

YOGA TM MAGAZINE

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MEDITATION FOR A BROKEN HEART

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ALPACA YOGA (SELMESTON), STAND UP PADDLEBOARD YOGA + SUNSET YOGA (SEVEN SISTERS, CUCKMERE VALLEY), DARREN HOPKINS & SUSTAINABLE WOOD FLOORING + DR BUNMI ABOABA + INFORMATION ON YOGA COURSES & YOGA TEACHER TRAINING + NUTRITION TIPS + GARY STROUTSOS (MUSIC FOR MEDITATION) + TIPS FOR MIGRAINE SUFFERERS + YOGA OF KUN-AQUA (YOGA HYBRID) + FLAUNT (YOGA MEETS BURLESQUE) + BEACH YOGA (EASTBOURNE) + YURT YOGA (STONE CROSS) + NUTRITION FOR A GOOD NIGHTS SLEEP + ARGAN OIL + MIO SKINCARE PRODUCTS + HAPPY BIRTHDAY WELEDA

TESTING FOR FOOD SENSITIVITIES

BIORESONANCE is the forefront of a new healing age using vibrational energy to assess Food Intolerances

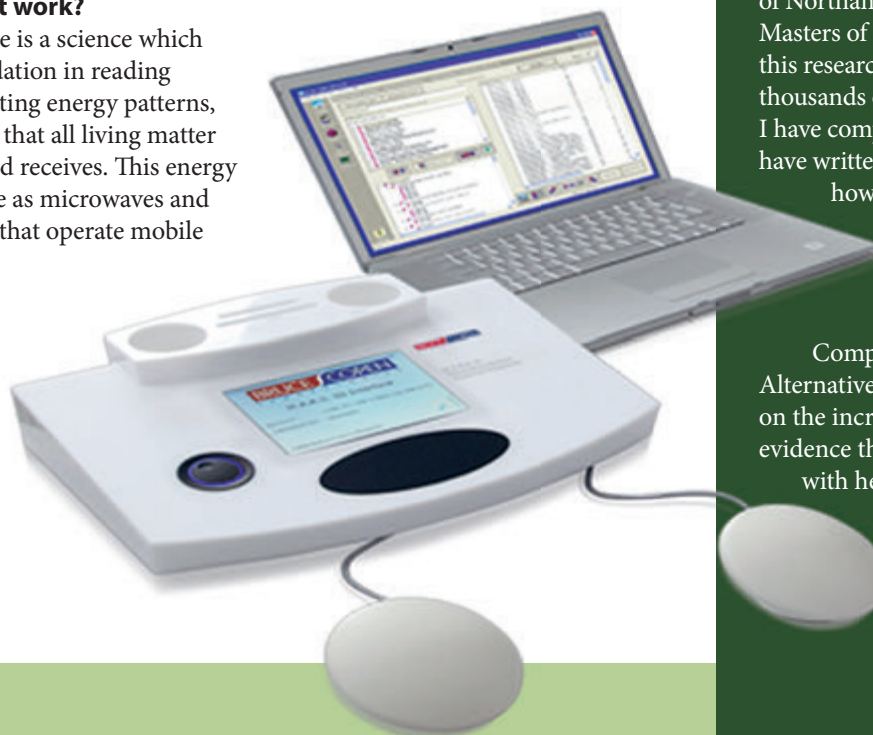
Awave of bioresonance/biofeedback devices are being introduced to the world of complementary and Alternative medicine (CAM). They combine the latest technology with the age old art of vibrational energy healing, where your body's natural energy field is read by the bioresonance device using a hair sample and begins a process of scanning the database of foods and drinks to produce a set of personal results. These results are in the form of specific foods that are showing as sensitive for you to eat at the moment and are listed in percentage terms so that they are easy to understand at a glance, the higher the percentage the higher the sensitivity.

How does it work?

Bioresonance is a science which has its foundation in reading and interpreting energy patterns, wavelengths that all living matter transmits and receives. This energy is as invisible as microwaves and radio waves that operate mobile

phones, computers and radios. We all know that we feel energy perhaps vibrations when we meet someone or have any experience that gives us a sense of 'picking up' a feeling whether either positive or negative.

If everything on the planet and beyond can vibrate at a frequency that causes effect including us as human beings, Bioresonance may be a way of understanding what we can do to understand how to read these vibrations or energy waves. Bioresonance devices are designed to receive and transmit specific vibrational energy wavelengths that help to assess health issues and also create remedies by transmitting these energy fields into homeopathic potencies.



Bioresonance is being used in Cerne, Switzerland for Autistic issues and also in some hospitals in Germany. This has helped so many practitioners and patients assess their health issues including food intolerances. Energy healing or vibrational healing has been around for thousands of years and includes therapies such as acupuncture, kinesiology, sound therapy, yoga, and reflexology and often uses a base of Chi or Prana to restore and balance harmony to the body. Bioresonance assesses the particular health issue by way of scanning and correlating the information in the database using the patients hair sample as a unique 'fingerprint' of the person's identity. This ensures that the reading is based on a personal set of results that match the patient's unique vibrational energy. In this case it will produce a set of foods and drinks that the person needs to avoid helping maintain and achieve balance and harmony in their body restoring homeostasis and good health, mentally, emotionally physically and spiritually.

I have been working in Bioresonance therapy for the past 22 years having completed research whilst at the University of Northampton completing my Masters of Science degree. Based on this research and the hundreds of thousands of health screening tests I have completed over the years I have written a book to explain about how this therapy is perceived to work with regard to the subject of Food sensitivities, intolerances and allergies.

Complementary and Alternative Medicine (CAM) is on the increase because there is evidence that people who suffer with health issues mainly want a 'holistic' approach, an approach that looks at their physical symptoms but also takes into account



Food Sensitivity Testing is available at all good bookshops and online outlets in paperback at **£19.99 RRP**.

