protein configuration. This is a mechanical change of the protein structure due to a change in the amino acid polarities.**

**Cell membranes are the real brain of the cell.
This switches the effector receptor to opening thus permitting nutrients and other chemicals to enter the cell.**

**Cell membranes are the real brain of the cell.
Cells have been shown to come towards a positive stimulation such as nutrients and move away from detrimental toxins such as xenobiotics.**

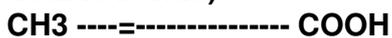
**Cell membranes are the real brain of the cell.
Cell movement toward the stimulus stimulates growth.
Movement away from the stimulus stimulates shut down, protection and ultimately degeneration.
The most powerful attracting stimulus to a cell has been shown to be love.**

Simple lipids are

a) Saturated (no double bonds)



b) Unsaturated (mono or poly double bonds)



(Methyl (w) end Carboxyl end)

Fatty Acid Properties

| | | | | | | |
|-------------------|-----------------------|---|--|--|---|-------------|
| Stacking | acid end | 18:0 | 18:1w9c | 18:1w9t | 18:2w6c,c | 18:3w3c,c,c |
| | fatty end | | | | | |
| Saturation | Saturated | Unsaturated 1 double bond cis-configuration | Unsaturated 1 double bond trans- | Unsaturated 2 double bonds cis, cis- | Unsaturated 3 double bonds cis, cis, cis- | |
| Melting Point | 70°C ste sticky | 13°C ste- single slightly anti-sticky | 44°C trans- single slightly sticky | -5°C ste, cis- double anti- sticky | -12°C ste, cis, cis- triple very anti- sticky | |
| Repelling Charges | no charge | 1 neg. charge | 1 neg. charge | 2 neg. charges | 3 neg. charges | |

Wonder oil

Best oil available to give to a patient is

Equal blend of

Organic cold pressed peanut oil

Organic cold pressed sesame seed oil

This would appear to

1. Supply all the essential unsaturated fatty acids required by the cell membrane

2. Clean the cell membranes of attached toxins

3. Replace incorporated trans fatty acids

Wonder oil in Miron glass activates the small amount of cholesterol in the peanut and sesame seed oil to form Vitamin D3



You can test for an unsaturated fatty acid deficiency by a strong muscle weakening to ETHANE. Ethane is a gas given off when unsaturated fatty acids are oxidised.



Used as a breath test in diagnose of dyslexia.

Miron Glass

to protect quality
MIRON violet glass – the perfect packaging for superior products
 Their aim is to offer clients products with exceptional quality. With respect to ingredients, naturalness, potency, taste, storage life and other important criteria, these should comply with the highest quality criteria.
 They wish to hand over the products to their clients in such a way that the special quality is completely maintained over a longer time period.

Comparable packaging materials limit this requirement as they are not sufficiently able to protect sensitive products from the quality lessening influences of light.
MIRON violet glass offers a unique possibility to maintain the value of the products at the same high level over a long time period.
 In order to do our quality requirements justice, our products are refined with the Cold End and Hot End Coating method, and mostly packed with grids.

Functionality

The sun emits visible and invisible light parts. The visible spectrum becomes discernable to our eyes when white light is channeled through a glass prism. At the same time though, light also contains a part which is invisible to our eyes and lies in the radius of electromagnetic wavelengths of infra red and UV-A.

Sunlight enables all plants to grow. If they continue to be exposed to the sun after reaching maturity, the effect of the light changes and accelerates the molecular decaying process. Miron violet glass works like a natural filter that only lets the sunlight that protects and improves the quality of premium and sensitive substances.

There is a large spectrum of packaging materials available nowadays, of which many are permeable to visible light. The following graphics show to which degree light can penetrate the different materials:

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.

In order to substantiate these advantages, Miron Violet Glass AG has conducted a series of tests themselves and in cooperation with scientific institutions.

Further confirmation of functionality comes from the science of biophotonics

Test procedures

Over the last few years, several scientific tests have been carried out with almond oil, spirulina algae, rose water, drinking water, olive oil, cereals, honey, fruits and other substances to see what protective quality MIRON violet glass offers. A few examples are listed below: Since 2008, MIRON violet glass AG together with several beekeepers from Germany have been undertaking different tests to analyze the quality of honey which has been preserved in MIRON violet glass. The main focus of attention was the analysis of the active ingredient that inhibits the growth of seeds, and the aroma in honey. A definite conclusion is that the honey stored in MIRON violet glass doesn't break down its ingredients, but actually conserves the taste, smell, color, structure and enzymes considerably better than in any other receptacles known or used until now.

In order to be able to scientifically substantiate these results, analysis of the effect MIRON violet glass has on the storage of food is currently being carried out in cooperation with the Forschungsring Darmstadt.

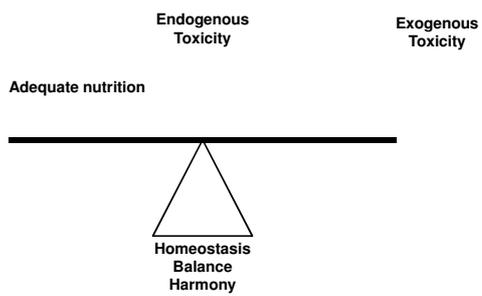
Storage test with tomatoes

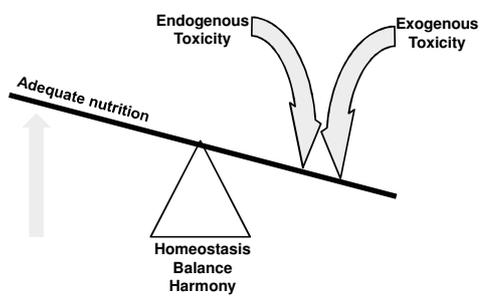
In order to more easily prove the quality protection given to food stored in MIRON violet glass, a microbiological experiment was carried out with cherry tomatoes. During this test, a cherry tomato was stored for 7 months in a white glass and in a MIRON violet glass, and then kept at room temperature where sunlight could reach it. The result was photographed after 7 months. The microbiological changes of the tomato stored in white glass can be clearly seen.

The tomato stored in MIRON violet glass however shows no loss of colour and no signs of drying out.



