

Changing fibromyalgia,
arthritis and almost all
types of chronic pain in one
session or a one-day BNT
workshop is possible...

...if you correct the cause!

THE SEQUENCE THAT CAUSES FIBROMYALGIA

1. Trauma / Stress



2. Flight/Fight/Freeze/Survival / TMJ (jaw muscle tension)



3. Adrenal & Kidney Stress



4. Dehydration



5. Magnesium & Zinc Deficiency



6. Calcium, Calcium Fluoride or Aluminium Fluoride

Sometimes with fibromyalgia the pain relief lasts and sometimes it comes back in 3 or 4 days.

If the pain does come back I believe it is because something in their environment triggers another fight/flight, freeze or survival reaction. This could be emotional or biochemical, possibly mercury or fluoride.

...but a few days without pain at least gives hope of the possibility of long-term pain relief.

At the 2014 Australian Kinesiology Association conference in Melbourne I demonstrated BNT on a lady who had suffered for 10 years with fibromyalgia. The pain left within minutes, but came back 3 or 4 days later.

A month later I tested her and she reacted over 10 metres away to adrenalin!

I did another correction, with the same instant pain release, but again the pain came back 3 or 4 days later.

Is It Reproducible?

4 CLIENTS - 4 SESSIONS

I have seen 4 clients with fibromyalgia and used only Kinergetics on them. Each one has responded with a decrease in symptoms and pain within a couple of sessions, and all are free of pain after 4 sessions.

The symptoms have not returned with a follow up a year later. *A Eske Kinergetics Instructor 2014.*

EXPERTS MISS THE CAUSE

I was at a nutrition conference in London with world experts on **Fibromyalgia** and **Chronic Fatigue Syndrome** and realised with amazement that I was consistently seeing much faster improvements with clients than they were.

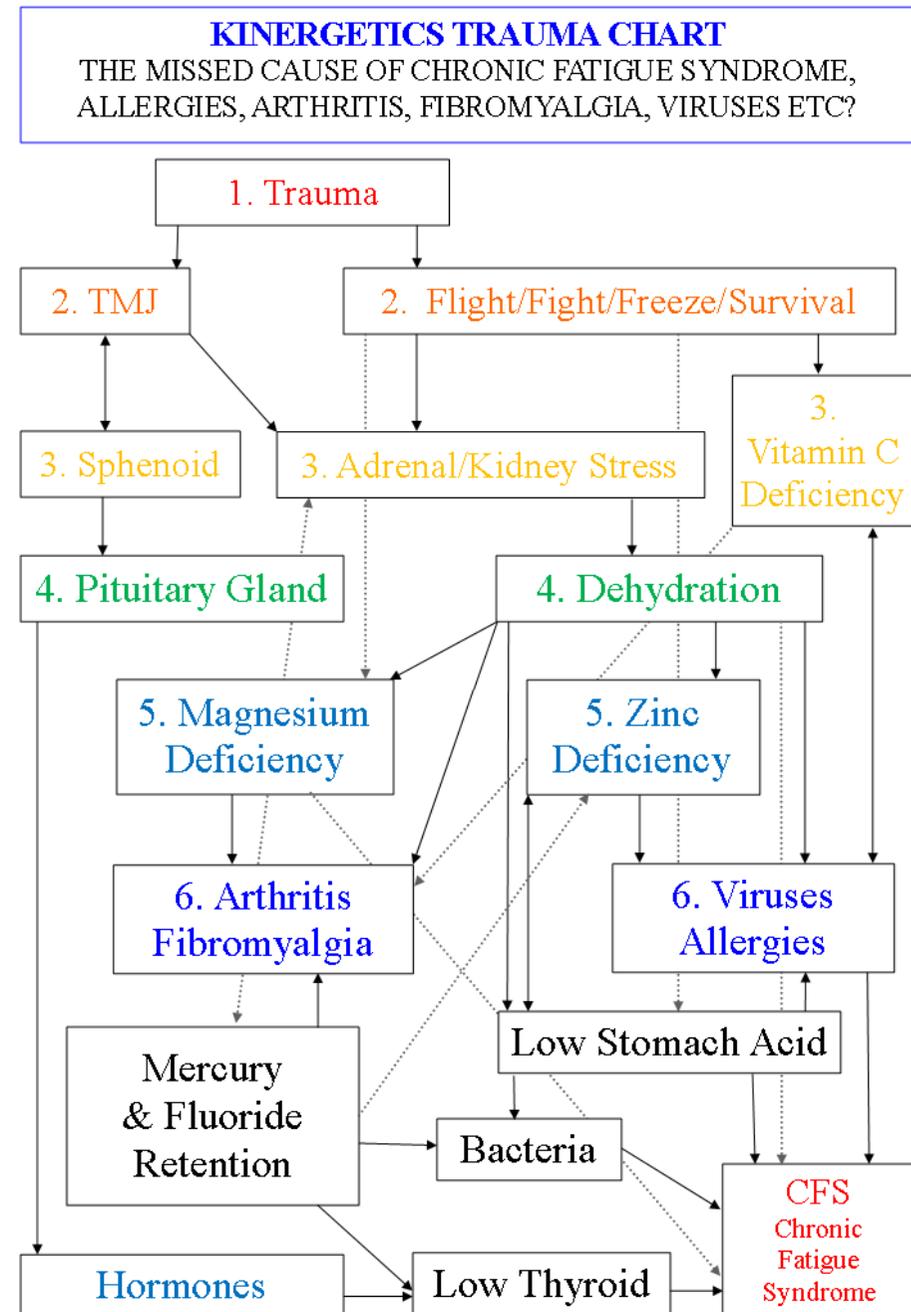
How was this possible when they knew about 100 times as much about nutrition and physiology as I did?

