

Energy Mismatch:

**Hormones, Enzymes, Viruses, Heavy Metals,
Vaccinations, Drugs, Allergens, Flower Remedies,
Homeopathics & More**

by

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(Excerpts Only)

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Excerpts

What Is Energy Mismatch?

In our normal lives we encounter many different substances: food, personal care products, household cleaners, things we inhale or touch, drugs and supplements, viruses, bacteria, fungi, and possibly even parasites. The body has to decide how to react to any of these physical substances it encounters. This is a critical process, because it determines the processes that are put in train by the body, and what happens to the substance.

For example, if the body considers a substance in the mouth to be something it wants, it will produce digestive juices, etc., in order to maximise absorption. On the other hand if the ingested substance is viewed as harmful, vomiting or diarrhoea may occur. If something entering the nose is viewed as beneficial, the airways open and breathing becomes deeper to allow easy entry, but if it is categorised as harmful, narrowing of the air passages or copious production of mucus may result, in order to block or hinder entry.

Sometimes, however, the body / energy system seems to mis-categorise something, and this can have serious implications for health.

There are three basic possibilities:

1. Something beneficial is miscategorised as harmful
2. Something harmful is miscategorised as beneficial
3. Something is uncategorised

If the body categorises something harmful as beneficial, it will do its best to enhance absorption of the substance, even though it is harmful. If it categorises something beneficial as harmful, it will do its best to block entry, and failing that to excrete the substance as quickly as possible from the body, minimising absorption. If it is unable to categorise it at all, it will not know what to do with it. All of these situations can lead to all sorts of health problems.

The body also has to categorise and react appropriately to substances produced within the body itself. In many ways the body can be seen as a complex chemical factory, producing a wide range of chemicals. Some chemicals are used where they are produced. Some are produced in one area, but travel around the body either continuously in the blood stream or to target another organ. The body also produces waste products (e.g. ammonia, urea) as a result of all this chemical activity. These need to be either recycled or excreted.

Efficient functioning at this level of complexity is in part dependent on the body recognising the substance appropriately. If it does not recognise a useful substance for what it is, it may try to break it down or excrete it from the body. A metabolic by-product may be stored rather than excreted.

These and other problems can result in a whole range of health problems.

The energy mismatch test determines whether or not the energy system recognises the substances appropriately. It checks if the energy system will attempt to use the substance appropriately.

Both the testing procedure and the correcting procedure are very simple, but the results can be dramatic, across a wide range of different complaints.

The energy mismatch concept is one of the most useful I know: it has broad applications, and the testing and correcting procedures are very simple, and yet the results can be extraordinary.

Inhalants, Contact Substances Etc.

Many practitioners concentrate on testing foods, but things people come into contact with and things they

inhale are at least as important.

In our daily lives we breathe in dust, moulds, perfumes and at some times of the year pollens. We touch different types of wood, different fabrics, metals and ceramics. Any of these can be a problem for your clients. You can use this energy mismatch procedure to test and correct many of these problems.

In considering airborne substances it may be important to consider substances that originate a long way away. Volcanic dust, sand, pollens and pollution can be carried thousands of miles from their origin, so even though your client does not live near an active volcano or a desert, does not have a house in the country or does not live near a factory or an airport, you may still wish to test airborne substances that relate to these places.

Many chemicals are ubiquitous in the environment, so that in practice clients are often unaware of this sort of allergy, because they are unable to pinpoint a reaction that coincides with exposure. Formaldehyde, for example, is one of the most common chemicals in the environment; it occurs in washing up liquid, cosmetics and personal care products; it gives paper 'wet strength', so is used in toilet paper and tissues; it is used in glue and so is found in chipboard and carpets; many non-crease, non-iron finishes applied to fabrics contain formaldehyde. This is not mentioned on the garment or bedding label: it may say 100% cotton, or 50% cotton and 50% polyester, but this does not mean that formaldehyde and other chemicals have not been used in the finishing.

Phthalates are chemicals that are found in plastics. They make plastics softer, but have been found to migrate into food or drink contained in the plastic, so some foods and many drinks are contaminated with phthalates. Your clients are exposed to these chemicals, and may need testing and correcting on them.

Benzene is given off when petrol/gas is put into cars. It is also used as an industrial solvent, in dyes, paints, adhesives and varnish removers, as well as drugs, and in the manufacture of nylon and other fabrics.

Triphenyl phosphate is a flame retardant added to many plastics such as TV's and computer monitors. When in use the appliance heats up and small amounts of this chemical vaporise into the air. This may affect people in an office even when they are not using a computer or similar equipment. Some people are aware that they react to electronic equipment, and put it down to the electromagnetic pollution, but triphenyl phosphate could be the problem, or certainly an additional factor.

These are a few examples. I hope they will help you realise that many of these chemicals are encountered in so many ways that it is vitally important to include them in your testing for at least some of your clients.

People encounter many things through their contact with other people. The client may not wear perfume, but will certainly be exposed to perfume worn by other people. A client who has no pets of their own may be exposed to cat hair on the clothes of friends. One of my sons would react with violent coughing to the cigarette smoke in people's hair and on their clothes, even though they had not smoked for several hours.

There are some allergens that are even less obvious at first sight, for example, a glaze used on crockery, or the stone used to build the client's house.

Books By Jane Thurnell-Read

Allergy A To Z

ISBN: 978-0-9542439-2-0, Life-Work Potential, 2005
Also available as an eBook from the Amazon store

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