

## **Anxiety or Depression**

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**Anxiety is a hyper state**

**Depression is a hypo state**

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### **Linear Newtonian Model**

**Atoms – molecules – chemical  
compounds – amino acids – single  
cell structure - small life forms –  
large life forms – man – evolved  
brain – consciousness as an  
epiphenomena of the brain –  
emotion fluctuations due to  
changes in neurochemistry.**

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**Non linear (Quantum) Model**  
**Consciousness as the ground of all**  
**being – body being an expression**  
**of the mind - split between higher**  
**self and ego – unconscious**  
**emotions cause changes in**  
**neurochemistry – hormone**  
**adaption – gene expression –**  
**changes in cellular metabolism –**  
**disease.**

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**Awareness**  
 ↓  
**Conscious**  
 ↓  
**Subconscious**  
 ↓  
**Chemistry**  
 ↓  
**Physical**




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<b>Awareness</b>	<b>Mind</b>
↓	
<b>Conscious</b>	<b>Orbital frontal cortex</b>
↓	
<b>Subconscious</b>	<b>Limbic</b>
↓	
<b>Chemistry</b>	<b>Hypothalamus</b>
↓	
<b>Physical</b>	<b>Muscles</b>

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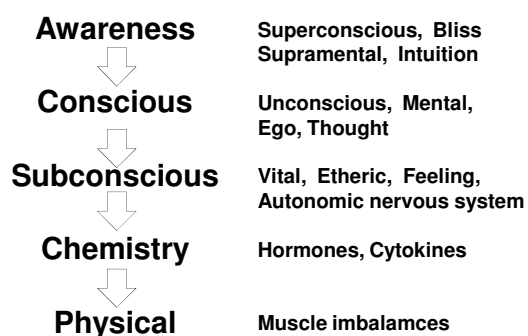
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**The orbitofrontal cortex (OFC) is a prefrontal cortex region in the frontal lobes in the brain which is involved in the cognitive processing of decision-making.**

**It is thought to represent emotion and reward in decision making.**

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**Connectivity of the orbitofrontal cortex with limbic areas includes reciprocal projections to granular, dysgranular, and agranular insular cortex, parahippocampal regions, and the hippocampus, particularly CA1 regions in a rostral-to caudal gradient.**

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**The orbitofrontal cortex additionally shares extensive reciprocal connections with the amygdala, and direct and indirect connections to the hypothalamus.**

**Most neuronal connections are mediated by GABA and / or Serotonin.**

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**Patient procedure**

- 1. Test cross extensor reflexes**
- 2. Test constitutional colour and harmonise if necessary**
- 3. Find positive YANG meridian and positive YIN meridian.**
- 4. Challenge for cause and effect meridians**
- 5. Assess for etiology of effect meridian using eye positions**

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- 6. Treat accordingly**
- 7. Assess for etiology of causal meridian using eye positions**
- 8. Assess both meridians are balanced by left / right brain challenges**
- 9. Assess for subconscious emotion by left / right amygdala challenge. Treat all positive sensory inputs.**

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**10. Assess for unconscious  
emotion by left / right ESR  
challenge**  
**11. Treat and spray**

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**Body – Mind  
connection**

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**The conscious mind is the only  
part of the mind that thinks.  
The unconscious refers to that  
part of unaware mental  
functioning. Repressed thoughts.  
The subconscious is the memory  
of all that has happened.  
The superconscious mind (the  
Universal Mind), is what all of  
minds are connected to.**

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Delta brain waves tap into the external collective conscious, the universal psyche or mind, beyond our personal self. The collective conscious is a kind of pool of the cumulative conscious understanding and knowledge of all humanity. Delta brain waves provide the gateway that links to the collective conscious and is the source of our intuition.

This is different from Theta brain waves, which provides us insights from our unconscious mind, our inner-most being and inner spirituality. Theta looks inwards and is more personally meaningful to us.

Alpha then brings the messages and insights from Theta and Delta by adding imagery or visualization around the content so that the message can be understood and experienced by the conscious, waking mind. Finally, the message is processed, interpreted and acted upon in Beta, our normal, conscious, waking mind.

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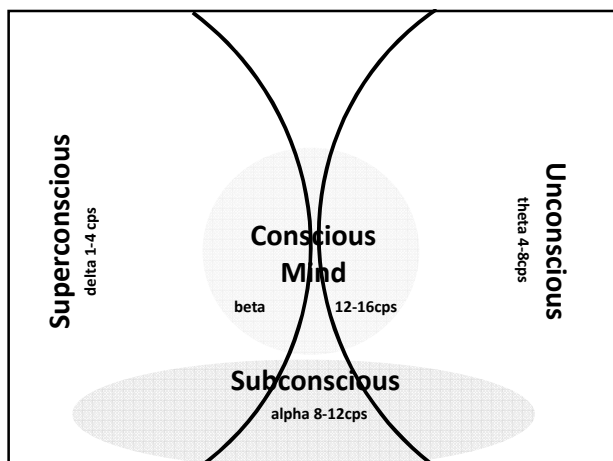
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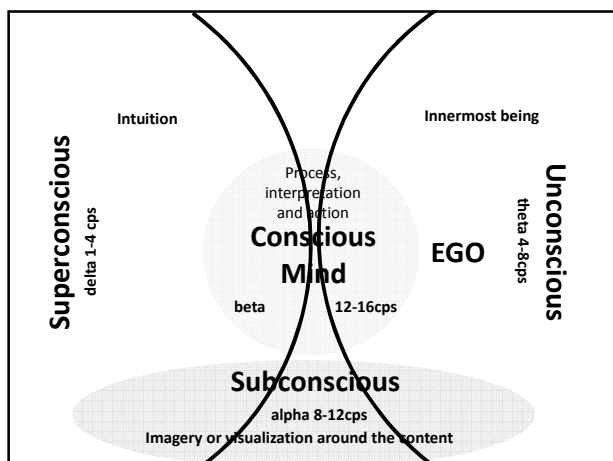
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Freud didn't actually use the word *ego*, but the word *ich* which means I and which indicates a personal identity. The term ego is an all encompassing Buddhist term which is one being that incorrectly thinks it has an identity that is separate from its Source.

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The conscious mind is the only part of the mind that thinks. That's why most people use their conscious mind power to solve problems and to achieve their goals. However, the conscious mind power is limited, as compared to the subconscious mind power and superconscious mind power.

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The most important conscious mind power is the power to decide. It has the power to decide what information to enter into the subconscious mind, but most people are not exercising this power. Instead, they let rubbish enters their subconscious mind and thus rubbish in, rubbish out.

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**The conscious mind also has the power to reprogram the subconscious mind, mainly through repetition. For instance, remember the first time you learnt to drive a car. But now, you no longer have to consciously think of the great variety of pedal actions.**

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**They have become automatic, i.e. you are able to do it subconsciously. Through repetition, you have programmed your subconscious mind.**

**Once it is in the subconscious, it becomes automatic.**

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**The subconscious displays 5 different roles.**

**1. It maintains and balances the well-being of the body. That's why the body is self-healing in nature. It has the power to heal any form of diseases you can think of. It is the fundamental of all therapies.**

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**2. It protects us from emergencies or dangers.**

**3. It is the ultimate-memory bank. It stores all past experiences.**

**4. It is like a magnet. It has the power to attract things that resonate with its beliefs.**

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**5. It is like radar. It sends and receives information to and from the superconscious mind.**

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**The conscious mind is connected to the subconscious mind, which in turn is connected to the superconscious mind.**

**Same goes for my mind as well as anyone's mind.**

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**We are all connected at the superconscious level, through our individual's subconscious mind. The conscious mind is not connected directly to the superconscious mind.**

**We rely on our subconscious mind to send and receive information to and from the superconscious.**

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**As the conscious mind impresses a desire upon the subconscious mind, the subconscious mind will impress it upon the superconscious mind which will then conspire to make it happen, as what Ralph Waldo Emerson said, "Once you make a decision, the universe conspires to make it happen".**

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**There is only one superconscious mind (the Universal Mind), to which all of minds are connected to.**  
**It helps you to make right decisions, since it has Infinite Intelligence.**  
**It is the source of all true invention.**

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**Awareness is a field of energy and information. It is the mind's faculty for having thought before thought is actually present.**

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**Retaining awareness is the mark of not growing old. Giving it up in favour of habits, rituals, rigid beliefs and outworn behaviour is the mark of aging. Life is awareness in action.**

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**Awareness**  
↓  
**Consciousness**  
↓  
**Subconscious**  
↓  
**Chemistry**  
↓  
**Physical**

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**In psychoanalytic theory, the unconscious refers to that part of mental functioning of which subjects make themselves unaware.**

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**The psychoanalytic unconscious is similar to but not precisely the same as the popular notion of the subconscious.**

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**Function Dysfunction**

awareness	Inability to focus on task
attention & concentration	impaired recent memory
memory	difficulty learning new information
cognition	problem solving difficulty
motivation	inability to plan sequence of tasks
judgment	changes in social behaviour
voluntary movement	loss of simple movement
expressive language	inability to express language