The experts were totally missing the cause of fibromyalgia and CFS (and many other diseases like arthritis, MS & Parkinson's).

I realised that I had discovered the most important cause - what blocks nutrition! Taking any nutrition while in flight/fight/freeze or survival is like trying to fill up a bath without the plug – over 90% gets wasted!

1. Trauma

Trauma is one of the main missed causes of many health problems. Sometimes it is a build-up of stresses or traumas, or a recent trauma triggering memories of a similar past trauma.



2. Flight/Fight/Freeze/Survival / TMJ

- The body reacts to trauma by going into a Flight/Fight/Freeze/Survival state.
- At the same time the muscles around the jaw and neck tighten to protect the brain and spinal cord. This can save your life in a car accident.
- Sometimes the body is still in a Flight/Fight/Freeze/Survival state and the TMJ (jaw muscles) remain under tension many years later.
- There are many kinesiology tests for Flight/Fight/Freeze/Survival.
- I have always found MS clients to have all the muscles below the waist out of balance when tested with kinesiology. Releasing the TMJ muscles almost always corrects these muscles. So TMJ tension can cause neurological problems.
- Balancing the TMJ muscles usually changes Flight/Fight/Freeze/Survival tests and most structural imbalances caused by it.
- Balancing the TMJ may correct most of the physiological component of every past trauma, which would explain the often instant results.

3. Adrenal Stress

- The Flight/Fight/Freeze/Survival state and TMJ tension cause the Adrenals to go into stress. This in turn affects the ability of the kidneys to filter mercury, copper, fluoride and other toxins.
- It also creates **4. Dehydration**
- The Psoas muscle, because it relates to the kidneys and adrenals, will now usually be out of balance in a kinesiology test. This is the number one cause of low back pain.
- Dehydration causes low stomach acid causing indigestion, heartburn, gas, bloating and common digestive issues.
- “The major cause of chronic pain is chronic dehydration” Dr F Batmanghelidg, author of ‘Your Body’s Many Cries For Water.’
- So dehydration is one cause of the Arthritis and Fibromyalgia pain.
- Energy production can be affected 10% for every 1% drop in intracellular water, so that is one cause of Chronic Fatigue.
- Dehydration is one cause of allergies, as dehydration causes histamine release.

MAGNESIUM

If you are in flight/fight/freeze or survival then it is impossible to get enough magnesium into the body – you are magnesium deficient!

ORDER OF CORRECTION

1. BNT or Kinergetics advanced TMJ corrects most flight/fight/freeze/survival in 10 minutes. BNT is a new one-day workshop taught worldwide.
2. Trauma – correct the priority ones causing an energetic reaction to adrenal hormones. De-stress your life.
3. Increase Magnesium and Zinc assimilation under the care of a naturopath or nutritionist. I find Schuessler Tissue Salts Mag Phos usually works well for fibromyalgia and arthritis.
4. Magnesium Oil topically or Epsom Salts baths/footbaths are the fastest way to absorb magnesium.

I am not an expert on other TMJ correction systems.
Neural Organization Technique (NOT) may help.

