

# **BNT - BALANCING NUTRITION & TOXICITY**

A one day workshop for medical doctors, dentists, naturopaths, chiropractors, kinesiologists, natural therapists and the general public

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

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

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

I just happen to teach the first four causes - I have done over 5,000 Trauma balances, teach 3 TMJ workshops, and have presented on Hydration and TMJ at national and international kinesiology conferences for nearly 20 years.

**BNT teaches the most important 1% of nutrition - how to clear the blocks to nutrition assimilation!**

*Philip Rafferty, founder of RESET, Kinergetics and BNT.*

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# BALANCING NUTRITION & TOXICITY (BNT)

## A 7 hour workshop

BNT gives students the ability to test for energetic sensitivity to mercury and fluoride.

For beginners to kinesiology it is one of the simplest kinesiology workshops available.

For professional kinesiologists, medical doctors, dentists, naturopaths, chiropractors, physiotherapists and osteopaths it will be one of the most profound workshops they will ever attend.

For practitioners licensed to diagnose, they will be able to find some of the missed CAUSES of CFS, FM, Arthritis in about five minutes!

Test for energetic:

- Dehydration
- Zinc and magnesium deficiency/excess
- Sodium, potassium and trace mineral deficiency
- Iodine deficiency/excess
- Calcium excess, and where it will show in Arthritis, and FM
- Mercury, copper and fluoride toxicity
- Adrenalin sensitivity (Flight/Fight/freeze/Survival)
- Colour sensitivity and what it means

**And how to correct  
everything you find  
in 10 minutes!**

**\$200**  
Includes Test Kit

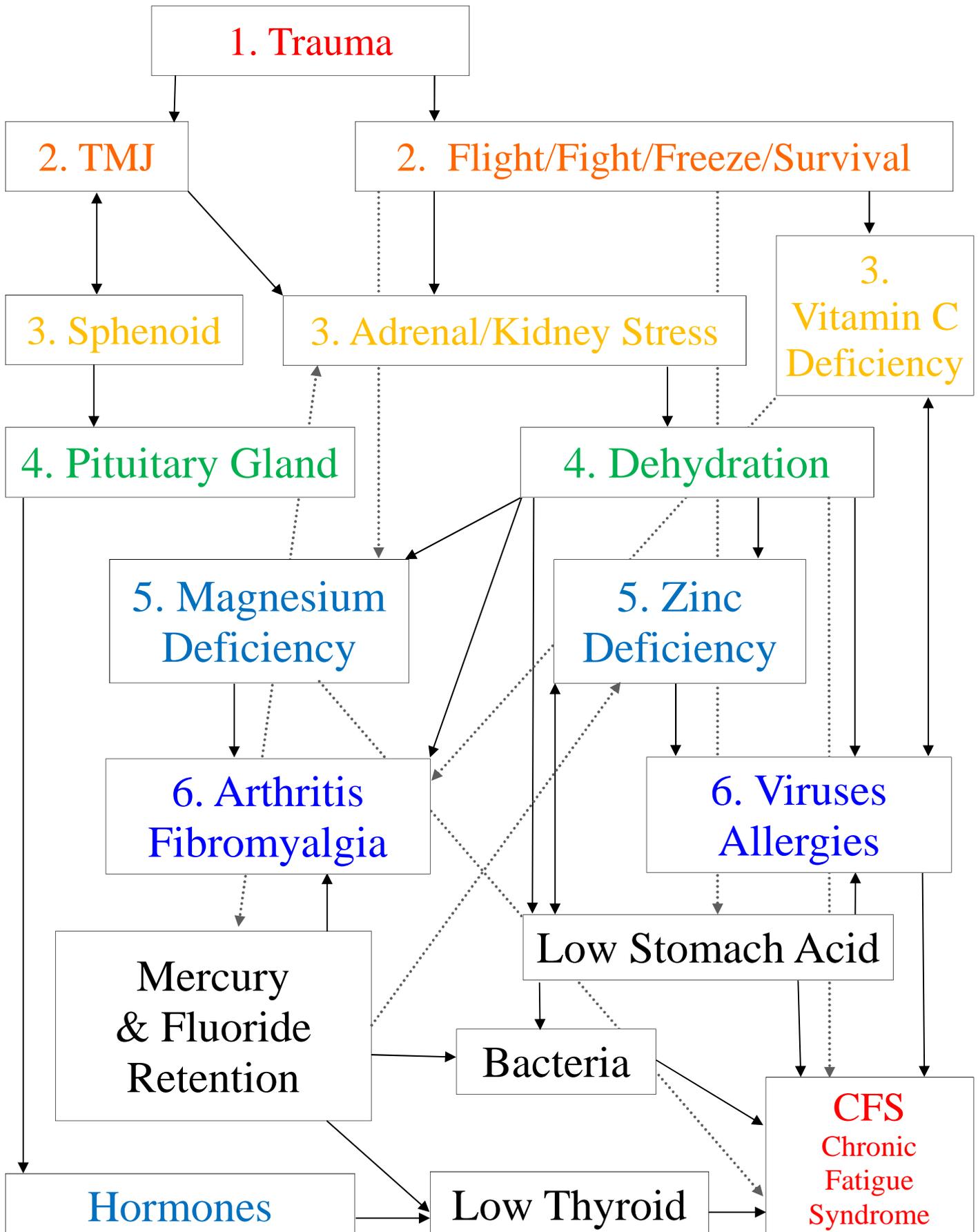
The chart on the next page shows the cause of most health problems

Even though Trauma is the primary initial cause, just balancing the TMJ usually changes the Flight/Fight/Freeze/Survival reaction thereby regularly changing arthritis, fibromyalgia and CFS in minutes!