**Frontal lobe**



**Function Dysfunction**

memory for habits & motor activities	loss of flexibility in thinking
emotional control & impulse control	mood changes (emotional lability)
word associations	persistence of a single thought (perseveration)
ability to follow instructions	
decision making	
personality	changes in personality
assigns meanings to words we choose	loss of spontaneity

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Function	Dysfunction
Visual attention	inability to focus on visual attention
awareness of spatial relationships	
touch	inability to name an object (Anomia)
recognition of faces	difficulty in distinguishing right from left
goal-directed voluntary movements	inability to locate the words for writing (Agraphia)
manipulation of objects	problems with reading (Alexia)
integration of different senses that allows for understanding a single concept	difficulty with drawing objects
	lack of awareness of certain body parts and/or surrounding space (Apraxia)
	inability to attend to more than one object at a time
	difficulties with eye and hand coordination

## Parietal Lobe



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Function	Dysfunction
Visual perception	Defects in vision
visual input	difficulty with locating objects in environment
	difficulty with identifying colors (Colour Agnosia)
	production of hallucinations
	inaccurately seeing objects
reading (perception & recognition of words)	inability to recognize words
	difficulties with reading and writing
movement of eyes	inability to recognize the movement of an object (Movement Agnosia)
	difficulty in recognizing drawn objects

## Occipital lobe



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Function	Dysfunction
Hearing, music & receptive language	Difficulty in understanding spoken words (Wernicke's Aphasia)
comprehension of language	
memory acquisition	short-term memory loss
memory for non-verbal events	disturbance with selective attention to what we hear & see
information retrieval	interference with long term memory
	right lobe damage can cause persistent talking
some visual perceptions	difficulty with identification of and visualization about objects
categorizations of objects	inability to categorize objects
expressed behaviour	increased aggressive behaviour, agitation, irritability & childish behaviour, increase or decrease in sexual behaviour, difficulty in recognizing faces (Prosopagnosia)

## Temporal lobe



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## Human Unconsciousness

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

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## SCALE of CONSCIOUSNESS

God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700-1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	600	Bliss	Illumination
One	Complete	Joy	540	Serenity	Transfiguration
Loving	Benign	Love	500	Reverence	Revelation
Wise	Meaningful	Reason	400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	310	Optimism	Intention
Enabling	Satisfactory	Neutrality	250	Trust	Release
Permitting	Feasible	Courage	200	Affirmation	Empowerment
Indifferent	Demanding	Pride	175	Scorn	Inflation
Vengeful	Antagonistic	Anger	150	Hate	Aggression
Denying	Disappointing	Desire	125	Craving	Enslavement
Punitive	Frightening	Fear	100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	75	Regret	Despondency
Condemning	Hopeless	Apathy	50	Despair	Abdication
Vindictive	Guilt	30	Blame	Destruction	
Despising	Miserable	Shame	20	Humiliation	Elimination

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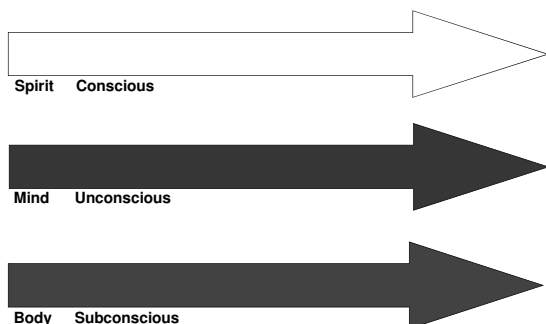
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## Human personality




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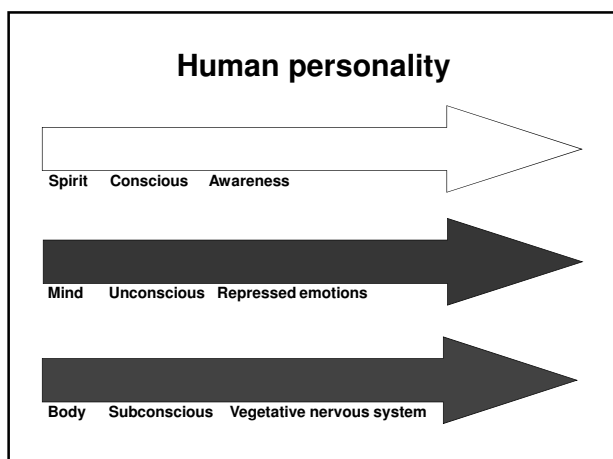
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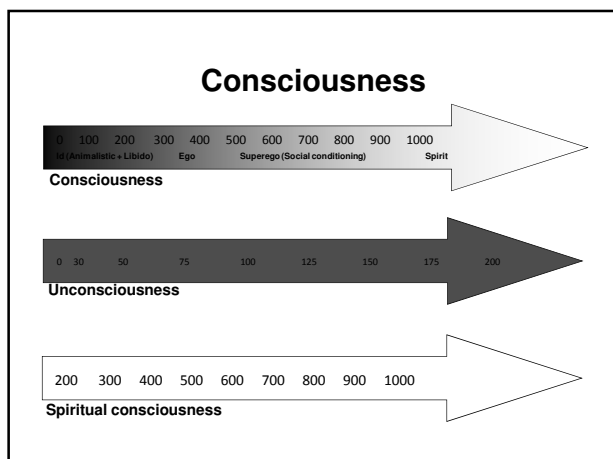
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**All must be in perfect harmony or balance for perfect health.**

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**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.**

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**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.**

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**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).**

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**MIND – “I am lovable.”**



**Low THR – High GHRH**



**Lowered Metabolism**

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**MIND – “I am loving.”**



**Low Endorphins – High TRH**



**Lowered Adrenals**

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**MIND – “I am loved.”**



**Low Oxytocin – High CRH**



**Lowered immune response  
↓ Natural killers and ↓ T. Lymphocytes**

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### The Unconsciousness

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#### Negative emotions

Pride	175-200
Anger	150-175
Greed	125-150
Fear	100-125
Regret	75-100
Despair	50-75
Blame	30-50
Humiliation	<30

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They manifest via the hypothalamus and create modulations in the brain's regulating chemicals.

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

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

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**Brain cells need three things to survive and be healthy:**

- 1. Oxygen**
- 2. Glucose (the brain uses 20-25% of all the glucose from food.**
- 3. Stimulation – brings neuronal activity to threshold.**

**Disuse leads to trans neural degeneration**

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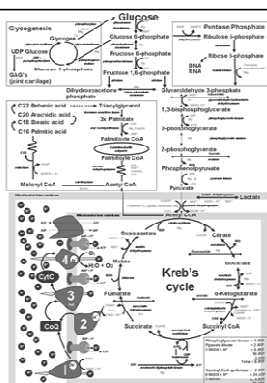
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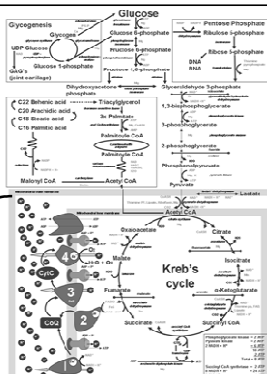
## Hypoxia

### Energy pathway



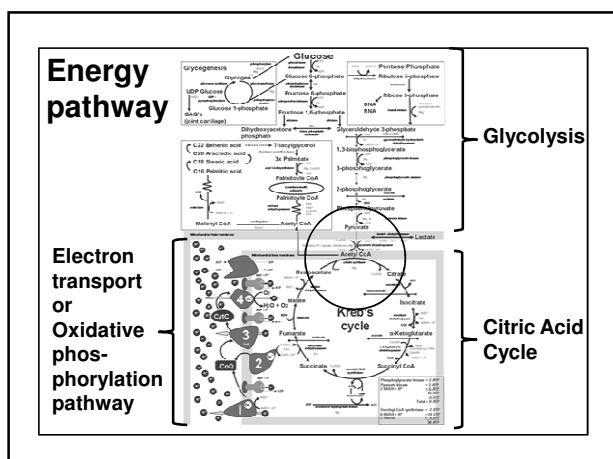
### Energy pathway

Electron transport or Oxidative phosphorylation pathway



Glycolysis

Citric Acid Cycle




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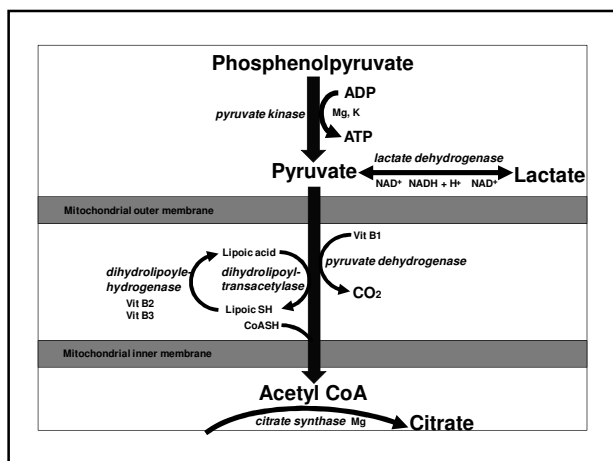
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A function challenge for hypoxia would be

A weak muscle strengthens to being challenged with oxygen.

