

BioEnergy Partnership Session Outlines

"The first requisite of restoring health is the removal of the causes of impairment of health. Cause is multiple and never singular."

Herbert Sheldon (Naturopath)



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General Information

Introduction

Our successful clients are those that take our resources as part of empowering themselves to take control of their health process. They are prepared to commit to a course of treatment and appreciate that undoing years of slowly progressing dysfunction needs time. They do not expect magic bullets are also prepared to implement supportive lifestyle changes.

- To find probable causes of the presenting issues. We use questionnaires, dialogue, devices (Introspect, Bio-impedance, EIS, SCIO) to do this in order to find several sources of information that will corroborate each other. Every device works in a different way and gives a different angle on the individual process.
- To restore self healing through gentle, safe, non-intrusive therapies specific to your needs. It is our belief and experience that we have an innate inner wisdom that will correctly direct our in-built powerful repair processes. This process can malfunction through:
 - *Overload*: we consider lifestyle stressors including trauma, illness, medication etc.
 - *Lack of vitality*: we improve this thorough the SCIO, Medithera magnetic mat, InterX, Q2 Foot Spa as well as life style.
 - *Structural*: this impacts significantly and can be addressed via naturopathic Body Adjustment and/or InterX.
 - *Lack of appropriate nutrition*: we look at diet and may suggest supplements for a transitional period.
 - *Loss of template*: our processes operate according to plans or software, just like and process or project. This can become faulty, causing us to have glitches or crashes juts like computer software. The SCIO can help restore this.

Whilst we will deal with specific issue (Candida, infection, pain etc.) our primary intent is to address the weakness that allowed the illness process to get a foothold and strengthen all weak organs and systems.

General Information Provided From Consultation

The assessment is a necessary step in identifying the most probably causal factors, organs affected and the depth of the issue. However an assessment does not provide a health solution. We thus as part of every consultation will provide supportive information which will generally include:

- Dietary and remedy suggestions for specific conditions.
- General nutritional information.
- For allergy screens: in severe cases an elimination diet. In non-severe cases standard dietary recommendations and supplements that may help calm the allergic response.
- In the case of nutrition screens information concerning the activity of vitamins and minerals, the principal relevant foods and dietary recommendations.
- In the case of full Wellness screenings dietary recommendations that will support the restoration of stressed organs and systems and recommendations in accordance with your glandular type.

Specific Reports and Information

We have found that providing extensive reports is often confusing. Assessment information is purely to provide a basis for lifestyle, remedy and treatment approaches. Our experience is that this information is best absorbed when it is written down by the client as a summary during the end of session review.

For some consultations we have a standard score sheet in which the relevant information is graded on a high, medium or low significance basis (allergy, nutrition, remedies, lifestyle changes)

Formalised reports are time intensive in preparation. However we recognise that you may wish to have a more specific report and are able to offer these as follows.

Our Philosophy

We have experience in working with many situations and will be pleased to offer you a consultation.

It is important that you understand and are comfortable with our way of working. We have found that full implementation of concepts results in successful clients.

We are very used to considering symptoms along with a label: candida, IBS, ulcerative colitis etc. These showings are very much more often the result of an imbalanced system than a specific single element. For example in the case of ulcerative colitis which manifests in the bowel the origin is very much more often higher up in the digestive tract and substantially originates from stomach dysfunction. Whilst candida may result from excessive use of antibiotics, HRT, contraceptive pill etc. it can also represent a natural body response as the lesser of evil to aspects such as toxicity. Candida organisms are present as a natural part of our gut ecology and consequently have a role in our health. It is when their role is not curtailed that issues can occur. Inevitably this has a knock-on effect to create imbalances in other body systems. Food allergies are an example of an issue that is most often the result of digestive malfunction and the restoration of digestive activity is generally a much better and more profound course of action than identifying current specific sensitivities. Similarly inhalant allergies are often more effectively addressed by rebuilding the sensitive tissue areas than desensitisation alone.