If you don't believe the following testimonials, then organise a demonstration! Philip lives in Australia and regularly travels to New Zealand, USA, England, Germany, Italy, Spain, Denmark, Russia New Zealand.

# KINERGETICS TRAUMA CHART

THE MISSED CAUSE OF CHRONIC FATIGUE SYNDROME, ALLERGIES, ARTHRITIS, FIBROMYALGIA, VIRUSES ETC?



## PHYSICAL TRAUMA - CONCUSSION

My daughter was hit in the face just below her eye while playing basketball. She was diagnosed with a concussion. She struggled with severe headaches, was unable to go to school, sleep, focus....

I took her to one of the top neurologists, he said she needed to be on steroids and sleeping pills (to sleep). Did this for two days until she was sicker. I took her to a chiropractor as well as nutritionist.

*Six months later I took her to Philip Rafferty at a Health Fair and he sent energy into the TMJ. Her headaches are gone now for eight days. RH, Baltimore, July 2012.*

*There are many different kinds of trauma - this is a good example of a physical trauma, and also how easy it was to correct (ten minutes).*

### Have you EVER:

- Knocked your head
- Had Dental Braces, Extractions, Root Canals
- Had Sunburn or other Burn
- Had Vaccinations
- Had a Scar
- Had an Operation
- Had a Virus or Bacterial Infection
- Had a Bee or Wasp Sting
- Fallen off a Horse
- Had a Car Crash
- Had a Sports Injury
- Fallen on your Coccyx

Any one of the above Physical Traumas (or more likely a combination of them) could cause neurological problems decades later!

Learn a simple 10 minute Trauma correction in the BNT workshop that you can do on yourself, clients or family.

## CFS & FIBROMYALGIA

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.

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.*

*BNT workshop, Malibu California August 2013*

## LYME DISEASE CFS & FIBROMYALGIA

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.

**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.*

*BNT workshop, Salt Lake City, August 2013.*

## PARKINSON'S DISEASE

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.

*Thanks Philip and Sherril. Jackie December 201.*

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

## CFS & FIBROMYALGIA

### 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.*

## CHRONIC FATIGUE – MARY’S STORY

Number of Practitioner Seen - 36:

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

**Symptoms:** Exhaustion, Pain (fibromyalgia), Headaches, Poor concentration / memory, Stress / anxiety / social withdrawal, Poor quality sleep, Allergies to foods / supplements / drugs / antibiotics / chemicals / environmental, Eyesight.

The number one modality that helped EVERY symptom was Kinergetics. RESET was the second for exhaustion and poor concentration and memory.

Mary said that some of the energy healing was really powerful, but only lasted a few hours. She was so dehydrated and mineral deficient that she could not hold the energy (electrical) charge (like a dead battery).

### WHY DIDN'T THE OTHER 13 MODALITIES HELP?

*The first four causes of chronic fatigue were probably missed by every other practitioner - it really is that simple!*

## FIBROMYALGIA, CFS, MS

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

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.  
*TKL, Salt Lake City, July 2012.*

*These results are from a combination of BNT, TMJ and the Kinergetics Trauma correction. Fibromyalgia, Chronic Fatigue and Multiple Sclerosis are three of the most difficult things to change for most practitioners.*

*To enable significant changes in all three in one day means the corrections must be accessing the causes.*

## rickets

I have Vitamin D Resistant Rickets that went undiagnosed for too many years and the result was legs that were crooked, uneven and unsteady.

After 35 years, 15 surgeries on my legs and an inability to even walk a trail near my home, I was a little concerned about how much longer I could walk at all. My left foot was permanently splayed out about 25 degrees, I walked with a marked wobble and I had a pain that averaged an 8 out of 10 in my right knee and both feet. My surgeons were not able to help much and had indicated that I was as good as I was going to get.

Then Philip Rafferty came to town and in less than a week my foot is now straight and the pain has been brought down to less than a two. What is more, as a result of him working on me, the wobble has almost disappeared.

Before his arrival a lack of stability made walking down stairs and hills difficult and fearful, now I am able to hike trails that have been impossible for the last ten years. Thanks for giving me my life back Philip. *M G July 2001.*

### WHY DIDN'T 15 SURGERIES CORRECT THE PROBLEM?

*A great example of the power of balancing the TMJ - the 15 surgeries didn't work because it was not a foot, knee, hip or ankle problem, it was caused by Trauma/TMJ. This was in 2001 - we have much faster and better TMJ corrections now!*

[www.kinergetics.com.au](http://www.kinergetics.com.au)

300 testimonials practitioners instructors workshops

[www.reset-tmj.com](http://www.reset-tmj.com)

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20 official videos and many more from around the world

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