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There are several reasons cells become poorly oxygenated. An overload of toxins clogging up the cells, poor quality cell walls (EFAs) that don't allow nutrients into the cells, the lack of nutrients (Iron / B12) needed for respiration, poor circulation and low levels of oxygen in the air breathed (mechanics).

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Getting Oxygen to the neurones requires mature red blood cells containing adequate amounts of haemoglobin.

**Vital nutrients**

**Iron (microcytic anaemia)**

**Vitamin B12**

**(macrocytic anaemia)**

**Essential fatty acids (Wonder oils)**

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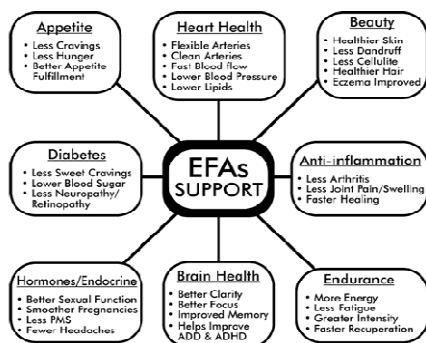
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The Missing Link: EFA "Oxygen Magnets"




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**Glucose**

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**The source of fuel for the brain's neurones is exclusively glucose.**

**The amino acid glutamine can also become a fuel when required but not other amino acids or fatty acids.**

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**Symptoms of hypoglycaemia**

**Tiredness**

**Headaches on waking**

**Dizziness**

**Brain fog**

**Memory loss**

**Depression**

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**Blood glucose levels are regulated by**

<b>Insulin to lower</b>	<b><i>Pancreas</i></b>
<b>Glucagon to raise</b>	<b><i>Liver</i></b>
<b>Adrenalin to raise</b>	<b><i>Adrenal medulla</i></b>
<b>Cortisol to raise</b>	<b><i>Adrenal cortex</i></b>

**Functional tests**  
**Challenge from weakness**

**Glucose (NOT SUCROSE)**

**Functional tests**  
**Challenge from weakness**

**Glucagon**

**Adrenal cortex**  
**Adrenal medulla**  
**Adrenalin**  
**Cortisol**





**False emotions are caused by an imbalance of the neurotransmitters.**

- 1) These emotions have no identifiable cause.
- 2) You just feel a low level of blues, hopelessness or anxiety.
- 3) You have been unsuccessful in resolving depression, anxiety, sadness, even with years of therapy.
- 4) You have problems sleeping through the night.

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When deficient in specific neurotransmitters a number of emotional symptoms are likely:  
 Deficits in serotonin can lead to depression, aggressiveness, anxiety, panic attacks, food and alcohol cravings, irritability and insomnia;  
 Deficits of dopamine include depression, stress, mental exhaustion, fatigue, low sex drive and low motivation;  
 Deficits of noradrenaline have been linked to depression; Noradrenaline is important for alertness, concentration and attention.  
 Deficits in GABA can lead to feelings of anxiety.

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**REGULATORY  
 NEUROTRANSMITTERS  
 open Na<sup>+</sup> channels causing  
 depolarisation or stimulation.**

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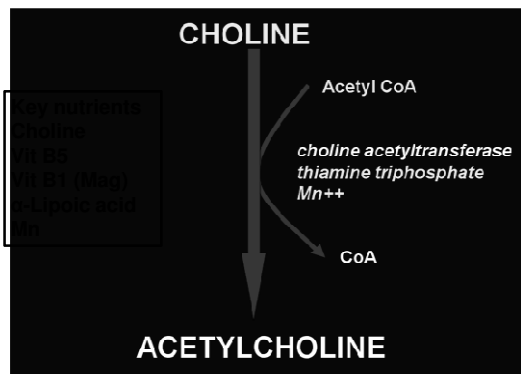
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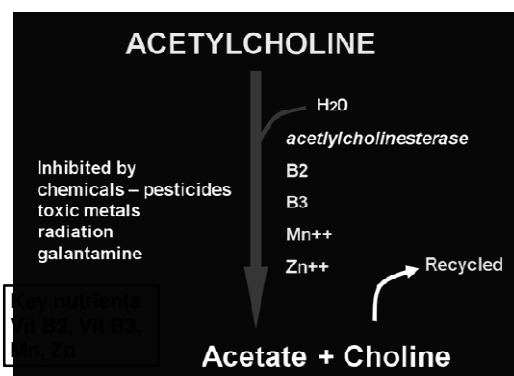
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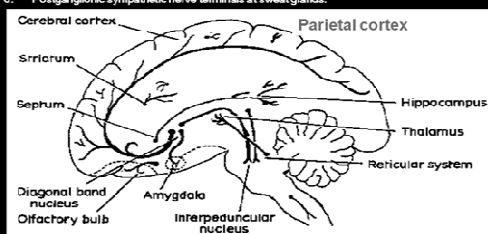
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### Acetylcholine is the transmitter at

1. All preganglionic nerve terminals (both parasympathetic and sympathetic) of the autonomic nervous system
2. All postganglionic parasympathetic nerve terminals
3. The neuromuscular junction of voluntary muscles
4. The adrenal medulla
5. Parts of the central nervous system especially the hippocampus
6. Postganglionic sympathetic nerve terminals at sweat glands.




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**Guilt and Blame (↓ACh)**

Used to manipulate and punish, remorse, self recrimination, masochism, victimhood, accident proneness, suicide behaviour, preoccupation with “sin”, unforgiving emotional attitude, self flagellation, cruelty.

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**Pride and Scorn (↑ ACh)**

Pride feels good only in contrast to the lower emotions. It is defensive. Inflated ego is vulnerable to attack. Divisive, factionalism. Pride takes people to war. Arrogance. Denial. Pride before a fall. Judgemental. Also “hurt” pride.

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**Acetylcholine****DEFICIENCY*****Guilt and Blame***

↓ NK cell activity

Tachycardia, Hypertension

Dry mouth, Poor digestion

Constipation, Urinary retention

Glaucoma, Myasthenia gravis

Hypercholesterolemia

Inhibition of short term memory.

Confusion, Delirium

Hallucinations

Alzheimer's

**EXCESS*****Pride and Scorn***

↑ NK cell activity

Aggressive behaviour

Panic attacks (fear paralysis)

Bradycardia

Hypotension leading to vertigo

Excess salivation

Fast transit time, nausea, vomiting, diarrhoea

Involuntary micturition

Resting tremor and rigidity

Liver toxicity

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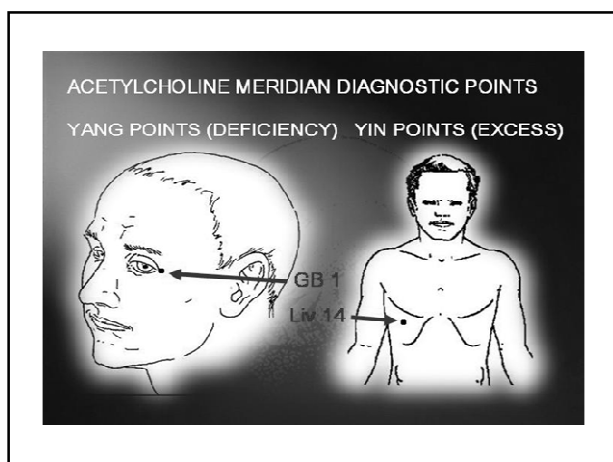
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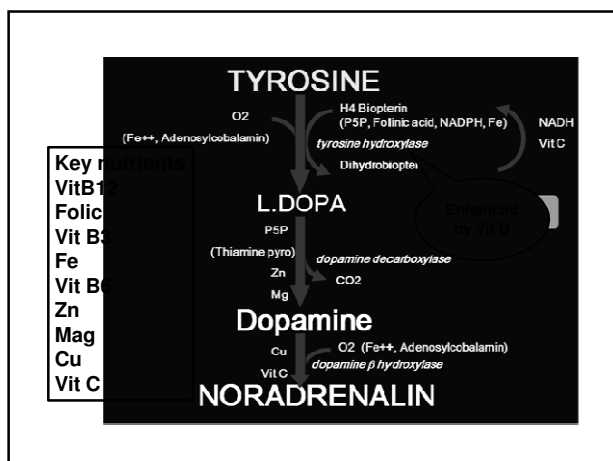
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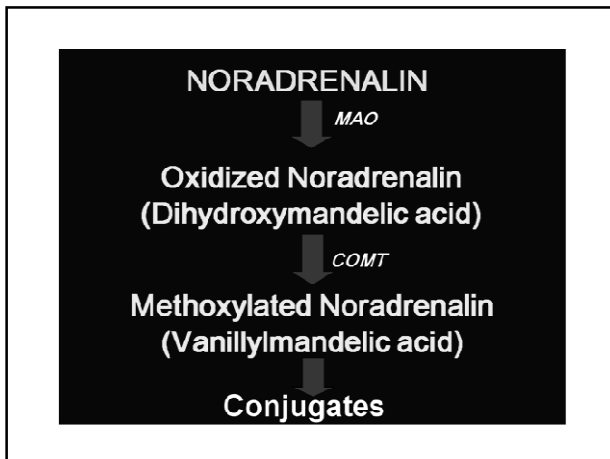
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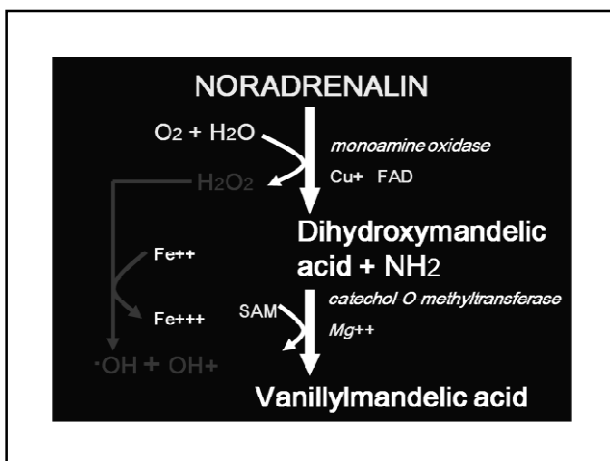
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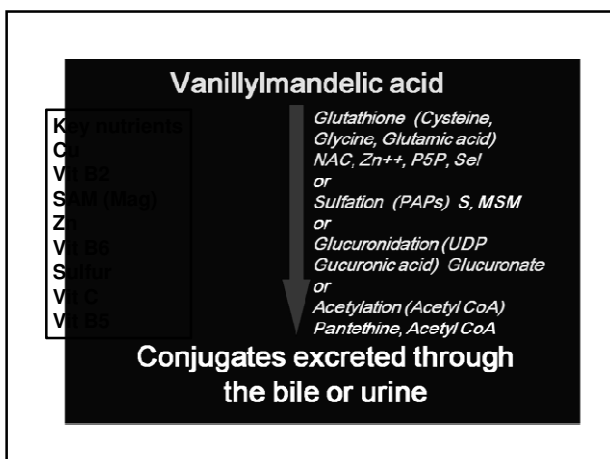
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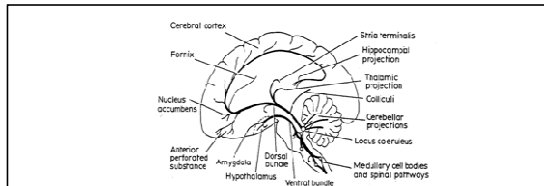
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### Vanillylmandelic acid

