

Patient's Name: _____

Today's Date: _____

Top Chief Concerns

1. _____
2. _____

+ = strong test
 — = weak test
 ⊖ = very weak test

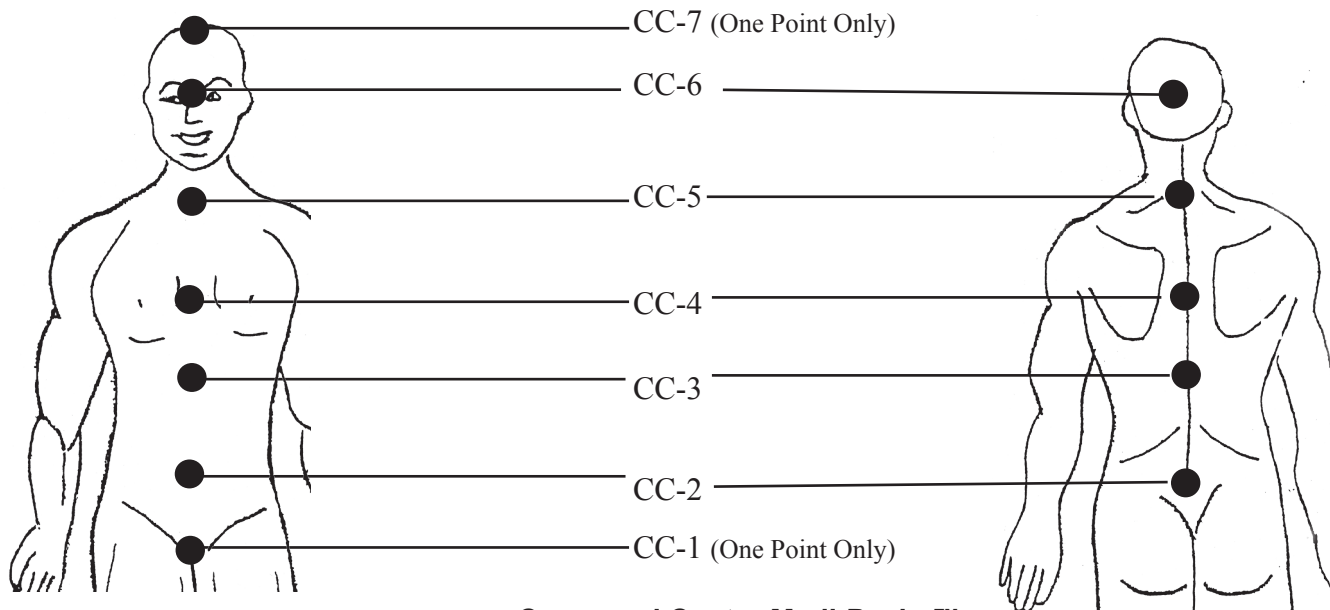
QRA™ Command Center Test Chart

1. ¹Encoding. Note: If any CC tests off to all four individual polarities, it is encoded. Typically, the practitioner will stop testing when any CC tests off and will laser unencode the whole body. However, if desired, the practitioner may test all the CCs first (before using the laser) to determine which ones were initially weak to 4-polarity testing (to use for future reference).

2 (c.) Command Center Testing For Medi-Body Packs

	<u>Test Results</u> (Dual Polarity, Firm Pressure) Strong or weak?	¹ Encoding Yes or No?
● Crown CC (CC-7; GV-20) (One Point)	_____	_____
● Pituitary CC (CC-6; Yintang/GV-18) (Front)	_____	_____
● Throat CC (CC-5; CV22/C7-T1) (Front)	_____	_____
● Heart CC (CC-4; CV-17/GV-11)	_____	_____
● Solar Plexus CC (CC-3; CV-12/GV-7)	_____	_____
● Sacral CC (CC-2; CV-5/GV-2)	_____	_____
● Base CC (CC-1; CV-1) (One Point)	_____	_____

Command Center Location



Command Center Medi-Packs™

Please only mud pack one CC per day. Leave the mud pack on for 30 minutes, then wash off. Immediately afterwards, take an anti-infective formula such as **Q. Immune Complex** or **Q. Aloe Drink** and then go outside for at least 5 minutes to receive beneficial solar radiation to be absorbed into your newly detoxified meridians.

