

THE EFFECTS OF NUTRI-ENERGETICS SYSTEMS® ON STRESS/AGING  
A PILOT STUDY

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## **Abstract**

An analysis of the effects of Nutri-Energetics Systems<sup>®</sup> to ascertain the benefits of NES<sup>®</sup> on stress is presented. Participants from the local military community were administered NES<sup>®</sup> Infoceuticals based on NES<sup>®</sup> proprietary biotechnology. The treatment was evaluated on 21 patients (21 females), using the State Trait Anxiety Inventory, Zung Depression Scale, Shealy Total Life Stress<sup>®</sup> Self-Assessment and urinalysis to determine pre- and post- study free radical levels prior to the study and one month after the fourth intervention was administered. The duration of the treatment was 120 days. The mean depression scores for pre- and post test sessions were 33.52 (SD 8.268), and 29.43 (SD6.794), respectively. The mean state level scores for pre- and post test sessions were 36.14(SD=10.350), and 29.67(SD=12.064) respectively. The pre- and post test mean trait level scores were 34.95(SD=9.052), and 32.62 (SD=10.356) respectively. The mean total life stress scores for pre and post sessions were 88.762 (SD=32.1654) and 75.71 (SD=28.267) respectively.

## **Introduction to NES<sup>®</sup>**

Nutri-Energetics<sup>®</sup> Systems (NES) is a biotechnology used for the prevention of disease through the correction of the human body-field (HBF). The system is based on 25 years of research conducted by Peter Fraser. It integrates theories from physics, traditional Chinese medicine, western medicine, and bioenergetics in the precise mapping of the human body-field (HBF).<sup>1</sup> The NES computer software scanning system, developed by Harry Massey and Peter Fraser identifies any deviations between the client's field and the optimal HBF. These deviations represent damage, blocks, or distortions in the client's field. The NES certified practitioner then makes recommendations for the NES Infoceuticals that can restore the human body-field to optimal levels.

Comprised of a series of intelligent, self-organizing structures, the human body-field acts as a master control mechanism over all biologic and physical processes within the body, according to Fraser. Essentially, the human body-field forms an energetic information transfer system and acts as the coordinator for various physical, chemical, neural and energetic activity within the body. Remarkably, the health of the human body-field has a direct correlation to the health of the biochemical and biologic processes within the physical body. Traditional allopathic medicine would assess the health of the biologic and biochemical processes via a reductionistic method, isolating specific organs to assess health rather than assessing via a holistic view, that is, looking at the whole system in relationship to itself.

Much can create imbalance, distortion or blocks within the human body-field. Examples include toxins, environmental pollutants, parasites, mold, fungus, viruses, shock of all types (physical, emotional, mental, and spiritual), and poor nutrition. These imbalances create problems within the information regulation and transfer processes of the body. As a result, more energy is required to fuel these processes. If information is distorted or blocked, the required activity or physical process will not function as efficiently. If the body is unable to collect, attract, or store the required amounts of energy needed to fuel these processes, then it borrows from other processes.

The human body-field, according to Fraser, is made up of 3 primary energetic structures: Energetic Drivers, Energetic Integrators, and Energetic Stars. Energetic Drivers consist of 16 primary fields that power the major body organ systems. Once these Drivers are energized, the mechanisms of the body may require information to function efficiently. For adequate information regulation and transfer, the Energetic Integrators, 12 in number, are based which grew out of Traditional Chinese Medicine system of meridians. Each integrator carries different kinds of information throughout the physical body. Finally, there are 15 Energetic Stars that can be thought of as the bio-energetic equivalent of metabolic pathways within the body. Energetic Terrains are energetic environments in tissues that are conducive to hosting various real and virtual viruses. These Terrains can form when the physical body is weakened in some way, such as a weak immune system which compromises the integrity of tissue, cells, and organs.

### **The Fields**

According to Fraser's human body-field theory, misalignment of the body's bio-energy fields with the Earth's fields may be caused by "geopathic stress, polarity issues, travel and illness. Misalignment impacts the nervous system, sleep, heat distribution, mineral absorption and generates metabolic disorders among other things."<sup>2</sup> Polarity, defined as the "sum of activity in the body that generates an electromagnetic field vital to the function of the HBF, may be altered by emotional blocks, earth-field misalignment and electromagnetic influences. Misaligned polarity causes huge disruption to the body-field."<sup>3</sup> Most of the study participants have moved around the world in support of their own or their spouse's career on an average of every 18 months. The Big Fields are the first aspect of the HBF to be reviewed with a client. Without good field integrity, the body cannot properly use the information received; therefore it cannot maintain proper alignment. As a result the body will not be able to function as efficiently. The Big Fields consist of three axes of the body field that correlate to Earth's fields, the vertical axis, the magnetic polar axis, and the equatorial axis.

The vertical axis is the north/south orientation to the gravity field and is susceptible to geopathic stress generated by such physical phenomena as underground waterways or iron or mineral deposits. Positioning of the body is also susceptible to this influence. One example includes feeling better sitting or lying down rather than standing up.

Humans respond to the magnetic field known as the magnetic polar axis. Abnormalities in this field generate changes in the body that result in various hot and cold spots. Interestingly, studies conducted by researchers at McMaster University, Ottawa, Canada, plotting the north pole's exact location have found it moving about 40 km north per year, which will put it in Siberia by 2050 if it continues on its present course<sup>4</sup>. More research is needed to understand the effect of this phenomenon on the physical body, but it may indeed impact more acutely those already sensitive to this field.

The equatorial axis, or east-west oriented energy, has an effect on the body's daily activities. Free radicals, atoms or groups of atoms with an odd (unpaired) number of electrons, can be formed when oxygen interacts with certain molecules. Considered "rust" in the body, once formed, these highly reactive radicals can start a chain reaction, like dominoes. Their chief danger comes from the damage they can do when they react with important cellular components

such as DNA, or the cell membrane. Cells may function poorly or die if this occurs<sup>5</sup>. Subsequently, our bodies begin to age.

Polarity is the undisturbed flow and balance of the electromagnetic energy in and around the body. It is the basis for health and wellbeing on physical, emotional, mental, and spiritual levels. Blocked currents and disharmony in this energy field result in manifestations of tension, pain, disease, or illness. Signs of being depolarized, may include body aches and fatigue. On an emotional level one may feel “off color”, depressed, anxious, or unfocussed, according to Dr. Swami Gitananda.<sup>6</sup> Research by Fraser additionally indicates that “emotional blocks, stress, electromagnetic disturbances of all kinds, air travel, geopathic stress, toxins and chronic illness can all created polarity issues.”<sup>7</sup>

### **Energetic Drivers**

The next in the protocol sequence are the Energetic Drivers. As mentioned above, Drivers power the human body-field (HBF). Any issues within these 16 drivers diminish the energetic function of the tissues, organs or systems they support. Increased energy must be found (borrowed) from other systems that may compromise the integrity of the whole body.

#### **ED1, Source Driver**

Known as “chi”, “prana”, or “life force”, Source Energy is required for life. It is attracted collected, stored and within most body cavities. It originates from the moment of conception with the mother’s source energy bathing the fetus during its development. Once the baby is delivered, its Human Body Field (HBF) becomes self-supporting. Language supports Source Energy in phrases like “He’s got a healthy constitution,” or the idea of “high energy”.

#### **ED2, Imprinter Driver**

Imprinter Driver energizes information transfer. Its vital processes include the imprinting nervous system information into the blood via the heart.<sup>8</sup> Optimal cellular activity is vital to the body’s functioning; therefore, messages related to cellular activity must be accurate in order for proper information imprinting to the heart may be accomplished via the blood.

#### **ED3, Cell Driver**

Cell Driver is the primary driver for body metabolism. Cell Driver fields are generated by mitochondria and are easily damaged. Emotions reside within the cell membranes and throughout the body, demonstrated by Candace Pert’s experiments with nerve cell receptors on nerve cell membranes.<sup>9</sup> Each memory has the capability for negative or positive messages as feedback throughout the body. “Through self-consciousness, the mind can use the brain to generate molecules of emotion and override the system.”<sup>10</sup> Without optimal energy for respiration and excretion, other bodily processes such as absorption of oxygen and nutrients, cell replication and immunity may not function as efficiently, thereby resulting in low energy and tiredness.

#### **ED4 Nerve Driver**

According to Fraser, “the nervous system helps control and integrate all body activities by sensing changes, interpreting them and reacting. It works through complex electrochemical signals and patterns, including brain waves. At a bio-energetic level, these same processes generate the Nervous System Driver field. This field is particularly compromised by the effects of the typical Western lifestyle, which includes constant overstimulation, sensory overload and mental hyperactivity. This hyper-stimulation can impact brain wave function, especially upsetting delta waves (deep sleep) and alpha waves (relaxation). The Nervous System Driver field appears to bio-energetically support the maturation process of neuroblasts (embryonic nerve cells).”<sup>11</sup>

#### ED5 Circulation Driver

The circulation system is the main transportation and cooling system for the entire body. On average, your body has about 5 liters of blood continually traveling through it by way of the circulatory system. The heart, the lungs, and the blood vessels work together to form the circle part of the circulatory system. The pumping of the heart forces the blood on its journey.

The body's circulatory system has three distinct parts: pulmonary (lungs) circulation, coronary (heart) circulation, and systemic circulation. Each part must be working independently for all of them to work together.