*Glutathione (Cysteine, Glycine, Glutamic acid) Spinach, Onion, Garlic, Rosemary, Watercress*  
 or  
*Sulfation (PAPs) Dill, Parsnip, Horseradish, Cabbage, Stinging nettle*  
 or  
*Glucuronidation (UDP Glucuronic acid) Cashew, Soy, Licorice, Flax, Alfalfa*  
 or  
*Acetylation (Acetyl CoA) Endive, Pea, Cucumber, Watercress, Tomato*

### Noradrenalin is a neurotransmitter @

1. Postganglionic sympathetic nerves
2. The Brain stem
3. Some spinal pathways
4. The Pontine – thalamic, hypothalamic, limbic, hippocampus and neocortex tracts.



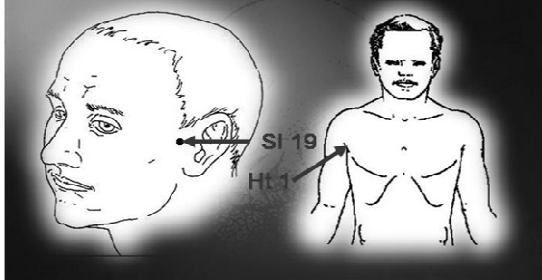
**Apathy and Despair (↓ GABA)**  
 Inability to cope with problems. In extreme cases may lead to poverty, hopelessness. Everything looks bleak. Loss of will to live. Homeless and derelicts of society. They are “heavy” to people around them.

### Noradrenalin

DEFICIENCY	EXCESS
Depression, Apathy (Sloth)	Anxiety, tremor
Lack of "get up and go"	↑ Superoxide production
↓ Superoxide production	Aggressive, violent, and impulsive behaviours
Memory impairment	Irritability (nothing right)
Dementia, Delusions	Hypertension
Delirium	Constipation
Hypotension	Underweight
Short sighted (Myopia)	
Bronchoconstriction-Asthma	Palpitations and Tachycardia
Small intestine problems – food allergy / intolerance	Heart Arrhythmias

**Fear and Anxiety (↑ Serotonin)**  
**Fear of loss of love and security.**  
**Obsessive, jealousy, high stress, paranoia, neuroses. Limits growth. Maybe contagious.**  
**Requires a stronger personality to help overcome. Used as a tool for control.**

NORADRENALIN MERIDIAN DIAGNOSTIC POINTS  
 YANG POINTS (DEFICIENCY)    YIN POINTS (EXCESS)





## DOPAMINE

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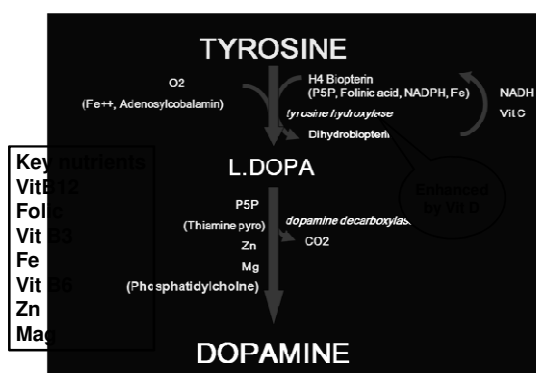
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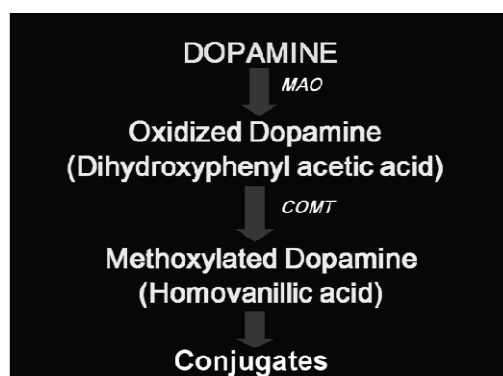
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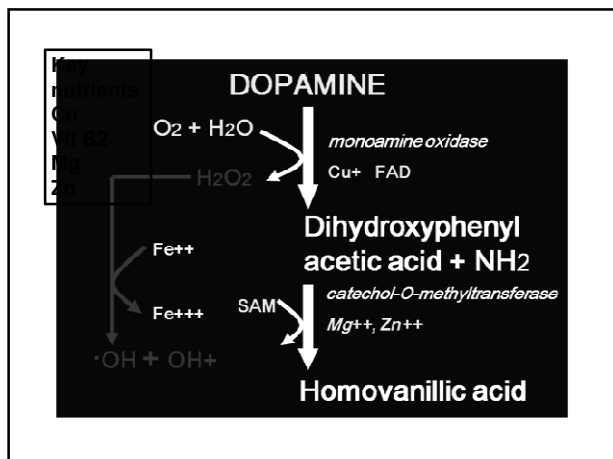
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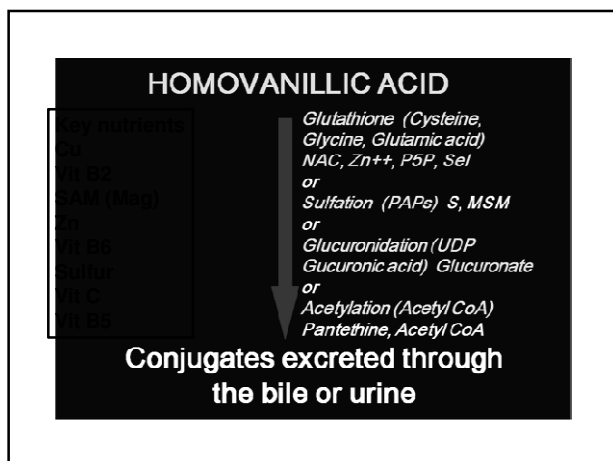
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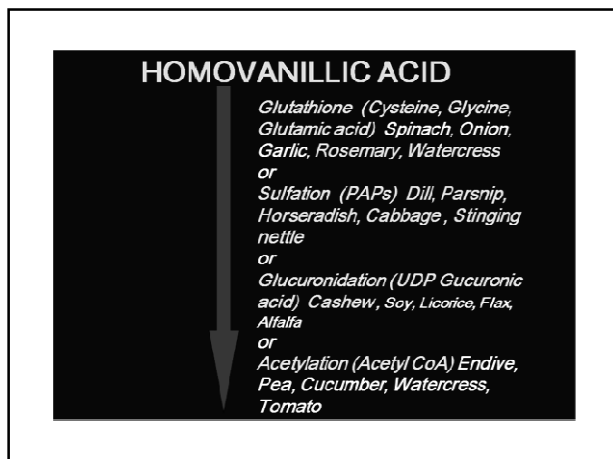
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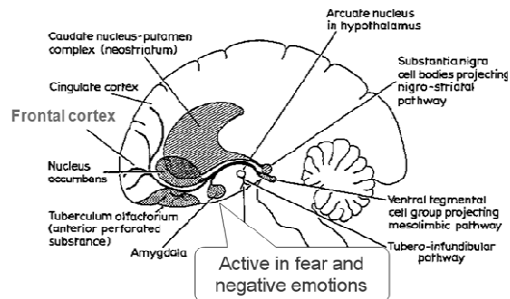
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### Dopamine circuits



**Grief and Regret (↓ Dopamine)**  
 “If only I had done it that way”. “If I had my time again ..” sadness everywhere, loss and despondency, remorse about the past. Level of habitual losers who accept failure as part of their lifestyle often resulting in loss of jobs, friends, family and opportunities.