Toxicity at the root of many disorders





Toxicity

- 1. **Internal Chemicals e.g. neurotransmitters, hormones generated by the mind**
External Chemicals - xenobiotics

- 2. **Toxic metals**

- 3. **Radiation e.g. radioactive isotopes, electromagnetic stress**

Endogenous toxins are generated from the mind are mediated by the hypothalamus hormones –
Thyrotrophic releasing hormone
Corticotrophic releasing hormone
Gonadotrophic releasing hormones
Growth hormone releasing hormone
Somatostatin
Prolactin inhibiting hormone
300 Neuropeptides

External toxins (Xenobiotics) come from

- What we eat**
- What we drink**
- What we breath**
- What we put on our skin**
- Electromagnetic pollution**
- Harmful solar wavelengths**

Identifying the priority meridian imbalance

With endocrine tissue extract as reference or hormone disruptor vial cross check all the B&E points

**Challenging for toxicity
From weakness with the priority meridian and the endocrine tissue extract(s) or hormone disruptor on, challenge against the**

**Chemicals vial
Toxic metals vial
Radiation vial**

The fourteen culinary spices

| | |
|-------------------|-----------------------|
| All spice | Cayenne pepper |
| Chilli | Clove |
| Cinnamon | Cumin |
| Coriander | Fenugreek |
| Ginger | Mace |
| Nutmeg | Paprika |
| Star anise | Turmeric |

**Structure
Biomechanics**

**Cranial
Cervical spine
Limbic
M/S joint
Thoracic spine
Lumbar spine
Sacro iliacs,
Pubic symphysis
Extremities
ICV and other viscera**

Structural treatment options

**Manipulation
Respiratory adjustment
RESIST technique
Therapy Localisation technique
Meridian therapy**

Dehydration

Dehydration
1- 2 litres per day water
~pH 7.4
Ca / Mg ratio 2:1 or less
Sodium <20ppm

Exercise
Aerobic
Anaerobic

Allergy / Intolerance

Allergy is a true immunoglobulin protein reaction generating antibodies. IgA, IgE, IgG and IgM

Food intolerance is usually a glycoprotein lectin reaction.

Allergy / Intolerance

- Something eaten**
- Something drunk**
- Something inhaled**
- Something on the skin**

Infections

Infection - pathogen

Bacteria

Acute virus, Post virus

Parasite

Protozoa

Sporozoa

Nematode

Trematode

Cestode

Fungus

Infection – treatment options

Light therapy

Use complementary coloured acetate on light box or in daylight to boost vital energy. Drink water from a Miron glass water bottle.

Infection – treatment options

Culinary herbs

Bacteria

Virus

Parasites

Fungi

Marjoram

Basil

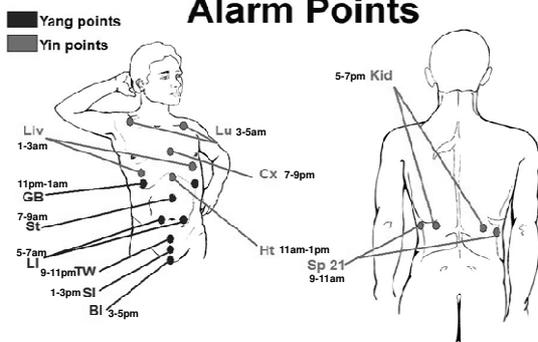
Sage

Infection – treatment options
The fourteen culinary spices

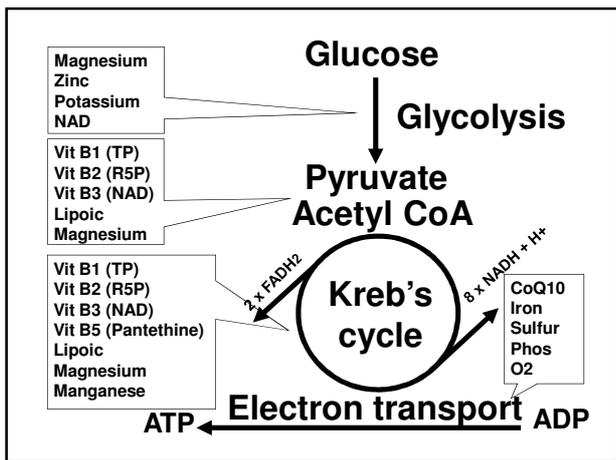
| | |
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| All spice | Cayenne pepper |
| Chilli | Clove |
| Cinnamon | Cumin |
| Coriander | Fenugreek |
| Ginger | Mace |
| Nutmeg | Paprika |
| Star anise | Turmeric |

Infection – treatment options
Using the pathogen vial challenge
for the required spice(s), dose and
times of dosing.

Alarm Points



Energy – ATP



Energy – ATP

- Magnesium**
- Vitamin B1**
- Vitamin B2**
- Vitamin B3**
- Vitamin B6**
- Vitamin B12**
- Alpha Lipoic acid**
- Manganese**
- Co-Q10**

} **Spice to activate Vitamin B's**

Hypoxia
Iron

Cyanocobalamin
Hydroxycobalamin
Adenosylcobalamin
Methylcobalamin } **Vitamin B12's**

Spice to activate B12's

Under stress blood flow goes to
The muscular system
Mid and hind brain

Blood flow is restricted to the
Viscera
The frontal cortex

Functional
Genomics

Enzymes are protein catalysts that regulate the rates at which physiological processes take place.

There are 4000 enzymes catalogued in the ENZYME DATABASE.

There are two types
1) those that require a coenzyme such as the oxido-reductases. 22% of known enzymes require coenzymes to function.

There are two types
1) those that require a coenzyme such as the oxido-reductases. 22% of known enzymes require coenzymes to function.
2) those that do not require a coenzyme such as the digestive enzymes.

Enzymes are proteins that increase the rates (catalyse) of chemical reactions. All chemical processes in living cells are carried out by enzymes.

Enzymes are proteins that increase the rates (catalyse) of chemical reactions. All chemical processes in living cells are carried out by enzymes.

Enzymes are very specific and usually catalyse only one specific reaction. The set of enzymatic reactions by converting a substrate to the -

end product is called the metabolic pathway. Some are duplicated by other sets of enzymes, others are unique.

Enzymes involved into pathways which are not duplicated in living cells and crucial for normal cell functioning are called "essential enzymes".

EC 1 Oxidoreductases - these enzymes catalyse oxido-reduction
EC 2 Transferases- these enzymes catalyse the transfer of a chemical group from donor to acceptor. e.g. *Methyltransferases*.
EC 3 Hydrolases - these enzymes catalyse the hydrolysis of various bonds.
EC 4 Lyases - these enzymes cleaving bonds by other means than by hydrolysis or oxidation.
EC 5 Isomerases- these enzymes catalyse changes within one molecule.
EC 6 Ligases - these enzymes catalyse the joining of two molecules with concomitant hydrolysis of the diphosphate bond in triphosphates.

