

## WHAT IS BIONETICS AND THE BODY SCAN 2010 PROCEDURE?

Bionetics is a form of biofeedback that allows me to tap into your body's communication system, and to analyze the complexity of your body. Biofeedback is a non-invasive measuring method providing real-time responses from the body to determine conditions of stress. By isolating the specific stresses to the organism, we can influence, change or attempt to modify the stress condition in a favorable way. This will increase vitality and facilitate adaptation within the organism.

After years of clinical experiences it has been confirmed that there are data pathways within the body that correlate significantly with the ancient Chinese acupuncture meridians. The concept of Bionetics is to access and measure the flow of energy and the information that is carried by this secondary circuit using biofeedback. In doing so, a biofeedback "loop" is created which is a simple electrical circuit between the human and the machine. Then the energy and information sent out by the device is processed with other energy and information being sent back by the body.

It is by noting any changes in the pattern of the returning energy that we are able to "eavesdrop" on this conversation. If we then alter the input signal by bringing various substances into the loop, the differences in the output signals may provide us with clues. These clues may provide direction on what things might be needed to balance the flow of energy circulating through the body. In theory, a balanced flow of energy will allow for the most efficient use of the body's available resources. Thus, a balanced body has the greatest chance of restoring and maintaining health.

Research has shown that prolonged emotional stress and anxiety can produce actual tissue changes and organ dysfunction. Stress is the leading cause of the following conditions, as well as many others:

|                                 |                          |
|---------------------------------|--------------------------|
| Susceptibility to colds and flu | Psychosomatic illness    |
| Headache                        | Nausea                   |
| Anxiety attacks                 | Heart Attacks            |
| Colitis                         | Sleep Disorders          |
| Mononucleosis                   | Irritable Bowel Syndrome |
| Inhibited immune response       | Herpes                   |

Stress reduction through training, lifestyle changes and nutritional therapies; focus on the body's stress priorities, to increase the effectiveness of its efforts to maintain harmony. Successfully managing stress significantly affects one's overall health and well being. A holistic approach to wellness must include Body, Mind and Spirit. Bionetics provides a foundation of principles that teach individuals how to take responsibility for their own health. Bionetics also recognizes that everyone has unique challenges to face, in their own path toward health and wellness.

Homeostasis has been described as the sum of the body's efforts to "keep the nose over the navel" and preserve the heartbeat. So often a body becomes fatigued due to the build up of toxins and the inability of the lymphatic system to flush the waste products. Homeopathy sees symptoms as the body's natural response in fighting illness. In homeopathy, remedies are used that utilize minute amounts of natural substances to stimulate the body's self-healing processes. This allows the body to utilize its resources to resolve symptoms rather than suppress them. Homeopathy works effectively in a wide variety of acute and chronic problems, including infections, allergies, gynecological difficulties, digestive problems etc. It also helps prevent future problems by increasing strength and resistance of the immune system in the individual.

Homotoxicology primarily done through the use of homeopathy, helps the body to eliminate the toxic responses to antibiotics, x-rays, metal poisoning and mycotoxins that create stress and illness within the body. The definition of homotoxin literally means "human poison". This category includes any substance a body would react adversely to, including any metabolic waste products that are not completely broken down or eliminated from the body fast enough. Disease is the result of toxicity, and an expression of defense. The defense is an attempt by the body to compensate for damage. When homotoxins associated with a certain illness are prevented from being completely broken down and thoroughly excreted, they may be driven deeper into the various tissues. Often they reappear later and elsewhere as a seemingly unrelated illness. Homotoxicology is all about facilitating the body to do what it is supposed to do in order to move to higher levels of well being.

If you are interested in setting up an appointment to have a Body Scan done, contact Caroline Smith, M.S., B.S.T. @ 303 471 4725. Body Scan's can be done in person or by sending a hair sample, signature on white paper and a sample of each supplement that is presently being taken. Medications are not testable on the energy plate but they are already in your body when the scan is measuring the frequencies that are out of the balance.

The financial policy of SportSense Co. is \$125.00 an hour, pro-rated for the time that is used. There is also an additional charge for the homeopathy/supplements needed to create balance for your body. I try to use anything you bring in as long as it maintains balance. The first scan usually takes 2 hours, if one works with their nutrition, water intake and exercise then the follow-ups are about 1-1 ½ hours. If assistance is needed to fine tune ones nutrition for their body type, genetics, blood type, exercise and lifestyle, then a separate appointment can be set for that at the hourly fee. The one-on-one's can be done on the phone if you do not live around Denver.

Every visit includes a full scan, evaluation and customization. Bring in a blank tape long enough to tape the session as I have a recorder in the office. Do not eat for 2 hours prior but

be sure to drink plenty of water. Always bring your supplements with you so they can be checked. The more balanced the body is prior to the appointment the quicker the session goes.