**Craving and Desire (↑ Dopamine)**  
 Motivates vast areas of human activity especially in advertising. Desire for money, prestige or power. Desire for attention, constant demands. Sexual approval. Level of addiction. Craving maybe more important than life itself.

## Dopamine

DEFICIENCY	EXCESS
<i>Grief and Regret</i>	<i>Craving and Desire</i>
↓ TH2 production	↑ TH2 production
Indecision	Anxiety
Poor concentration	Aggression
Irrational behaviour	Confusion
A world without pleasure.	Nightmares
Clumsiness, Photophobia	Psychoses
Dendritic growth inhibition	Schizophrenia
Depression / Manic depression	
Loss of smell, Tremor	
Rigidity, Pains	

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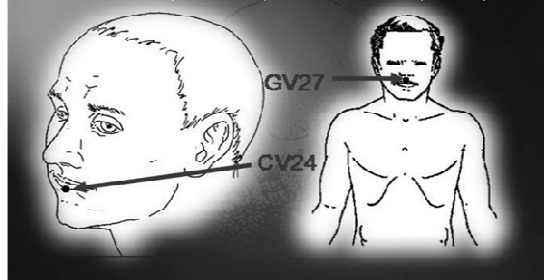
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## DOPAMINE MERIDIAN DIAGNOSTIC POINTS

YANG POINTS (DEFICIENCY)

YIN POINTS (EXCESS)




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## SEROTONIN

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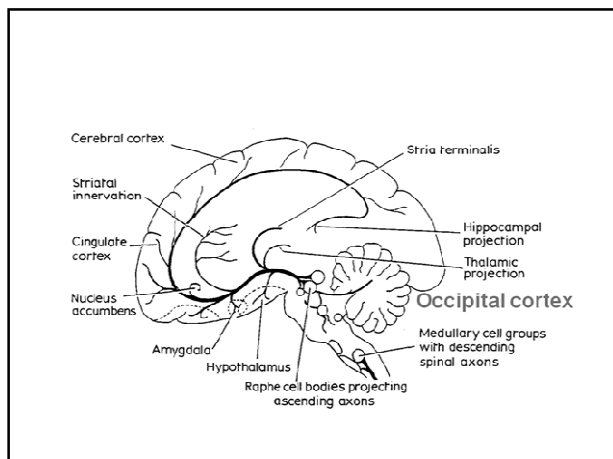
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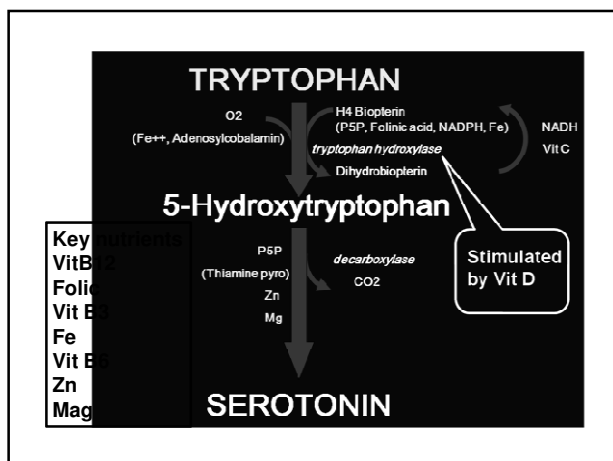
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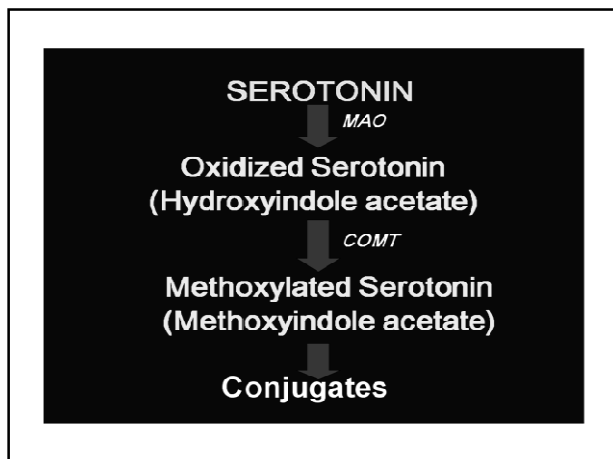
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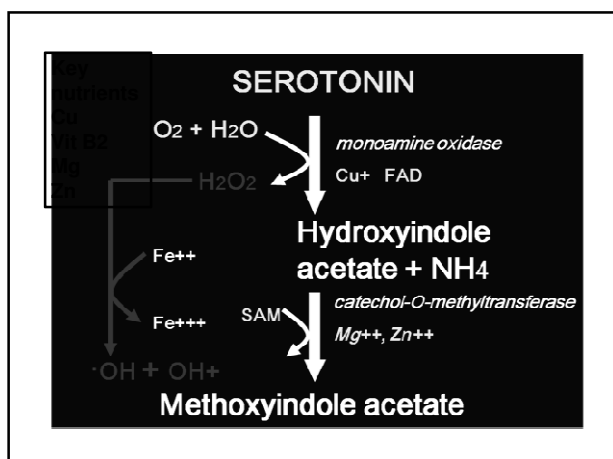
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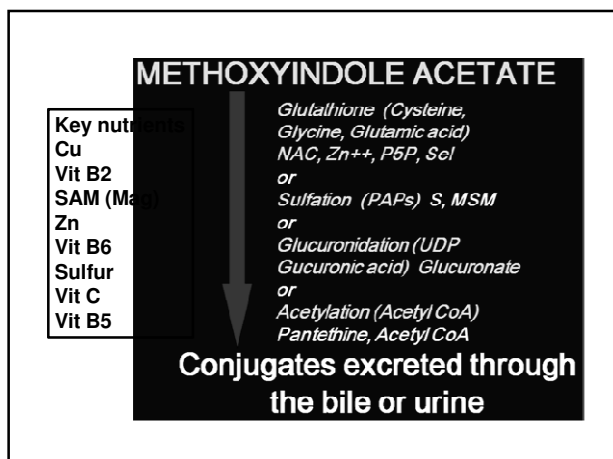
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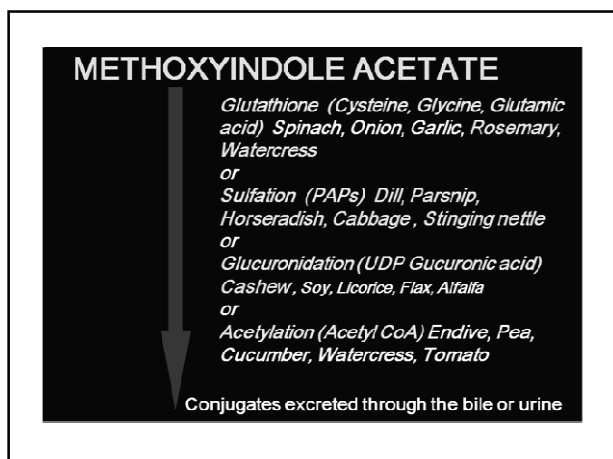
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The three most commonly studied neurotransmitters are dopamine, serotonin and noradrenalin.

Dopamine is related to experiences and expectations of pleasure and the reward-learning process. In other words, when you do something good, you're rewarded with dopamine and gain a pleasurable, happy feeling. This teaches your brain to want to do it again and again.

Serotonin is a neurotransmitter associated with memory and learning. Researchers believe it plays a part in the regeneration of brain cells, which has been linked to easing depression. An imbalance in serotonin levels results in an increase in anger, anxiety, depression and panic.

Noradrenaline helps moderate mood by controlling stress and anxiety.

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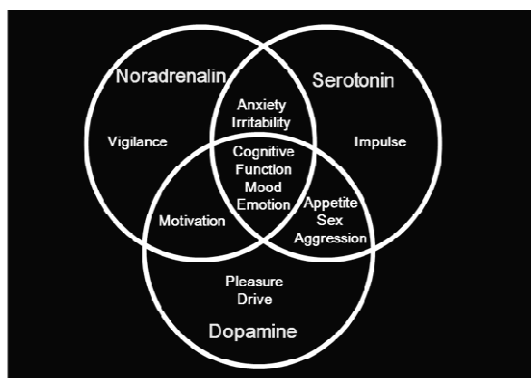
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The neurotransmitters serotonin, noradrenaline and dopamine are involved in the control of many of our mental states, sometimes acting on their own and other times acting together. These, and other neurotransmitters, are likely to play a pivotal role in the pathological basis of mental illness and brain disease.

