

## Leaky Gut

"Small gaps in the intestinal wall called tight junctions allow water and nutrients to pass through, while blocking the passage of harmful substances. Intestinal permeability refers to how easily substances pass through the intestinal wall.

When the tight junctions of intestinal walls become loose, the gut becomes more permeable, which may allow bacteria and toxins to pass from the gut into the bloodstream. This phenomenon is commonly referred to as "leaky gut."

When the gut is "leaky" and bacteria and toxins enter the bloodstream, it can cause widespread inflammation and possibly trigger a reaction from the immune system."  
Ref : Healthline

**Leaky Gut in terms of German New Medicine is Indigestible Anger with a sense of lack. I am seeing that with many people when they experience it, they usually start having Diffuse Hair Loss**



1. Identify/stop/downgrade Conflict (Check Biological Conflict)
2. Identify/Stop trigger foods/herbs/supplements/medicines for a while (You need to keep track of what triggers the symptoms of leaky gut, you might know certain things for sure, for rest, you need to keep track on regular basis)
3. Kill Overgrowth of Bacteria, Fungus, Candida, Yeast, Mold (Check Morphic Fields)
4. Restore Microbiome (Check Restore Microbiome)
5. Rebuild Gut Mucosa (Check Gut Mucosa section)
6. Rebuild/Repair/Regenerate organ

## 1. Biological Conflict Angle (taken from learningnm.com)

### Stomach and Duodenum

The biological conflict linked to the stomach and duodenum is an “**indigestible morsel conflict**” For animals an indigestible morsel is about a real piece of food, whereas for humans the conflict relates also to any situation or circumstances one is, figuratively speaking, unable to digest or “can’t stomach”

**CONFLICT-ACTIVE PHASE:** Starting with the DHS, during the conflict-active phase cells in the stomach or duodenum proliferate proportionally to the intensity of the conflict. The **biological purpose of the cell increase** is to enhance the production of gastric juices and other digestive fluids so that the morsel can be better digested and absorbed; the improved function of the organs serves to facilitate a conflict resolution.

**HEALING PHASE:** Following the conflict resolution, fungi or mycobacteria such as TB bacteria remove the cells that are no longer needed. Because of the environment in which they work, fungi and tubercular bacteria are stomach acid-resistant.

**Symptoms** are **nausea, indigestion, abdominal pain, and night sweats.** Depending on the degree of the conflict-active phase, the symptoms range from mild to severe. **Vomiting** typically occurs during the Epileptoid Crisis; in acute cases the vomit contains blood.

When fungi participate in the healing process this causes **stomach- or duodenal candidiasis**, which becomes chronic when a person is in a hanging heals because of continuous conflict relapses.

**If the required microbes are not available upon the resolution of the conflict**, because they were destroyed through an overuse of antibiotics, the additional cells in the stomach or duodenum remain without further cell division. Eventually, the growth becomes encapsulated with connective tissue. In conventional medicine, this might be diagnosed as “benign cancer” or as a **stomach polyp or duodenal polyp**

### Small Curvature of Stomach, PYLORUS, AND DUODENAL BULB

A **territorial anger** relates to anger in the environment and places which one considers as his or her domain - literary or figuratively. Typical territorial anger conflicts are disputes at home, feuds at the workplace, anger at school, in

kindergarten, at the playground, in a seniors or nursing home, or in the hospital; also in the extended “territory” such as in the village, town, or country where one lives. Battles over a land or property, annoying noise in the house or neighbourhood, a fight over a parking place or over a toy, are other examples of what can provoke a territorial anger conflict.

**CONFLICT-ACTIVE PHASE:** ulceration in the lining of the stomach, pylorus, and/or the duodenal bulb proportional to the degree and duration of conflict activity. The biological purpose of the cell loss is to widen the passageway of the digestive tract so that the nutrients can be utilised more efficiently. This, in turn, provides the individual with more energy to resolve the conflict.

**Symptoms** are indigestion and mild to severe pain, depending on the intensity of the territorial anger conflict. Food enhances the pain because of the increased secretion of stomach acid produced in the stomach.

Painful ulcers develop when a territorial anger conflict persists for a longer period of time (hanging conflict). Stomach (peptic) ulcers, pyloric ulcers, and duodenal ulcers often occur together. If the ulceration reaches deep into the tissue, the epithelial layer becomes thin and might rupture.

**Gastric reflux or heartburn** (nowadays called “gastroesophageal reflux disease” or GERD) is organically linked to the lower esophageal sphincter located at the top of the stomach and responsible for preventing the backflow of stomach contents. During conflict activity of a territorial anger as well as throughout the Epileptoid Crisis the sphincter opens prompting the reflux of stomach acid. The backflow of gastric acid might irritate the esophagus but can never cause esophageal cancer, as claimed by conventional medicine.

Stomach cells secrete the so-called intrinsic factor that helps the body to absorb vitamin B12 in the small intestine. Vitamin B12 is needed for the production of red blood cells. The loss of stomach cells during conflict activity of a territorial anger conflict can, therefore, cause **pernicious anaemia**.

**HEALING PHASE:** During the first part of the healing phase, the tissue loss is replenished through cell proliferation. In conventional medicine, this might be diagnosed as a “stomach cancer” or “duodenal cancer”

**Symptoms** are swelling due to the edema (fluid accumulation) and stomach pain, which could last throughout the entire healing phase. With inflammation, the condition is called gastritis.