Thus it is important for you to reflect on where your focus is:

1. *Alleviation of symptoms to an acceptable level:* this is legitimate but very much my non-preferred option. The downside of treating the manifestation is that we do not address either underlying causal or the restoration of other less obvious aspects of the body that had been affected.
2. *A more systematic and total health approach:* this is very much my preference as a naturopathic practitioner. It is not as easy and requires more commitment from you as the client than option 1. It has the benefit of enabling you to be educated in how to support your life for optimum health and empowers you to be in control of your health process.

Session Descriptions

Comprehensive Health Analysis

Assessment Process

The following process defines the steps in a comprehensive approach. We are able to offer focal assessments. However focal assessments can miss other areas that are important and contribute to where the dysfunction shows. (The whole body works together as a big family- not so much as isolated item). Thus we

generally find that a comprehensive assessment really sets a full foundation for wellness.

Our successful clients are those that take our resources as part of empowering themselves to take control of their health process. They are prepared to commit to a course of treatment and appreciate that undoing years of slowly progressing dysfunction needs time. They do not expect magic bullets are also prepared to implement supportive lifestyle changes.

Primary to this assessment is a **comprehensive questionnaire**. This questionnaire is aimed at identifying the origin and severity of your focal issue and other body organs and systems potentially dysfunctional. Information will be provided from the questionnaire as to which appear to be primary issues and which other areas may benefit from further assessment and investigation.

However from the questionnaire we will examine using the Introspect device the functional status and pathology indications of the full spectrum of dysfunctional or potentially dysfunctional areas indicated from the questionnaire. The Introspect device has a high clinical corroboration of 80% and represents cutting edge non-invasive technology.

As part of this assessment vitality and fluid balance measurements will be undertaken using a bio-impedance analysis device. This is non-intrusive and is a 5 minute process. The vitality indication is very useful in identifying both the level of intervention and the likely pace in order to ensure that a process is not undertaken that the organism cannot support and to avoid unnecessary healing crises.

Stage 1: complete and return questionnaire (at least 2 days before appointment-hardcopy is preferred but email if not possible)

Stage 2: focal areas are identified.

Stage 3: traditional assessment

- confirmation of focal areas/expectations, dialogue and discussion .
- taste based qualitative assessment for key minerals
 - o Foundation Macro Minerals- Potassium, Magnesium
 - o Blood sugar related- Chromium
 - o Anti-oxidant support- Selenium, Manganese

Stage 4: device based assessment includes the relevant parts from:

- Checking basic health parameters via BioImpedance assessment of average cell health, (BMR) basal metabolic rate, intra/extra cellular water assessment, lean/fat mass.
- Heart rate variability for energetic status of the autonomic (controlling) nervous system
- EIS (Electro Interstitial Scan): a functional assessment that identifies current system risk areas, extra cellular pH (acidity/alkalinity), core minerals, core hormones, overall antioxidant status,
- Introspect assessment of organs related to issue to identify current strain levels and possible disturbances.

Stage 5: discussion of results and agreement of approaches to resolve focal issue are presented, including

Lifestyle: stress, exercise, recreation

Diet: to support stressed organs and systems

Supplements: targeted at specific issue.

Supportive therapies: these are identified and presented.

Water and salts: to support the correct alkalinity and mineral balance.

Focal area assessment

This is targeted at the issue causing discomfort rather than a whole system assessment.

Some areas that have a specific process include:

- Digestion
- Immune system
- Cardiovascular
- Hormonal
- Candida/thrush
- Toxicity
- Anti aging
- Inflammation (arthritis etc.)
- Mental Acuity (over 50's)

And any agreed specific focus e.g. skin, supporting recovery from an operation, osteoporosis etc.)

Primary to this assessment is a comprehensive questionnaire. This questionnaire is aimed at identifying the origin and severity of your focal issue and other body organs and systems potentially dysfunctional. Information will be provided from the questionnaire as to which appear to be primary issues and which other areas would benefit from further assessment and investigation: these other areas are for information and are not considered for deeper investigation or treatment. It is then your option as to the course forward.