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**Understanding the numerous neurotransmitters, their receptors, their location, and their interactions with one another has been central to the design of medicines for mental illness and has led to the development of successful products for many brain disorders.**

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**Any activity in a garden such as weeding, pruning, cultivating and harvesting has been shown to increase low levels of serotonin.**

Dr Roger Ulrich Texas A&M University August 2003

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### **10 Quick Tips to Boost Serotonin**

**1. Avoid the fast track to happiness.**

**Carbohydrates are a quick fix, but they do nothing to stimulate on-going production of serotonin, which is what is required.**

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**2. Don't avoid carbohydrates *entirely*. Proteins contain tryptophan. Relying solely on protein can hamper serotonin production. Tryptophan works best when consumed in conjunction with a small amount of carbohydrate, such as a scoop of brown rice, a handful of nuts, or a few tablespoons of legumes.**

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**3. Eat protein.  
Turkey, bananas. fish, chicken, cottage cheese, nuts, cheese, eggs, and beans all contain generous levels of tryptophan.**

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**4. Eat cold pressed organic oils. Hormonal processes require essential fatty acids. Get plenty of DHA-enhanced eggs and eat fish a few times a week. Good sources are wild salmon, mackerel, and tuna. Main non marine Omega 3 oils are flaxseed, walnut and pumpkin seed.**

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**5. Try to work in natural light – daylight or broad spectrum lighting. Get outdoors for at least an hour a day regardless of the weather. Vitamin D enhances the production of 5-HTP.**

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**6. Exercise to *feel* good. Exercise is a natural stimulator of many important “mood” hormones, including serotonin and dopamine. Realize that 15 or 20 minutes of exercise every day will naturally release these feel-good hormones that are so vital to feeling happy and calm.**

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**7. Avoid the stimulant cycle. Caffeine, sugar, alcohol. Caffeine, sugar, alcohol. Many of us get trapped in the stimulant cycle. These substances temporarily give a lift, but actually deplete and blunt valuable hormones in the long run. If you like caffeine, try to limit your intake to one cup a day. The same for alcohol. Avoid sugar completely.**

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**8. Sleep right.** When we're feeling down, it's tempting to sleep, sleep and sleep some more. Quality sleep is far more important than quantity. Force yourself to get up early, but allow for a rejuvenating nap midday if you need it (just don't exceed one hour). Total darkness at night-time to stimulate melatonin.

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#### **9. Supplements.**

**Folic acid**  
**5-HTP is a popular supplement.**  
**Vit B6 (Pyridoxine or P-5-P)**  
**Zinc**  
**Magnesium**

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**10. Boost other hormones.**  
**Oxytocin is a feel good hormone often called the "cuddle hormone".**  
**Oxytocin is released when we feel love, trust and comfort. It can be even more powerful than serotonin.**  
**If you need a lift, remember the power of simply spending time with your significant other or family members and friends.**

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### Shame and Humiliation (↓ Serotonin)

In shame we hang our heads and slink away, wishing we were invisible. Maybe caused by sexual or physical abuse. Produces neuroses. It is destructive to emotional and physical health. Low self esteem. Often compensate by perfectionism and rigidity and become driven and intolerant.

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DEFICIENCY	EXCESS
<i>Shame and Humiliation</i>	<i>Anxiety and Fear</i>
↓ B cell production	↑ B cell production
Depression (the blues)	Migraine
Suicide, Sleep disorders	Depression
Compulsive disorders	Pains
Obsessive behaviour	Anorexia
such as Anorexia nervosa,	Masked aggression
Bulimia, weight gain	Obsessive compulsion
Decreased libido	Shyness
Impulsive aggression	Lack of self confidence
Alcoholism, Sexual deviance	Low sex drive
Explosive rage	Hypertension
Low blood pressure	High body temperature
Low body temperature	Kidney problems-Toxic metal
Bladder problems-Toxic metal	Need for more water

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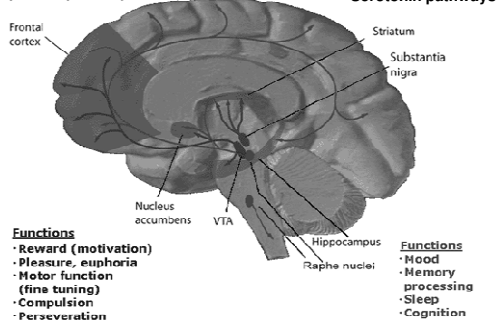
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### Dopamine pathways




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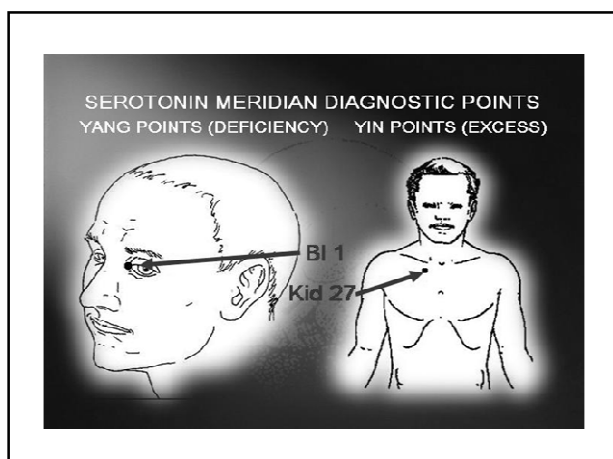
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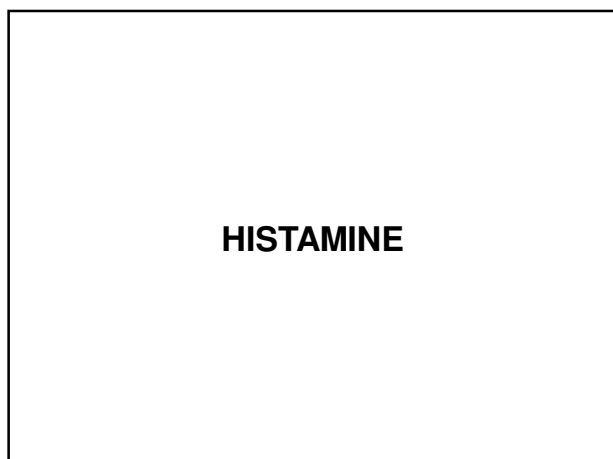
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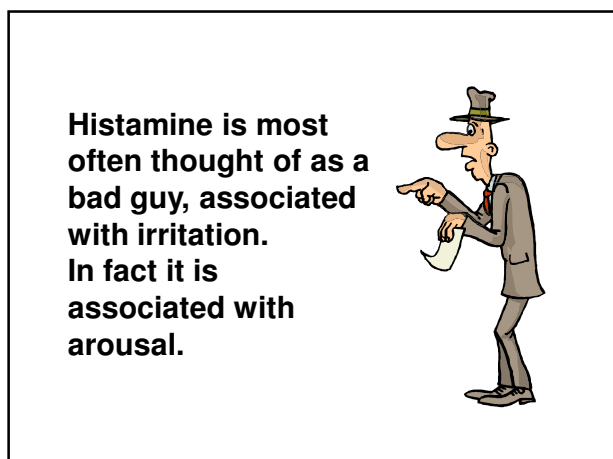
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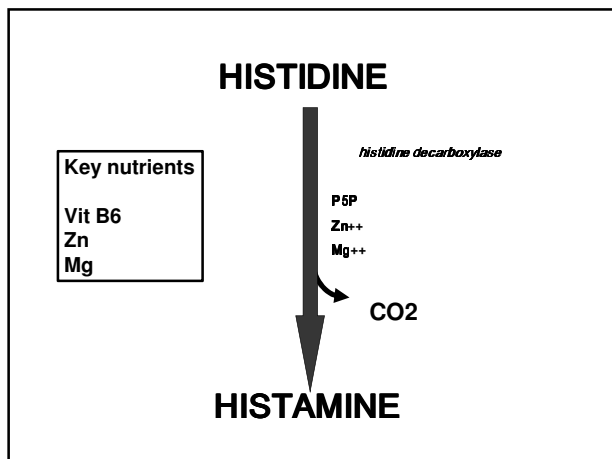
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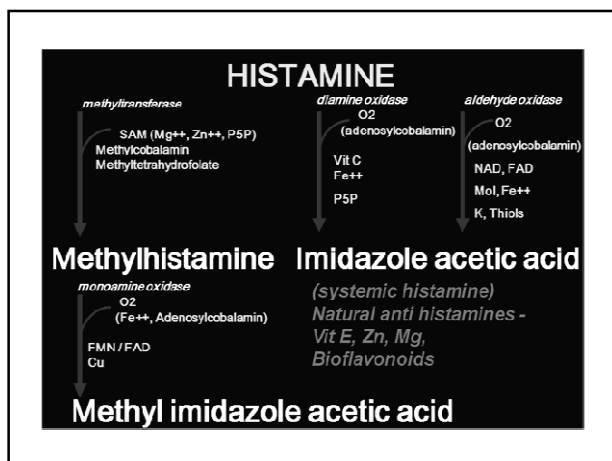
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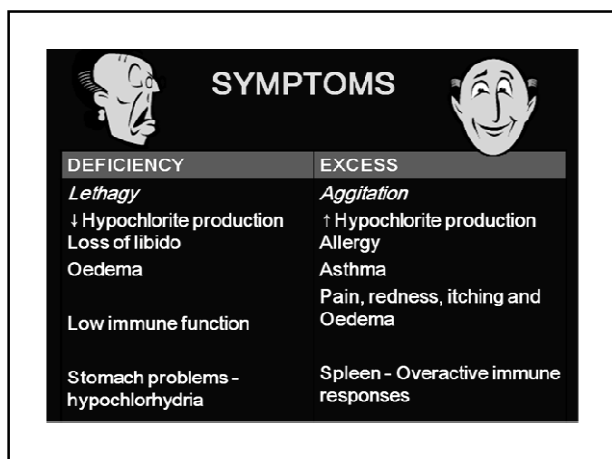
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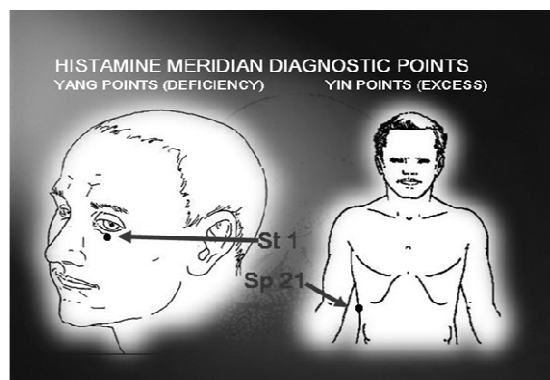
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**GABA**