An inflammation of the gastrointestinal tract (gastroenteritis) with vomiting and diarrhoea is colloquially called a “stomach flu”.



## Small Intestine

**BIOLOGICAL CONFLICT:** According to its function, the biological conflict linked to the small intestine is “**not being able to absorb or digest a morsel**”. The conflict is experienced as anger, for instance, anger about a person (a family member, friend, neighbour, colleague, employee, supervisor, client, teacher, student, classmate, coach, doctor, authorities), about a situation (work-related anger, school-related anger, relationship-related anger), or about remarks (accusations, insults, criticism) or news that are “hard to take” or difficult to “digest”.

**CONFLICT-ACTIVE PHASE:** Starting with the DHS, during the conflict-active phase intestinal cells proliferate proportionally to the intensity of the conflict. The **biological purpose of the cell increase** is to be better able to absorb and digest the morsel. With prolonged conflict activity a flat growth (absorptive type) develops in the small intestine. At the distal end of the ileum, which has a thinner wall than the jejunum, the growth can also take a cauliflower-shaped form (secretory type). This could lead to a bowel obstruction or so called **ileus**. In conventional medicine, the thickening of the intestinal wall might be diagnosed as a cancer.

**HEALING PHASE:** Following the conflict resolution, fungi or mycobacteria such as TB bacteria remove the cells that are no longer needed.

**Symptoms** are **diarrhoea** and **vomiting** if the jejunum (upper part of the small intestine) is involved, and **night sweats**. **Abdominal cramps** (motor quality) occur particularly during the Epileptoid Crisis. The participation of fungi during the healing process manifests as **intestinal candidiasis**. The extent of the symptoms is determined by the degree of the conflict-active phase.

**Crohn's Disease** is the healing phase of an “indigestible morsel conflict”.

**Ileocolitis**, affecting the final section of the small intestine, is the most common type of Crohn's. **Symptoms** are persistent **diarrhoea with the elimination of mucus**, usually with **blood** (tarry stool), **abdominal pain**, and an **inflammation** of the bowel. A chronic condition indicates that conflict relapses prolong the healing process (hanging healing). Characteristic for **recurring Crohn's** are flare-ups that occur every time the person sets on a track with condition-free periods in between.

**Food allergies with recurring diarrhoea** reveal that an “indigestible anger” related to a particular food (milk, nuts, wheat, seafood, a certain fruit or vegetable) has not been completely resolved. **Multiple food allergies** indicate that several foods, including food elements (sugar, salt, lactose), are stored in the subconscious as tracks linked to the original DHS. Any food that is believed to be the probable source of the “allergy” constitutes a new “indigestible morsel” and is added to the list of conflict tracks. People who are always concerned about eating something “toxic” or

“wrong” are therefore more prone to develop multiple food allergies. In the case of **“gluten intolerance”**, or **celiac disease**, gluten, found in wheat and related grains, is associated with an “indigestible morsel conflict”. The repetitive contact with the wheat (“allergen”) leads eventually to an inflammation in the small intestine. A gluten-free diet, the standard recommended treatment, translates into staying away from the gluten-track without addressing the real cause.

## **My experience of sebum reduction**

After using morphic field/s Colon, Small, Large Intestine and Rectum along with these 2 tracks

### **Intestinal Regeneration**

<https://www.youtube.com/watch?v=UUiQV8CL12c>

### **Stomach Ulcers**

<https://www.youtube.com/watch?v=BLZcOA8109A>

My hair stopped becoming oily after 5-6 years. Whenever I would wake up from sleep, my hair would be sweaty, oily. After towel massage, in the evening, my hair would become oily.

A lot of people interact with me and have a huge amount of sebum production see improvement when they start using the same methodology. Healing the small and large intestine is a key factor in sebum reduction.

I have used several things to temporarily solve it including but not limited to

1. Towel massage 3 min
2. Detumescence 10 min
3. Washing it with water or soap or shampoo or borax once every 7-10 days but oiliness would come back still later
4. Improving my digestion, avoiding certain foods
5. Using Pregnenolone and other hormone numbers, DHT blocking numbers
6. Some herbs for hairs which have mid DHT blocking effect
7. Applying amla + mahabhringaraj paste
8. Not touching or combing them often

Often touching, combing, playing with it would make it produce more sebum

But actually working on regenerating Colon helped me solve it. Last 6 months, it has not become oily under any circumstance. I also checked it in harsh lighting in the bathroom but I can't see it at all. I use cold soft water to wash my hair daily. I use

shampoo or soap hardly but my hairs are not looking oily anymore in evenings no matter whatever I ate or consumed.

## How to make your hair look less limp and stand straight ?

### Lymphatic Drainage

<https://www.youtube.com/watch?v=ooyXPxA8JcE>

I accidentally used it back in 2019 and in the next few days, I started expelling a lot of mucus out of my body, then again it happened in 2021 and 2022. Everytime I used the Lymphatic Drainage track, I would start expelling mucus for the next 5-6 days and then my hairs would stop looking limp for the next few weeks. It's my assumption that when the Lymphatic system is clogged, it affects the hairs too, so it's imperative that one should regularly use ways to de-clog their lymphatic system whether it's massage, acupuncture, morphic fields etc etc.