#### ED6 Heart Driver

Heart Driver is the primary driver for the heart and the emotions. In an overview of research conducted by the Institute of HeartMath indicated, “Over the years we have experimented with different psychological and physiological measures, but it was consistently heart rate variability, or heart rhythms, that stood out as the most dynamic and reflective of inner emotional states and stress. It became clear that negative emotions lead to increased disorder in the heart's rhythms and in the autonomic nervous system, thereby adversely affecting the rest of the body. In contrast, positive emotions create increased harmony and coherence in heart rhythms and improve balance in the nervous system. The health implications are easy to understand: Disharmony in the nervous system leads to inefficiency and increased stress on the heart and other organs while harmonious rhythms are more efficient and less stressful to the body's systems.”<sup>12</sup> The Heart Driver field bio-energetically correlates to the heart's physical activities, primarily its muscular pumping action, and to the complex sound waves that result from that activity. Basically, activity within the heart itself generates the Heart Driver field,<sup>13</sup> according to Fraser.

#### ED7 Lung Driver

Respiration and energy movement within the body are the primary functions for Lung Driver. Metabolism is maintained through the proper exchange of gasses and Oxygen level in the lungs.<sup>14</sup>

## ED8 Stomach Driver

The primary Driver field for digestive functions includes the peristalsis action of the stomach. The stomach is a large, sack-like organ that churns the food and bathes it in a very strong acid (gastric acid). Food in the stomach that is partly digested and mixed with stomach acids is called chyme. Stomach Driver also helps with muscle stamina and mental function.<sup>15</sup>

## ED9 Muscle Driver

The muscle system represents the largest group of tissues in the body (about half the body weight). The Muscle Driver field is generated from the activity of muscle extension and contraction. Field errors correlate to restricted or compromised muscle function, and the build-up of toxins in muscles.<sup>16</sup>

## ED10 Skin Driver

The skin is the largest physical organ. Among its major physiological tasks is to aid in respiration processes, in excretion of unwanted products from the body, and with regulation of fluid and mineral balance. It also acts as a primary barrier between the external and internal environments. Bio-energetically, the Skin Driver field is generated by the movement of molecules through the surface of the skin via respiration and excretion.<sup>17</sup>

## ED11 Liver Driver

The liver is the largest gland of the body and has many functions including producing substances that break down fats, converting glucose to glycogen, production of urea (the main substance of urine), creation of certain amino acids, and filtering harmful substances from the blood (such as alcohol). Additionally, the liver stores vitamins and minerals (vitamin A, D, K, and B12) and maintains a proper level of glucose in the blood. The liver is also responsible for producing about 80% of the cholesterol in the body.<sup>18</sup>

A case study referenced in *QI: The Journal of Traditional Eastern Health & Fitness*<sup>19</sup> found that “anger causes Qi –and tempers–to rise. ..Anger, when expressed appropriately, may not cause harm; when chronic or suppressed, it may become pathogenic.”<sup>20</sup>

## ED12 Kidney Driver

Responsible for renal and adrenal function, this Driver supports kidney function and fluid metabolism. The main purpose of the kidney is to separate urea, mineral salts, toxins, and other waste products from the blood. The kidneys also conserve water, salts, and electrolytes. At least one kidney must function properly for life to be maintained.

According to Eastern Medicine, extreme fear is injurious to the kidneys. Chronic fear depletes the kidneys and may manifest as deep, weak kidney pulse (the proximal position on the radial artery), lower back pains, tinnitus, palpitations, dizziness and dark pouches under the eyes.<sup>21</sup>

### ED13 Immunity Driver

The immune system protects the body against foreign organisms and toxins and from internal assaults and malfunctions as well. The Immunity Driver field is generated primarily by the action of the bone marrow as it generates immune cells; however, since the spleen drives the creation of immune cells within the bone marrow, its bio-field is also part of the Immune Driver field.<sup>22</sup>

### ED14 Thymus/Spleen/Omentum Driver

This driver powers the energy field created by the thymus and spleen. The human spleen is an organ that creates lymphocytes for the destruction and recycling of old red-blood cells. The spleen is also a blood reservoir. It supplies the body with blood in emergencies such as a bad cut. The spleen is also the location where white blood cells trap organisms. The spleen, according to Fraser, seems to be extremely sensitive to Electronic smog. "Frequencies stretch from the very low frequency radiation from power lines right up to microwave and beyond."<sup>23</sup>

### ED15 Pancreas Driver

The Pancreas Driver correlates to digestive and endocrine functions.<sup>24</sup> The pancreas is an elongated, tapered organ located across the back of the abdomen, behind the stomach. The right side of the organ (called the head) is the widest part of the organ and lies in the curve of the duodenum, the first division of the small intestine. The tapered left side extends slightly upward (called the body of the pancreas) and ends near the spleen (called the tail). The enzymes secreted by the exocrine tissue in the pancreas help break down carbohydrates, fats, proteins, and acids in the duodenum. These enzymes travel down the pancreatic duct into the bile duct in an inactive form. When they enter the duodenum, they are activated. The exocrine tissue also secretes bicarbonate to neutralize stomach acid in the duodenum (the first section of the small intestine). The hormones secreted by the endocrine tissue in the pancreas are insulin and glucagon (which regulate the level of glucose in the blood) and somatostatin (which prevents the release of the other two hormones).<sup>25</sup>

### ED16 Bone Driver

According to Fraser, "The Bone Driver field is a combination of three other drivers, liver, kidney and pancreas. Heavy metals (particularly lead, mercury and aluminum) tend to collect in the bones, as many metallic toxins bond with calcium, so the Bone Driver field may be strongly affected by these metals. Bone Driver field correlates bio-energetically to calcium metabolism in muscles (including cardiac muscle) as well as to the bones."<sup>26</sup>

## The Energetic Integrators

Energetic Integrators (EIs) are the “Information Superhighways” of the body. Based on Traditional Chinese Medicine (TCM) system of meridians, each integrator follows a specific path and carries unique information throughout the body. Emotions play a significant part within the meridian system, either enhancing health or creating additional imbalances within the meridian. Indeed, Giovanni Maciocia, in his textbook, The Fundamentals of Acupuncture,<sup>27</sup> notes the tradition of Five Emotions: anger, joy, sorrow, fear and rumination, as well as others, and explains their significance to the practitioner, “The body-mind is not a pyramid, but a circle of interaction between the Internal Organs and their emotional aspects. Whereas Western Medicine tends to consider the influence of emotions on the organs as having a secondary or excitatory role rather than being a primary causative factor of disease, Chinese Medicine sees the emotions as an integral and inseparable part of the sphere of action of the Internal Organs... Since the body and mind form an integrated inseparable unit, the emotions can not only cause a disharmony, but they can also be caused by it.”<sup>28</sup> Below is a summary table of the Energetic Integrators and accompanying emotions that may be affected when an area of the Integrator is blocked, distorted or damaged.

<b>Energetic Integrator/Organ/Associated Meridian</b>	<b>Emotions Associated with Meridians</b>
EI1 Neurosensory/Large Intestine	Strongly correlated to the emotional states or characteristics of letting go/holding on, organization, hopefulness/fears, consideration/lack of
EI2 Heart/Lung Meridian	Self-identity, head and heart conflicts, enthusiasm, love. Exhale/sigh to release emotions.
EI3 Mucosa/Small Intestine	Mental power, concentration, short-term memory, inability to pursue train of thought, forcefulness, industriousness
EI4 Neurotransmitters/Heart	Holding on (rottweiler attitude), rigid, inflexible, forbearance, industriousness, punctuality, depression, grief.
EI5 Lymphatics/Bladder Meridian	Drive, performance, emotions or lack of, sympathy/animosity, rejection, sentimentality, sexual appeal.
EI6 Kidney	Drive, performance, emotions or lack of, sympathy/animosity, rejection, sentimentality, sexual appeal.
EI7 Blood Field/Gall Bladder	Decisiveness, will power, honesty, loyalty.
EI8 Microbes/Liver Meridian	Verbosity, calmness/lack of, elation, tolerance/lack of.
EI9 Thyroid/Triple Burner Meridian	Confidence, courage, quiet, afraid, silent, mood swings, hyperactive emotions, ability to verbalize.
EI10 Circulation/Heart Protector Meridian	Thought processes, thoughtfulness (obsessions, absence of thought.

EI11 Bone Marrow/Stomach Meridian	Memories flood back excessively, obsessive behavior, memory, spatial awareness, calmness, confidence, benevolence.
EI12 Shock/Spleen Meridian	Pleasure, acceptance

**Table 1: List of Energetic Integrators and their corresponding emotions<sup>29</sup>**

The link between meridians in Traditional Chinese Medicine and the emotions has additional merit within other bio-energetic techniques such as the Emotional Freedom Technique (EFT), a relatively easy method to learn that involves tapping various points on the body in order to release emotional blocks. They are listed below so that an easy comparison may be provided between what a scan may show with respect to Energetic Integrators (above) and Meridian EFT usage (below) and emotions:

