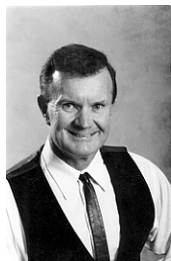


***This book of treatments is designed to accompany
the health programs supplied by Energetic Solutions***



Author
Noel N Batten
**Qualified Natural Diagnostician and
autoimmune specialist with over 35 years
experience in natural health.**

Miraculous Treatments, Testimonies and Cures

All aspects of health begin with lung efficiency and the love hormone dopamine

The 19 treatments explained in this book and the testimonies that endorse their curative abilities prove to begin with cell oxygen and the hormone of love, dopamine. This book offers 35 case histories which outline 19 stress management procedures that encourage health through the body's acceptance of oxygen and dopamine. Before and after photos shows how cracks in the tongue heal as stomach complaints heal, how iris fibers become thicker as nerves strengthen and how eye colour brightens as body cells receive oxygen and dopamine. This explains how you can monitor your health through your own natural body signs.

Natural principals endorsed by medical reports that show how to cure disease

This book supplies medical journal reports that endorse the natural principals outlined to overcome asthma, bronchitis, emphysema, sarcoidosis, diabetes, arthritis, carpal tunnel, chronic fatigue, celiac disease, depression, migraine, Parkinson's, epilepsy, Thyroiditis, Long QT heart syndrome, heart disease, cancer, HIV and more. It outlines the cause of SIDS (cot death) and how to avoid it, and how some therapists have known the cause for many years. Following the 19

natural health principals outlined in this book will give you and your family the potential to enjoy perfect health for many years to come.

"Only when we live by nature will our mind and body act naturally"

About the author

The author's interest in natural health began through his success in overcoming epilepsy at age 13 motivated by his mother who achieved remission over cancer.

After overcoming his illness, he went on to establish one of Queensland's largest natural health centers and furthered his studies to become a natural diagnostician specializing in autoimmune and central nervous disorders.

His studies included Anatomy and Physiology and Natural Diagnosis at Hepburn's College of Natural Medicine in Brisbane, nutrition, exercise, chiropractic diagnosis and psychosomatics.

Since those days he has spent many years assisting others suffering from illness and has achieved remarkable results through sharing the methods that gained him his personal success. His personal rise from illness to national success as an athlete is a true testimony to the natural health concepts he promotes.

Medical Journal confirmation combined with scriptural confirmation

26 medical journal references included in these writings support the concepts promoted and medical excerpts on the cause of cancer and suppression related illness, confirms Biblical Scriptures that explain how a clear mind and a free conscience influences hormonal reactions and calcium absorption. The author extends his thanks to the staff of the Queensland University Medical Libraries and the Royal Brisbane Hospital Medical Library for their assistance with research for the relative additions to this book.

Treatments disclaimer

Any person experiencing difficulties similar to the 35 case history's described herein are advised by the author, procedures outlined are only suggested to be complementary to medical supervision while supervised by qualified therapists. It is also suggested that the consumption of supplementation (including herbs) be supervised by a qualified natural health consultant or a doctor trained in natural therapies, as individual health factors, age or pharmaceutical medications may combine with certain supplementation to contribute to other complications.

Persons with heart conditions in particular should be advised by a medical practitioner or a qualified health consultant before commencing an exercise program or any other treatments mentioned herein, to strengthen nerves and improve blood pressure, blood flow and blood cleanliness etc.

The explanations and treatments described in this book relate only to conditions that have developed through a progressive breakdown of body function, not caused by mechanical or chemical means. I call these, "naturally provoked" disorders.

To create "a cure" we must "retrain" our system

Due to my experience with bronchitis, epilepsy and bowel cancer and helping many people achieve a cure over supposed incurable diseases, I discovered the only way to create a cure is to "retrain" all mind body functions to return to normal. With epilepsy I had to retrain my lungs to breathe normally and relax my body to absorb the oxygen. Chronic fatigue sufferers must retrain their liver to store glycogen again through an organized lifestyle and retrain their mind to think energetically as well. Arthritis sufferers need to retrain their joints to move freely in life, as well as strengthen their mind to help them move freely in life.