I haven't seen any regrowth with it but I have seen my hairs becoming less and less limp like teenage years.

### Large Intestine

**CONFLICT-ACTIVE PHASE:** Starting with the DHS, during the conflict-active phase cells in the large intestine proliferate proportionally to the intensity of the conflict. The **biological purpose of the cell increase** is to facilitate the digestion of the morsel. Even though the colon has no longer a digestive function, in the event of a biological conflict, the large intestine still responds with cell augmentation because originally the entire intestinal canal served the digestion of food. With prolonged conflict activity (hanging conflict) a tumor or **colon cancer** develops as a result of the continuing cell augmentation. The tumor grows either on a flat plane (absorptive type) or takes a cauliflower-shaped form (secretory type). If the rate of cell division exceeds a certain limit, conventional medicine considers the cancer as "malignant"; below that limit, the growth is regarded as "benign" or diagnosed as an **intestinal polyp**. There are no symptoms during the conflict-active phase. However, a large tumor causes a narrowing of the colon (with "pencil stool"), which might lead to an obstruction of the bowel requiring surgery.

**HEALING PHASE:** Following the conflict resolution, fungi or mycobacteria such as TB bacteria remove the cells that are no longer needed.

**Symptoms** are **diarrhea** , **blood in the stool** (tarry bowel movements), **abdominal cramps**), particularly during the Epileptoid Crisis, and **night sweats**.

An “**intestinal yeast overgrowth**” indicates that fungi assist the healing process. An “intestinal infection” with (bloody) diarrhea and abdominal pain can also be caused by **Escherichia coli** (E. coli) bacteria that colonise the small and large intestines. Depending on the degree of the conflict-active phase, the symptoms range from mild to severe.

**If the required microbes are not available upon the resolution of the conflict**, because they were destroyed through an overuse of antibiotics, the additional cells remain. Eventually, the growth becomes encapsulated. In conventional medicine, this is most likely diagnosed as an **intestinal polyp** or a “benign cancer”

**Colitis** is an inflammation of the bowel with **abdominal pain, flatulence**, and **diarrhoea**, potentially with blood in the stool. Like Crohn’s Disease, colitis ulcerosa develops after the conflict resolution. Persistent symptoms point to conflict relapses that interrupt and therefore prolong healing (hanging healing). What is known as “**Irritable Bowel Syndrome**” (IBS) is also a sign that an “indigestible morsel conflict” has been resolved. Compared with colitis, the symptoms are less intense.

### **Case Study : How Danny Carroll resolved his Irritable Bowel Syndrome ?**

<https://danny-carroll.com/ibs-symptoms-ulcerative-colitis-symptoms-irritable-colon/>

**Diverticulitis** is the result of extended healing in the intestine. Because of the continuous cell removal process, the intestinal wall becomes thin leading to the formation of pouches (diverticula) on the outside of the colon. Diverticulitis is the condition when such a pouch becomes inflamed due to conflict relapses.

### **Allergies acc to German New Medicine**

When we experience unexpected conflict shock, our subconscious mind is very alert to pick up clues in surroundings which involve smells, objects, people, images, sounds, and stores them until conflict is totally resolved. These things are called Tracks/Triggers.

The Tracks/Triggers can cause Conflict relapses unless consciously identified and resolved. It can trigger the same symptoms you have had when the biological conflict was active, so according to GNM, allergy is the healing phase after the conflict relapse.

The methods like EFT, Emotion Code, NAET etc etc can identify the tracks/triggers and help you connect the dots between the trigger/tracks and bring it to your conscious awareness or clear negative emotions/charge surrounding the particular incident so that you are free of allergy forever.

## **How to resolve Allergies ?**

You can use these methods or practitioners to deal with environmental, food allergies.

### **NAET Allergy Clearing**

<https://www.naet.com/>

### **Emotion Code/Body Code**

<https://discoverhealing.com/the-body-code/>

<https://discoverhealing.com/the-emotion-code/>

### **EFT**

<https://www.emofree.com/nl/other-physical-issues/allergies/eczema-wheat-allergy-article.html>

## **Downgrade Conflict**

(if you can't identify/resolve conflict then it's good idea to downgrade it)

### **GNM Music (Download 2 tracks inside this post)**

<https://www.gnmonlineseminars.com/listening-to-some-music-hertz/>

The four magical faculties of the magic song Mein Studentenmädchen

**The 1st magical faculty:** it banishes all panic, that is, it calms the patient even though it does not remove the biological conflict-activity but keeps panic at bay through the duration of the track/s.

**The 2nd Magical Faculty:** the primaeval, archaic, magic melody prevents, further conflict-relapses from accessing our soul.

There is an exception however: these are visual relapses or tracks. That are relapses occurring if the patient sees before him, for example, the person connected to the conflict or his tracks (e.g. photo, film, mobile phone, etc.).

It can increase healing-phase symptoms: vagotonia, pain, swelling, pruritus, etc.. But they will be shortened to a biological minimum and their course is more biological, faster and fundamentally it has fewer complications.

**The 3rd Magical faculty:** it stops active cancer, without resolving it – the MISSING LINK

**The 4th Magical faculty:** it steps-down all active cortical and other territorial conflicts. Also territorial psychoses will be stepped-down to “constellations” for the duration of listening (the “small resolution”). By this means, the patient no longer feels paranoid since 95% of so-called “normal people” today are constellated.