Four parts

1.The apoenzyme is the “active” protein part of an enzyme.

Four parts

1.The apoenzyme is the “active” protein part of an enzyme.

2.The coenzyme is required for the activation of an enzyme.

3. Metal ion catalysts

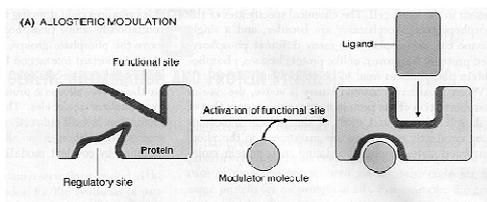
a) Metalloenzymes contain tightly bound metal ions most commonly transition metal ions such as Fe^{2+} , Fe^{3+} , Cu^{2+} , Zn^{2+} , Mn^{2+} or Mol^{2+} .

3. Metal ion catalysts

a) Metalloenzymes contain tightly bound metal ions most commonly transition metal ions such as Fe^{2+} , Fe^{3+} , Cu^{2+} , Zn^{2+} , Mn^{2+} or Mol^{2+} .

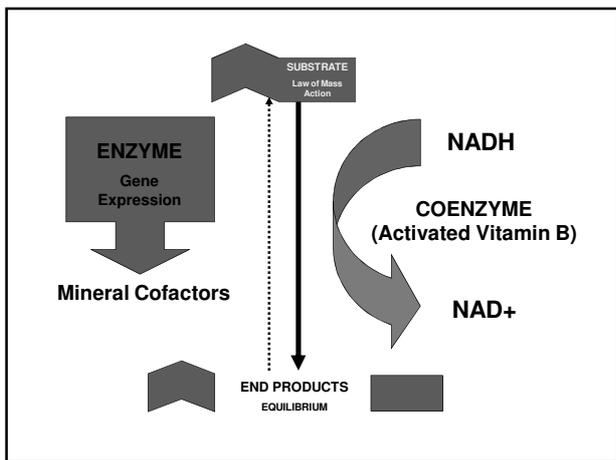
b) Metal activated enzymes loosely bind metal ions from solution, usually alkaline earth metal ions Na^+ , K^+ , Mg^{2+} or Ca^{2+}

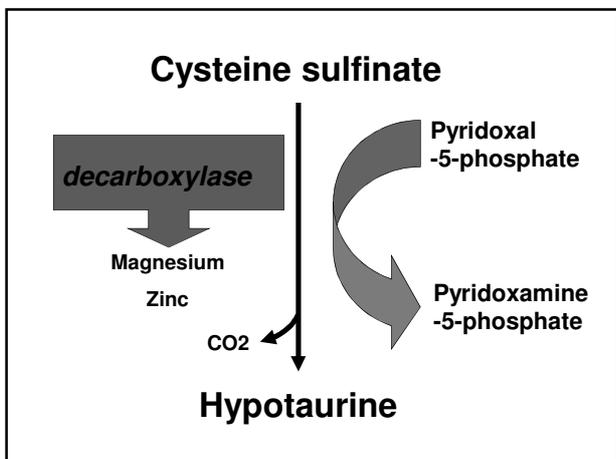
4. Low molecular weight allosteric effectors modulate the catalytic activity of certain regulatory enzymes.



Factors affecting enzyme function

1. Temperature
2. Enzyme concentrations
3. Substrate concentration
4. pH
5. Inhibitors can poison enzymes
e.g. certain chemicals, mycotoxins,
toxic metals and radiation.





Challenge for Enzyme Down regulation

- 1. Strong muscle weakens to the substrate.**
- 2. Weak muscle then strengthens to the end product.**
- 3. Weak muscle strengthens to enzyme co-factor(s) and / or associated co-enzyme.**

Challenge for Enzyme Up regulation

- 1. Strong muscle weakens to the end product.**
- 2. Weak muscle then strengthens to the substrate.**
- 3. Weak muscle strengthens to enzyme co-factor(s) and / or associated co-enzyme.**

The nucleus of the cell is the chemical brain of the cell.

Where the brain of the CNS operates by electrical sensory input and motor output, the nucleus operates by chemical messenger input and gene expression output.

Genes are build from chains of Deoxyribonucleic Acid (DNA)

Genes are modulated by primary and secondary messengers. "Turning the gene on" is known as gene expression.

Primarily, genes encode for the synthesis of proteins that act as enzymes.

The human genome possesses about 40,000 genes.

Plants encode for about 28,000 genes.

Fruit flies encode for 30,000 genes.

The message coded within the gene is first transcribed into a template mirror image of the coding strand of the DNA by messenger Ribonucleic Acid (mRNA).

RNA contains the same bases as DNA except that Uracil replaces Thymine.

mRNA translates the gene expression from the gene to the ribosome to synthesise protein enzymes.

(transfer) tRNA serves as an adapter molecule for the translation of mRNA into protein sequences.

(ribosomal) rRNA contributes to the formation of ribosomes.

Ribosomes are RNA molecules and can in themselves act as enzymatic catalysts.

Both DNA and RNA are composed of Nucleotides derived from either purine or pyrimidine bases.

The purine bases are Adenine and Guanine.

The pyrimidine bases are Cytosine, Uracil and Thymine.

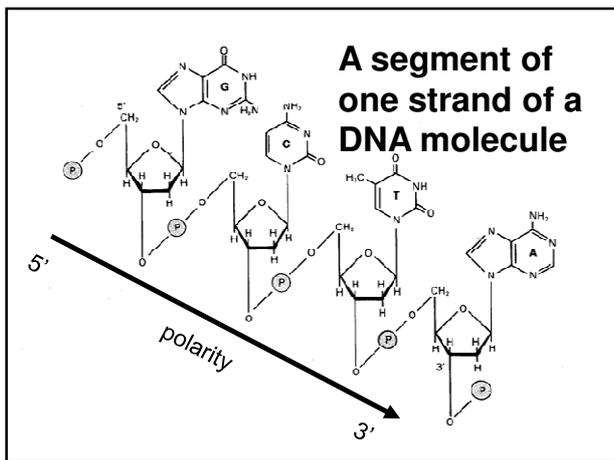
Nucleosides are bases that have ribose or deoxyribose sugar linked via a covalent bond.