In the Oxford Illustrated Dictionary the word "cure" means "restore to health" which suggests the whole body must return to health to cure ailments which means only the patient can create a cure. This also suggests, when we need to change our body to enhance life, we often need to change our attitude to enhance life.

An example of the power of the patient, is how some people overcome diabetes

One example of the incredible power a patient has to cure disease, is in the experience of naturally provoked diabetes. Most people assume naturally provoked diabetes is caused by a diseased pancreas however this is not the case. In 1849 Dr Claud Bernard discovered a malfunction of the fourth ventricle in the brain encourages diabetes. The fourth ventricle is directly effected by the limbic emotional system, which means physical or emotional stress **or suppression**, can cause diabetes the same as it can cause many other autoimmune and central nervous disorders. This is why, simply falling pregnant cures some diabetic women of diabetes because they become content, eat well and rest regularly.

Medical science has proven naturally provoked diabetes is caused by an inability to relax the autonomic (inner) nerves after sundown, combined with the habit of eating all day long, instead of eating three meals a day and not eating between meals. Relaxing properly "internally" after the sun goes down and not eating between

meals allows the pancreas to have time to rest and store insulin and glucagon ready for when these hormones need to be released in large quantities.

Remaining tense all the time and preventing mind freedom, prevents many of our hormones from being stored and released when needed

People who work, worry or allow frustration or depression to take over their thinking, take stress into sleep with them and prevent the hormonal glands from storing hormones during R.E.M. sleep. Nerve signals squeeze our hormonal glands to release minute amounts of hormones when needed, much the same as we squeeze an orange to release juice. If we are always tense or our mind is overactive due to constant worry or emotional stress, our nerves are continually squeezing the hormones out, day "and night", preventing storage. This and lack of oxygen in the cells are primary factors in all naturally provoked diseases.

To "teach" our hormonal glands to return to storing hormones, we need to develop mental freedom and teach our inner nerves to relax well before bedtime. People who suffer from central nervous or autoimmune disorders are stressed "internally" day and night and usually follow bad eating habits to cause the problem in the first place. This is why children fearing household disharmony, active police personal and combat soldiers most commonly suffer diabetes and autoimmune dysfunction, as they are continually in fear over their lives.

To create a cure it is important to treat "the full recipe" of causes

The reason I have been able to achieve such miraculous results in overcoming so many autoimmune and central nervous disorders is due to my 19-point two-way recipe treatment approach and my desire to search for "the full recipe" of causes to create reversal. My two-way principal begins with teaching a client to work properly with the outer muscles during daylight hours and relax properly with the inner muscles, after sundown, as the nature of our mind and body requires us to follow this pattern to maintain correct hormonal release patterns.

How my "two-way" treatment works

If the body suffers from serious viral attack, I apply natural medicines through the mouth and through the colon, as pharmaceutical drugs often cannot destroy parasites in the colon and they eventually re-establish. I also teach the client how to keep a dietary balance between potassium and sodium in order to keep a balance between the positive and negative ions that help protect against invading bacteria. To further encourage nerve strength I also teach breathing exercises for oxygen and the consumption of vitamins and minerals that help utilize oxygen.

If a person suffers from lymph difficulties, I teach blood flow exercising to help pump lymph fluids around the body and lymphatic massage, sweating and only consuming water between meals to help clean the lymph system.

If the lungs suffer from disease, I approach the problem by encouraging mental freedom and realigning misaligned vertebra to ensure the lungs are receiving healthy nerve signals, and by teaching the client to do lung expansion exercises. I also improve the posture as well as teach the client to stand proud.

This two-way recipe approach designed to create a reversal of the causes that establish disease, is the only way to create a cure as to create a true cure our mind must be free, which gives freedom to the body to act naturally.

**“If we don’t act according to nature,
our mind and body will no longer act naturally”**

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