As regards day-conflict-relapses and night-conflict-relapses

If we listen during the night to “Mein Studentenmädchen” (with non-stop repetition) no conflict-relapses (while dreaming) can enter our soul, but during the day, further conflict-relapses (= day-conflict-relapses) can occur. Patients wanting to be on the safe side usually listen to it day and night.

## 2. Restoring Microbiome

### Dos

1. Grounding or walking barefooted in Soil
2. **Eating locally grown foods** (you get access to microbes from local soil)
3. Foods
  - a. Kefir
  - b. Yoghurt
  - c. Apple Cider Vinegar (Raw and Mother)
  - d. Natto
  - e. Raw Honey/Manuka Honey
  - f. Bee Pollen
4. Supplements
  - a. Shilajit
  - b. Fulvic Acid
  - c. Humic Acid
  - d. Soil Based Organisms/Probiotics
  - e. Colostrum
  - f. Spirulina
  - g. Chlorella
5. Morphic Fields
  - a. Iron Gut
  - b. Perfect Healthy Microbiome

Faecal Microbiota Transplant (Very expensive and looks Gross and comes with some risks)

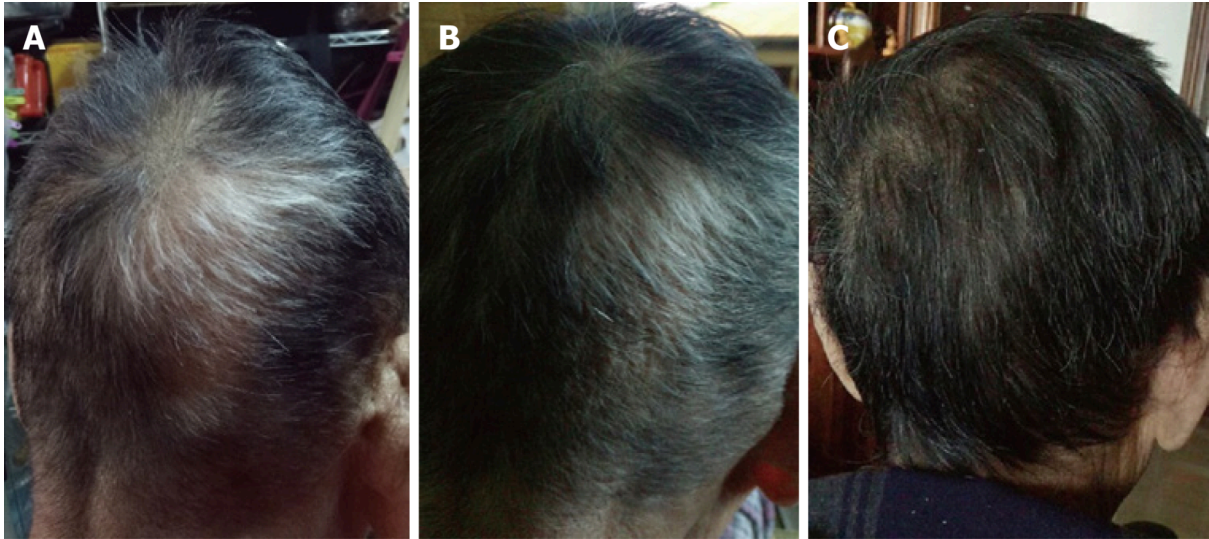
<https://www.youtube.com/watch?v=-nDPjGAGEak>

### Some examples of Regrowth after FMT





[https://www.researchgate.net/figure/Hair-regrowth-on-a-20-year-old-patients-scalp-after-FMT-A-The-patients-scalp-when-he\\_fig2\\_319693780](https://www.researchgate.net/figure/Hair-regrowth-on-a-20-year-old-patients-scalp-after-FMT-A-The-patients-scalp-when-he_fig2_319693780)



<https://www.wjgnet.com/2307-8960/full/v7/i19/3074.htm>





### **Don'ts**

- a. Don't use Antibiotics, Anti Fungal unless there is no other Alternative. Talk to your Doctor or find another replacement.
- b. Stop Medications with Doctor's permission like Antidepressants, NSAID (Non Steroidal Anti-Inflammatory Drugs), Sleeping Pills, Hormones, Acne medication,

Steroids, Statins, Beta Blockers, Anti-allergic, Oral Contraceptives, Antacids with Doctor's permission. It can deplete minerals/vitamins.