*Before each pack, it is highly recommended (but optional) to pre-treat the area by placing a **Q. Black Obsidian Pyramid** device or **Multi RT** over the area for 3 to 5 minutes.

Mud Pack Formula for the Command Centers

Front side of body. For mud packs on the front of the body: mix 2 tablespoons of Medi-Body Pack™ with 1 capsule of Q. Betaine HCL (open capsule) and about 2 teaspoons of **Polar Mins** to make a thick mud. (CC-1 is considered front side)

Back side of body. For mud packs on the back of the body: mix 2 tablespoons of Medi-Body Pack™ with 1 capsule of Q. Betaine HCL (open capsule) and about 2 teaspoons of **Q. Castor Oil** and 10 drops of **Q. Neem Oil** to make a thick mud. (CC-7 is considered back side)

Foundation Protocol & Step 1 - Alkaline pH

<u>QRA™™ Points</u>	<u>Test Result</u>	<u>Nutritional Products</u>
1. Sacral CC (front) (CC-2)	_____	_____
2. Kidney (UB-23)* - L	_____	_____
- R	_____	_____
3. Brain (GV-20) (CC-1)	_____	_____
4. Hypothalamus	_____	_____
5. Pituitary Gland (CC-6)	_____	_____
6. Occipital Lobe - L	_____	_____
- R	_____	_____
7. Cell Energy - L	_____	_____
- R	_____	_____
8. Parathyroid - L	_____	_____
- R	_____	_____
9. Stomach (CV-12) (CC-3)	_____	_____
10. Lymph. Conges. - L	_____	_____
- R	_____	_____
11. Spine (C7-T1) (CC-5)	_____	_____

Power Chain

<u>QRA™ Points</u>	<u>Test Result</u>	<u>Nutritional Products</u>
1. Spleen (L)	_____	_____
2. Pancreas (R)	_____	_____
3. Liver (LIV-14)*	_____	_____
4. Gallbladder (GB-24)	_____	_____

Step 2 - Hormone Balance

Key Points

<u>QRA™™ Points</u>	<u>Test Result</u>	<u>Nutritional Products</u>
1. Thyroid (CC-5)	_____	_____
2. Gonads - L	_____	_____
(Ovaries, Testes) - R	_____	_____
3. Uterus/Prostate	_____	_____
4. Adrenal (GB25) - L	_____	_____
- R	_____	_____

* One of the three Detox Organs

** Always remember to re-test the Sacral CC (CC-2) each time you balance a point with a new remedy to ensure you have the appropriate match.

Step 3 - Detoxification

Key Points

<u>QRA™ Points</u>	<u>Test Result</u>	<u>Nutritional Products</u>
1. Thymus	_____	_____
2. Small Intestines	_____	_____
3. Large Intestine* - L	_____	_____
(ST-25) - R	_____	_____

Additional Points

1. Heart (CV14 & inflow)	_____ / _____	_____ / _____
2. Lungs - L	_____	_____
- R	_____	_____
3. Bladder - L	_____	_____
- R	_____	_____
4. Eye - L	_____	_____
- R	_____	_____
5. Parotid Gland - L	_____	_____
- R	_____	_____
6. Brain 2 - L	_____	_____
- R	_____	_____
7. Sinus (5 points)		
Frontal Center	_____	_____
Ethmoid - L	_____	_____
- R	_____	_____
Maxillary - L	_____	_____
- R	_____	_____
8. Deep Sleep - L	_____	_____
- R	_____	_____
9. Circulation - L	_____	_____
- R	_____	_____

Miscellaneous Points

(i.e. Sweatband Points, Chief Concern, etc.)

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

III - External Testing

Four Download Testing (No tapping)

<u>Four Download Points</u>	<u>Test Result</u>	<u>Use Medi-Body Pack™ with HCL & HM Nano-Detox™ or Other Fluid:</u>
1. Foot (Bottom, Top) - L	_/_	_____
2. Foot (Bottom, Top) - R	_/_	_____
3. Hand (Palm, Back) - L	_/_	_____
4. Hand (Palm, Back) - R	_/_	_____

