

Infinite Mind

Success, Health, Happiness



Presents

Individual Energy Toxins...



...what they are and how they can
affect your health?

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Note to readers

Whilst all due care and attention has been given to the content of this article, I wish to point out that nothing in this report should be taken as medical advice.

If you have any questions or concerns regarding your own health please seek the appropriate medical advice or consult your doctor.

Please note that the terms toxin, toxic and toxicity in this report all refer to Individual Energy Toxins (IET).



Overview

When I first began to use the therapies and techniques I had learnt from some of the greatest Minds in human change, I was amazed at how quickly some people would benefit. In many instances, people who had suffered with particular problems for year's, could become dramatically better in a single session.

To my disappointment, this was not the case for everybody. At times, for a few people, it felt as if something was effecting an otherwise successful treatment. On mentioning this to my original trainers I was shocked to find that I was correct, something was probably effecting the treatment. The good news was that there was a way to identify the problem and that it could be resolved.

After more training and several courses later, my success rate in helping clients increased even further. People who had tried many conventional and complementary therapies with no success were now helped quickly with lasting benefits.

At times it can seem bizarre that certain things can have such an affect on people and their health but the fact is that they can and do. Learning about Individual Energy Toxins has made a profound difference to my own life as well to those of my family and clients. Identifying your Toxins and taking the appropriate action will create positive change in your health and life to.

If you or a loved one is looking for any kind of positive change in your health and life, you will want to read this.

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Background

The term Individual Energy Toxin (IET) has been described by Dr. Roger Callahan, the founder of Thought Field Therapy, to explain how certain substances can negatively affect the health of an individual.

Dr. Callahan discovered that when his patients were in contact with their Toxins, his otherwise rapid and successful treatments using Thought Field Therapy became more complex. He also found that with some individuals, an otherwise successful treatment could be undone by the individual being exposed to their Toxins.

Note: If TFT does not work instantly many TFT practitioners will suspect Toxins are inhibiting the treatment and nothing else. This is not always the case!

Although Dr. Callahan was a pioneer in the treatment of these Toxins, his development in identifying them was not a new concept. Back in 1956, Arthur F.Coca, MD began making great strides forward in the identification and treatment of dietary toxins. As a top allergist and professor at Columbia University, Dr. Coca explored the role of allergies and how they affected people's health. He observed that allergy is not merely hay-fever or asthma; it can mean high blood pressure, diabetes, epileptic seizures, stammering, constipation, dizziness, depression, fatigue and any number of conditions, physical and psychological.

Dr. Coca believed that these allergies and conditions were not something that should be managed and coped with. He found that with the identification and removal of one or any number of Toxins from an individual's diet, that their condition would improve and often be totally resolved. Although he proved his theory many times the medical profession were slow in accepting his findings.

Note: You can try Dr. Coca's Pulse Test for yourself later in this article.

Background continued...

Now, in the 21st century, science is catching up with what many of us already know; that at times, certain things do not agree with us and make us feel unwell.

Throughout the western world the number of people who claim to be intolerant or allergic to certain substances has increased at an alarming rate. Why this is has not been proven although there are many theories. As this is an introduction to the subject of I.E.T.'s I'm not going down that route however wish to make the point that your Toxins can be identified and nearly always be treated.

It should also be noted that allergies and toxic sensitivities are not the same thing. A person may have a toxic sensitivity to a substance and not be allergic to it; however if a person has an allergy to a substance they will often have a toxic sensitivity to the same substance.



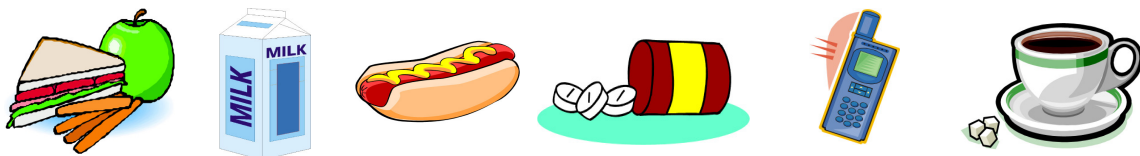
What are individual energy toxins?