| TYPE OF DRUG                       | EXAMPLES                                                  | NUTRIENTS<br>DIMINISHED OR<br>DEPLETED                                                                                                                                                                                                     |
|------------------------------------|-----------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Antacids                           | Pepcid, Prilosec, Tagamet, Zantac, Prevacid               | Calcium, folic acid, iron, vitamin B <sub>12</sub> , vitamin D, zinc                                                                                                                                                                       |
| Antibiotics                        | Amoxicillin, penicillin, sulfonamide, erythromycin        | <i>Bifidobacteria bifidum</i> and <i>Lactobacillus acidophilus</i> (friendly beneficial bacteria), vitamins B <sub>1</sub> , B <sub>2</sub> , B <sub>3</sub> , B <sub>6</sub> , B <sub>12</sub> , vitamin K, calcium, magnesium, potassium |
| Antidepressants                    | Adapin, Aventyl, Evavil, Tofranil                         | Coenzyme Q10, vitamin B <sub>2</sub>                                                                                                                                                                                                       |
| Antidiabetic drugs                 | Dymelor, Micronase, Tolinase, Glucophage                  | Coenzyme Q10, vitamin B <sub>12</sub>                                                                                                                                                                                                      |
| Anti-inflammatory drugs            | Aspirin, Advil, Aleve, Motrin, Naprosyn, Orudis, Voltaren | Folic acid, iron, potassium, vitamin C                                                                                                                                                                                                     |
| Anti-inflammatory drugs (stronger) | Cortisone, dexamethasone, hydrocortisone, prednisone      | Calcium, folic acid, magnesium, potassium, selenium, vitamin C, vitamin D, zinc                                                                                                                                                            |
| Blood-pressure-lowering drugs      | Bumex, Edecrin, Lasix                                     | Calcium, magnesium, potassium, sodium, vitamin B <sub>1</sub> , vitamin B <sub>6</sub> , vitamin C, zinc                                                                                                                                   |
| Cholesterol-lowering drugs         | Baycol, Lescol, Lipitor, Mevacor, Zocor                   | Coenzyme Q10                                                                                                                                                                                                                               |
| Hormone replacement therapy        | Premarin, Prempro                                         | Magnesium, vitamin B <sub>6</sub> , folic acid, vitamin C, zinc                                                                                                                                                                            |
| Oral contraceptives                | Estrostep, Norinyl, OrthoNovum, Triphasil                 | Folic acid, magnesium, vitamin B <sub>2</sub> , vitamin B <sub>3</sub> , vitamin B <sub>6</sub> , vitamin B <sub>12</sub> , vitamin C, tyrosine, zinc                                                                                      |
| Thyroid replacement                | Synthroid                                                 | Calcium                                                                                                                                                                                                                                    |
| Tranquilizers                      | Ormazine, Mellaril, Prolixin, Thorazine, Haldol           | Coenzyme Q10, vitamin B <sub>2</sub>                                                                                                                                                                                                       |

c. Remove Copper IUDs or Birth Control with Doctor's permission or help.

d. Stop Sugars (even in the form of fruits) temporarily e.g. Dry Fruits if you have severe indigestion and bloating problems after using Carbs and Fruits. Avoid artificial sweeteners like aspartame, sucralose.

e. Stop or Reduce Alcohol, Smoking and Recreational Drugs.

f. Stop using Legumes, Nuts, Seeds, Gluten, all types of Dairy temporarily only if you have sensitivity to any of these.

g. Stop using Chlorinated/Fluoridated Toothpaste and Water instead choose Fluoride Free ones.

h. Stop excessive use of soaps, sanitizers. Take a bath without having to use soap or sanitizer or use it every alternate day or few days. Excessive use of Soap/sanitizer can destroy the natural microbiome present in our skin which protects the skin from different conditions.

### **My experience of not using Soap/Sanitizer for last 5 years**

I have stopped using Soap to wash my body while taking a bath since 2017. I hardly use it when a part of the body gets really dirty or to remove stains on my body or when I go to the washroom. I always felt if I stop using it, I would feel dirty and I would smell bad. I have never experienced it or people around me have told me that. I didn't get skin problems I thought I would get because of this "unhygienic" habit. I didn't get any in the last 5 years or any other problems like itching. When I am excessively sweaty, then only I use soap, otherwise I don't.

i. [Stop conventionally raised meat, eggs and if possible milk too.](#)

This step is very important and is very common I see amongst people. Even if it's expensive, eat grass fed, pasture raised, hormone & antibiotic raised meat, eggs and milk too. Consume it less but don't consume the conventionally raised meat, eggs, milk.

### **Gut Microbes and Androgens/Estrogen Connection**

This paper combines wisdom of many scientific papers which studied connection of gut microbiome on Sex Hormones.