3 Key Detox Organs

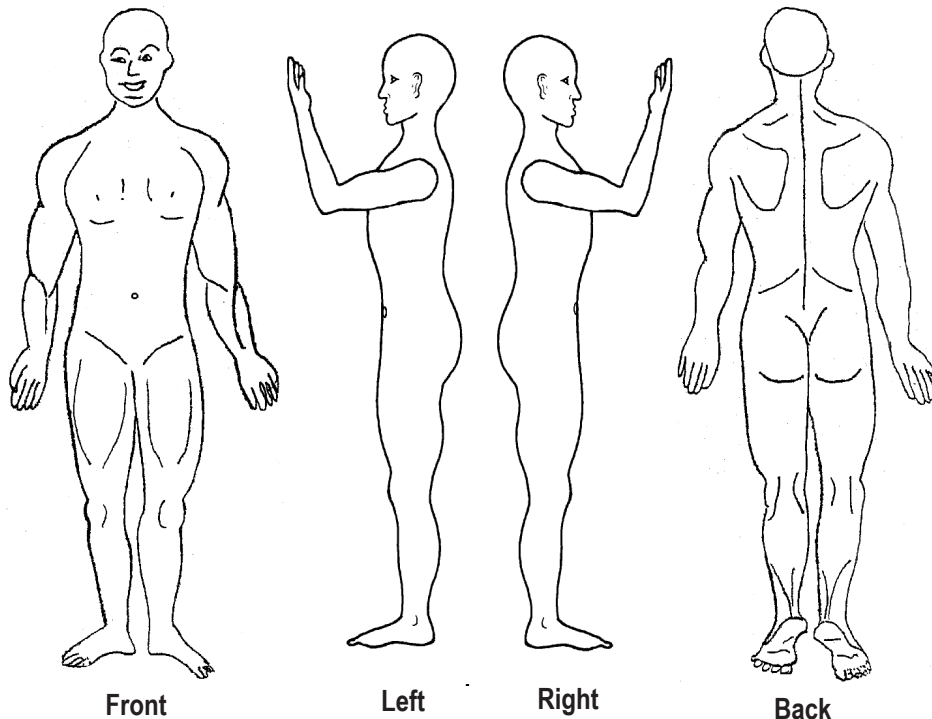
<u>Three Key Organ Points</u>	<u>Primary Area (Y/N)</u>	<u>Use Medi-Body Pack™ with HCL & HM Nano-Detox™ or Other Fluid:</u>
1. Kidney (UB23)*	- L _____ - R _____	_____
2. Liver (LIV14)*	_____	_____
3. Large Intestine* (ST-25)	- L _____ - R _____	_____

Interference Fields (vaccination site, scars and traumas)

<u>Interference Field (IF)</u>	<u>Test Result</u>	<u>Medi-Body Pack/ HCL with which fluid?</u>	<u>Primary Area (Y/N)</u>	<u>P/P (Y/N)</u>	<u>Reflex Path Reflexes to:</u>	<u>Vaccination Path to which finger/toe?</u>
1. _____	_____	_____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____	_____	_____
6. _____	_____	_____	_____	_____	_____	_____
7. _____	_____	_____	_____	_____	_____	_____
8. _____	_____	_____	_____	_____	_____	_____

- If IF tests strong, no need to test for Medi-Body Pack™/HCL-fluid.
- If IF area tests weak, test for Medi-Pack™/HCL fluid.

Interference Fields: Scars/Trauma Areas & Toxic Focal Sites

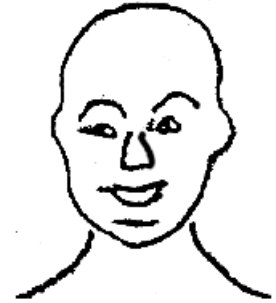


Additional Point Testing (Optional)

Dental Testing. Tests: quadrants (6 sites), retromolar spaces, individual teeth/gum areas; see *Patient Dental History Chart* for suspect areas.

Testing Sites	Test Results	Use Neem Oil & Neem Bark and/or Medi-Dental Pack (w/HCL cap & fluid)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Dental Quadrants



ERT (*Emotional Repolarization Technique*)

Selected Concepts

Test Result (weak/strong)

- | | |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |

Select a concept to test. Test "in the clear" to be sure the patient is testable. Next, ask the patient to say the concept out loud. Test to see if the patient is now strong or weak. Record the results. If the patient tests weak on a concept, assign them the ERT procedure to do at home (usually 21 days). After the assigned time, retest the concept to be sure it is now strong.

The Quantum Leap to Great Health
Your Quantum Health Home Program: *Advanced*

Name: _____

Date: _____

Recommended Recheck: _____ Use QCI Vial before each meal and before supplements.