Just as a poison can harm the health of any living organism, so to can an Individual Energy Toxin (I.E.T.) have a negative effect on the health of an individual human being. It is important to emphasize the word 'individual' in explaining about I.E.T.'s because the negative, toxic effects to a person's health are specific to each individual, i.e. a substance may be fine for other people but have a negative affect on your health.

Anything that negatively affects your body's energy system can be an Individual Energy Toxin. Unlike Dr. Coca who only investigated dietary substances, Dr. Callahan observed that any substance can be a toxin. They may be the things you expect such as poisons, tobacco smoke and car fumes or be the most unlikely of things such as certain foods, drinks and clothing.

The list below shows some common toxins that I have found to affect certain clients. Keep in mind that all I.E.T.'s are specific to individuals.

Washing powders and cleaning products / mobile phones and electrical equipment / perfumes and aftershaves / carpets, air fresheners / clothes (materials and dyes) / foods including; milk /eggs / sugar / coffee / wheat / tomatoes / bananas / vitamin supplements / bed linen / and medications to name just a few.



You might not feel the effects of these I.E.T.'s however if a substance is a toxin for you, it can have a detrimental affect on your health. This can often be proved with Heart Rate Variability (HRV).

This may be a challenge to your beliefs. How can an otherwise harmless object, or product which is supposed to be healthy, complicate your condition? The fact of the matter is that it does and for a huge percentage of my clients who have been treated for their toxins, they have had their problems significantly reduced or eliminated. In all cases where HRV has been measured there has been an increase in their SDNN.

A brief guide: As HRV (SDNN) declines it indicates poor health. If being exposed to a toxin reduces this measurement then your health is suffering and your autonomic nervous system is affected. Do you always seem to have a cold? Dr. Coca believed that, "You don't catch colds-you eat them."

Symptoms of Toxicity

The affects of Toxins are not always recognized. Experience shows that clients are well aware of the problems they have although they do not always relate their problem or condition to toxicity. At times people may experience several symptoms of toxicity but because these symptoms are not the main problem, they are viewed as insignificant.

Note: In treating an individual for one toxin, several problems can often be eliminated.

Below is a short version of some of the most common symptoms.

Fatigue; worsening of any symptom; headache; migraine; panic attack; obsessive compulsive disorder; complexity of treatments; water retention; mood swings; irritability; constipation; diarrhoea; depression; physical pain; red ears; rapid leg movements; tourette's syndrome; rapid pulse; sticky faeces; lower than normal body temperature; lower than normal blood pressure; high blood pressure; increased heart rate; heart fibrillation; heart pains; always hungry; obesity and decreased HRV.

The affects of toxins are not only experienced with physical symptoms. As you can see above, many psychological and emotional problems may also be experienced. I have found that normally relaxed and calm people can Become angry and frustrated on coming in to contact with a toxin. Moments after treating them they return back to their normal relaxed selves. Have you ever been in a bad mood for no apparent reason?



At the time of writing, this link was still operational. Hopefully it will take you to You Tube where you can witness the affects of Toxins for yourself. If you are easily shocked, **DO NOT WATCH THIS...**

<http://uk.youtube.com/watch?v=fRDpcWZUEiU>

More will be available through Infinite Mind and Dr. David Hanson later. Subscribers to our [FREE newsletter](#) will learn more.



Symptoms of Toxicity continued...

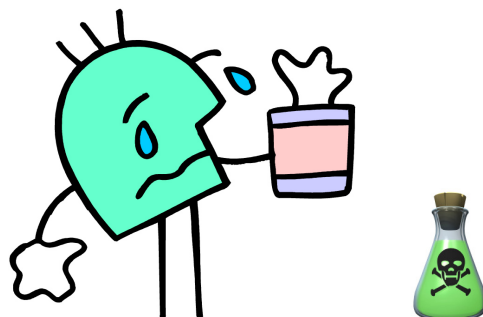
Morning sickness is a very common experience for some women during the early stages of pregnancy. Could it be that some women become more sensitive to their toxins during pregnancy to protect the unborn baby? I don't know for sure however with treatment it is possible to resolve the problem.