<https://www.frontiersin.org/articles/10.3389/fmicb.2021.711137/full>

Some ideas taken from it

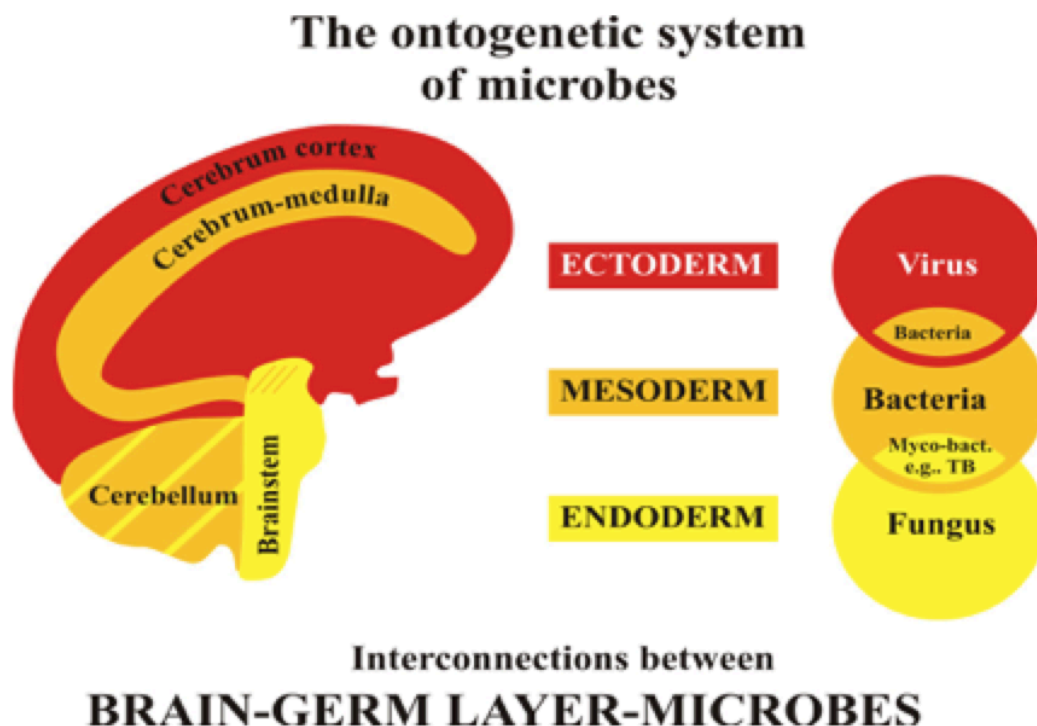
1. The gut microbiota is necessary for the health of its host and affects the endocrine system, digestive function, intestinal permeability, resistance to foreign pathogens and stimulation of immunisation
2. External Hormones, Food, Environment, Antibiotics affect Gut Microbiome.

3. Deficiency of androgens created by castration or any other reasons can seriously alter Gut Microbiome. Same thing happens with Estrogen too. It means when you use Finasteride or Dutasteride, it affects Gut Microbiome.
4. The Gut Microbiome Influences the Levels of Estrogen, Progesterone and Corticosterone and a Possible Mechanism of These Effects.
5. There is higher levels of glucuronidated testosterone and dihydrotestosterone but lower free dihydrotestosterone levels in the distal intestine of germ-free mice compared with mice with a normal gut microbiome composition, which proved that gut microbiome plays a vital role in androgen metabolism in mice. It shows mice who were germ free has less free T/DHT circulating compared to mice with normal gut microbiome composition.

Gut dysbiosis can have a serious impact on circulating T/DHT levels that's why in some cases FMT regrows hairs.

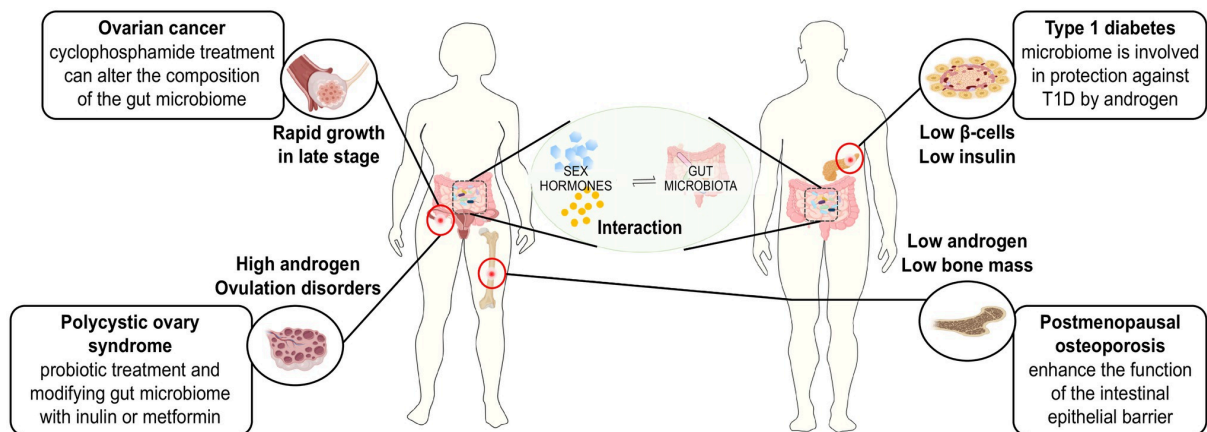
6. Patients who suffer from PCOS have a significantly lower diversity of gut microbiome than that of healthy controls

This also is in line with German New Medicine



This talks about how Fungus, Mycobacterium TB, Bacteria work to repair the damage at organ level and how Hormonal status can affect how conflict is perceived by the Brain.

How sex hormones affect you differently before Menopause and after Menopause. Taking external hormones can affect Hormonal Status.