Stage 1: complete and return questionnaire (at least 2 days before appointment-hardcopy is preferred but email if not possible)

Stage 2: pre agreed focal areas are confirmed

Stage 3: traditional assessment

- confirmation of focal areas/expectations, dialogue and discussion .
- taste based qualitative assessment for key minerals
 - o Foundation Macro Minerals- Potassium, Magnesium
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Supportive therapies: these are identified and presented.

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The report is a standard form accompanied by handouts. You should bring a pad and/or a cassette recorder if you wish.

Duration 90 minutes

Vitality- Wellness MOT:

This covers basic parameters of health and vitality. It is an overview version of the complete health screen but does not go into detail in stressed areas.

- Diet
- Exercise
- Stressors (questionnaire)
- Lean/fat mass (BIA)
- Hydration (BIA)
- Cell vitality (BIA)
- EIS Overview (identification of possible stressed organs/systems)
- Introspect assessment of digestion, hormonal asystem.
- HRV Overview of stress withstand reserves.

Duration 90 minutes

Specific focus- additional information

Toxicity assessment and reduction

Mercury, cadmium and other metals can present a disturbance in mental functioning, some neurological conditions and can have an effect in conditions such as candida, mold allergy etc.

Organic chemical may also be seen as toxic, either from overload of the detoxification systems or absence of integrity in the detoxification processes.

Detoxification systems can also be overloaded by common events such as ongoing constipation, high salt- alcohol- sugar- caffeine intakes.

Often toxins will lodge in nerves, brain cell and other fatty tissue. Primary detoxification organs (liver-gall bladder, kidneys) and their back up organs (skin, lungs).

The type of toxin to be assessed must be outlined in advance.

Further Laboratory Testing

At times laboratory tests are useful in identifying specific chemicals and corroborating qualitative tests where a significant expense may be involved (e.g. removal of mercury fillings).

Allergy- Sensitivity

Note- We do not deal with immediate anaphylactic reaction (IgE mediated)- this is a serious reaction that MUST be treated by modern medical specialist
Allergic reactions may be due to:

- A tissue system that has become weakened and thus sensitive
- A developed or inherited immune system reaction: there are different types of these.

In general reactions can be:

- Digestive- here restoration is generally the soundest long term resolution approach.
- Skin- these can be an immune reaction (e.g. soap powder) or signs of detoxification system overload
- Inhalant/Respiratory- there are both seasonal and constant loads.

Testing

There are two areas:

1. The stressor > these are generally well identified by questionnaire/dialogue. Device and laboratory tests are generally not especially useful.
2. The organ(s) affected > via devices

The key concept is to:

- Identify the stressor
- Remove the stressor load if possible- or to reduce sensitivity using electronic desensitisation/ homeopathics
- Reduce the stressor reaction- using natural supports and treatments according to the stressor/organ.

Inhalant sensitivities

These can often not be avoided and the focus is on strengthening the tissue affected and desensitising response.

Digestive sensitivities

The majority are the result of a digestive system state of poor health. If the casual factor can not be identified by questionnaire.

The gold standard is the "Exclusion Diet" (meat or vegetarian)

Assessment Process

1. Questionnaire
2. Introspect device- a refinement to corroborate organs stress and cross relate to allergy triggers.
3. Avoidance- where possible this is the gold standard. It is practicable for many digestive issues and where contact skin issues may be suspected.

Treatment & Corroboration Approaches

1. Avoidance where possible
2. Tissue strengthening
3. Reducing and de-sensitising reactions

For foods:

- we recommend an exclusion diet if possible- otherwise a strict restricted diet
- we look at strengthening weakened functions and tissues.

For inhalants:

- avoidance is difficult.
- strengthening tissue and reducing reactions is important
- de-sensitisation can assist but is only useful when the tissue is strengthened.

For skin:

- avoidance of stressor (e.g. non biological detergents, deodorants and use of natural products)
- strengthening of skin
- identification if issue is compromised primary detox item is compromised

Duration 90 minutes

Nutrition screen: (minerals, vitamins, anti oxidants)

Assessment

- Symptom questionnaire
- Dietary questionnaire
- Mineral taste test
- EIS minerals, anti oxidants

Treatment

Diet is a major element but generally can not provide all nutrients. Short term and core ongoing supplementation is generally beneficial.