ABOUT FOOD SENSITIVITY AND INTOLERANCE BIORESONANCE TESTING

More than 600 foods are tested including major food groups such as - Wheat-Gluten – Dairy – Lactose- Fish – Meat - Alcohol- Vegetables- Fruits

the 'state of minds and emotional wellbeing. It appears from research that psychological and emotional wellbeing can even affect food intolerances and changes to our diet as the nervous system is linked to every part of our body and any stressor puts pressure on the way the body interacts. The spiritual dimension is of paramount importance as it is believed by many to support a more meaningful, relaxing state that can help with pain relief, depression, and anxiety, encouraging better sleep achieving a sense of peace and calm and wellbeing.

The book "Food Sensitivity Testing and the Principles of Bioresonance Therapy" has been recently published to explain and excite our imaginations to take us to another dimension in understanding our health and the impact that foods can have on each person.

The book is really a manual for a practitioner who wants to understand more about the subject of Bioresonances and in particular for those who are interested in Food Sensitivities, Intolerances and allergies. It is also for members of the public who are seeking an alternative approach to looking at their health with regard to food testing. It is full of useful information and a great guide for would be Bioresonance practitioners as well as existing healthcare therapists.

Most common symptoms include: IBS, generic term for digestive health issue, bloating, again generic term for a reaction to food or drink, weight gain, fluid retention, fatigue, asthma and skin reactions.

In today's world we have become much more aware of what we put into our body. You may ask why? Reasons span from the importation of foods from many different countries so that not so many indigenous (locally grown) foods are offered in the shops and restaurants. There is now so much foreign travel that it is easy to pick up different pathogens, (parasites, fungal, bacteria and viruses) as well as toxins from the foods and drinks ingested. Any stressor can change the body's natural harmony, PH (homeostasis) and can in turn create a different and challenging environment for certain foods. The most common food intolerances appear to be dairy and

wheat/gluten. However, many other foods can be involved in symptoms. Symptoms include IBS, generic term for digestive health issues, bloating, again generic term for a reaction to food or drink, weight gain, fluid retention, fatigue and skin reactions.

The food Sensitivity Testing approach using bioresonance technology for a non-invasive test checking for food reactions is the latest therapy for assessing top foods to avoid. This helps to obtain balance and harmony not only in the digestive system but for all systems, a holistic approach to healing. It is non-invasive as only hair samples are used and also offered as remote testing so no clinic visits are necessary. These tests are being carried out all over the world. Some of the stories of these tests are outlined below and show how they have had an impact on individuals and in some cases changed their lives.



STORIES

Dairy Sensitivity – 13 year old girl

Our 13 year old daughter suffered from migraines, some of them severe. She has since cut out milk which was one of the main things that was flagged up. She has had only 2 migraines since.

I was pleased with how easy the whole process was, and will be soon doing the food test myself as I suffer from rheumatoid arthritis and am convinced some foods are irritants.

Wheat sensitivity – Infant boy

My eldest as an infant had eczema but not severe however on a night he would itch uncontrollably making for very disturbed sleep. I chose Langton Smith and thought I would give it a go, the best decision I ever made! The results came back showing a high reaction to wheat and a couple of other foodstuffs. We immediately followed the advice and the difference was almost immediate, he stopped itching. If he ever had something with wheat in we could tell as he would start itching again. After about 18 months we reintroduced wheat and he was able to tolerate it with no side effects and now has a full unrestricted diet. Some people told me they didn't believe in how the testing was done and it couldn't be accurate however the results speak for themselves!

Dairy sensitivity – Infant boy

My youngest was exclusively breast fed and at just under 12 months we decided to introduce cows milk as a drink ready to start weaning from me. He had had it in cereal and small amounts but as we upped the quantities he was extremely uncomfortable on a night, writhing in discomfort and would then often comfort feed from me all night which was exhausting, along with explosive nappies. After a holiday in Thailand where he wasn't having much cows milk we noticed a big difference so I once again turned to Langton Smith. His reaction to cows milk was 100% however other milk products weren't as high so we have kept small amounts of these in his diet. If he has a little too much then you can tell as the explosive nappies come back but he is a lot more settled on a night. We are still following a restricted diet but hopefully soon we can try again however I don't think he is ready for more cows milk yet

Gluten Sensitivity – Middle aged lady

Just to say that I recently had a blood test at my doctor which gave the same gluten result as your test.



JULIE LANGTON SMITH is a Naturopathic specialist who combines Psychology, Psychotherapy, Coaching and Clinical Hypnotherapy as an overall approach to assessing the health of each individual. She has more than 20 years' experience of working in natural health. Julie's approach to her treatments as a naturopath involve Biofeedback and Bioresonance Therapy (digital health assessment) using a certified bioresonance/ biofeedback scanning device that offers test results for food intolerances, digestive system issues, vitamin deficiencies and full health testing using hair samples. Julie has been working in Bioresonance and Biofeedback medicine for more than 20 years and studied at the University of Northampton to gain her Masters degree in Transpersonal Psychology and Consciousness Studies. Her thesis was based on the principles of Bioresonance therapy and how it is perceived to work and included qualitative research. Julie Langton Smith is a highly-experienced expert in the alternative health techniques of Bioresonance and Biofeedback Therapy. Her new book, Food Sensitivity Testing, is the first and only book that shows how to use Bioresonance as a method of determining food intolerances. It is an excellent resource for health practitioners, nutritionists and anyone interested in finding out about their own intolerances through complementary medicine.

More information about Julie Langton Smith and her work can be found at <https://www.langtonsmithclinic.com/> OR to get the book <https://www.langtonsmithclinic.com/book> Book price £19.95 plus postage direct or available at Amazon