<p><b>Lung Meridian<sup>30</sup></b></p> <p><b>Meridian Flow:</b> Toward the thumb from the inside edge of the front of the shoulder.</p> <p><b>Companion Organ:</b> Large Intestine</p> <p><b>EFT Point: THUMB</b></p>	<p><b>Psychological Qualities of Balance:</b> Compassion, good survival instinct, instinct and intuition, free will, individuality, positive outlook, endurance.</p>	<p><b>Psychological Qualities of Imbalance:</b> Sorrow, resentment, worry, anguish, claustrophobia, inflexibility (both body and mind), pessimism, nostalgia.</p>
<p><b>Large Intestine Meridian</b></p> <p><b>Meridian Flow:</b> Beginning either side of the nostrils running across the shoulder and down the arm to the index finger.</p> <p><b>Companion Organ:</b> Lung</p> <p><b>EFT Point: INDEX FINGER</b></p>	<p><b>Psychological Qualities of Balance:</b> Compassion, good survival instinct, instinct and intuition, free will, individuality, positive outlook, endurance. As per the lung and metal element.</p>	<p><b>Psychological Qualities of Imbalance:</b> Sorrow, resentment, worry, coughing, anguish, claustrophobia, inflexibility (both body and mind), pessimism, nostalgia. Stubbornness, holding on.</p>
<p><b>Stomach Meridian</b></p> <p><b>Meridian Flow:</b> From under the eye up and around the side of the face - then down the torso ending in the second toe.</p> <p><b>Companion Organ:</b> Spleen (and pancreas)</p>	<p><b>Psychological Qualities of Balance:</b> Stable centered emotions, confidence, good taste, an understanding of appropriate behavior, a sense of trust, considered thought and action.</p>	<p><b>Psychological Qualities of Imbalance:</b> Anxiety, worry, skepticism, poor confidence. Feelings of suspicion or mistrust.</p>

<p><b>EFT Point: UNDER EYE</b></p>		
<p><b>Spleen Meridian</b></p> <p><b>Meridian Flow:</b> From the big toe, up the inside of the leg, toward the shoulder and down to finish on the side under the arm</p> <p><b>Companion Organ:</b> Stomach</p> <p><b>EFT Point: UNDER ARM</b></p>	<p><b>Psychological Qualities of Balance:</b> Reasoning abilities, memory, a clear thought process, honest introspection, opinion, loyalty, willpower, sense of satisfaction/achievement, ideas &amp; creativity, expressing sympathy.</p>	<p><b>Psychological Qualities of Imbalance:</b> Worry, poor concentration, forgetful-ness, cloudy thought process, vacillation, addiction, attachment, obsession, gluttony, jealousy, self-pity, strong concern about opinions of others, stubbornness, vanity.</p>
<p><b>Heart Meridian</b></p> <p><b>Meridian Flow:</b> From under the arm-pit down the arm to the back of the little finger (towards the ring finger)</p> <p><b>Companion Organ:</b> Small Intestine</p> <p><b>EFT Point: LITTLE FINGER</b></p>	<p><b>Psychological Qualities of Balance:</b> Tranquility, gentleness, emotional balance, spirit, love, integrity, optimism, emotional and spiritual growth, zest for life, control of thoughts and senses, conscience, wisdom.</p>	<p><b>Psychological Qualities of Imbalance:</b> The heart is the ruler of all emotions. Hysteria, erratic behavior, alternating joy and melancholy, dullness, yearning for love, jealousy, sorrow.</p>
<p><b>Small Intestine Meridian</b></p> <p><b>Meridian Flow:</b> From the end of the little finger up the outside of the arm, over the shoulder ending in front of the ear.</p> <p><b>Companion Organ:</b> Heart</p> <p><b>EFT Point: KC (side of hand)</b></p>	<p><b>Psychological Qualities of Balance:</b> Memory, ability in making decisions, clarity of thought.</p>	<p><b>Psychological Qualities of Imbalance:</b> Forgetfulness, indecision, unclear thought process. Restlessness and difficulty in expressing emotions.</p>
<p><b>Bladder Meridian</b></p> <p><b>Meridian Flow:</b> Begins at the corner of the eye, continues overhead, down back and</p>	<p><b>Psychological Qualities of Balance:</b> Caution, restraint, determination, will power, ambition.</p>	<p><b>Psychological Qualities of Imbalance:</b> Fear, lack of confidence, nervous-ness, fear of being submerged or overwhelmed,</p>

<p>legs, ending on small toe.</p> <p><b>Companion Organ:</b> Kidney</p> <p><b>EFT Point: EYEBROW</b></p>		<p>strained nerves, hypersensitivity (both physical and emotional).</p>
<p><b>Kidney Meridian</b></p> <p><b>Meridian Flow:</b> Begins in the centre of the sole of the foot, travels up in-side leg to collar bone.</p> <p><b>Companion Organ:</b> Bladder</p> <p><b>EFT Point: COLLARBONE</b></p>	<p><b>Psychological Qualities of Balance:</b> Restraint, humility, organizational skills, will power, ability to concentrate, good imagination, ideas, self-preservation, zest for living, ability to control the mind and avoid unwise action, determination, respect and reverence, courage, confidence, sense of security.</p>	<p><b>Psychological Qualities of Imbalance:</b> Fear, hesitancy, no zest for life, poor willpower, guilt, nervousness, lack of confidence, depression, trembling, would rather run from situations than deal with them.</p>
<p><b>Pericardium Meridian</b></p> <p><b>Meridian Flow:</b> From the chest down the arm to the middle finger.</p> <p><b>Companion Organ:</b> Triple Warmer</p> <p><b>EFT Point: MIDDLE FINGER</b></p>	<p><b>Psychological Qualities of Balance:</b> Love, happiness, contentment, warmth and concern in relationships, enthusiasm.</p>	<p><b>Psychological Qualities of Imbalance:</b> Sadness, sorrow, grief, self-absorption, coldness, lack of concern, poor relations with others, lack of enthusiasm. Poor sleep habits, hysteria, hysterical or cackling laughter, abnormal emotional responses, and hypersensitivity.</p>
<p><b>Triple Warmer Meridian</b></p> <p><b>Meridian Flow:</b> From the ring finger up the back of the arm, over the shoulder ending above and to the outside of the eye.</p> <p><b>Companion Organ:</b> Pericardium</p> <p><b>EFT Point: GAMUT</b></p>	<p><b>Psychological Qualities of Balance:</b> Sociable nature, ability to work well in groups, platonic friendships, personal warmth, sense of humor, liking for others.</p>	<p><b>Psychological Qualities of Imbalance:</b> Unsociable nature, standoffish, lack of humor, prefers isolation to group co-operation, poor decision making abilities, forgetfulness, and rambling thoughts.</p>

<p><b>Liver Meridian</b></p> <p><b>Meridian Flow:</b> From the inside corner of the big toe, up the inner side of the leg across to above the waist ending under the chest.</p> <p><b>Companion Organ:</b> Gall Bladder</p> <p><b>EFT Point: UNDER BREAST</b></p>	<p><b>Psychological Qualities of Balance:</b> Drive, planning and starting skills, endurance, good reflexes, perseverance, spiritual enquiry and maintenance, quick and clear intellect, agreeable disposition, organizational abilities, ambition, patience, sense of well being.</p>	<p><b>Psychological Qualities of Imbalance:</b> Anger, depression, impatience, short temper, hatred, jealousy, self-insistence, insecurity, attachment to strong opinions (even when wrong), power-hungry, over ambitious, controlling, cursing and shouting.</p>
<p><b>Gall Bladder Meridian</b></p> <p><b>Meridian Flow:</b> From the outside of the eye around the ear up and forward over the head before doubling back to travel down the body ending in the fourth toe.</p> <p><b>Companion Organ:</b> Liver</p> <p><b>EFT Point: SIDE OF EYE</b></p>	<p><b>Psychological Qualities of Balance:</b> Good decision making abilities, impetus, inspiration behind decisions.</p>	<p><b>Psychological Qualities of Imbalance:</b> Irritability, rage, bitterness, constant sadness. Anger of the sort that leads to irrational or hasty decisions. Allergies.</p>

**Table 2: Meridians and Correspondences to Emotional Freedom Technique and the Emotions<sup>31</sup>**

## Energetic Terrains

Energetic environments within the body that can host pathogens, Energetic Terrains wait for the ideal opportunity to create dis-ease within the physical body. Caused by such factors as long-term stress, prescription drug use, and geopathic stress, each energetic terrain environment resonates with a specific group of viruses. When the body is weakened, physically exposed to such pathogens, or even when the pathogen's energetic information or template is present within the body-field, the real virus or symptoms of the virus may result. The body may biochemically recognize that something is invading and seeks to defend itself against such an attack by mounting its defenses via the immune system. But what about the energetic imprint of the virus? Distortions within the energetic field containing the signature of the virus must also be cleared in order to restore health to optimal levels. This "virtual" or "energetic" signature pattern may also explain why blood and other biochemical tests may not demonstrate the presence of the virus within the physical body.

The following chart lists the specific Energetic Terrain and its associated virus, according to NES<sup>®</sup> research using the process of matching:

Energetic Terrain (ET)	Associated Virus Type or Family
ET0	Specific viruses and multiple vaccines particularly live-virus vaccines
ET1	Viral particles. Retrovirus Family including Lentivirus. A <b>retrovirus</b> is any virus belonging to the viral family <i>Retroviridae</i> . They are enveloped viruses possessing a RNA genome, and replicate via a DNA intermediate. Retroviruses rely on the enzyme reverse transcriptase to perform the reverse transcription of its genome from RNA into DNA, which can then be integrated into the host's genome with an integrase enzyme. The virus then replicates as part of the cell's DNA. <sup>32</sup>
ET2	Viral particles. Retrovirus Family including Lentivirus.
ET3	Viral particles. Retrovirus Family including Lentivirus.
ET4	Viral. Prions (incorrectly folded protein
ET5	Broad spectrum of viruses including human papilloma virus, human wart virus, bunyavirus, and herpes.
ET6	Colds, flu, and immunity.
ET7	Virus Flaviviridae
ET8	Pattern viruses
ET9	Bacteria. Helicobacter Pylori, bacteria responsible for most ulcers and many cases of chronic gastritis (inflammation of the

	stomach). This organism can weaken the protective coating of the stomach and duodenum. <sup>33</sup> Escherichia coli (E-Coli), salmonella family
ET10	Picornaviridae family, which includes Hepatitis A. Some Rhinoviruses, Coxsackie viruses, Adenoviruses.
ET11	Flaviviridae which includes Hepatitis B
ET12	Falviviridae which includes Hepatitis C
ET13	Yeasts, molds, fungi, protozoan, amoebas.
ET14	Bacteria, staphylococcus, streptococcus, Legionella
ET15	General Environment Terrain.