Duration 90 minutes

Immune System

Assessment

- Immune system Questionnaire, including relevant minerals, vitamins
- EIS Screening
- HRV for autonomic regulation
- Introspect strain analysis for thymus, spleen, lymph, immune cells

Therapy

- Reduce identified stressors
- Immune support remedies
- SCIO for support of immune organs, reduction of any active stressors
- PTD and CEMTech home use devices

Duration 90 minutes

Hormonal System Allergy assessment: (PMS, Menopause, fertility etc.)

- Hormone Questionnaire, including relevant minerals, vitamins
- EIS Screening- hormone profile.
- HRV for autonomic regulation
- BIA for cell vitality
- Introspect strain analysis for hypothalamus, pituitary, thyroid, thymus, adrenals and pancreas.

Therapy

- Reduce identified stressors
- Hormone and organ support remedies
- SCIO for support of hormone system and organs.

- PTD and CEMTech home use devices

Duration 90 minutes

Counselling

Sometimes just a chance to download, discuss and have

Over 50's programs

Cardiovascular

- Cardiovascular Questionnaire, including relevant minerals, vitamins
- Blood pressure and heart rate
- EIS Screening
 - Qualitative Triglycerides
 - Qualitative LDL/HDL
 - Heart functional risk assessment
 - Qualitative Minerals
- HRV for autonomic regulation
- Introspect strain analysis for heart, heart conductive system, circulation
- Six mineral taste test

We also suggest a homocysteine check- this is an external test option that is highly recommended. BEP are currently unable to take blood samples and these can be arranged with your practice nurse. This is an extra cost element (see test costs)

Mental Acuity including cerebral cardiovascular

When we are stressed or when we are getting on in years we may slowly lose some of our faculties. There can be an involvement with reduced circulation and this check is integrated into this assessment.

Often we are not aware of a decline in ourselves or others until it becomes significant- this is often too late to take recovery actions.

We suggest that a good time to be checked is from age 50. It is also possible to use some questionnaires at home to run occasional checks with a recommendation of a complete recheck at least every 5 years.

The approach involves:

- General lifestyle questionnaire
- Specific questionnaires related to mental faculties
- EIS general screening
- HRV for vitality
- Cerebral circulation (Introspect)
- Recommendations on mental acuity supporting diet/supplements.
- Recommendations of clinic/home device use.

Follow Up and Therapeutic Consultations

Follow up consultations are generally 50 minutes.

Pain InterX 5000 Treatment

- A first consultation which will include a basic questionnaire, assessment and therapy, Duration 90 minutes
- Treatments for specific issues such as pain are allocated 50 minutes
- Follow up Scenar treatment sessions are approximately 50 minutes

For more severe and deeper issues it is likely that a series of InterX sessions will be required varying between 6 and 15 dependent upon the significance of the issue. A **discount of 10%** is offered for InterX sessions prepaid in groups of 5.

Non Smoker Conversion

Addictions are multifaceted and BEP has expertise to identify and address all aspects.

BEP offer either an initial 2 hour consultation or an integrated 6 session approach.

Basic Consultation:

- A lead-in evaluation to focus you and identify supports.
- SCIO craving de-sensitisation: this reduces physical cravings and assists in the psychological aspects.
- Lifestyle and dietary analysis to optimise blood sugar control and thus reduce cravings. (Standard handout)

Recommended supports list

- Remedies to reduce cravings: this includes homeopathics, nicotine receptor blocking agents, nutritional supplements. *(Remedy/supports costs are not included. Anti craving supports will cost £40-50. Nutrition and restorative organ supports may cost £30-60 per month for 2-4 months)*
- CD to support psychological aspects of releasing the addiction. (£20)

Duration- 120 minutes

Non Smoker Program

The programme structure is 6 sessions plus a support kit containing the elements above. The sequence of sessions is agreed at the first consultation, which also sets the time for stopping smoking. If the sessions are not required for smoking they can be used for other regenerative treatments for affected organs.