Have you ever had "One of those days" when nothing seems to go right? Most of us have although we forget about it the next day when we return to 'normal.' But what if one of those days turns in to one of those months? This happened to one client after she moved into a new home. She experienced several symptoms that she thought were brought on by the stress of the move. She was correct to a degree but we also identified and treated for 12 toxins in her new home. As we did she began to feel much better again.

An interesting point with the above case was that the client's husband was not affected by many of the toxins she was. Remember toxins can be very specific to each individual.

Do you always seem to have a cold, are you slow to recover from illness and injury. Do you experience swelling that is not related to injury; are you not your normal self and performing below your best? These may well be signs that you are being exposed to toxins.

Keep reading to learn how you can discover if you're being affected by toxins.



The Barrel Effect

Unlike having an allergy, being exposed to an Individual Energy Toxin (IET) may not always produce a noticeable negative response. At times you may feel nauseous, tired, depressed etc, and at other times you may feel fine. This can be explained by the 'barrel effect.'

The barrel effect attempts to explain the amount of exposure an individual can have to a toxic substance before feeling any negative effects.



Imagine if a normally harmless substance such as cow's milk was a toxin for a person. If they were exposed to it (consumed it as a drink or in food) in small amounts they may not be affected.

This would be like having a small amount of milk in a large barrel, almost unnoticeable.

However if the same person is exposed to the same substance in greater quantities, this would be like having the barrel filled to the brim. At this point, one more drop of milk may be enough for the barrel to overflow and

Note: In most but not all cases, once a substance is an IET, it will always tend to be an IET. The toxin will affect you; it's just in what amount. If you can stay away from a known toxin or permanently resolve it, it will be better for your health.

In a limited number of situations a person may still be able to consume a dietary toxin without any ill effect, so long as they do so sparingly and infrequently. For example, a client who had tested toxic to his favorite food, potatoes, was able to re-introduce them into his diet after receiving treatment and abstaining from eating them for a period of 6 weeks. This time scale would allow the level of his barrel to subside.

After 6 weeks away from his toxin he said he felt great and so we decided to introduce potatoes back into his diet in very small quantities on consecutive days and noted the effect. As long as he ate potatoes in small amounts he had no negative effects.

The Barrel Effect continued...

Experience shows that some clients, after abstaining from their toxins and feeling better, have thought that they could return to their old habits and toxins. As they have (in most cases) consumed their toxins they have began to experience ill health and their old problems have returned. Luckily in these cases, rapid treatment has allowed them to feel better again and in doing so they have learned a valuable lesson.

The main point is that you should stay away from your known toxins. This may be easy in some instances and more difficult in others, for example with medications. If you suspect any medication you are taking is a toxin for you, seek medical advice from your doctor, they may be able to prescribe a non-toxic alternative.

Continue to take your medication until advised otherwise by a qualified medical practitioner.

It is possible to treat the toxic and negative effects of medication without disrupting your treatment. This means that you can continue with your prescribed medication without the negative side effects, whatever they may be.



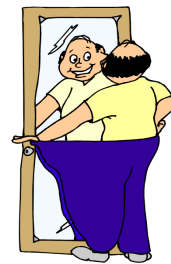
Good News

The identification and treatment of toxins can be quick and effective. To highlight this I have included some short and to the point cases studies below. Each of the case studies below involved a single session.

Weight Loss

An overweight man in his mid thirties came to see me for help in resolving a phobia. As soon as I met him I suspected that there were toxins affecting him however I could not be sure until I tested a few things. As we tested, within half an hour, we had found three toxins that were affecting him and successfully treated them all. By doing this we were able to eliminate the man's phobia quickly. A few weeks later I called the man in question to see if he was still phobia free. He sounded delighted as he told me that he was still phobia free and that in the 5 weeks since our appointment he had lost nearly 2 stone by keeping away from his toxins.