IMPORTANT

- Sugar and alcohol use up vital magnesium.
- One molecule of mercury blocks 1,000 of zinc!
- Mercury and fluoride overload the kidneys.
- Fluoride blocks molybdenum, a trace mineral that mediates zinc and copper.
- GMO's are lacking in magnesium and zinc.
- Aspartame, MSG, soft drinks must be avoided.

TRAUMA / STRESS

- Most people have between 25 and 100 traumas.
- Good luck correcting every trauma, as almost everyone has many forgotten traumas.
- You need a powerful trauma correction that can find the exact trauma/s causing the current Flight/Fight/Freeze/Survival reaction.
- Kinergetics Unit 6 Trauma or Master Class Trauma corrections will usually do this.
- **BUT the TMJ tension needs correcting first!**

TRAUMA EXAMPLES

- Accident—bicycle, motorcycle, car etc.
- Ankle sprain
- Asthma attack
- Bee sting
- Birth
- Broken bone
- Bullying (school or work, emotional or physical)
- Burn, sunburn
- Death of friend, relative or pet
- Dental work—braces, extractions, fillings, root canals, implants
- Divorce or separation of self or parents
- Fall on coccyx
- Fingers jammed in car door
- House fire, bushfire
- Hurricane
- Marriage or relationship breakup
- Mammograms
- Near drowning
- Nightmares
- Operation—appendix, caesarean, tonsils etc.
- Rape
- Scar
- Sexual abuse
- Ski or sporting injury
- Tornado
- Vaccinations - every vaccination is a physical trauma, and may also be an emotional or biochemical trauma
- Virus—measles, mumps, chicken pox etc.
- Violence

KINERGETICS TRAUMA

At a Kinergetics Unit 6 Trauma workshop in Burwood, VIC Australia in February 2014 the students were asked to work on their biggest trauma ever.

15 students rated their trauma out of 10 before and after the corrections.

The average was 9 before and 1 after.

Some students had only 10-12 days training. Others were very

experienced practitioners.

BNT is a one-day workshop.

I have done over 5,000 Kinergetics Trauma balances with similar results in about 99% of cases.

I have also done trauma balances on stage at conferences and demonstrations.

KINERGETICS TRAUMA

At a Kinergetics Unit 6 Trauma workshop in Kirchzarten, Germany in April 2014 the students were asked to work on their biggest trauma ever.

14 students rated their trauma out of 10 before and after the corrections.

The average was 8 before and 1 after.

TFT, EFT, FASTER EFT, NLP, EMDR etc.

If TFT, EFT, Faster EFT, NLP and EMDR etc. get similar results with trauma, then practitioners using those systems should get similar results with fibromyalgia, arthritis, Chronic Fatigue Syndrome etc. if they learn BNT and combine it with their trauma release system.

TRAUMA

Have you EVER had:

- Sprained ankle/s
- Mammogram/s
- Root Canal/s

Then you MUST watch this youtube video:

Sheldon Deal see it to believe it

It looks unbelievable BUT it absolutely works!
Dr Deal is an Applied Kinesiology chiropractor.

TMJ (jaw muscle tension)

- Releasing tension from the jaw muscles clears most of the physiological component of every past trauma.
- Structural TMJ corrections will usually not do this, because it's the muscles that hold the tension.
- Kinergetics BNT or Master Class TMJ corrections should do this in ten minutes.
- This allows the adrenals and kidneys to relax.
- This improves hydration of the whole body.

CFS & FIBROMYALGIA

BNT one-day workshop, Malibu California August 2013

Medical Diagnosis: Chronic Fatigue, Fibromyalgia, Depression and Positive Viral Panel since 1985.

Spine trauma and herniated spinal disks since childhood. (about 40 years).

Symptoms: Depression, Stabbing back pain especially under Right Scapula (felt like a stabbed knife at all times). Temporal-mandibular pain with teeth grinding and tooth decay. Muscular pain in my body, that increased when somebody touched and hugged me.

Living in constant pain no matter the daily use of pain medications, anti-inflammatory drugs and homeopathic. Frequent leg and hand muscles cramp, especially after exercise and home tasks performance.

Pain Levels before treatment: Scale 1-10 (10 the worst), 8-9.

CFS & FIBROMYALGIA

BNT one-day workshop, Malibu California August 2013

Pain Levels after treatment:

Treatment day pain decreased to 2
and day after pain level was 1.

Energy levels before treatment level:

Scale 1-10 (1 the lowest) Level 2 -
using lots of sugar and caffeine (diet
sodas) to function and work.

Energy levels after treatment

increased to 8 no sugar and caffeine.