**Table 3: Energetic Terrains<sup>34</sup>**

## Energetic Stars

When there are major blocks within the body’s metabolic pathways, Energetic Stars are used. Infoceuticals represent the most powerful level of NES<sup>®</sup> therapy and are only used when the previous categories of Infoceuticals have not fully corrected the HBF errors. The below chart provides a brief description of each Energetic Star. Energetic Stars are not normally used until the 4<sup>th</sup> session.

<b>Energetic Star Number and Descriptor</b>	<b>Function</b>
ES1 Immunity	Re-establish immune system function and aids with viral fragments that may invade the nervous system.
ES2 Memory Imprinter	Aids the heart’s ability to imprint information into blood and fats.
ES3 Nerve	Benefits neuron cells; generally, regeneration, toxin elimination (particularly heavy metals).
ES4 Triple Cavity	Integrates cranial cavity, thoracic cavity, and abdominal cavity.
ES5 Auto-Immune	Addresses incorrect production of antibodies.
ES6 Circulation Lipids	Addresses fat accumulation in arteries. May aid with ligaments, cartilage, and tendon issues.
ES7 Muscle Enzymes	Aids metabolic function of the skeletal muscle. May aid with muscle repair.
ES8 Chill	Helps unravel emotional tangle and emotional processing backlog. May give feelings of peace, happiness, and relaxation.
ES9 Shock—Audio Processing	Aids shocks of all types—birth, trauma, electrical, emotional, financial, chemical, toxic, surgery. Aids blocks in the hearing process
ES10 Stress – Video Processing	Assists with stress caused by visual experience. May aid with interpretation of visual patterns.
ES11 Male Energy	Benefits male endocrine glands. May enhance male charisma, confidence, will power, social warmth and well being
ES12 Female Energy	Benefits female endocrine glands. May enhance female charisma, confidence, will power, social warmth and well being. May assist menstrual issues.
ES13 COH Metabolism	Designed to correct metabolism of Carbon, oxygen, and hydrogen. Aids with cell energy production, may aid with issues related to addictions
ES14 Cell Metabolism	Aids cell metabolism by detoxifying cells
ES15 Heavy Metals	Aids with the detoxification of heavy metals.

**Table 4: Energetic Stars--Summary Chart<sup>35</sup>**

## Stress

Hans Selye, a Canadian physician, made it his life's work to study stress and its affect on physiology. Originally termed General Adaptation Syndrome (G.A.S.), Selye found through a number of years of experiments, there are three stages of adaptation to stress.<sup>36</sup> In the G.A.S., the body passes through three universal stages of coping. First there is an "alarm reaction," in which the body prepares itself for "fight or flight." No organism can sustain this condition of excitement, however, and a second stage of adaptation ensues (provided the organism survives the first stage). In the second stage, a resistance to the stress is built. Finally, if the duration of the stress is sufficiently long, the body eventually enters a stage of exhaustion, a sort of aging "due to wear and tear."

Adaptation is the ability of the body to acknowledge continued stress, but not to respond with additional adrenaline. According to Seyle, adaptation leads to tolerance of the stressor; long periods of stress, however, lead to a maladaptive response pattern, whereby the body's ability to adapt becomes compromised and illness and/or exhaustion result.<sup>37</sup> If not reduced, this ultimately may lead to more severe consequences, i.e. death.

Stress can be positive or negative in response to a stimulus. In either case, the body reacts in the same way. The sympathetic nervous system initiates the fight or flight response. Conversely, the parasympathetic nervous system promotes the relaxation response. Both systems contribute to maintaining metabolic equilibrium by making adjustments within the body when activated.

Hormones, from the Greek word meaning 'to set in motion,' travel through the bloodstream to accelerate or suppress metabolic functions. Some hormones don't know when to quit, though, and end up being too active for too long. This, in turn, impairs the cells in the hippocampus, adversely affecting memory and learning. Hence, conscious effort may be needed to initiate a relaxation response in order to establish homeostasis.

The limbic system is the area of the brain that deals with stress. Known as the 'emotional' brain, when a threat is perceived, the limbic system immediately responds via the autonomic nervous system, the system that automatically regulates metabolism.

The adrenal glands release adrenaline and other hormones. Heart rate increases, breathing is more shallow, and blood is pumped to the brain in muscles in order to aid in the fight or flight response to the stressor. Energy is available and senses are more acute. Also, sensitivity to pain is decreased. While busy taking care of the threat, other vital functions are shut down by the hormones. These functions include growth, reproduction and immunity. There is also a noticeable restriction of blood flow to the skin.

After the danger has passed, the body attempts to return to normal. Because the parasympathetic nervous system takes time to react, it may not return the body back to normal before the next stressor occurs. Chronic, or long-term, arousal affects the memory. Brain researcher Robert M. Sapolsky has shown that "sustained stress can damage the hippocampus. The culprits are

glucocorticoids, a class of steroid hormones secreted from the adrenal glands during stress.”<sup>38</sup> Excessive cortisol may make it difficult to retrieve long term memories because these hormones also interfere with the neurotransmitters that the brain cells use to talk with each other.

Cortisol also affects short-term memory. According to James McGaugh, director of the Center of NeuroBiology of Learning and Memory at the University of California at Irvine, “This effect [of high cortisol levels] only lasts for a couple of hours resulting in temporary impairment of retrieval. The memory isn’t lost. It’s just inaccessible for a period of time.”<sup>39</sup>

The physical effects of stress are substantial. Consider the following:

- Forty-three percent of all adults suffer adverse health effects from stress.
- Seventy-five to 90% of all doctor's office visits are for stress-related ailments and complaints.
- Stress can play a part in problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, or arthritis in addition to depression and anxiety.
- The Occupational Safety and Health Administration (OSHA) declared stress a hazard of the workplace. Stress costs American industry more than \$300 billion annually.
- The lifetime prevalence of an emotional disorder is more than 50%, often due to chronic, untreated stress reactions.<sup>40</sup>

Unrelenting stress increases additional risks of obesity, depression, anxiety disorders, sleeplessness, digestive complaints and heart problems. The best defense is to de-stress and to recognize what your stressors are currently. One of the measures used in this Pilot Study was the Total Life Stress<sup>®</sup><sup>41</sup> self-assessment. Developed by C. Norman Shealy, M.D., Ph.D., it’s used to determine the total life stress scores as well as indicates where in life one may be experiencing the most stress including chemical, physical, and attitudinal stress. Awareness is essential to changing patterns contributing to health and wellness. Knowing what stressors affect one allows prioritization of key areas to work on in order to reduce it.

## **Free Radicals**

Free radicals are atoms with unpaired electrons. The theory of free radicals and aging was first proposed by Dr. Denham Harmon.<sup>42</sup> Free radicals exhibit a tendency to exist in paired rather than unpaired states and pick up electrons from other atoms. Cells continuously produce free radicals, and constant free radical damage eventually kills the cell. When free radicals kill or damage enough cells in an organism, the organism ages.<sup>43</sup> Other health care experts agree, “What this translates into, for people unfortunate enough to have high levels of free radicals in their system, is an attack on body tissue. Ultimately, it is the free radicals that cause aging, disease, and death. And it is all due to stress.”<sup>44</sup>

## **Pilot Study Design**

A pilot study is a small experiment designed to test logistics and gather information prior to a larger study, in order to improve the latter's quality and efficiency. A pilot study can reveal deficiencies in the design of a proposed experiment or procedure. These can then be addressed before time and resources are expended on large-scale studies. It is unlikely, for example, that a pilot study alone can provide adequate data on variability for a power analysis to estimate the number of participants to include in a well designed experiment. The pilot study may, however, provide vital information on metrics and refinements of the measures, or on the hypothesis itself.

## **Objective**

The objective of this study was to evaluate the effects of Nutri-Energetics® on stress/aging.

Over 25 years of research and development by Peter Fraser has gone into the implementation of Nutri-Energetics Systems® biotechnology and Infoceutical protocols. However, no clinical research substantiating the effects of NES on stress has been documented although preliminary anecdotal evidence suggests significant effects on bodily processes.

## **Methodology**

**Patient selection.** The investigation presented was a pilot study to establish the therapeutic effect of NES scanning and Infoceutical protocols on persons experiencing significant amounts of stress in their lives. A sample of convenience was used involving a total of 23 persons; 21 participants were selected with an additional 3 to be called in the event of attrition. The participants were selected from a community that either had a spouse serving in Iraq or were in direct support of the military. This sample represents an ideal sample due to common nature of stressors such as spouses deploying or in between deployments, personal responsibilities and familial commitments as sole provider while loved ones are serving and who demonstrate the accompanying emotional anxiety and concerns. While general populations may not experience long separations due to military service, various stressors may be equally difficult within personal relationships such as shift work, financial concerns, livelihood, or marital strife. Future studies involving random samples of population groups are recommended.