Diets tend not to work but this can, ['Weight Off Your Mind'](#). Learn how we can help you.



Arthritis

This client did not believe it was possible to be free from her pain however she wanted to see if I could help. Before treatment this client, a woman in her late 50's, was only able to walk a short distance until the pain became too much. We did several things including testing and treating for toxins. We found one major toxin and from start to finish this work took only 40 minutes. The improvement was clear to see as she left the office. It was not until she called a week later and told me that she had just walked over 7 miles, with no ill effects, that I was sure of the lasting benefits.



More Good News...

Panic Attacks

After experiencing yet another pain attack on her way to work, this female client in her mid 20's came to see me for help. In helping her resolve the problem we tested and found a few toxins. During her appointment she mentioned that she felt much better although the true test would be the next few days as she traveled into and back from work. I spoke with her the next day and was pleased to learn that all went well with no sign of a problem. A few weeks later we spoke again and this client could hardly remember that she used to have a problem.



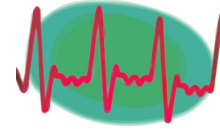
Skin Condition

It was only after the successful treatment of this client's anxiety and stress that he asked me if I could do anything to help a skin condition he had on his back. I was not sure at the time however I was willing to try. As I treated him we found only one toxin however it was something he drank every day. We treated him for this and a number of other things. The total time taken was under 30 minutes. The client told me he felt better as soon as we had finished, (less itching) however the proof of his improvement would be the visible improvement in his condition. Within days he reported that his back was looking clearer than it had for months and after a few weeks there was no sign that he had ever had a problem.



Much is possible!

The Pulse Test



As a guide to identifying if you have a toxin present or if you suspect that something is a toxin for you, you can try this test. As the title would suggest it's called the Pulse Test and was originally developed by Arthur F. Coca, MD.

Remember this is to be used as a guide. If you suspect a substance is a toxin for you, omit it from your daily routine and seek advice.

Note: Always consult your doctor about all medication you use. Continue to use it until directed otherwise by a qualified practitioner. Keep in mind that it's possible to treat toxic medicines while continuing to use them.

To ensure accurate identification you should not have exerted yourself within 30 minutes of the test and be in a calm state of mind.

- First of all, locate your pulse in the neck or at the wrist.
- Then, sitting comfortably in a chair, count your pulse for one minute. Write it down on a piece of paper.
- Repeat twice more and take an average. Record the results carefully.
- Now stand up and take your pulse again. Record the result.

If when standing your pulse rate is greater than when sitting, you may have a toxin present. If when standing your pulse rate increased by 5-10% or more, then this is a strong indicator of toxins being present.

(e.g. 70 b.p.m. increases to 77 b.p.m. or greater = a 10% increase)

This test can also be conducted before and after exposure to a suspected toxin. Record your pulse rate while sitting down, then after consuming a certain food, record it again while standing up after 5, 15 and 30 minute intervals. If your pulse rate ever exceeds 85 beats per minute it is likely that you are sensitive to the substance under test.

Note: If you believe something is a toxin to you, do the above test whilst holding the substance next to your throat instead of ingesting or inhaling it.

Final Thoughts

Please understand that the testing and treatment of toxins for the sake of it is worth very little to me as a therapist. At times people's concerns about toxins can be as harmful as the negative effects they produce.

As a general guide, if all is well with your health, relax and go and enjoy yourself. If however you are experiencing a negative problem or condition then the identification and treatment of toxins may be very beneficial to you.

The amount of clients I see, young and old, who gain dramatic benefits from eliminating toxins from their lives, is growing all the time. At times this alone can be all that is needed in helping a person take their life back. In most cases more treatment is needed however this can be achieved in as few as one or two sessions.

Please contact me if you have any questions and want to book an appointment. Alternatively click the following link to learn more about what can be done to enjoy [Better Health](#).

To your good health,

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Infinite Mind

Living all that is possible for you