

Integrated 4 Part Therapy for Solving Health Problems

By Philip Bate PhD

There seem to be hundreds of therapies for autism on the market today and “on the market” seems to be the reason – money. However, there is no real integration of any of these therapies and little information. There are three different basic problems with three different therapies needed to solve them and work towards any cure or improvements.

Stress

Stress has 3 Major factors - Allergy stress, Post Trauma stress, and Toxic Mineral stress. Solving all 3 types dramatically solves virtually all mental and many physical problems slowly. It took your lifetime so far to get here, so it's not fast to solve your problems. Usually, positive results are seen within 60 days and that's why my guarantee specifies that time.

Stress starts with birth. This is individual, depending on genetics, nutrition during pregnancy, where the mother lives, how much mineral and other toxins she has absorbed in her life, the relationship with siblings, and many other factors.

A huge amount of stress causing “dis-ease” is allergy stress. Allergy causes much more stress than even the medical system realizes. I worked in a major allergy clinic with many “so-called” MD allergists who were unaware that any allergy can literally cause any mental or physical dis-ease.

The primary reason why Neurofeedback (NFB -formerly known as EEG biofeedback) has been so successful in solving virtually all mental problems is that raising the amplitude of the SMR brain wave somehow cures or “solves” this stress. (for proof of this go to <http://drbate.com/article/proof.shtml> NFB has literally cured or substantially improved virtually every mental dis-ease known. The only real problem with NFB is that it is way too expensive for any but the wealthy.

Next comes stress of various traumas the infant or child suffers during childhood, and adult life. This is known as Post Trauma Stress Disorder, and best known for the trauma of war, BUT lesser stress is also somehow stored, and it is additive. If you fell off a skateboard, you have some stress “in storage” in your unconscious mind caused by that “bad” experience.

Neuroliminal Training was created in 2004/5 by Dr. Bate, tested by 4 different sets of “volunteers”, and proven to equal or surpass stress solving ability of NFB, at a fraction of that cost. Both allergy stress and post trauma stress are slowly lowered. (NFB cannot do this combination.)

In 2000, I first proposed the theory “Raising the SMR brainwave somehow changes the brain affect from allergens”. This theory is the only viable theory today as to how EEG Biofeedback (NFB) and Neuroliminal Training (NT) work, and I’ve gotten hundreds of stories that confirm this theory. My favorite story concerns twin boys about 9 yrs old. The mother was concerned about using NT as the boys slept in the same room. I assured her that only good was possible, and about 2 months later she reported that the one was cured of his ADHD, the reason for her purchase, and the other no longer had ragweed hay fever! (Nor do I.)

Mineral Toxicity

Many minerals are necessary for life. Calcium and Magnesium provide the positive and negatives of a “electrical battery” providing the power that makes your heart work. Needed minerals are often essential, and care needs to be taken that eliminating toxics also eliminates nutritional ones.

But, there are several minerals very toxic to the body, and of these Mercury is the worst, as if it gets past the liver (filtering blood passage to the brain) Mercury and Aluminum kill brain cells, and this is cause of Autism. Copper, is a major factor in Schizophrenia. Mineral toxins are ignored - no profit for Big Pharma. Dental fillings can and do “leak” mercury and cause both autism, depression, and other mental complaints.

However there is a problem that few MD's aren't even aware of. Since the liver “filters” the toxic minerals out of the blood - how can either a blood test or urine test find/measure it? Answer – it can't.

But MD's are trained to use only these tests and think that hair analysis is not a good measure. They are only partially correct, but blood and urine are almost completely worthless, and a hair analysis done by a reputable lab is much more accurate, particularly in measuring toxic minerals, and the “balance” of the nutritional minerals.

Removing Toxic Minerals

The human body has one chemical “manufactured in the body – glutathione that removes toxic minerals in humans. But, if mercury gets to the brain, it seems to destroy glutathione manufacture, so that toxin removal system is lost particularly in autism, and, I suspect in depression as well..

About 65 million years ago, one of our ape ancestors lost one enzyme that virtually all other animals except the ape family (that's us) still have. That enzyme was needed to actually manufacture ascorbic acid (vitamin C).

Vitamin C - Ascorbic Acid, does two very important things in the bloodstream.

- In sufficient numbers it kills all viruses and bacteria in the bloodstream.
- It combines with minerals, forming “ascorbates”, which exit in urine from body.

Ascorbate forms are NOT really Vitamin C, and simply cannot “mix with toxic minerals, since they are already a combined form of vitamin c and a mineral, and cannot change again. Big Pharma “pushes” these forms, as they make more money. (I buy my ascorbic acid at Costco 500 1000mg tablets for around \$15.00)

However, it takes much more than you have been conned into taking by Big Pharma. Bacteria and Virus “germs” double in numbers in the blood stream every 20 minutes

Let's look at colds and viruses. You inhale a cold virus from someone somewhere. In 200 minutes, that 1 cell has grown to 1000 cells, and in another 200 minutes 10,000 cells. In 10 hours overnight, there's well over a million virus cells in your bloodstream, and your brain is just aware of it, with cough or etc.

How can you expect 500 mg of vitamin C to work? It won't kill half of that number, and since it doubles, in 20 minutes, it's up to former strength and double that in one hour from first dose.

I have seen at least 3 articles in various Medical Journals “proving” that Vitamin C is not effective against “germs” by so-called respected MD's hired by Bit Pharma.

Did you know that a 150 pound ape in a zoo has a minimum vitamin C daily intake of 4000 mg (4 grams). 75 mg for humans is woefully inadequate, as the above should prove. At 190 pounds, I take 4.000mg daily, and never get sick again.

In the early days, I took 4 1000mg tablet every 15 minutes for 2 or 3 times, and all “symptoms” gone within the hour.

For getting out all mineral toxins, I recommend 1000mg per 4-50 pounds of body weight for a minimum of six months daily, and THEN get a hair analysis to see if it was enough.

You are taking out needed minerals along with the toxic ones, so increase daily nutritional mineral intake. Those numbers are fairly correct, as there is no money in minerals.

Digestive stress

The fourth and final therapy is one that very few people are aware of: Clearing your digestive system. This system is NOT a part of your body. It is simply a long tube running thru your body. Your internal body is actually sterile, but this long tube running thru it is loaded with bacteria that could literally kill you.

This very dangerous bacteria in that tube actually is used to “break down” the foods and liquids you eat and drink into water and amino acids and what we all need to live. Food is broken up into microscopic bits and pieces and transferred into the real body.

This area is not my area, but I learned how to work with it. Here's my solution:

Start with 5 capsules of at least 8 billion Acidophilous with, or just after a meal. Do not accept any capsules if not from a refrigerated source, as all deteriorate in normal temps.

Wait 2 days to see if any “cramps” develop. If so, repeat this 5 cap dose every third day until any such subside. (such cramps are caused by the Acidophilous actually killing off the fungus/yeast (caused by antibiotics – all are made from such)

When all such cramping has subsided, try 20 capsules – 10 in the middle of the meal, and 10 at end. If that causes little or no problem, follow on 3rd and 6th day with same dosage. Your gut should be clean.

The first thing you may notice is that you have NO body smells, No BO, No underarm, vaginal, or mouth odors. If you “fart”, it might be heard but not smelled. (I have a false tooth 6 long, and even if I don't brush daily, no smell. I haven't used a deodorant for years, and one cavity I know about seemed to “cure itself”. (Yes, the mouth is definitely part of this closed system, and if that gut is working right, no cavities.

Of course, the above is for adults, and half doses or so for kids.

BTW, the Dental Assn's know about this, but if everybody knew, they'd be out of business.



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