## **Inclusion/Exclusion Criteria**

Participants with low self-reported total life stress, state trait anxiety inventory, or Zung Depression Scales were excluded from the study. One participant (the sole male) was excluded immediately based on scores from the test measures. Incidental to the study was the fact that all participants were Caucasian. One participant, a middle school teacher, completed all paperwork and started the initial intervention, but declined to participate after taking the Infoceuticals to a colleague, a science teacher, who advised against it. Subsequently, a total of 21 women participated in the study.

## **Protocol**

The included participants were asked to fill out the following measures: Total Life Stress Self-Assessment, Zung Depression Scale, State-Trait Anxiety Inventory Y-1 and Y-2.

Accompanying documentation included an initial health intake form, a signed HIPAA privacy act, and participant informed consent. A urinalysis sample was taken to measure the current levels of free radicals in the body. Participants were given a 1 1/2 hour educational seminar on what NES<sup>®</sup> theory, research, and composition and use of Infoceuticals.

Upon completion of all initial pre-test documentation, a series of four (4) interventions using NES biotechnology (scan) and recommended Infoceutical protocols were scheduled. Four (4) to five (5) weeks elapsed between scans. An on-line appointment system was provided with follow-up emails to the participants to prevent absenteeism and facilitate rescheduling. Each participant's individual protocol consisted of a maximum of four Infoceuticals unless Emotional Stress Release (ESR) was also indicated on a scan; then a maximum of five Infoceuticals was provided.

After all interventions were conducted, post-study measures were again administered including the Total Life Stress self-assessment, Zung Depression Scale, State Trait Anxiety Inventory Y-1, Y-2, and a urinalysis to determine free radical levels. The study ended with discussions on what the participants experienced during the study and a demonstration of both the Emotional Freedom Technique to assist with emotional upheaval for those who choose not to continue with the NES protocols and C. Norman Shealy, M.D., Ph.D.'s Ring of Crystal,<sup>45</sup> an exercise for lowering free radicals naturally. A choice of either a free NES scan or alternative service the researchers are certified in (Reiki, Inner Counselor<sup>™</sup>, or Certified Intuitive Healing session) was offered as appreciation and incentive for all participants who completed the study.

## **Results**

In reviewing the statistical tests appropriate for the pilot study conducted, we examined the data to determine if there were differences between groups of variables. There are two variables for each test, one set for pretest and one set for post-test. Therefore, the appropriate test is a t-test for dependent means, or paired samples t. The below output from Statistics Package for the Social Sciences (SPSS) refers:

**Paired Samples Statistics**

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Zung Pre Test	33.52	21	8.268	1.804
	Zung Post Test	29.38	21	6.749	1.473
Pair 2	TLS Pre-Test	88.762	21	32.1654	7.0191
	TLS Post-Test	75.26	21	28.346	6.186
Pair 3	StaiY-1Pre-Test	36.14	21	10.350	2.259
	StaiY-1 Post-Test	30.24	21	12.649	2.760
Pair 4	STAI Y-2 Pre-Test	34.95	21	9.052	1.975
	STAI Post-Test	32.81	21	10.438	2.278
Pair 5	Free Radical Levels Pre-Test	3.62	21	1.474	.322
	Free Radical Levels Post-Test	3.02	21	1.959	.427

**Figure 1: Paired Samples Statistics**

<b>Paired Samples Correlations</b>				
		N	Correlation	Sig.
<b>Pair 1</b>	<b>Zung Pre Test &amp; Zung Post Test</b>	21	.684	.001
<b>Pair 2</b>	<b>TLS Pre-Test &amp; TLS Post-Test</b>	21	.642	.002
<b>Pair 3</b>	<b>StaiY-1Pre-Test &amp; StaiY-1 Post-Test</b>	21	.434	.049
<b>Pair 4</b>	<b>STAI Y-2 Pre-Test &amp; STAI Post-Test</b>	21	.781	.000
<b>Pair 5</b>	<b>Free Radical Levels Pre-Test &amp; Free Radical Levels Post-Test</b>	21	.014	.951

**Figure 2: Paired Samples Correlations**

**Paired Samples Test**

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Zung Pre Test - Zung Post Test	4.095	6.139	1.340	1.301	6.890	3.057	20	.006
Pair 2	TLS Pre-Test - TLS Post-Test	13.5000	25.6461	5.5964	1.8260	25.1740	2.412	20	.026
Pair 3	StaiY-1Pre-Test - StaiY-1 Post-Test	5.905	12.601	2.750	.169	11.641	2.147	20	.044
Pair 4	STAI Y-2 Pre-Test - STAI Post-Test	2.143	6.665	1.455	-.891	5.177	1.473	20	.156
Pair 5	Free Radical Levels Pre-Test - Free Radical Levels Post-Test	.595	2.427	.530	-.510	1.700	1.124	20	.274

**Figure 3: Paired Samples Test**

The test of significance is associated with the null hypothesis. Traditionally, the Type I error is set at .05 for pilot studies. For rejection of the null hypothesis, in our case that NES had made no significant difference with our sample population, the critical value shall be 2.086<sup>46</sup>. In order to gain an accurate picture of significance, each pair must be discussed individually.

Alternatively, a one-tailed test could have been used to determine exact p significance because the goal is to review the decrease (directional) in pre-test and post-test scores for each of the measures. SPSS provides the specific *t* value for a two-tailed test, but does not provide the more accurate probability of that value for a one-tailed test. In this case, for a one-tailed test for significance, the critical value would be 1.725<sup>47</sup>. Exact p significance of a one-tailed test for each measure is listed in brackets next to the standard Type I error rate below.

Attention is invited to each of these one tailed tests as they indicate a marked significance in depressive levels (Zung), total life stress, and STAI-state meaning that something remarkable occurred during the study to decrease feelings in each category mentioned which could be attributed to the intervention.

**Zung Pre Test – Zung Post Test  $t(21)=3.057, p<.05. [p=.0032]$**

Wikipedia provides a very good general description of the Zung Depression Scale as follows: “The **Zung Self-Rating Depression Scale** was designed by Duke University psychiatrist, Dr. William W.K. Zung to assess the level of depression. The Zung Self-Rating Depression Scale is a short self-administered survey to quantify the depressed status of a patient. There are 20 items on the scale that rate the four common characteristics of depression: the pervasive effect, the physiological equivalents, other disturbances, and psychomotor activities. There are ten positively worded and ten negatively worded questions. Each question is scored on a scale of 1-4 (a little of the time, some of the time, good part of the time, most of the time).

The scores range from 25-100.

- 25-49 Normal Range

- 50-59 Mildly Depressed
- 60-69 Moderately Depressed
- 70 and above Severely Depressed”<sup>48</sup>

Of the 21 participants, the mean Zung Pre-test score was 33.52 (SD=8.268). The mean Post-test score was 31.81 (SD=7.167). While scores remained in the normal range (25-49), results indicate an ability to cope more readily with stressors associated with depression. The obtained *t* value, 3.057, is more extreme than the critical value, 2.086; therefore, differences in the test measures may not be due to chance and indicate differences obtained may be due to the intervention.

**Total Life Stress Scores –  $t_{(21)}=2.317, p<.05 [p=.0156]$**

As discussed in a previous section of this report, Total Life Stress<sup>®</sup> Self Assessments were created by C. Norman Shealy, M.D., Ph.D., as a tool to identify where in one’s life the most stress occurred, including physical, chemical, and attitudinal stress.<sup>49</sup> Composite scores higher than 70 on this assessment indicate a need for stress reduction. In this study, the mean TLS Pre-test score was 88.76(SD=32.165); the Post-test mean was 85.52(SD=30.750). The obtained *t* value of 2.317 is more extreme than the critical value, 2.086; therefore, differences in the test measures may not be due to chance and indicate differences obtained may be due to the intervention.

**State Trait Anxiety Inventory (STAI, Y-1)--  $t_{(21)}=2.472, p<.05 [p=.0113]$**

“The STAI Form Y is the definitive instrument for measuring anxiety in adults. It clearly differentiates between the temporary condition of “state anxiety” and the more general and long-standing quality of “trait anxiety”. It helps professionals distinguish between a client’s feelings of anxiety and depression. The inventory’s simplicity makes it ideal for evaluating individuals with lower educational backgrounds. Adapted in more than forty languages, the STAI is the leading measure of personal anxiety worldwide. The STAI has forty questions with a range of four possible responses to each”<sup>50</sup>. This measure determines the anxiety in a specific situation (state) and in general (trait).

In evaluating the state, Pre-test mean was 36.14(SD=10.350) and Post-test mean was 32.90(SD=9.813). The obtained *t* value was 2.472, more extreme than the critical value of 2.086. Results indicate a significantly increased ability to handle feelings of apprehension, tension, nervousness, and worry which may not be due to chance and indicate differences obtained may be due to the intervention.

**State Trait Anxiety Inventory (STAI, Y-2)--  $t_{(21)}=1.636, p>.05 [p=.059]$**

The trait portion of the State Trait Inventory monitors how people feel, generally. Pre-Test mean for Trait was 34.95(SD=9.052), Post-test was 32.62(SD10.356). The obtained *t* value in this case was 1.636, less than the critical value of 2.086. In this instance, the null hypothesis may be the best explanation of the results; while a slight decrease in overall scores was indicated, a person’s response to how they generally feel would not change; there was no remarkable significance in the results.

### **Free Radical Levels -- $t_{(21)}=1.226$ , $p>.05$ [ $p=.117$ ]**

Mean Pre-test free radical levels, determined via urinalysis, was 3.62(SD=1.474). Post-test mean free radical levels measured 2.98(SD1.920). Again, we see the  $t$  value is less than the critical value of 2.086 meaning the differences in pre- and post- tests, while slightly decreased, the results were not significant. In this instance, the null hypothesis may be the best explanation of the results. Perhaps a larger study population is required to more adequately determine the significance of NES<sup>®</sup> on free radical production.