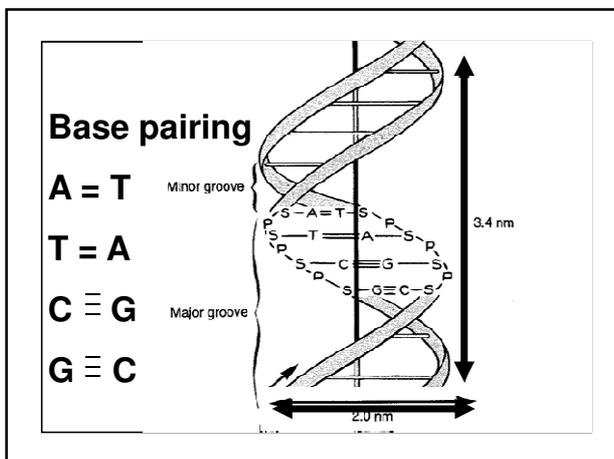
Nucleotides are mono-phosphorylated nucleosides.

Building Nucleic acids

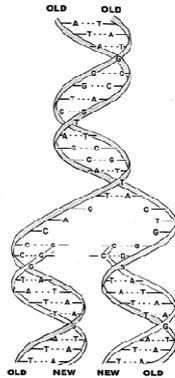
| | |
|----------------------|--|
| Bases | Adenine, Cytosine, Guanine, Thymine, Uracil |
| Nucleosides | Adenosine, Cytidine, Guanosine, Thymidin, Uridine |
| Nucleotides | AMP, CMP, GMP, TMP, UMP dAMP, dCMP, dGMP, dTMP, dUMP |
| Nucleic acids | RNA, DNA |

| Base Formula | Base | Nucleoside X = Ribose or Deoxyribose | Nucleotide X = Ribose phosphate |
|---|----------------------|--|---------------------------------------|
|  | Adenine A | Adenosine A | Adenosine monophosphate AMP |
|  | Guanine G | Guanosine G | Guanosine monophosphate GMP |
|  | Cytosine C | Cytidine C | Cytidine monophosphate CMP |
|  | Uracil U | Uridine U | Uridine monophosphate UMP |
|  | Thymine T | Thymidine T | Thymidine monophosphate TMP |





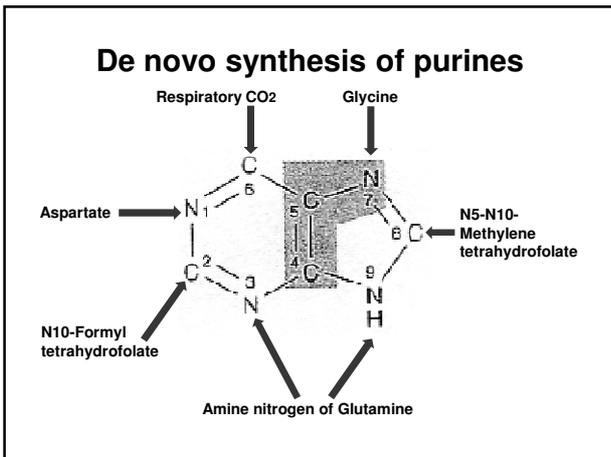
The double stranded structure of DNA and the template function of each old strand (shaded) on which a new complementary strand is synthesised.



| First Letter | Second Letter | | | | | | Third Letter |
|--------------|---------------|-----|-----|-----|---|--|--------------|
| | T | C | A | G | | | |
| T | TTT | TCT | TAT | TGT | T | | |
| | TTC | TCC | TAC | TGC | C | | |
| | TTA | TCA | TAA | TGA | A | | |
| | TTG | TCG | TAG | TGG | G | | |
| C | CTT | CCT | CAT | CGT | T | | |
| | CTC | CCC | CAC | CGC | C | | |
| | CTA | CCA | CAA | CGA | A | | |
| | CTG | CCG | CAG | CGG | G | | |
| A | ATT | ACT | AAT | AGT | T | | |
| | ATC | ACC | AAC | AGC | C | | |
| | ATA | ACA | AAA | AGA | A | | |
| | ATG | ACG | AAG | AGG | G | | |
| G | GTT | GCT | GAT | GGT | T | | |
| | GTC | GCC | GAC | GGC | C | | |
| | GTA | GCA | GAA | GGA | A | | |
| | GTG | GCG | GAG | GGG | G | | |

Nucleotides are synthesised by

1. De novo synthesis from amphibolic intermediates
2. Ingestion from foods
3. Repair of damaged molecules



Nucleotides are synthesised by

1. De novo synthesis from amphibolic intermediates
2. Ingestion from foods
3. Repair of damaged molecules

Nucleic acids released from ingested food and nuclear proteins in the intestinal tract are degraded to mononucleotides by ribonucleases, deoxyribonucleases and polynucleotidases.

Nucleotidases and phosphatases hydrolyze the mononucleotides to nucleosides, which either are absorbed or are further degraded by intestinal phosphorylase to purine and pyrimidine bases.

While little dietary purine or pyrimidine is incorporated into tissue nucleic acids, parenterally (non intestinal) administered compounds are incorporated, e.g. injected (³H) Thymidine is incorporated into newly synthesized DNA. This provides a technique for measuring rates of DNA synthesis.

Nucleotides are synthesised by

- 1. De novo synthesis from amphibolic intermediates**
- 2. Ingestion from foods**
- 3. Repair of damaged molecules**

DNA Repair

The initiation of DNA synthesis requires priming by a short length of RNA.

The process is regulated by DNA polymerase which is a zinc dependant metallo-enzyme.

The selection of the entering deoxyribonucleotide is dependant upon proper base pairing with the other strand of the DNA molecule.

A deficiency in DNA polymerase may lead to the insertion of an incorrect base into the DNA sequence thus creating a single nucleotide polymorphism (SNIP).

According to Bruce Ames each cell in the body suffers between 25,000-100,000 oxidative hits per day.

This figure is obtained by measuring the quantity of oxidised deoxyguanosine in the urine per day and dividing by the number of cells in the body.

The same cofactors apply to RNA repair by RNA polymerase, also a zinc dependant enzyme.

So for optimal DNA / RNA repair there must be

- 1. An adequate pool of nucleotide bases and**
- 2. Zinc for the dependant DNA polymerase and RNA polymerase enzymes.**

Think of DNA polymerase as the cement needed to repair the wall

and think of DNA as needed to replace the broken bricks

Optimal forms of zinc

Zinc chloride + Zinc sulfate aqueous solution with citric acid

SNIP's

There are normal variations of DNA sequences known as polymorphisms.

They occur once in every 500 nucleotides, or about 107 times per genome.

They occur mostly in the non-coding regions of DNA.