To obtain the best possible results, get ready to take a *quantum leap to great health* by following these recommendations for optimal nutrition and internal detoxification. Enjoy your journey!

I. Quantum Nutritional Supplements

B = Breakfast; L = Lunch; D = Dinner

1. _____ Take _____ Vcaps _____ times per day at _____
2. _____ Take _____ Vcaps _____ times per day at _____
3. _____ Take _____ Vcaps _____ times per day at _____
4. _____ Take _____ Vcaps _____ times per day at _____
5. _____ Take _____ Vcaps _____ times per day at _____
6. _____ Take _____ Vcaps _____ times per day at _____
7. _____ Take _____ Vcaps _____ times per day at _____
8. _____ Take _____ times per day at _____

II. Super Nutrient Trio

1. Quantum Greens Mix Take _____ Vcaps or _____ teaspoons into your food daily
2. Quantum Coral Complex or Coral Legend Take _____ Vcaps or _____ teaspoons daily arising: Mix in 2 oz. purified water and 1 oz. Q. Aloe Drink
3. Quantum EFA Oil Blend Take _____ Vcaps or _____ teaspoons in your food daily

III. Daily Power Drink

Lean-Body Whey™ Protein Blend Take _____ tablespoons mixed into liquid or food daily

Also add: all of the following (or select your favorites) to mix into the Power Drink:

- a) The Super Nutrient Trio (see above; use liquid or powder)
- b) Quantum Colostrum Mix _____ teaspoons into a Power Drink (or food)
- c) Tocotriene Complex Mix _____ tablespoons into a Power Drink (or food)
- d) Quantum Lecithin Powder Mix _____ tablespoons into a Power Drink (or food)
- e) Premier Coconut Oil Mix _____ tablespoons into a Power Drink (or food)
- f) Quantum Whey Concentrate Mix _____ tablespoons into a Power Drink (or food)
- g) Quantum Carnosine Mix _____ teaspoons into a Power Drink (or food)
- h) Quantum Galactan Mix _____ tablespoons into a Power Drink (or food)

IV. Daily Super Antioxidants

Super-Nano Green Tea™ Take _____ teaspoons in _____ oz. water _____ times per day

DHLA Nano-Plex™ Take _____ teaspoons in _____ oz. water _____ times per day

V. Great Super Foods for daily home use

Add your choice of the following to your diet often for delicious, maximum super nutrition:

1. Premier Pink Salt: use this raw, unheated, highly ionized natural sea salt in place of regular salt (no added aluminum).
2. Quantum Nutritional Flakes: delicious, nutty-like taste, rich in B vitamins & glutathione; sprinkle 1- 3 tsp. in food/daily.
3. Quantum Tomato Concentrate: delicious, nonhybrid tomato powder (high in lycopene/potassium); just add hot water and Pink Salt for a tasty Super Food Tomato drink or soup; add olive oil and seasonings for a quick tomato dressing.
4. Quantum Whey Concentrate: delicious, nontoxic whey protein powder; gentle to kidneys – produced by low-temperature ion-exchange (common protein powders are highly heated); mix 2 – 4 tbsp. into drinks for a easy-to-digest protein boost.
5. Medi-Aminos (rice): delicious free-form amino acids from quantum-state, nonhybrid jasmine brown rice; just add hot water for an instant hearty Super Food drink or soup or sprinkle powder into food for an easy-to-digest protein boost.
6. Medi-Aminos (beans & grains): delicious free-form amino acids from quantum-state, nonhybrid beans and grains; just add hot water for an instant Super Food drink or soup; sprinkle powder into food for an easy-to-digest protein boost.
7. Premier Olive Oil: exquisite, unmatched quality, 100% alkali-free with the fragrant smell of fresh, ripe olives; no solvents, chemicals or toxic tagalongs; from 1,000 year old olive trees in Europe; great for salads, stir-frying, body massage or may be used as a personal lubricant.
8. Premier Sesame Oil: quantum-state quality, good-tasting light oil for salads, grains, stir-frying, soups, etc.
9. Quantum-State Fruit Treats: You'll love the unbelievable exquisite taste of these nonhybrid, "chewy" Guatemalan dried fruits: banana, pear, mango. Great as snacks, dessert combinations, blend in smoothies or take on hikes/ trips.
10. Premier Coconut Oil: the finest source of virgin coconut oil in the world (Kerala, India); delicious, raw, unrefined oil; rich in lauric acid & medium chain triglycerides; helps raise HDL, strips protein defense coat from bacteria, viruses & parasites; can boost metabolism up to 25%; add 1 tablespoon daily to drinks or food.