### **Conclusions**

The study results have revealed a mean decrease of 4.09 points in depressive symptoms, a mean decrease of 13.05 points in total life stress, and a mean decrease of 6.47 points in state-anxiety indicating that NES<sup>®</sup> scans and protocols have a positive effect on stress. Slight reductions in free radical levels and in state-traits generally were not remarkable nor significant. Outcomes may not fully indicate the efficacy of NES<sup>®</sup> due to small sample population and duration of the study. A large, randomized, double blind controlled study will now be undertaken to confirm further the results of this initial pilot and to account for placebo.

### **Disclosure.**

The study interventions (Infoceuticals) were provided by NES US, LLC in support of the study.

## Study Participant Stories

### Linda's Story

Linda, a tall, willowy redhead in her late forties, joined the study because of a life-long interest in healthy alternatives to pharmaceutical interventions. A former pharmaceutical representative, she describes the paradox between climbing to the top as the number one seller for a nationally recognized drug company and morally objecting to known side effects from such drugs as “suffocating my conscience with hush money.” Consequently, she found another job, less satisfying in terms of individual and personal fulfillment, but more in line with what she could ethically support.

Composite scans over the study period showed low or compromised energy to the cells. While Linda reported being slightly tired, the initial scan indicated an imbalance in ED3 (Cell Driver) The body is made up of 50-100 trillion cells, each working very hard to maintain homeostasis. Considered the most important processes, Cell Driver (ED3) works to assist in cell respiration and excretion, among other functions. Initially her Big Fields showed relatively good integrity. ED3 may be enhanced by the use of BFA; thus, she was given BFA, ED1 (Source), and ED3 as her first intervention.

Subsequent scans showed a returned state of optimal health within ED3 (Cell Driver) and other Energetic Drivers. However, this was not the case with the information transfer channels, or Energetic Integrators. Linda noticed increased anxiety levels as if some unknown issue “was just beneath the surface, waiting to jump out.” She began experiencing some bizarre dream sequences including patterns of suffocation, struggling, chaos and trying to get out from underneath something. The dreams continued, indicating feelings of being held back either through other people or within herself. Linda also noticed how these feelings correlated to her waking life. As Linda sought to process the irritability and unknown sources of anger, she became even more aware that long long-held memories of old emotional traumas from significant relationships were cropping up unexpectedly throughout the day. In terms of Infoceutical usage, these emotional issues were in alignment with the Energetic Integrators Linda was taking. Emotions associated within the second and third scans escalated with respect to mental power, concentration, short-term memory, and forcefulness. Specifically, her relationship with her ex-husband seemed more strained as Linda found herself more irritable than the situation called for. Again old memories (EI11) are returned more often.

Looking back over the entire study period, Linda realized that in addition to her daily stress, she could handle her life-long emotional patterns with more clarity and with a sense of purpose that wasn't present before. It wasn't that the patterns were good or bad; it was the fact that her entire being, consciousness and subconscious minds were now working as one to bring awareness to them. Too, as her energy levels rose, so did her ability to maintain a sense of equilibrium and balance in her waking life.

Physically, the scans showed a variety of factors inhibiting health and wellness. For example, Linda pulled up the carpeting in her house and had hardwood floors installed. During her scan, environmental toxins associated with carpet backing, 4-Phenylcyclohexine, and some fungus exposure displayed. Physically, Linda noticed slight symptoms of dry mouth and dehydration upon starting new Energetic Drivers within a single protocol. Drinking additional water alleviated these.

## Heather's Story

Heather, a senior level executive working in federal service, immediately noticed the effect of the Infoceuticals. Upon taking just 6 drops of Polarity, she expressed the feeling of being "spacey" or having a loss of equilibrium. She also expressed a feeling of getting a sinus infection but at the bridge of her nose rather than in her sinuses. An extremely responsive client proving to be highly sensitive, Heather disclosed that she usually only took half of what the doctor usually prescribed when taking drugs, but didn't realize that alternatives could be so powerful. Reducing the infoceutical drops to half the normal amount alleviated her sensitivity. During her second set of Infoceuticals, Heather had a bone density scan. Tests showed slight decline right hip, but not out of normal. Doc's instructions were "whatever you are doing, keep doing it!" Additionally, she experienced some waking up due to hot flashes each morning around 3:00 a.m. While taking Polarity, however, she experienced a significant decrease in sleep disturbance due to hot flashes. Even with the waking up, she isn't as tired as she's been. More energy, not feeling as worn out, Heather related she was able to cope with daily stress better than in the past.

Between her second and third protocol of Infoceuticals, Heather had a lipoma surgically removed from her right thigh. Doctors prescribed pain medication during her recovery and stated she would not be able to walk without assistance for about 10 days. Heather continued a strict regimen of Infoceutical usage prior to and immediately following the procedure. After just 3 days, she was walking without the use of crutches, and her pain level was manageable without any additional painkillers. Also during her third protocol of Infoceuticals, Heather noticed difficulties seeing her computer screen clearly. Her eyesight was actually getting better! An optometric exam confirmed this, and Heather was prescribed a weaker eyeglass prescription. When queried about this, the optometrist was skeptical about Infoceutical usage being directly attributed to better eyesight. Rather, he felt it was a normal response to the eyes aging and adjusting. However, Heather did not notice the increase in acuity until after taking Infoceuticals. Perhaps this could be a real indication of the power of right information being received by the body!

Just like Linda above, Heather's dreams became a catalyst for transformation of her waking life. One dream was especially memorable. In it Heather was at a trade show conference held in the basement of a hotel. The hallways were narrow and zig-zagged from here to there. She was attempting to get out when a friend's daughter appeared in her 10-year old form. Heather apparently "adopted" her. The daughter visited one booth while Heather was looking at something in a booth next to her. Heather looked up and the daughter disappeared. Frantic, she tried to find the conference organizers to help find this girl. A professional colleague appeared and didn't seem too concerned about the girl's disappearance.

The image shifted and she was at the end of the path. A dog, apparently dead, was in front of her. She began slicing off and eating bits of the dog when the dog jerked. Hmmm, she thought, it must not be dead. She then woke up.

When asked how she felt in the dream, Heather stated she was frustrated, felt irritated, on edge, and with no real direction. When asked when in her waking life she felt this, Heather immediately responded with "when I come to work". Obviously each of the symbols within the dream could be analyzed and deconstructed resulting in more detailed analysis but it is the feeling, emotion and conscious awareness associated with the theme that is relevant. Such awareness of the powerful emotions being played out in Heather's waking life prompted an opportunity to look at what worked and what didn't in co-creating these patterns in her life.

Each of the mental and emotional triggers elevated with the advent of additional work stress. As with Linda, Heather felt the additional stress was not going to go away at work, nor was the combined irritability and negativity that affected other aspects of her personal life. However, her ability to handle each of the issues with more clarity and reasonableness without being overwhelmed by it was significant.

### **Dawn's Story**

Dawn, a Pilates studio instructor, joined the study primarily because of a number of medical issues including anorexia, leaky gut syndrome, Epstein Barr Syndrome, fibromyalgia and/or possible fibroids, amenorrhea, and most recently, interstitial cystitis. Her energy levels were sorely depleted and she felt as if she was frozen with no real joy in life and living. Stressed due to her physical issues, anxiety oftentimes overwhelms her. Dawn's husband supports her in her quest for health, she sees a naturopathic doctor, and is willing to try anything to help her cope with her accompanying issues.

Dawn's scans indicated a pattern of relationship concerns associated with the heart. The patterns, i.e. lack of overall energy (ED1), the energetic and physical heart (ED5, heart meridians (EI2, EI4, EI10), and various metabolic pathways (ES8—ability to process emotions, ES 12—female, and ES10—Video Processing) were especially significant during the study. Particularly noteworthy was after a regimen of ES8—chill, Dawn noted she actually cried! This was a huge breakthrough because she hadn't been able to feel at all. It didn't register just how remarkable this incident was until it was pointed out to her during a follow up appointment as Dawn's physical, maladaptive responses to emotional and mental stimuli were considered "normal". Intellectually, Dawn recognizes that she is challenged with appropriate behaviors in responses to continued physical issues.

During the course of the study, Dawn realized her capacity to deal with stressors such as selling her house; the financial aspects of owning her own business, and the struggle to maintain equilibrium despite her physical issues had increased. The belief that optimal physical health is almost an impossible dream, requires a shift in her awareness of the emotional, mental, and spiritual processes, also of her view of herself and the world around her (ES10). Dawn does "feel" better, but such complicated cases won't resolve within 4 months. Dawn understands this. Her ability to reason and coping skills have increased slightly and she has agreed to other adjuncts such as the Inner Counselor™ Process, massage, Reiki, and Intuitive Counseling using protocols designed by C. Norman Shealy, M.D., Ph.D., in addition to her current regimen of nutrition and naturopathic support.