CELL MUTATIONS

Result when changes occur in the nucleotide sequence due to

- 1. Nutritional deficiencies.**
- 2. By Pathogens, Chemicals, Mycotoxins, Ultra-violet and ionizing Radiation induced oxidative damage.**
- 3. Depurination from thermal lability.**

As many as one third of mutations in a gene result in the corresponding enzyme having an increased Michaelis constant or K_m (decreased binding affinity) for a coenzyme, resulting in a lower rate of reaction.

The K_m is a measure of the binding affinity of an enzyme for its ligand (i.e. substrate or coenzyme) and is defined as the concentration of ligand required to fill one half of the ligand binding sites.

About 50 human genetic diseases due to defective enzymes can be remedied or ameliorated by the administration of high doses of the corresponding vitamin coenzyme, which at least partially restores enzymatic activity.

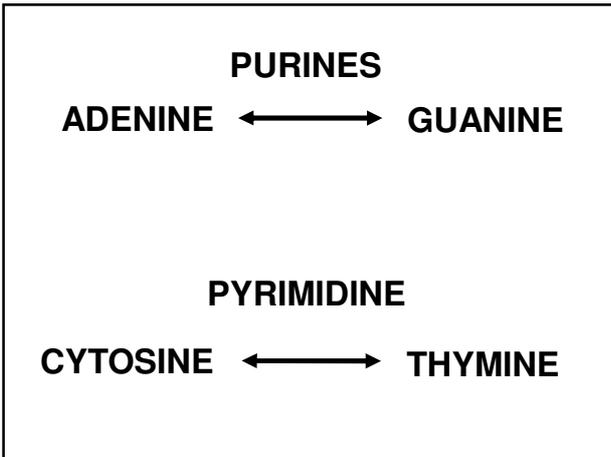
Many Single Point Mutations (SNIPs), in which the variant amino acid reduces coenzyme binding and thus enzymatic activity, are likely to be remediable by raising cellular concentrations of the vitamin coenzyme.

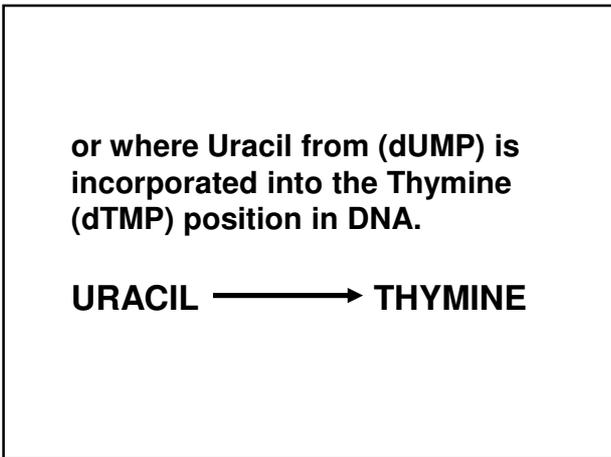
Mutations maybe

- 1. Single Point Mutations (SNIPs).**
- 2. Deletions, Insertions and Rearrangements of DNA (Cut and Pastes).**

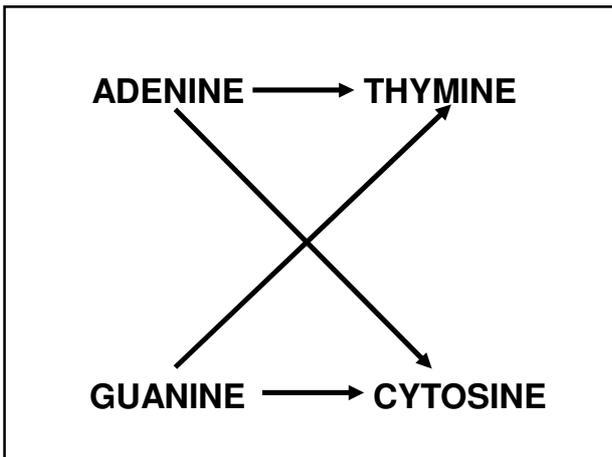
Single base point mutations (SNIPs) maybe

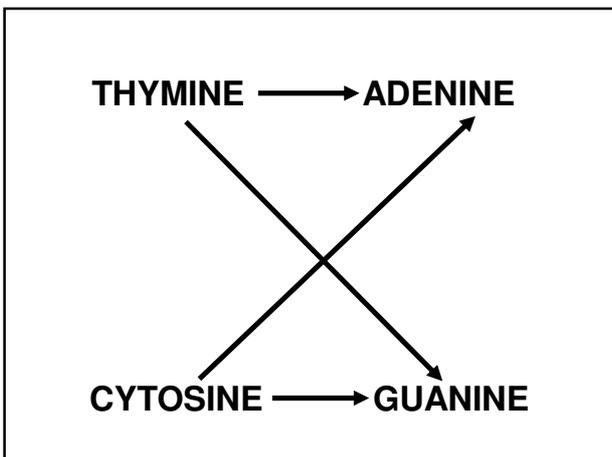
- 1. Transitions where a given purine is changed to the other purine or a given pyrimidine is changed to the other pyrimidine.**





2. Transversions are changes from a purine to either of the two pyrimidines or the change of a pyrimidine into either of the two purines.





Single base changes will be replicated within the mRNA transcription.

There maybe

1. No detectable effect.
2. A mis-sense effect
3. A nonsense codon effect.

SNIP Challenge

- 1. Challenge each vial of nucleotide bases from strength to weakening over lower abdomen.**
- 2. Note which one weakens.**

- 1. Adenine**
- 2. Cytosine**
- 3. Guanine**
- 4. Thymine**
- 5. Uracil**

- 3. Challenge weakening nucleotide base against each of the other nucleotide bases to identify which negates.
e.g. G>T**

This will indicate the specific single nucleotide polymorphism (SNIP).

There is always an associated co-enzyme with each SNIP.

This indicates that a greater than normal amount of the coenzyme is required to bring an enzyme up to a more correct rate of reaction.

Each SNIP defect maybe apparent to Nutritional deficiency of the necessary substrates and Cofactors to activate the vitamin to become a coenzyme.