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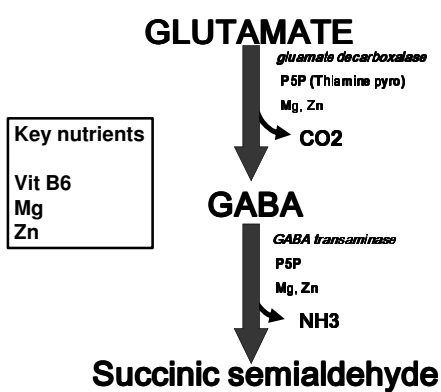
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GABA's natural function is to reduce the activity of the neurons to which it binds. Some researchers believe that one of the purposes that GABA serves is to control the fear or anxiety experienced when neurons are overexcited.

This hypothesis is supported by the fact that the medications used to alleviate anxiety, such as Valium and Librium, bind to the same neuronal receptors as GABA.

The effect of these medications, which are classified as benzodiazepines, is to enhance the natural effect of GABA. In other words, they help GABA to reduce neural activity even further.

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**Anger and Hate (↑ GABA)**  
**Caused by frustration. Can lead to constructive or destructive action.**  
**Anger over social injustice, victimization and inequality.**  
**Injustice collectors. Resentment, revenge, irritability, explosive behaviour and quarrelsome.**

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### Symptoms

#### DEFICIENCY

*Apathy and Despair*

↓ TH1 production

Symptoms of Glutamate excess

Convulsions such as epilepsy.

Tetany and spastic disorders such as torticollis.

Decreased cerebellar reflexes.

Extrapyramidal disorders such as dyskinesia.

Lateral inhibition of the retina.

Thalamic sensory disorders.

Large intestine problems such as parasites / fungi

#### EXCESS

*Anger and Hate*

↑ TH1 production

Muscle relaxation.

Stuttering (Phos serine)

Lung problems

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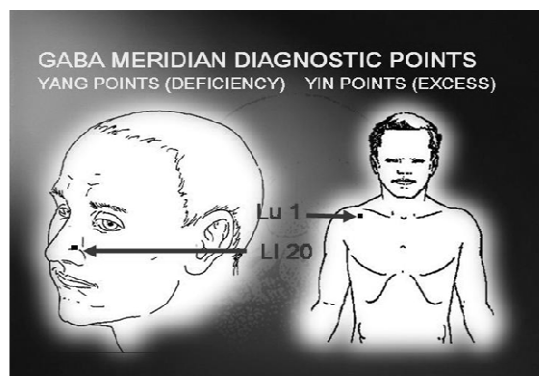
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**EXCITATORY  
 NEUROTRANSMITTERS**  
 (open  $\text{Na}^+$ ,  $\text{K}^+$  and / or  $\text{Ca}^{++}$   
 channels causing multiple  
 depolarisation or stimulation)

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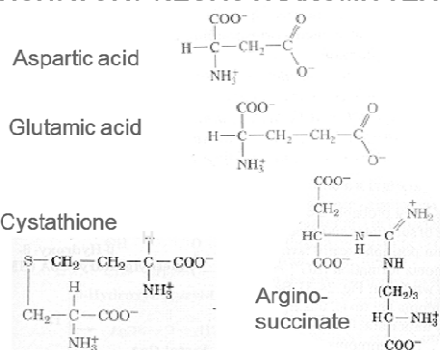
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### EXCITATORY NEUROTRANSMITTERS




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### Excitatory Neurotransmitters

Glutamic acid	Salt taste
Aspartic acid	Sweet taste
Cystathione ( <i>blocked by AMP</i> )	Bitter taste
Arginosuccinate	Sour taste

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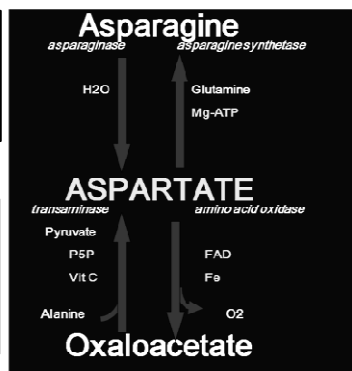
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#### Key nutrients synthesis

Vit B6  
Vit C

#### Key nutrients metabolism

Mag  
Vit B2  
Fe




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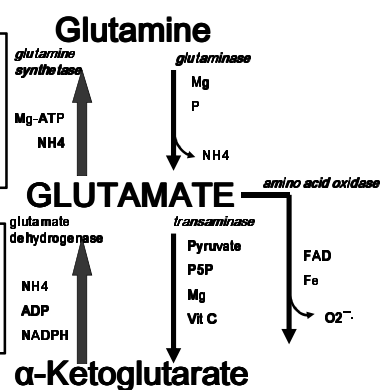
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#### Key nutrients synthesis

Mag  
P  
Vit B3

#### Key nutrients metabolism

Mag  
Vit B6  
Vit C




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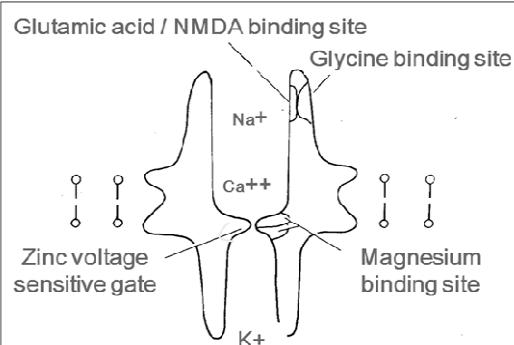
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SYMPTOMS	
DEFICIENCY	EXCESS
Aimless	Manic
↓ NO production	↑ NO production
Learning disorders	High libido due to high NO
Weight gain	Hyperactivity
Loss of libido due to low NO	ADHD / Dyslexia / Amnesia
Memory loss	Muscle spasm, Restless legs
Hypothyroidism	Nystagmus and Tinnitus
	Irritable Bowel Syndrome
	Chronic Fatigue Syndrome
	Fibromyalgia
	Convulsions / Epilepsy
	Hyperthyroidism

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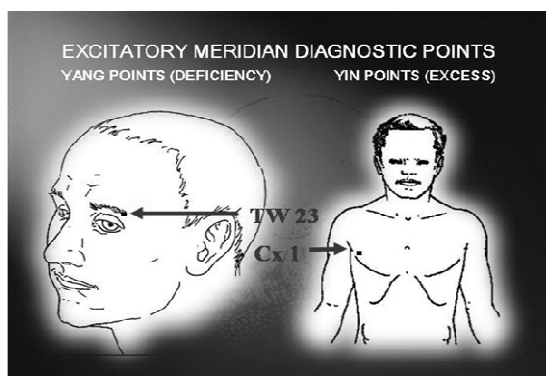
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## Subconscious emotions

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### Subconscious emotions

1. Challenge with eyes straight down making sure the eyes do not converge.
2. And / Or Therapy localise left then right greater wing of sphenoid (Amygdala) and then right and then left greater wing of sphenoid.