### **Rosemary's Story**

Rosemary, a vivacious and vibrant blonde in her early forties, noticed no significant changes initially. Symptoms recorded upon study commencement included sleeplessness and hot flashes. After the first protocol of Infoceuticals, however, she indicated that she was better able to control feelings of anxiety. As with 17 of the 20 participants in the study, mal-absorption and metabolism issues were recorded. Rosemary's doctor said her weight gain is because she is not eating and exercising although reviewing her food diary contraindicated the doctor's observations. Rosemary did notice during the course of the study how 'bad' foods no longer tasted as satisfying. No matter how well one eats, if something (toxins, environmental

pollutants, parasites, viruses, or blocked information regulation and transfer pathways) is preventing absorption or metabolism of essential nutrients, weight may continue to be an issue. Significant environmental insecticides showed in all of Rosemary's scans. She said she "happily ran behind the DEET truck" when she was a kid (Insecticide showed up red)! During this study, Rosemary attempted to get into an insomnia study, but was rejected due to medication (Klonopin) for Restless Leg Syndrome (RLS). Another study was underway for RLS, which she volunteered for. One of the requirements was to stop all medications. After 4 days off Klonopin, Rosemary called and excused herself from the study for RLS due to stress and strain on her legs and recommenced her Klonopin. Review of her scans indicated a need for Emotional Stress Release, which was provided. Again, Rosemary, didn't really notice any energy lift or boost, but severely maladaptive responses due to lifestyle and personality traits lent more of a "do it no matter what" attitude without noticing the subtleties of the effects of the first two scans and Infoceutical protocols.

Subsequent protocols resulted in Rosemary's ability to notice a difference in the way she handled individual issues at work. As a Registered Nurse, one of her coping mechanisms to stress was to hold emotions in. Physically, this translated to restricted bowel movements, which improved over the last two protocols. Too, her ability to metabolize food increased and the medication she was on to regulate thyroid function was decreased by her health care provider. Rosemary became more consciously aware of how she coped with work-related stress, which led to her adopting a more reasonable and compassionate attitude toward herself and others.

### **Emily's Story**

Emily is a Registered Nurse married to an active duty Army Officer currently serving in Iraq. Living on post, Emily is constantly reminded of war and the potential that her husband could be killed. She has young children and maintains a full time position within the medical community. Worry consumes a greater part of the day. Being the emotional support for many of her husband's soldiers' wives within the unit is draining. Her husband, scheduled to return for a 15 day Rest and Relaxation (R&R) leave, should be home within the next month, but exact dates unknown due to the constant changes in critical mission requirements. Too, while he'll be able to come home, Emily's husband will be required to return to the war afterwards.

Quite remarkably, Emily's Drivers showed no compromise or integrity on initial scan. Energetic Integrator 3 (EI3) indicating the mucosa and small intestine meridian was significantly distorted. Very little showed up in the Energetic Terrains; however, 6 of 15 metabolic processes appeared to be blocked, indicating significant masking (hiding) of Driver issues.

Between the first and second scan, Emily called and reported an excessively long menstruation cycle, lasting over 3 weeks. Naturally concerned, she made an appointment with her healthcare provider. Upon discussion, Emily revealed she hadn't had a period in over 15 years and had been diagnosed with fibroids, which was not indicated on her health intake form as she felt this was "normal". Following up with her doctor, a recommendation for a hysterectomy was discussed.

Further review of following scans revealed a more accurate picture of the state of Emily's health. Significant distortions were noted in ED1 (Source Driver), ED3 (Cell Driver), ED4 (Nerve

Driver), accompanied by Energetic Integrator compromise at EI7 (Blood Field/Gall Bladder Meridian). Additional issues with ES7 (CFS), ES9 (Shock—audio processing), ES10 (Stress – Video processing) were noted as well as ES11 (male energy) possibly indicate long-standing exhaustion, undermining Emily’s sense of well-being. This coupled with providing the appropriate Infoceutical regimen to bio-energetically correct issues with her ability to hear and make sense of auditory information and with clearly and visually interpreting what is perceived due to stress is what could have brought on the menses. Additionally, overcompensating and being both mother and father, the strength and the emotional support for so many within her community may have compromised the balance and homeostasis enjoyed when the body is in a state of optimal health. Subsequent menses were normal. Starting on the Infoceuticals resulted in the body being able to return to its normal patterns. They [the Infoceuticals] have also, according to Emily, contributed to her emotional and psychological sense of being able to cope with her current situation. While there is no respite on the horizon for limited exposure to stress, awareness is the first step in mitigating the effects of the stressors.

### **Amanda’s Story**

Amanda, an extremely healthy and fit medical doctor, joined the study due to stress incurred in her current position as head of a traumatic brain injury unit. Initially interested from an academic perspective, Amanda almost immediately noticed the effects of the Infoceutical regimen. In addition to the stresses at work, Amanda had to deal with extreme trauma and emotional upheaval with the caring for and subsequent death of her father immediately after starting the study. Empathetic and compassionate, most of what Amanda is personally experiencing with her patients is likely to be absorbed within her own energy field, ultimately adding to the constant turmoil of her current situation. To add to her personal stress, Amanda’s daughter was recently diagnosed with Cystic Fibrosis.

Amanda noticed on the very first day that taking the polarity allowed her to shift into a much better, healthier emotional state. Also, after taking Lung she noticed small breakouts and acne, which she hasn’t experienced for years. Emotional Stress Release (ESR) helped Amanda to cope with her father’s grave illness, his subsequent death and funeral arrangements. Because Amanda works in a hospital, it’s likely she’s been exposed to just about every virus imaginable. All of her scans showed significant distortions in all energetic Terrains. As she followed the protocols, Amanda noticed that her sleep was deeper and more restful, but her dreams were more evocative. One particularly memorable dream involved images of her friend’s family. They were in a house, with one daughter in the attic not doing very well physically, but one in the basement who was just fine. The feeling in the dream was one of puzzlement as if Amanda knew she was dreaming and wondering why this family was in her dream. Used to a dreamless sleep and not normally able to recall her dreams, Amanda was quite amazed and attributed this lucidity as an effect of the Infoceuticals.

Amanda also reported less GI disturbances, as if she could digest food more easily. As her duties and responsibilities increase in her current position, Amanda is frequently invited to speak. A particular speaking engagement was to be televised and quite an important group of peers were in attendance. Amanda took Emotional Stress Release (ESR) about 10 minutes prior to her speech. Almost immediately her whole demeanor shifted from a nervous wreck with

butterflies in her stomach and throat almost shut to being able to breathe with a semblance of calm and deliver her speech with none of the pauses, awkward silences, or trembling in her voice that usually accompany nervousness.

Subtle in their intensity, Amanda is convinced there is something that happens to the energetic field when taking the Infoceuticals. She feels more capable, calm, and relaxed and more able to handle all of the almost crippling responsibilities of her position and within her family.

### **Briony's Story**

Slender, green-eyed Briony is an accountant and also joined the study to help with symptoms of stress and sleeplessness. Her husband, an active duty Soldier, recently deployed to Iraq for a 6-month tour of duty. Childless, Briony and her husband raise their huskies as part of the family. During the course of the scans, significant issues surrounding field alignments within the Big Fields continually demonstrated a pattern of deeper, more underlying issues within the physical body. Three out of four scans consistently showed distorted or blocked metabolic pathways (Energetic Stars) including the triple cavity (integration of endocrine function energy) ES4, shock—audio processing ES9, and Chill, ES8, which represents how well (or not) the body processes emotions. Additionally, the ES15, heavy metals, kept coming up as orange or red. Briony also complained of foot pain throughout the study, noticing that they were drier and cracked despite several applications of a moisturizing lotion. Some of this may be indicative of “dumping”, especially in light of the ES15 (heavy metals toxins) possibly unable to be released through the excretory organs. Nutrition isn't a priority for Briony, primarily due to the hours she works and her inability to sleep through the night. By the end of the study, however, her foot pain lessened, she was sleeping a bit more, but her nutrition was the same.

Emotionally, Briony constantly worried about the safety and welfare of her husband, understandably so. She noticed a difference in the way she handled many of the routine stressors during the day. As she came in for the last session's scan, her energy levels were better, but her demeanor was a bit more subdued. Obviously missing her husband and her continued worrying, she seemed to compartmentalize energetically, rationing her energy to survive each peak and valley. Circulation Driver, ED5, was consistently compromised in all of her scans, indicating that each emotional high and low was physically draining via the circulatory system. Without adequate circulation, more energy is required to move the blood through the heart and into the lungs for oxygenation. The messages imprinted from the heart, conscious or subconscious, circulate with the blood throughout the rest of the body. The result may possibly be conflicts between the head and heart and additional negative emotions placed upon the bio-energetic field, thereby affecting overall emotional health, ultimately affecting the physical body. We talked of this aspect of health and healing, and what activities could assist in bringing about more loving and supportive messages to the body. Massage, therapeutic touch, gardening (an activity that Briony enjoys), and/or spending more time with her dogs all serve to create more of a sense of enjoying the moment and being present rather than maintaining the constant worry about events beyond her control.

Upon concluding the study, Briony's energy field was much lighter, and she reported a slightly improved sense of well being, some of which she attributes to Infoceutical usage and awareness

of energetic effects to the body. However, Energetic Integrators, EI4 (Neurotransmitters/Heart Meridian) the energetic heart, and EI10 Circulation/Heart Protector Meridian, were still significantly compromised (readings of orange or red in the scans), possibly indicating that because of long-standing issues of the heart, Briony would require an additional Infoceutical regimen to clear these fields.

### **Robin's Story**

Jittery and nervous, Robin could hardly sit through her first session. Physically and emotionally stressed, Robin looked as tight as a bowstring on a violin. Her contract with her current company was expiring and all the employees were anticipating RIF (reduction in force) notices due to another company winning the contract. Additionally, her husband, also an Army officer, was moving into another position, and he would be leaving for an approximate yearlong separation. The couple does not have any children.