- 6 sessions on an agreed schedule.
- A lead-in evaluation to focus you and identify supports.
- Introspect analysis of organs affected by smoking.
- SCIO craving de-sensitisation: this reduces physical cravings and assists in the psychological aspects.
- Remedies to reduce cravings: this includes homeopathics, nicotine receptor blocking agents, nutritional supplements. *(Remedy/supports costs are not included. Anti craving supports will cost £40-50. Nutrition*

and restorative organ supports may cost £30-60 per month for 2-4 months)

- CD to support psychological aspects of releasing the addiction. (Included)
- Lifestyle and dietary analysis to optimise blood sugar control and thus reduce cravings. (Tailored according to blood sugar balance and glandular type)

Weight and Size Management

In our experience weight management is a combination of a number of aspects:

1. Diet appropriate to glandular type.
2. Under/over functioning of primary endocrine organs such as pituitary, thyroid, adrenals and liver.
3. Stress and other lifestyle aspects.
4. Cell metabolism.

Our approach to weight management is thus as follows:

BEP offer either an initial 2 hour consultation or an integrated 6 session approach.

Basic Consultation:

- Full questionnaire that includes lifestyle and dietary analysis to optimise blood sugar control.
- Emotional/psychological support questionnaire.
- According to stress weaknesses and glandular type dietary and lifestyle recommendations will be made.
- Cellular vitality assessment
- EIS assessment
- Introspect digestion and hormone assessment
- Standard schedule of supportive remedies/nutritional supplements and support CD will be identified specific to you.

Weight Management Programme

The programme structure is 6 sessions. The sequence of sessions is agreed at the first consultation, which also sets the time for implementation. The sessions can be used for review and supportive treatments or as lead in to Scenar size reduction.

- Full questionnaire that includes lifestyle and dietary analysis to optimise blood sugar control.
- Emotional/psychological support questionnaire.
- According to stress weaknesses and glandular type dietary and lifestyle recommendations will be made.
- Cellular vitality assessment
- Introspect primary organ assessment/digestive and endocrine system.
- SCIO treatment support
- Supportive remedies/nutritional supplements will be identified specific to you. (Item cost not included)
- CD to support psychological aspects of weight management included

Scenar Support for Size reduction and weight management.

The use of the Interx 5000 device has proven effectiveness when used in conjunction with the appropriate diet in balancing metabolic activity, facilitating fat movement through the cell walls and effecting size reduction by an improvement in muscle tone. This is most effectively undertaken when the appropriate dietary and lifestyle aspects have been put in place and requires a course of 10 consecutive treatments of approximately 50 minutes each. Two of these sessions will be general balancing sessions.

InterX5000 Cosmetology

Cosmetology (lines, wrinkles etc.) requires a series of 10 sessions and is addressed in conjunction with an assessment of any underlying issues. The first session is 2 hours and subsequent sessions 40 minutes. Two of the sessions will be a general balancing treatment.

Device Specific Treatments

SCIO Treatments



The SCIO has the ability to rebalance through many different programs and is a straightforward “tuning” operation. No assessment is included.

We work on:

1. Wellness foundation programs
2. General areas of imbalance or dysfunction (e.g. hormone, immune, emotions, aura etc.)

Home Treatment Devices

BEP recognises that there are times when either practicalities or cost prevent a client from being able to have as many practitioner based sessions as is beneficial to forward health movement. We are able to offer in specific circumstances home to assist in health restoration. These items are available against a specific hire schedule and security payment.

It is a requirement that the appropriate health assessment is undertaken prior to hire. It is also a requirement that check consultations are undertaken at 2, 3 or 4 weekly intervals dependent upon the particular issue to both monitor progress and to make any adjustments in the treatment regimes. The hire approach is particularly valuable for pain conditions (rheumatoid arthritis etc.) and for the more degenerative neurological, spinal and digestive issues that require regular but relatively simple therapies to ensure good forward progress.

For further information on home devices see www.bioenergyproducts.co.uk

Hire agreement, hire rates and purchase rates

On request