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




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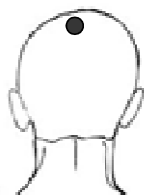
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### Subconscious emotions

**2. Positive hormonal substrate challenge is negated by cross therapy localisation to GV 19**




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**GV19 appears to be an access point to the limbic system connections to the hypothalamus.**

**Cross therapy localisation to GV19 thus indicates a probable subconscious emotional involvement affecting the local endocrine gland.**

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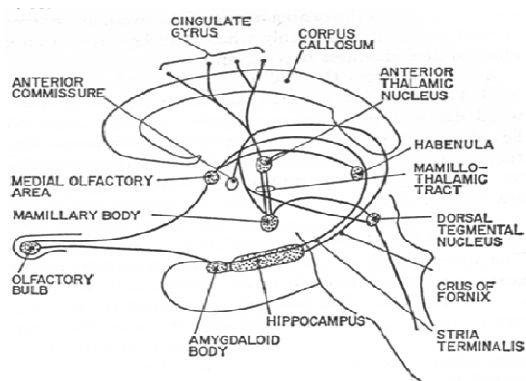
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**If therapy localisation negates the substrate challenge then find the B&E point that negates.**

**THIS WILL BE THE THERAPEUTIC MERIDIAN.**

**NOT THE CAUSE.**

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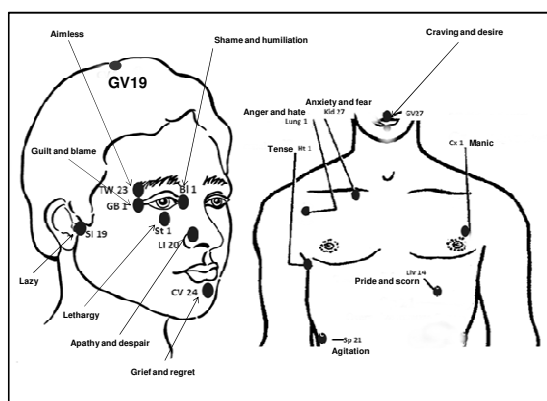
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Shame and Humiliation	I truly am Triumphant
Guilt and Blame	I truly am Released
Apathy and Despair	I truly am Motivated
Grief and Regret	I truly am Liberated
Anxiety and Fear	I truly am Grounded
Craving and Desire	I truly am Thankful
Anger and Hate	I truly am Joyous
Pride and Scorn	I truly am Meek (resilient)
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

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The causal meridian will therapy localise in the clear with the complementary acetate(s) on.

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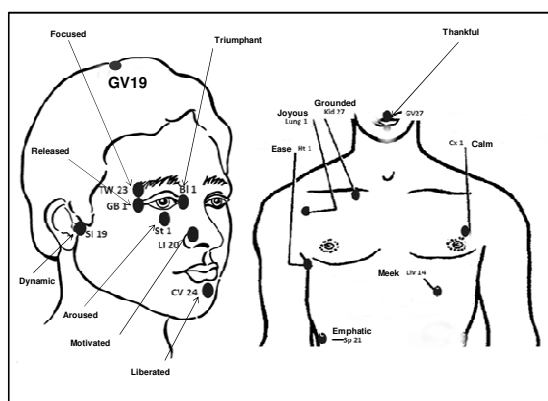
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### Subconscious emotions

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 (inability to act)
Circulation / sex 1	Manic
Triple warmer 23	Aimless

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**Subconscious emotions**

**A YIN causal meridian will be negated by a YANG meridian.**

**A YANG causal meridian will be negated by a YIN meridian.**

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**Therapeutic options for over-writing a subconscious program.**

1. Affirmation
2. Tapping
3. Flower essence or tree essence
4. Culinary herbal adaptogen
5. Colour therapy
6. Music therapy
7. Deep massage
8. Hypnosis

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**Subconscious emotions**

**“Right now there is a subconscious emotion generating your hormone imbalance”.**

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**1. Affirmation**

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 (resilient)
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

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**2. Tapping**

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.*

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**3. Flower or Tree essence**

Bach  
Bush  
Californian  
Findhorn  
Orchid  
Petit fleur

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**Tree essences**

<b>Beech</b>	<b>Horse chestnut</b>
<b>Birch</b>	<b>Mountain ash</b>
<b>Box</b>	<b>Pine</b>
<b>Fir</b>	<b>Plum</b>
<b>Ginkgo biloba</b>	<b>Sweet chestnut</b>
<b>Hawthorne</b>	<b>Walnut</b>

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**Tree essence**

**Identify Tree Essence and negating meridian colour and simulate into the culinary herbal tincture.**

**Patient to take culinary herb 3x day just before saying their affirmation and tapping.**

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**4. Culinary herbal tinctures**

**Culinary herbs are adaptogens for the hypothalamic hormones. Thoughts create feelings and emotions. These are modulated by the hypothalamic hormonal output instigated neurologically by the limbic system.**

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### Hypothalamic hormone modulators

**CTRH** ↑ ↓

**TRH** ↑ ↓

**LHRH** ↑ ↓

**FSRH** ↑ ↓

**GHRH** ↑ ↓

**GHIH** ↑ ↓

**PLH** ↑ ↓

**PRIH** ↑ ↓

**Endorphins** ↑ ↓

**Oxytocin** ↑ ↓

When there is a subconscious emotion showing up one hypothalamic hormone will be high and another low. One culinary herbal tincture will modulate the imbalance and relieve the negative feelings and emotion associated with the imbalance.

### Culinary herbs

**Basil** also Parasites

**Coriander** also Toxic metals

**Dill** also Radiation

**Marjoram** also Virus

**Oregano** also Bacteria

**Rosemary** also Chemicals

**Sage** also Fungi

**Simulate any flower or tree essence into the culinary herbal tincture.**

**Patient to take culinary herb 3x day just before saying their affirmation and tapping.**

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### **5. Colour Therapy**

**Either use a LIGHT BOX with a coloured acetate corresponding to the therapeutic meridian colour**




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**Or  
Simulate the colour vial (Genesis kit) corresponding to the therapeutic meridian colour into the culinary herbal tincture.**

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## 6. Music therapy

### “Water Crystal Healing”

Music and Images to Restore Your Well-being

Masaru Emoto

ISBN-13:978-0-7432-9581-9

Hardback copy contains two CDs that have the music for each meridian.

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Water Crystal Music works well alongside light therapy on a LIGHT BOX.

One 15 minutes session together each day.




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**7. Deep Massage**

**Releases somatic manifestations of subconscious emotional stress locked into deep muscle tissues. Usually these tensions are in the meridian associated muscles.**

**Deep massage has been demonstrated to release endorphins.** Candice Pert "Molecules of Emotion.

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**8. Hypnosis**

**Can be by regression to past incidents relating to the current subconscious emotion**

**or**

**By implanting positive new emotions over the old to rewrite the program.**

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**Subconscious emotions are put in through the 5 senses.**

**Vision**

**Hearing**

**Smell**

**Taste**

**Touch**

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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.

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## Unconscious emotions

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## Unconscious 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

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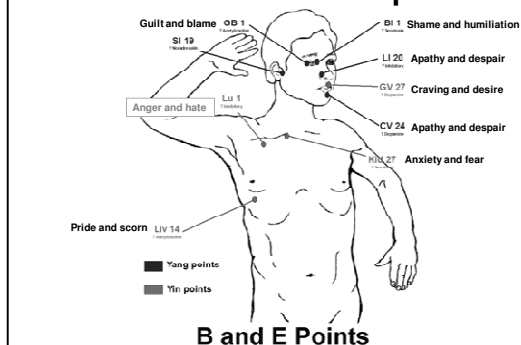
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### Unconscious emotion points



### Therapy for Unconscious emotion Self negative thoughts

1. Affirmation
2. Love
3. Exercise
4. Deep massage
5. Meditation
6. Being with others
7. Sex – orgasm
8. Walk in the woods

### Therapy for Unconscious emotion Third party negative thoughts

1. VEP spray with Love and Bliss
2. Aromatherapy
3. Prayer and meditation



**Therapy for Unconscious emotion**  
**Collective unconscious negative thoughts**

1. VEP spray with Love and Bliss
2. Aromatherapy
3. Light therapy
4. Prayer and meditation
5. Walk in the woods
6. No newspaper or TV
7. Keep away from negative people

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**VEP (Vital Energy Protector) spray contains the 12 gemstone essences, the frequency of LOVE and aromatherapy oils. You can tag the VEP with the complementary colour(S) and Culinary herbal essence.**

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**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. Chrysoprase |
| 11. Jacinth   | 12. Amethyst    |

St John Revelation 21 v19

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### 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.




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**Aromatherapy constitutionals**  
**RED – Mandarin, Juniper,**  
**Sandalwood, Lemongrass and**  
**Rose alb**

**GREEN – Grapefruit, Lime,**  
**Patchouli, Lavender and**  
**Peppermint**

**BLUE – Sage, Bergamot, Ylang**  
**Ylang, Geranium and Petit grain**

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**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*

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### How to naturally stimulate endorphins

Exercise  
Deep massage  
Meditation  
Being with others  
Sex – orgasm  
Love

*Candice Pert PhD*

Vision  
Hearing  
Smell  
Taste  
Touch

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### 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).

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### 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.

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**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.**

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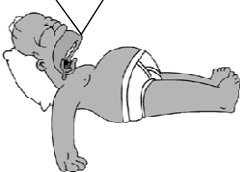
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**Patient aims to say this 20 times just before going to sleep for 4 weeks.**

**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.**




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#### **Patient procedure**

- 1. Test cross extensor reflexes**
- 2. Test constitutional colour and harmonise if necessary**
- 3. Find positive YANG meridian and positive YIN meridian.**
- 4. Challenge for cause and effect meridians**
- 5. Assess for etiology of effect meridian using eye positions**

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6. Treat accordingly
7. Assess for etiology of causal meridian using eye positions
8. Assess both meridians are balanced by left / right brain challenges
9. Assess for subconscious emotion by left / right amygdala challenge. Treat all positive sensory inputs.

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10. Assess for unconscious emotion by left / right ESR challenge
11. Treat and spray

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