Robin's initial scan showed slight disturbances in the Energetic Driver fields. EI2 (heart/lung meridian), and EI6 (kidney meridian) were significantly distorted/blocked. Upon further review, ES8 (chill) was also significantly distorted/blocked, indicating difficulty managing past and present emotional traumas and issues. Following the scan, the appropriate Infoceuticals were provided.

Arriving for her second visit, Robin was visibly upset. Just prior to coming in for the appointment, her dog and constant companion, had to be put down. She had received her RIF (severance) letter and was updating her resume. Her husband had his transfer date and was leaving August 13. Robin was teary-eyed and emotional, although denied the obvious causes. Reporting that she seemed more tired in the afternoon, she nevertheless noticed a shift in her ability to handle things more with one bite at a time rather than creating overall situational overload. Interestingly, while not disclosed on the intake form, Robin admitted to fibroids at this visit as we discussed a significantly compromised (red in the scan) ES12 (female field).

The difference in Robin's overall energy field on the 3<sup>rd</sup> and 4<sup>th</sup> visits was phenomenal. She was clear, calm, and still. Her skin was looked lighter and brighter, and she reported feeling more grounded, centered and accepting of her current circumstances. EI2 and EI6 distortions were still present as was ES8, but her source (ED1) energetic driver and other important energetic processes within the information channels (energetic integrators/meridians) were markedly improved. She attended her husband's farewell dinner with poise and grace, and feels that "I'm not so fuzzy. I feel much better about all this that's happening, and know it all [job, husband's move] happens for a reason. I can cope more and don't feel as nervous and out of control." At the close of the session, she indicated she had a job interview with the company taking over her current job's contract and felt confident she would be hired. Still saddened by the death of her dog, she still feels blessed to be a part of the study and is buoyed by her faith. "God doesn't give us more than we can handle," she said. "He gives us the choice to accept and have faith in Him, or not. It's really up to us, isn't it, to find the help just when we need it... that's what this study helped me to see."

## Hayley's Story

Hayley is an attractive, dark haired, blue-eyed woman in her mid 30s. During the initial paperwork, she was extremely excited as she and her husband were in the final stages of adopting a newborn. Her friends threw a baby shower in anticipation of the event and everyone was thrilled for her. On discussing her overall health, Hayley indicated she suffered from allergies. Indeed, her eyes were red and her nose runny. Initial scan results showed significantly compromised polarity, source (ED1), nerve (ED4), circulation (ED5), heart (ED6), skin (ED10), kidney (ED12) immunity (ED13) and bone (ED16) energetic drivers. Nervous and fidgety, Hayley admitted to not being able to sit still for more than a minute. During the course of the protocols, the biological mother's family decided to keep the baby. Initially, Hayley was crushed. Her mother had come out to assist, instead providing comfort and emotional support. Hayley knew in her head that there was a reason for it, but the situation contributed to additional stress and anxiety she was already feeling.

Hayley's second scan showed significant compromise in the Lung Driver field, with EI3 (mucosa/small intestine meridian), and EI11 (Bone Marrow/stomach meridian). Emotional highs and lows had been experienced due to the overwhelming disappointment when the adoption fell through. Physically, however, she hadn't felt as tired, and she did notice that her fingernails had started to grow. Her eyes looked clearer and less puffy.

Subsequent scans showed imbalances in skin, stomach and immunity drivers as well as EI10 (circulation and heart protector meridian). Emotional Stress Release, indicating emotional highs and lows, was indicated on all but the first scan. Significant issues were also noted in terrains; 6 of 15 had some indication of blocks or distortion.

Hayley's emotions evened out somewhat by 4<sup>th</sup> scan. As her body began to adjust to the Infoceuticals, clearing some of the emotions and energetic blocks, physical symptoms appeared. During the month, she experienced longer menses and as the stress of school starting (she is a teacher), and preparing for new students, it had become more and more difficult for Hayley to sit still. She couldn't seem to shut down and relax. Normally a soda drinker, Hayley replaced this with more water.

For Hayley, the subtle effects of the Infoceutical protocols were found in the emotional body. While the stressors hadn't decreased over the summer for her, they did seem to be more manageable. Physical results weren't quite as obvious as having the feeling of being able to handle anything that could come up. The heart-wrenching emotional upheavals Hayley experienced in her personal life could have created an environment conducive to dis-ease within the physical body. This didn't happen. What did happen was the *information* to handle the increased stress was flowing freely; as Hayley filled her energetic reserves surrounding critical bodily processes. Her mental clarity increased, leaving her capable to handle life's ups and downs. What was truly remarkable, though, was that there was no need for anti-anxiety, anti-depressants, or any other drug therapy to assist in coping.

## **Amy's Story**

My experience with NES has been one of discovery. I was amazed at the information that the scans produced. There were things that it outlined that I had not thought about in many years such as outlining issues with asbestos where I had worked at a company that used a form of asbestos in a product they built in 1982. This scan produced information about it without any knowledge of my exposure to it!

Overall, my experience with NES has initially sharpened symptoms that I was having through the detoxification process and then declined over time. My biggest issues initially had to do with some major hot flashes and also problems with my back (L5-S1). I still have flashes but they have subsided and I am off meds for my back. I acknowledge that the problems that were arising from the meds were worse than the cure. I still have pain but it is much more tolerable.

I started dreaming again and that experience went from long crazy and sometimes anxiety provoking ones to a more relaxed and pleasant experience.

I still seem to have an issue with my throat as I have had a terrible problem with being hoarse, over the last week in particular. This was in conjunction with introducing EI10. I lost my voice and was very weak. I have had long standing issues with my throat since the '70s. Usually when I get really sick, it flares up.

I have appreciated the time that was spent by both Susan and Desiree all the way through this study. They have been flexible, full of information and always ready to give a lot of encouragement along the way!

Thanks so much for the experience!

## **Sara's Story**

I have noticed a difference in my sleep patterns. I am sleeping much better at night and have improved energy levels.

My skin seems "fresher". The color and the way it looks have improved.

I am dealing with situations differently. Things that I used to agonize over, I don't any more. I am learning what I can and can not control or make an impact and not stressing over those things out of my control. I think this [NES] has also helped in my dealings with others. I am more accepting that some things are going to be a certain way and I am not agonizing over not being able to change things or always fix things.

## **Rachel's Story**

The first month, not a lot of change was noticed except for more energy. I've had a long-standing issue with my knee and recurrent issues create pain up and down my leg. My knee felt somewhat better. It ached almost every day from reconstructive surgery when I was 18. I did

have a few “weird” dreams that were not disturbing but just made absolutely no sense. The third month, I was VERY impressed with the results. My knee no longer ached. I completely stopped massaging it or even thinking about it. That hasn’t happened in 17 years!!! I had to take ESR while some of the detoxification was going on. I was very irritable more so in the last month. My leg muscles felt as if I were doing rigorous exercising (which I wasn’t) during the first month. The second month, I had the strangest sensation that my feet were stepping in water all the time. I would constantly look down thinking I had stepped in a puddle or water on the floor. I assume this had something to do with increased circulation. In any event, I’m happy to have participated in the study.

### **Lena’s Story**

This program allowed me to seize a period of optimism. I admit that I did not practice stellar habits. My husband was deployed throughout most of the study period. He returned for one month then left for 5 additional weeks. In his absence, I didn’t eat well, and I undoubtedly consumed too much coffee. What I did accomplish, however, was a renewal of my strength and stamina. I found that each weekend I would be eager to get up at dawn and do excessive yard work, including moving thousands of pounds of rocks. This activity sustained my mental health even when extreme rains wiped out my efforts; it became a Zen exercise. It was truly the process of being in the moment and vesting my strength. Of course, now the activity is squelched by virtue of my husband’s return. His machismo limits my ability to expend excess energy. I feel most whole, purposeful and content while at home. My job is draining my life force, fearful of inviting change, and my psyche cannot relinquish a sense of impending doom with finances.

### **Participant Testimonials**

“The biggest change that I have seen is my stress/worry level has decreased. I used to worry about issues in my life and those things I didn’t have control over. This worrying caused a lot of stress. That has decreased and my life feels great. I have not seen any physical changes.”

-----Brenda, Ft. Carson, CO

“At the beginning of this study, I was stressed out and frazzled. Every little obstacle seemed monumental. I felt like I could never get ahead of everyday expectations. I was impatient, tired and easily irritated. After starting the study I could see an almost immediate change in my behavior and demeanor. I was more patient, more pleasant to be around. I was able to take obstacles in stride and deal with challenges more efficiently. As the study continued I kept feeling better and better.

Throughout the study I continued to deal with the same stressors and obstacles; it just seemed that I had more energy and patience to deal with them. Obstacles that overwhelmed before did not after I started the study. Overall, my life seemed easier to deal with.”

-----Veronica, Ft. Carson, CO

“I would say that digestion is where I noticed my biggest change. Prior to the study, I would have painful stomach cramps due to constipation. While participating in the study, I had little to no constipation. Also, I noticed that my cramps during my menstrual cycle were not as bad. During my last period, I took absolutely no pain reliever and I felt fine.”

-----Janet, Ft. Carson, CO

“When I started this study I was feeling run down and I had problems with my joints, back and feet. As time went on there was a transformation in my attitude. I still have some issues with pain in my joints, but it is not as frequently. The back pain, shoulder pain and foot pain are gone. I don’t feel like I hold onto the stress like I did before. Things are getting easier and I have stopped doubting myself mainly because I feel better. I was able to start meditating. Sleeping is better and I dream now where I wasn’t able to before. My stress level is high due to changing bosses. I am now able to cope with the change. Life is a lot better for me now.”

-----Nicole, Sedalia, CO

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