



Integrating Technology and Energy Medicine

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I have been a healer for over 15 years.

My career actually started in Photography – as a Medical Photographer to be exact. Those 12 years were spent photographing surgery and affected patients for teaching and research, as well as, medical journals and encyclopaedias.

To make a long story short, I came to the conclusion that mainstream medicine was missing the mark in a BIG way. Do not get me wrong, I have the utmost respect for surgeons, Emergency Room doctors, etc. but for general medicine it became my opinion that more harm was being done than good. In too many cases, the cause of the disease was not being explored.

The case that broke the camel's back (I was working in Saudi Arabia at the time so excuse the pun) was a 35 year old woman who was five months pregnant. Her breast started to grow and would not stop. Two weeks after I first photographed her, I needed to change my camera lens to a wide angle in order to include both breasts in the photograph. The next time I saw her, she was in the Operating Room with three different specialists scratching their heads without the faintest clue about how to help her. At this point, her breasts were bigger than gigantic watermelons. The cause of the problem was never found and I always blamed them for not looking outside of

their scope of medicine. They removed them, reconstructed them and sent her home. Two months later she was back, this time with growths under her arms. I do not know what happened to her afterwards. That poor lady was the reason I decided I had to learn how mankind had survived without 'mainstream' medicine. No easy task as I was working in Saudi Arabia with no internet in those days.

One of the physiotherapists, who worked at the hospital, had just returned from Sri Lanka after taking an intensive acupuncture course and was raving about it. A few months later I found myself taking the same course. As I knew nothing about alternative medicine, I decided that, since the Chinese had been practicing acupuncture for over 5,000 years, they must know something. It was a good start. While there, I met a homeopath/MD and became interested in homeopathy, which I found mind-blowing. I returned to Saudi Arabia and started an after-hours acupuncture clinic and registered for a distance course in homeopathy from Devon, UK.

A year later I moved to Vancouver to study homeopathy. After six years of studying I moved to Windsor, ON to be closer to family and to have my son. Starting a homeopathic practice in Windsor was slow business and I needed to work. I found a job at an Allergy Clinic using Nambudripad's Allergy Elimination Tech-



nique (NAET). At first I was very skeptical. It was my second introduction to muscle response testing. The treatments seemed ludicrous. They included massaging the spine while holding onto vials of, nothing really. I decided to keep an open mind for two weeks, mostly because I needed an income. Two weeks later I was SOLD. Babies were dramatically better, pets were better and patients were reporting that they could eat things that previously would have caused them an allergic reaction. A few years later I opened my current business, where I have the freedom to practice and develop my own methods.

That introduction was over 12 years ago. Since then, I have spent my free time learning other techniques such as BioKinetics Health System, Yuen Method, Total Body Modification, BodyTalk, etc. All of these techniques use muscle response testing (MRT) to assess the cause of dis-ease. Each of them uses a customized menu of mental, emotional, spiritual and physical life stressors to determine the root cause through muscle testing. Over the years, my office room walls have been covered with different charts and menus to the point where I have run out of wall space. Always at the back of my mind is the question of how to combine all of this information in one easy-to-use portable format.

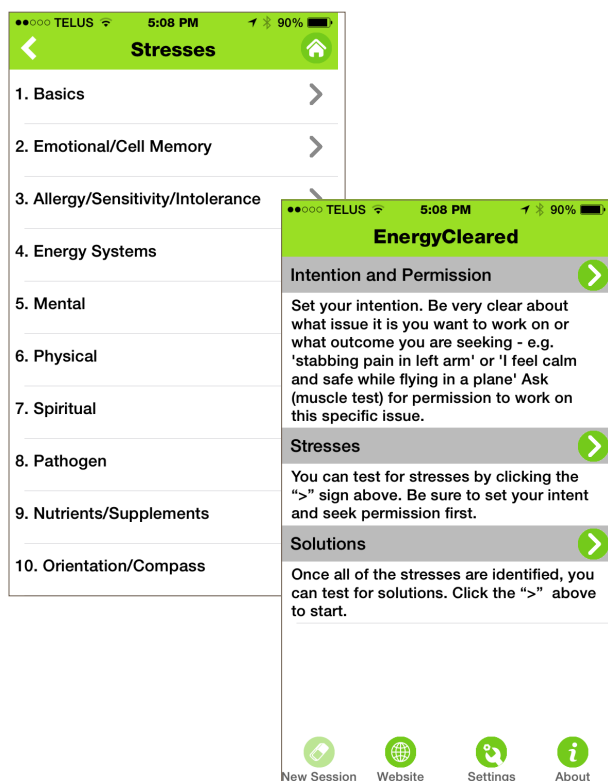
Last year I was lucky enough to have some Australian friends living in my city. My best friends' husband, Scott, is an exceptional programmer. I asked if he would be able to create an app (software application) for me that would include all of the menus/information I use in my practice. Together we created 'Energy Cleared.' It is the first app of its kind. It includes over 5,000 energetic 'stressors.' It does not include the proprietary menus from any of the courses I took, but does include every possible emotion, food item, core belief, virus, environmental stressor, etc.

Energy Cleared is designed for the professional as well as the lay person. (It is free for the lay person). It can be used very simply or can give very detailed information. Chiropractors, functional medicine practitioners etc. may have their own healing method, so once they

find the energetic stressor they can use their own healing methods to clear the blockage.

The beginner or lay person will need to know how to muscle test or use a pendulum to find the stressors. Muscle testing, also known as muscle response testing or applied kinesiology is a non-invasive way of assessing the body's imbalances.

There are a number of different methods (search YouTube) but the most common involves applying



slight pressure to a large muscle, usually the arm. If testing another person, you will stand in front of them while they hold their arm out to the side. Apply slight pressure (2-5 lbs) while they are holding something in their hand or on their mind. If they can resist the pressure, there is no issue. If their arm weakens, whatever the substance they are holding or whatever is on their mind is creating blockages in their body's energy system.



Methods for self-testing include the 'O' ring test or the Sway test. I often teach children the Sway test as it is the easiest of all self-testing methods. Standing straight and balanced, you lean forward and tell your body that this is how a 'yes' looks. Then lean backwards and tell your body that this is how a 'no' looks. Stand straight and balanced again - now ask your body to show you a 'yes.' Wait patiently without thinking about it too much. Your body should feel pulled in the forward direction. It is very subtle but noticeable.

Once you are able to use muscle-testing, you can ask your body any question. You may feel quite uncertain in the beginning but persistence pays off. It took me a few years before I felt very confident.

For those new to healing, the app includes 'healing solutions' ranging from Emotional Freedom Technique (EFT) to homeopathic remedies. The Energy-Cleared.com website includes instructions and videos for the beginner.

he other day I was helping a friend determine why her business had slowed. Using the app, we muscle tested to find that 'jewelry' was the 'stressor.' When I asked her about this, she knew immediately what the issue was. She had a subconscious belief that the diamond pendant she was wearing was perhaps repelling business on an energetic level. The diamond was from her first wedding ring. Her husband's mother gave it to him. My friend was sure that diamond had been stolen and thus carried negative energy. She then decided to sell it and give the proceeds to her church, which she felt much better about. Since then, her business has regained the traffic it had lost.

Chiropractors, naturopaths, moms, pet owners, veterinarians can all benefit greatly by using Energy Cleared. Clearing energy blockages helps return us to health and happiness. Every time we clear our own issues, we are one step closer to increasing the vibration of human kind. €