## Dental Connection

### Tooth-Organ Meridian Chart

|                                |                                                   |                               |                                 |                         |                                       |                                       |                                 |                               |                                                   |                               |    |                 |    |    |    |    |                   |   |
|--------------------------------|---------------------------------------------------|-------------------------------|---------------------------------|-------------------------|---------------------------------------|---------------------------------------|---------------------------------|-------------------------------|---------------------------------------------------|-------------------------------|----|-----------------|----|----|----|----|-------------------|---|
| Sense Organs                   | Inner Ear                                         | Maxillary Sinus               | Ethmoid Cells                   | Eye                     | Frontal Sinus                         | Frontal Sinus                         | Eye                             | Ethmoid Cells                 | Maxillary Sinus                                   | Inner Ear                     |    |                 |    |    |    |    |                   |   |
| Joints                         | Shoulder Elbow                                    | Jaws                          | Shoulder Elbow                  | Back of Knee            | Back of Knee                          | Back of Knee                          | Shoulder Elbow                  | Jaws                          | Shoulder Elbow                                    |                               |    |                 |    |    |    |    |                   |   |
|                                | Hand, Ulnar Foot, Plantar Toes, Sacro-iliac Joint | Front of Knee                 | Hand, Radial Foot Big Toe       | Foot                    | Foot                                  | Foot                                  | Hand, Radial Foot Big Toe       | Front of Knee                 | Hand, Ulnar Foot, Plantar Toes, Sacro-iliac Joint |                               |    |                 |    |    |    |    |                   |   |
| Spinal Segments                | C8<br>T1 T5 T6 T7<br>S1 S2 S3                     | T11<br>T12<br>L1              | C5 C6 C7<br>T2 T3 T4<br>L4 L5   | T8<br>T9<br>T10         | L2 L3<br>S4 S5<br>Coccyx              | L2 L3<br>S4 S5<br>Coccyx              | T8<br>T9<br>T10                 | C5 C6 C7<br>T2 T3 T4<br>L4 L5 | T11<br>T12<br>L1                                  | C8<br>T1 T5 T6 T7<br>S1 S2 S3 |    |                 |    |    |    |    |                   |   |
| Vertebrae                      | C7<br>T1 T5 T6<br>S1 S2                           | T11<br>T12<br>L1              | C5 C6 C7<br>T2 T3 T4<br>L4 L5   | T9<br>T10               | L2 L3<br>S3 S4 S5<br>Coccyx           | L2 L3<br>S3 S4 S5<br>Coccyx           | T9<br>T10                       | C5 C6 C7<br>T2 T3 T4<br>L4 L5 | T11<br>T12<br>L1                                  | C7<br>T1 T5 T6<br>S1 S2       |    |                 |    |    |    |    |                   |   |
| Organs                         | Heart -R<br>Duodenum                              | Pancreas<br>Stomach-R         | Lung-R<br>Large Intestine-R     | Liver-R<br>Gall-bladder | Kidney-R<br>Bladder-R Urogenital Area | Kidney-L<br>Bladder-L Urogenital Area | Liver-L<br>Bile Ducts -L        | Lung-L<br>Large Intestine-L   | Spleen<br>Stomach-L                               | Heart -L<br>Jejunum Ileum-L   |    |                 |    |    |    |    |                   |   |
| Endocrine Organs               | Pituitary, Ant. Lobe                              | Para-thyroid<br>Thyroid       | Thy-mus<br>Pituitary, Post Lobe | Pineal Gland            | Pineal Gland                          | Pineal Gland                          | Pituitary, Post Lobe<br>Thy-mus | Thy-roid<br>Para-thyroid      | Pituitary, Ant. Lobe                              |                               |    |                 |    |    |    |    |                   |   |
| Others                         | CNS Psyche                                        | Mammary Gland-R               |                                 |                         |                                       |                                       |                                 | Mammary Gland-L               | CNS Psyche                                        |                               |    |                 |    |    |    |    |                   |   |
| Upper Teeth                    | R                                                 | 1                             | 2                               | 3                       | 4                                     | 5                                     | 6                               | 7                             | 8                                                 | 9                             | 10 | 11              | 12 | 13 | 14 | 15 | 16                | L |
| Lower Teeth                    | R                                                 |                               |                                 |                         |                                       |                                       |                                 |                               |                                                   |                               |    |                 |    |    |    |    |                   | L |
|                                |                                                   | 32                            | 31                              | 30                      | 29                                    | 28                                    | 27                              | 26                            | 25                                                | 24                            | 23 | 22              | 21 | 20 | 19 | 18 | 17                |   |
| Others                         | Energy Metabolism                                 |                               |                                 | Mammary Gland-R         |                                       |                                       |                                 |                               |                                                   |                               |    | Mammary Gland-L |    |    |    |    | Energy Metabolism |   |
| Endocrine Glands Tissue System | Peripheral Nerves                                 | Ar-teries<br>Veins            | Lymph Vessels                   | Gonad (Testes or Ovary) | Adrenal Gland                         | Adrenal Gland                         | Gonad (Testes or Ovary)         | Lymph Vessels                 | Veins<br>Ar-teries                                | Peripheral Nervous System     |    |                 |    |    |    |    |                   |   |
| Organs                         | Ileum-R<br>Ileocecal Region                       | Large Intestine-R             | Stomach-R Pylorus               | Gall-bladder            | Bladder-R Urogenital Area             | Bladder-L Urogenital Area             | Bile Ducts -L                   | Stomach-L                     | Large Intestine-L                                 | Jejunum Ileum-L               |    |                 |    |    |    |    |                   |   |
| Vertebrae                      | C7<br>T1 T5 T6<br>S1 S2                           | C5 C6 C7<br>T2 T3 T4<br>L4 L5 | T11<br>T12<br>L1                | T9<br>T10               | L2 L3<br>S3 S4 S5<br>Coccyx           | L2 L3<br>S3 S4 S5<br>Coccyx           | T9<br>T10                       | T11<br>T12<br>L1              | C5 C6 C7<br>T2 T3 T4<br>L4 L5                     | C7<br>T1 T5 T6<br>S1 S2       |    |                 |    |    |    |    |                   |   |
| Spinal Segments                | C8<br>T1 T5 T6 T7<br>S1 S2 S3                     | C5 C6 C7<br>T2 T3 T4<br>L4 L5 | T11<br>T12<br>L1                | T8<br>T9<br>T10         | L2 L3<br>S4 S5<br>Coccyx              | L2 L3<br>S4 S5<br>Coccyx              | T8<br>T9<br>T10                 | T11<br>T12<br>L1              | C5 C6 C7<br>T2 T3 T4<br>L4 L5                     | C8<br>T1 T5 T6 T7<br>S1 S2 S3 |    |                 |    |    |    |    |                   |   |
| Joints                         | Shoulder and Elbow                                | Front of Knee                 | Back of Knee                    | Back of Knee            | Back of Knee                          | Back of Knee                          | Front of Knee                   | Shoulder and Elbow            |                                                   |                               |    |                 |    |    |    |    |                   |   |
|                                | Hand, Ulnar Foot, Plantar Toes, Sacro-iliac Joint | Hand, Radial Foot Big Toe     | Jaws                            | Foot                    | Foot                                  | Foot                                  | Jaws                            | Hand, Radial Foot Big Toe     | Hand, Ulnar Foot, Plantar Toes, Sacro-iliac Joint |                               |    |                 |    |    |    |    |                   |   |
| Sense Organs                   | Ear                                               | Ethmoid Cells                 | Maxillary Sinus                 | Eye                     | Frontal Sinus                         | Frontal Sinus                         | Eye                             | Maxillary Sinus               | Ethmoid Cells                                     | Ear                           |    |                 |    |    |    |    |                   |   |