Each SNIP defect is caused by

- 1. Inherited polymorphism (Miasm)**
- 2. Acquired – Due to Zinc deficiency leading to reduced DNA / RNA polymerase function for the repair caused by ROS as a result of exposure to pathogens especially viruses, toxic metals, mycotoxins, chemicals and / or ionising radiation.**

| Coding DNA Standard code | | | | | | | |
|--------------------------|---------|-----|-----|-----|------|-----|------|
| TTT | Phe | TCT | Ser | TAT | Tyr | TGT | Cys |
| TTC | Phe | TCC | Ser | TAC | Tyr | TGC | Cys |
| TTA | Leu | TCA | Ser | TAA | Stop | TGA | Stop |
| TTG | Leu (i) | TCG | Ser | TAG | Stop | TGG | Trp |
| CTT | Leu | CCT | Pro | CAT | His | CGT | Arg |
| CTC | Leu | CCC | Pro | CAC | His | CGC | Arg |
| TTA | Leu | CCA | Pro | CAA | Gln | CGA | Arg |
| CTG | Leu (i) | CCG | Pro | CAG | Gln | CGG | Arg |
| ATT | Ile | ACT | Thr | AAT | Asn | AGT | Ser |
| ATC | Ile | ACC | Thr | AAC | Asn | AGC | Ser |
| ATA | Ile | ACA | Thr | AAA | Lys | AGA | Arg |
| ATG | Met (i) | ACG | Thr | AAG | Lys | AGG | Arg |
| GTT | Val | GCT | Ala | GAT | Asp | GGT | Gly |
| GTC | Val | GCC | Ala | GAC | Asp | GGC | Gly |
| GTA | Val | GCA | Ala | GAA | Glu | GGA | Gly |
| GTG | Val | GCG | Ala | GAG | Glu | GGG | Gly |

| SNIP | COENZYME | FUNCTION | FRUIT / SEED | INFECTION |
|------|---|------------------------------------|---------------|--------------------------|
| A>C | Methylcobalamin | Methylation | Orange pepper | Rubella |
| A>G | Thiamine pyro | Decarboxylation | Pea | Morbillinum, HG |
| A>T | SAM | Methylation | Kiwi, Papaya | Influenza |
| A>U | FAD(H) | Oxidation-reduction | Blueberry | Hepatitis |
| C>A | Adenosylcobalamin | Alkylation | Yellow pepper | Poliomyelitis |
| C>G | Thiamine triphos | Acetylation | Beans | Tuberculosis CMV |
| C>T | CH3H4Folate (Methyl) | Methylation | Broccoli | Varicella |
| C>U | Vit C | Oxidation-reduction | Rosehips | Herpes simplex |
| G>A | NAD(H) | Oxidation-reduction | Blackcurrant | Parotitis |
| G>C | Carboxybiotin | Carboxylation | Pumpkin | Chlamydia |
| G>T | PSP | Decarboxylation, Transamination | Red pepper | Gonorrhoea |
| G>U | H4Bioterin | Hydroxylation | Broad bean | Coxsackie |
| T>A | NADP(H) | Oxidation-reduction | Blackberry | Pertussis |
| T>C | FMN(H) | Oxidation-reduction | Bilberry | Hepatitis |
| T>G | Lipoamide | Acyl transfer | Watermelon | Herpes Zoster |
| T>U | CoQ10 | Oxidation-reduction | Black grape | Mononucleosis |
| U>A | CH H4Folate (Methenyl or Folinic acid) | One carbon transfer | Raspberry | Syphilis |
| U>C | H4 Folate (Folic acid + NADH) | One carbon transfer | Gooseberry | Adeno virus |
| U>G | CoA | Acyl transfer | Elderberry | Salmonella, Varicella |
| U>T | CH2 H4 Folate (Methylene) | Methylation of uracil | Green pepper | Human Papilloma |

Assessing the optimal nutrient(s)

- 1. With the weakening nucleotide base on the patient challenge with the appropriate co-enzyme. Should strengthen.**
- 2. Cross TL now to GV20 (28). If maintains strength then the co-enzyme should be prescribed.**

Examples

P-5-P

Adenosylcobalamin

Methylcobalamin

Vitamin C

CoQ10

a-Lipoic acid

3. Cross TL to GV20 weakens the muscle then body wants patient to synthesise their own co-enzyme.

First challenge for the specific co-enzyme substrate and then for minerals, other vitamins or fatty acids.

**Conscious /
Unconscious
emotions**

**Emotional
Stress Reflexes**



Emotional Stress Reflexes

Challenge right to left and left to right.

Maintain positive Therapy Localisation and treat with Miron light for 1 minute to the umbilicus.

Subconscious emotions

Subconscious emotions are put in through the 5 senses.

- Vision**
- Hearing**
- Smell**
- Taste**
- Touch**

Therapy localise each right to left and left to right. Maintain therapy localisation to positive sensory input and treat with Miron light for 1 minute through the umbilicus.

Everything in our surroundings affects us, physically as well as psychologically. In fact, there is no true division between the mind and body and environment - all are parts of the whole that each of us is. We swim in an informational "soup," somewhat like the internet, in our environment.

This "soup" fills the spaces between us and within us. Information streams through these spaces. Further, each individual, much like a sponge, is more "space" than substance.

Even an atom, the basic building block of matter, is space.

The nucleus of an atom might be thought of as the size of an apple in the middle of a football field, with electrons as tiny people in the stadium seats.

With all this space, therefore, there is enormous room for information to be transferred inside and between us all.

Knowing that we are space and "porous" like a sponge helps us understand how we literally "soak up" each other, including each other's moods. We breathe shared air. As we do, tiny "Tinkerbell"-like proteins named pheromones stream between us.

As we inhale them, we can even influence each other's hormones. So our very mindset, including a largely unconscious part, influences the mindset of another.

How does all this stuff get deeply interwoven into our own brains and our own body functions?

The core "control panel" part of the brain is made up of a mood center (the limbic system) and a body function part (the hypothalamic-pituitary axis). This last part controls how our whole body functions-- hormones, immune system, breathing, digestion, sex, conception and birth to mention a few.

Recent scientific work, however, has revealed how our mood center influences all these other functions.

Perhaps even more fascinating is how humans influence each other's functions.

Bad experiences get "stuck" in the limbic mood system, much like a bad tape in a tape recorder or a scratch on a CD.

The regular healthy flow of cellular "music" is interfered with and "brokenness" results.

Shame, guilt, apathy, grief, fear, cravings, anger and pride may then block our internal harmony.

Additionally, this limbic part sometimes has trouble with time and may experience the trauma as current although it is past.

Similar events may "trigger" overwhelming emotional response, much like a car backfiring may be interpreted as gunfire by a Gulf War veteran.

This is the physical basis for the post-traumatic stress syndrome, and for the holiday blues.

They manifest via the limbic system's connections to the hypothalamus and create modulations in the brain's regulating chemicals.