One month later it continues at 8-9

The most remarkable change in my
life and energy was the immediate

relief of pain. Three days after the
treatment I found myself walking
long distances in San Francisco, CA,
to the extent that I realized the
change, and the increase of my
energy I suddenly stopped and started
crying because of happiness with my
new life.

Laura, August 2013.

Was it just luck or the placebo effect?

One week later in Salt Lake City...

...and over 300 testimonials on
www.kinergetics-reset.com

FIBROMYALGIA CFS & LYME DISEASE

BNT one-day workshop, Salt Lake City, August 2013

My name is Lanette Sorensen and 23 years ago I was diagnosed with Lyme Disease, Chronic Fatigue and several of the Major Viruses that accompany Lyme (which I still test positive for to this day!).

This past year, my doctor also diagnosed me with Fibromyalgia and pretty much said that there wasn't anything he could do for the pain unless I wanted to try several drugs. Having been down that path for the past 23 years, I declined and have had to live with chronic conditions on a daily basis, struggling to make it through each day.

On July 25th, I was involved in an accident that resulted in a mild concussion and whiplash.

On August 12th, I attended Philip's class on Balancing Nutrition and Toxicity. I was tired, I hurt from head to toe, had a migraine and it was all I could do to sit in the chair for the day trying to learn (which could describe every day for the last 23 years of my life).

One of his opening slides could have had my name at the top because it described me so perfectly. Since I was such a good "teaching" opportunity, Philip had the opportunity to do many tests and corrections.

FIBROMYALGIA, CFS & LYME DISEASE

BNT one-day workshop, Salt Lake City, August 2013

By the end of class, I was able to get up out of my chair, walk across the room with no pain and visibly better coloring in my face. My headache was at a minimum and I had a new appreciation for alternative healing.

The body can do amazing things when it is given the optimal solutions to take care and heal itself. I have been a student of the alternative healing arts all of my life and Philip has designed some of the best healing corrections I have ever had the opportunity to use.

To this day, the pain of the Lyme and Fibromyalgia are minimal. They are only

aggravated by hard seats and long sit times. The headaches are minimal and my brain injury is healing rapidly, I believe, because of knowing the best way to ask the body what it needs to heal. I take Mag Phos and Zinc daily and have seen rapid improvements in many symptoms that I used to have. I have utilized the TMJ correction many times since class and have integrated it into my own private practice.

Lanette Sorensen Salt Lake City, August 2013.

CHRONIC FATIGUE - MARY'S STORY

Number of Practitioners Seen - 36

14 Modalities

- Medical Doctors - 6
- Naturopaths - 8
- Homeopath
- Acupuncture (12 sessions)
- Pranic Healers
- Kinergetics (6 sessions)
- Reiki - 3
- Chiron
- Spiritual Healers - 3
- RESET (workshop and self-balancing)
- Theta Healers - 3
- Past Life Regression
- Vibrational Healers - 5
- Qigong (8 sessions)
- Shiatsu

Symptoms

1. Exhaustion
2. Pain (fibromyalgia)
3. Headaches
4. Poor concentration / memory
5. Stress/anxiety/social withdrawal
6. Poor quality sleep
7. Allergies to foods, supplements, drugs, antibiotics, chemicals, environmental
8. Eyesight

CHRONIC FATIGUE - MARY'S STORY

After 36 practitioners and 14 modalities:

Kinergetics was the number one modality that helped EVERY symptom.

RESET was the second most helpful modality.

reset-tmj.com

CHRONIC FATIGUE - MARY'S STORY

Why Energy Healing didn't hold

- Because Mary was very dehydrated and therefore deficient in minerals and vitamins, especially magnesium and zinc.
- She also had many mercury amalgam dental fillings. One molecule of mercury blocks 1,000 of zinc - and zinc is the body's defence against allergies and viruses.
- Mercury fillings also cause a loss of electrons, so the body is unable to 'hold' the energy corrections - it is like trying to charge a dead battery.
- Mary reported that some of the energy corrections, especially the Theta corrections helped temporarily, but didn't last.

RECOMMENDED READING

Healing Is Voltage

By Dr. Jerry Tennant

He explains WHY people have flat batteries and what to do about it.

Also on youtube

WILL THIS HELP OTHER NEUROLOGICAL PROBLEMS?

Parkinson's Testimonial

By the time I discovered Philip at the MBS festival in Sydney 2013 I had given up the idea of walking comfortably or for any substantial distance.