Ref : [EricDavisDental](http://ericdavisdental.com)

**Large Intestine** : 1st and 2nd Lower Molar, 2nd and 3rd Upper PreMolar

**Stomach** : 2nd and 3rd Lower PreMolar, 1st and 2nd Upper Molar

It's always a good idea to get your teeth checked especially the ones I mentioned, you can have small and large cavities, infected RC teeth, mercury or other dangerous fillings and then talk to your dentist what are appropriate steps which are necessary to heal the cavity and save the teeth.

Some ideas which can help

1. Find and visit a Biological Dentist in your area if possible, there is a good chance he would use less invasive methods to deal with your teeth, type of material he would use for RC or filling.
2. Oil Pulling Regularly  
<https://www.youtube.com/watch?v=XVUaBDV64hU>
3. Dental Regeneration Audio
4. **Cure Tooth Decay** by **Ramiel Nagel**  
<https://www.amazon.com/Cure-Tooth-Decay-Cavities-Nutrition-ebook/dp/B004GBoJIM>

Vitamin A, D, K2, Magnesium

Cod Liver Oil, Butter Oil, Ghee, Bone Marrow, Wild-caught

Fish Eggs, Raw grass-fed whole fat milk, butter, cream and cheese

Cooked or raw fish, grass-fed beef and/or lamb, Yoghurt, Kefir



## **Rebuild Mucosa**

### **Foods**

Glutamine

Glycine

Amino Acids

### **Supplements**

Zinc Carnosine

Collagen (animal based)

### **Herbs**

Marshmallow

Licorice

Aloe Vera

Slippery Elm

### **Morphic Fields**

Leaky Gut

Mucous Membrane Regeneration

Restoring Microbiome



Morphic Fields to use

## **Scalp Pain**

Scalp Pain

Mucous Membrane Regeneration

Bee Pollen

Also add Leaky Gut ones

## **Sebum Production**

Pregnenolone

Small Intestine

Large Intestine

Perfect Healthy Microbiome

Iron Gut

Infection Killer

Digestive System Regeneration

Mucous Membrane Regeneration

Colitis

## **Leaky Gut**

All Amino Acids

Collagen

Glutamine

Perfect Healthy Microbiome

Iron Gut

Infection Killer

Mucous Membrane Regeneration

Leaky Gut

Aloe Vera

Marshmallow

Slippery Elm

Licorice

B vitamins

Zinc

N-Acetyl Carnosine

Colostrum

## **DHT metabolism or reduction**

DHT metabolism

Stinging nettle root extract

Reishi Mushroom

Saw Palmetto

Colon Regeneration

## **Acid Reflux/Heartburn/Indigestion/Bloating**

Oesophagus

Digestive System Regeneration

Gastritis

Stomach Acid

Apple Cider Vinegar

Digestive Enzymes

Papain

Bromelain

Colostrum

SIBO can be result of lack of stomach acid and digestive enzymes upstream

<https://www.youtube.com/watch?v=UQESlxQKIm8>

## **Lymphatic System**

Lymphatic System Regeneration

Lymphatic Drainage

Detox

## Case Studies



1. Avoided strong spices
2. Diet changes
3. Morphic field for Acne, Sebum, Hair Regrowth
4. Indigestible/Territorial Anger Conflict (understood and working on it)



1. Diet Changes
2. Food based Supplements



### 3. More Proteins



1. Diet changes : Pro-Thyroid Diet
2. Morphic Field for Hair Regrowth and Digestive System Regeneration