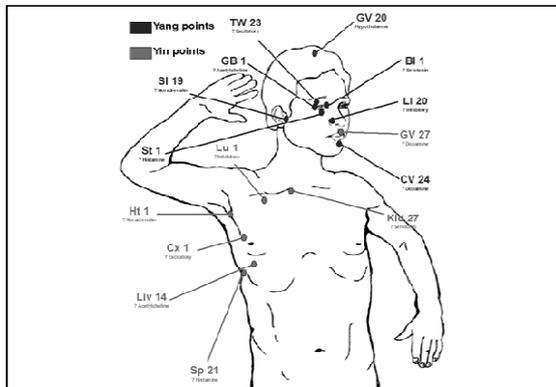
Hypothalamic hormone modulators

| | |
|-----------------------|-----------------|
| CTRH ↑ ↓ | TRH ↑ ↓ |
| LHRH ↑ ↓ | FSRH ↑ ↓ |
| GHRH ↑ ↓ | GHIH ↑ ↓ |
| PLH ↑ ↓ | PRIH ↑ ↓ |
| Endorphins ↑ ↓ | |
| Oxytocin ↑ ↓ | |

These imbalances effect inter-neuronal communication and all cells in the body containing the various neurotransmitter and neuro-peptide receptor sites.

They are the more animalistic and survivalistic negative emotions that restrict conscious awareness and development.

**Subconscious emotions
“Right now there is a subconscious emotion generating your State of Being”.**



Subconscious emotions
 “Out of 1-10, with 10 being full expression 24/7 and 1 being just a little, the expression of this subconscious emotion in your life right now calibrates at”.

Subconscious emotions

| | |
|----------------------|-----------------------|
| Bladder 1 | Shame and Humiliation |
| Gallbladder 1 | Guilt and Blame |
| Large intestine 20 | Apathy and Despair |
| Conception vessel 24 | Grief and Regret |
| Kidney 27 | Fear and Anxiety |
| Governing vessel 27 | Craving and Desire |
| Lung 1 | Anger and Hate |
| Liver 14 | Pride and Scorn |
| Spleen 23 | Agitation |
| Stomach 1 | Lethargy |
| Heart 1 | Tense |
| Small Intestine 19 | Lazy |
| Circulation / sex 1 | Manic |
| Triple warmer 23 | Aimless |

Subconscious emotions
 Therapy localise the priority meridian and cross check for negating meridian.
 Yang will usually cross check to a Yin meridian. A Yin meridian will usually cross check to a Yang meridian.

Subconscious emotions
Tap at 2 Hz the negating meridian
B&E point bilaterally where
applicable and vocalise the
subconscious affirmation 20x three
time per day or more often as
necessary.

Magic figure is 1000 repetitions.

| | |
|-----------------------|-----------------------|
| Shame and Humiliation | I truly am Triumphant |
| Guilt and Blame | I truly am Released |
| Apathy and Despair | I truly am Motivated |
| Grief and Regret | I truly am Liberated |
| Anxiety and Fear | I truly am Grounded |
| Craving and Desire | I truly am Thankful |
| Anger and Hate | I truly am Joyous |
| Pride and Scorn | I truly am Meek |
| Agitation | I truly am Emphatic |
| Lethargy | I truly am Aroused |
| Tense | I truly am at Ease |
| Lazy | I truly am Dynamic |
| Manic | I truly am Calm |
| Aimless | I truly am Focused |

Subconscious emotions

Identify Tree Essence and negating
meridian colour and simulate into
the “State of Being” fluid.

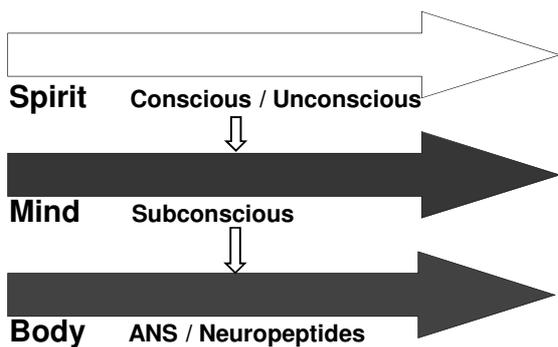
Patient to put one drop of essence
onto tongue just before saying their
affirmation and tapping.

Human personality

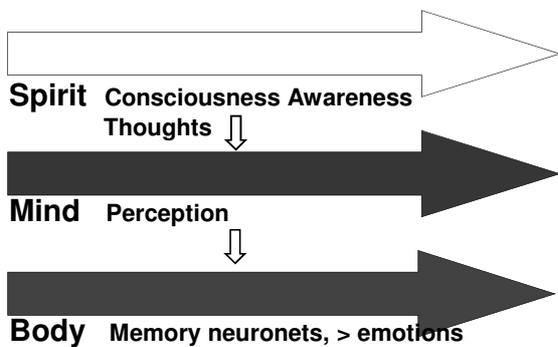
Combination of

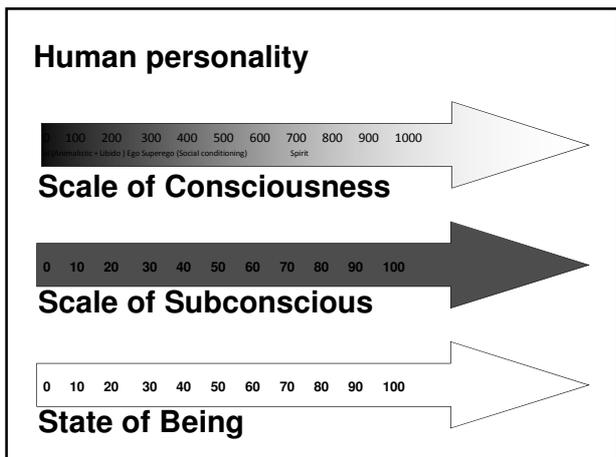
- 1. Higher spiritual consciousness
- 2. Unconscious
- 3. Subconscious
- 4. Inherent gifts, skills and talents

Human personality



Human personality





SCALE of CONSCIOUSNESS

| | Life-view | Level | Log | Emotion | Process |
|---|---------------|--------------------|-------------|---------------|--------------------|
| | Is | Enlightenment | 700-1000 | Ineffable | Pure Consciousness |
| C A S E | Perfect | Peace | 600 | Bliss | Illumination |
| | Complete | Unconditional love | 540 | Serenity | Transfiguration |
| | Benign | Love | 500 | Reverence | Revelation |
| | Meaningful | Reason | 400 | Understanding | Abstraction |
| | Harmonious | Acceptance | 350 | Forgiveness | Transcendence |
| | Hopeful | Willingness | 310 | Optimism | Intention |
| | Satisfactory | Neutrality | 250 | Trust | Release |
| | Feasible | Courage | 200 | Affirmation | Empowerment |
| | Demanding | Pride | 175 | Scorn | Inflation |
| | Antagonistic | Anger | 150 | Hate | Aggression |
| U N C O N S C I O U S | Disappointing | Desire | 125 | Craving | Enslavement |
| | Frightening | Fear | 100 | Anxiety | Withdrawal |
| | Tragic | Grief | 75 | Regret | Despondency |
| | Hopeless | Apathy | 50 | Despair | Abdication |
| | Evil | Guilt | 30 | Blame | Destruction |
| Miserable | Shame | 20 | Humiliation | Elimination | |

Human Unconsciousness

The unconscious emotions are those that calibrate below 200 on Dr David Hawkin's Scale of Consciousness.