I had been diagnosed with Parkinson's Disease in Jan 2011. I was on regular medication but the effects were often unpredictable - making me dependent at times. I was determined not to take a stronger drug unless it was absolutely necessary.

I was drawn to Philip's stand at the MBS despite the fact that I had decided not to have any more healings because of disappointment. After a kinesiology/Kinergetics treatment I was able to walk more comfortably and without my cane.

After months of being a hermit with no social life, I had regular treatments and as a result was able to:

- travel alone
- go camping
- travel on buses, trains, planes, and overnight coaches
- go to the theatre
- walk 6km
- deal with past trauma
- feel more independent at home.

Jackie, December 2013.

Main corrections: BNT, TMJ and Kinergetics Trauma. Initial dramatic improvement after a 30 minute session.

WILL THIS HELP OTHER NEUROLOGICAL PROBLEMS? MS Testimonial

Sorry I have taken so long to contact you after coming to you for a treatment to alleviate my MS symptoms.

It was the end of February before I realised I did not have numbness in the left side of my body or in my right anymore! I still had some in January but by the end of February they were gone completely.

Thank you as I also felt better within myself and some days I also have motivation like today!!

I am finally sending you an email!

RS, Tasmania, 2012.

This is typical for MS, the TMJ correction and trauma balancing usually make a difference but the nutrition is critical, and can take time so requires perseverance.

FIBROMYALGIA, CFS & MS

I watched Philip work with three different women – one with fibromyalgia, one with chronic fatigue and one with MS.

The one with fibromyalgia started out with a pain level of 8/10 and within about ten minutes the pain and discomfort reduced to 2/10. She also commented that her shoulder and neck muscles were as relaxed and pain free as they had been in years.

The other woman came into the office in such severe pain from her chronic fatigue that she was crying saying that she had been planning her funeral all day. She was in so much pain it just wasn't worth living any more.

Literally, within one hour, her symptoms were disappearing and she was smiling. I talked with her two days later and she was amazed at how good she was still feeling. She was happy to be alive, her body felt better and she was full of hope.

The third woman came in with MS. Again, the same results. She called me about five days later to share how peaceful she felt.

She said that after her balance with Philip, she went later in the day for her weekly massage. She said that typically every muscle would hurt to the touch. The only muscle that had some discomfort was her left upper trapezius. Other than that, it was a glorious, pain free massage.

She said that days later she was still amazed at how relaxed her body felt – something she had not felt in years. And, that as much as anything, she was grateful for her inner peace. She also commented how she just wanted to share this work with everyone. *TKL, Salt Lake City July 2012*

FIBROMYALGIA

After many years of Fibromyalgia / Fatigue I have experienced great improvements after Kinergetics treatments from Philip Rafferty.

He has alleviated my pain, increased my energy levels, improved my chronic pervasive dehydration and difficulty absorbing minerals such as magnesium and zinc, removed my sensitivity to chemicals, helped me overcome a debilitating fear, improved my digestion, enabled me to eat vegetable proteins once more without a worsening of my symptoms, furthered my insight into

my emotional and physical being, and even mended my intense aversion to the colour blue!

I have had many health practitioners, both complementary and traditional, simply throw up their hands at the perverseness of my body and its medical quirks - but Philip has persevered, refusing to give up on my health. *MB Dec 2011.*

RESEARCH

Multiple Sclerosis, Dublin

- With a few days notice, we had 7 MS participants.
- All showed an energetic reaction to mercury down the spine.
- All had all muscles below the waist unlocked.
- One woman had been in a wheelchair for years.
- All had RESET done by the students.
- Hydration was done by Philip, another practitioner Barbara and the students.
- After Kinergetics and RESET (about 2 hours):
- Mercury showed clear on all.
- They all had all muscles locked, except the woman in a wheelchair.
- Better balance when walking. Not so nervous around people and gaps. Not dragging left leg. JF
- 20% better balance. DG
- Leg is now straighter, was externally rotated. Everything else feels better, i.e. burning and weakness in legs. CH
- Feeling relaxed. Eyesight now as clear as it would be after a long rest. CL
- Feel fine. Right hand has better grip and there is more stretch in the fingers. BO
- Body lighter in movement. Feel light and loose. Pressure not on body as before. No body pain at the moment. CW

RESULTS

- Leg lighter - leg lifts itself rather than dragging it. Better balance - able to have arms down by side.

MM

This was about 12 years ago, we now have much faster and more powerful corrections, and a better understanding of WHY it works!