Unconscious emotions

At this time the BLACK acetate will weaken in the clear.

Weakness with the eyes directed upwards.

Weakness negated by the VEP vial.

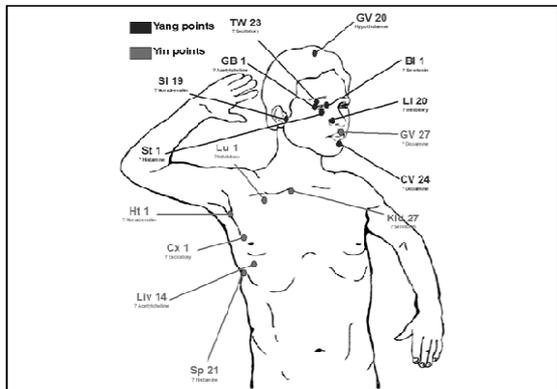
Weakness negated by the "Love" vial.

"Right now there is an unconscious emotion having a negative effect on your psyche."

Unconscious emotions

The negative energy will be the cause of the weakening priority meridian.

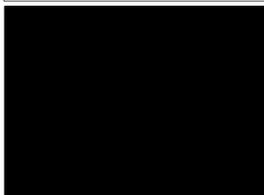
This weakening is due to a loss of Vital Energy due to the person resonating with the collective unconscious negative energy fields.



A total absence of light is BLACK.

Red 255
Green 255
Blue 255

Black is not a colour as such, but rather an absence of white.



A BLACK acetate over the eyes inhibits neurological sensory input (both RODS and CONES) to the Thalamus and the Hypothalamus and thus creating a hormonal inhibition to the Pituitary (hypophysis) gland and its allied endocrine trophic glands.

So applying the BLACK acetate over the eyes is similar to turning on the "stand by" (alpha wave pattern) system on an electrical appliance. i.e. a reduction in the neurological sensory input changes the challenge from accessing the physiology to accessing the unconscious.

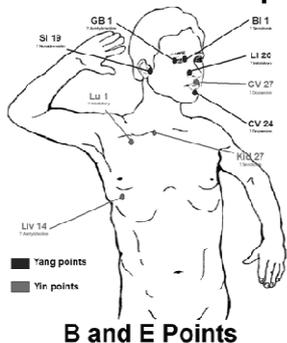
Unconscious emotions

| | |
|----------------------|-----------------------|
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| Governing vessel 27 | Craving and Desire |
| Lung 1 | Anger and Hate |
| Liver 14 | Pride and Scorn |

Unconscious infections and toxicity

Shame = Bacteria
 Guilt = Virus
 Apathy = Parasite
 Grief = Fungus
 Fear = Hypoxia
 Craving = Allergy
 Anger = Toxicity
 Pride = ATP

Unconscious emotion points



Calibration for the consciousness of the priority meridian.

Using the Scale of Consciousness of David Hawkins –

“ Out of 1000 with 700 being the state of enlightenment and 540 being that of unconditional love, your meridian calibrates at”

Therapy for Unconscious emotions

Use the VEP spray containing the twelve gem stone essences

- | | |
|----------------------|-----------------------|
| 1. Jasper | 2. Sapphire |
| 3. Chalcedony | 4. Emerald |
| 5. Sardonyx | 6. Sardius |
| 7. Chrysolite | 8. Beryl |
| 9. Topaz | 10. Chysopraxe |
| 11. Jacinth | 12. Amethyst |

St John Revelation 21 v19

VEP (Vital Energy Protector) spray contains the 12 gemstone essences, the frequency of LOVE and Lemongrass aromatherapy oil.

You can tag the VEP with the complementary colour(S) and Culinary herbal essence.

Therapy for Unconscious emotions

The "LOVE" frequency vial - 528Hz

There is a special sound and colour of love according to Dr. Horowitz, a Harvard-trained award-winning investigator. Broadcasting the right frequency can help open your heart, prompt peace, and hasten healing. "We now know the love signal, 528 Hertz, is among the six core creative frequencies of the universe because math doesn't lie, the geometry of physical reality universally reflects this music; these findings have been independently derived, peer reviewed, and empirically validated," Dr. Horowitz says.



A wise physician said to me, 'I have been practicing medicine for 30 years and I have prescribed many things.

But in the long run I have learned that for most of what ails the human creature, the best medicine is love.'

'What if the dose doesn't work?' I asked

'Double the dose,' he replied

The most abundant cell receptors in the human body are the opiate receptors especially present in our frontal cortex. We are literally hard wired for BLISS.

Candice Pert PhD

How to naturally stimulate endorphins

**Exercise
Deep massage
Meditation
Being with others
Sex – orgasm
Love**

**Vision
Hearing
Smell
Taste
Touch**

Candice Pert PhD

Therapy for Unconscious emotions

Use the VEP spray containing the twelve Gem stone essences and the “LOVE” frequency vial.

**Charge the VEP spray with –
Negating culinary herb.
Negating complementary colour(s).**

Therapy for Unconscious emotions

**Spray front and back of body 3x a day or more often if required.
Spray areas of negative energy in buildings regularly e.g. areas where dogs will not go, electromagnetic fields from electrical devices, negative patients etc.**

An effective treatment to elevate the Scale of Consciousness and release unconscious negative emotions to is an affirmation.

I truly want to release my unconscious emotion of and replace it with the infinite power of love now and forever.

Patient aims to say this 20 times just before going to sleep for 4 weeks.

Most people fall asleep saying the affirmation.

I truly want to release my unconscious emotion of guilt and blame and replace it with the infinite power of love now and forever.