FIBROMYALGIA & CFS

DAYS AWAY FROM KIDNEY DIALYSIS

Several years ago I became severely ill while living in Japan. When I returned to America no one was able to diagnose the problem.

Allopathic medicine only treated the symptoms that I had: Fibromyalgia, Chronic Fatigue, Epstein Barr, etc.

After much frustration I turned to Alternative Medicine for help. I was quickly diagnosed as having Mercury Poisoning. Alternative Medicine helped decrease the levels of Mercury in my body but did not completely release it. All of the remedies that were tried, tried flushing out the Mercury renally taking an enormous toll on my kidneys. My kidneys were going into failure, I was days away from dialysis.

This is when I was introduced to Philip and his hydration work (around 2007). Philip, via

hydration and heavy metal balancing, was able to detox me of the Mercury. From that moment the pain was gone. I had instant relief. Shortly thereafter I was tested with Biomeridian Testing to see what the Mercury levels were within my body. Test results showed zero levels of Mercury.

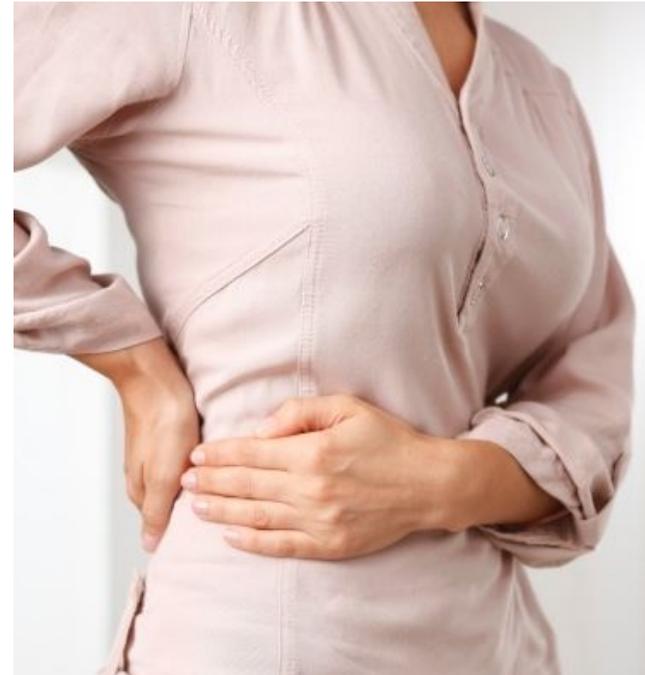
I was able to recover, regain my health, save my kidneys and have two healthy children.
Heather, Salt Lake City, July, 2012.

The correction took one session. It is a good example of the power of the Kinergetics Hydration correction.

Dehydration is involved in virtually all disease.

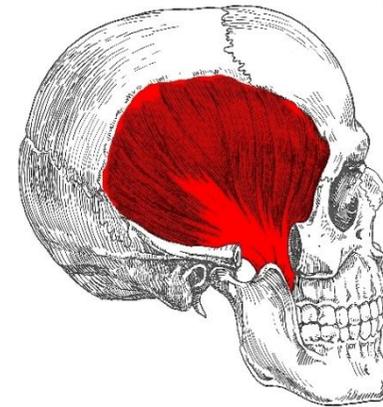
How to Support the Kidneys

- Place your hands over the kidneys, front and back for 3 minutes each side.
- This can be done several times a day. It helps to support the body for better elimination of toxins.
- It is best to do this before the TMJ correction.



This simple correction may sometimes change a Flight/Fight/Freeze/Survival state in 4 minutes

- With the jaw open, energise the Temporalis muscles for 2 minutes with eyes closed.
- The thumb is covering the ear, the rest of the hand is above the ear.
- This is just one of the three positions that can change the Flight/Fight/Freeze or Survival state. More positions in BNT.
- Rest your arms, then repeat with eyes open.
- It works by releasing tension from the Temporalis muscle which is part of the Flight/Fight system.
- This muscle relates to migraines.
- If these corrections help, please leave a comment on youtube.



RESEARCH IN A DAY

Do you want to be involved in CFS or Fibromyalgia Research?

It can be done in one day!

Email me if you have 20-50 people with CFS or fibromyalgia (willing to be on youtube) in Europe, the US, Australia, New Zealand, Singapore, Hong Kong or Russia.

I would like to take videos for youtube

philip.rafferty@gmail.com

Please leave general questions in the comment section on youtube.

I am not able to answer specific questions about your condition.

More information

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Video links to youtube channel

www.reset-tmj.com

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