VI. Detoxification

1. **Medi-Body Packs™** (External, therapeutic “moor mud” detoxification to draw out deep-seated toxins, internal impurities, heavy metals, cumulative radiation and more)

Use Medi-Body Packs™: See Medi-Body Pack™ Procedure sheet for your own personalized program.

2. **Castor-Immune Packs** (Deep lymphatic detoxification, internal cleansing, kidney/adrenal support)

Use these packs daily or _____ times per week. See “Castor-Immune Pack” sheet for details.

3. **HCL Detox Program**

A. Take _____ Vcaps of **Q. Betaine HCL** and _____ Vcaps of **Q. HCL Activator** _____ times per day after meals.

B. Take _____ Vcaps of **Q. Digest** with meals.

4. **Premier Coffee Enemas**

(See directions) Do _____ times per week for _____ weeks.

5. **Internal Detoxifiers** (Premier “nanized” nutrients with exceptionally high bioavailability and cellular uptake)

a) **Max Stress B Nano-Plex™** (Phase I-III liver detox) Take _____ teaspoons in water _____ times per day.

b) **Heart Nano-Detox™** (Circulation, arterial cleansing) Take _____ teaspoons in water _____ times per day.

c) **CoQ-Quinol** (Low cell energy, angina, chronic disease) Take _____ teaspoons in water _____ times per day.

d) **HM Nano-Detox™** (Heavy metal detox) Take _____ teaspoons in water _____ times per day.

e) **Liver Nano-Detox™** (Pain relief, liver cleansing) Take _____ teaspoons in water _____ times per day.

f) **Intestinal Nano-Detox™** (Serious intestinal concerns) Take _____ teaspoons in water _____ times per day.

g) **Melatonin Nano-Plex™** (Sleep, anti-aging, libido) Take _____ drops under tongue at bedtime.

h) **Immunocidin™** (Lymphatic detox, lymph degranulation) Take _____ teaspoons in water _____ times per day.

i) **Inflammacidin™** (Anti-inflammatory, anti-arthritis) Take _____ teaspoons in water _____ times per day.

j) **Potency Nano-Plex™** (libido, strength, energy) Take _____ teaspoons in water _____ times per day.

6. **Liver/Gallbladder Detox** (Detoxification of old, stagnant toxic bioaccumulations in liver/gallbladder, especially from consumption of toxic & fried oils in the diet)

a) **Gallbladder Nano-Detox™** (Deep-seated GB detox) Take _____ teaspoons in water _____ times per day.

b) **Basic Liver/Gallbladder Flush:** See Instructions Sheet.

Do this Flush _____ times per week for _____ weeks.

Home Essentials

1. **Water Purifier:** Avoid drinking tap water; install a water purifier for guaranteed purified drinking water for the whole family.

2. **Whole House Water Purifier:** Step up to pure nontoxic water; stop showering/washing with toxic tap water.

3. **Rainshower Shower Filter:** A great, reliable shower filter; reduces up to 90% chlorine; avoid toxic tap water.

4. **Health Mate Jr. Air Purifier:** If you live in a smoggy area, an excellent air purifier is a must; eliminates lung/kidney toxic stress.

5. **Lexan Eating Utensils:** Stop eating with metal-toxic stainless steel utensils; instead, use nontoxic polycarbonate utensils.

6. **Makura Pillow:** Sleep on a natural contouring buckwheat-cotton pillow; avoid polyester/plastic synthetic pillows.

7. **EMF Protection:** Defend yourself against unseen but harmful EMFs (electromagnetic fields) from cell phones, computers, car engines and more. These EMF Protectors are easy to install, highly effective and can be used indefinitely; a “must-have” to protect yourself.

8. **Laundry Essentials:** Use nontoxic (chlorine-free) laundry powder & bleach (instead of chemicalized versions) for fresh, clean clothes.

Body Care: Whatever you put on your body, *you are “eating” it because it is internally absorbed via your skin.* Use only the very best. Finally, luxurious skin & hair care with the very finest ingredients – and **no** toxic chemicals.

1. **Premier Liquid Soap:** 100% nontoxic hand soap for multi-uses; also great for washing dishes

2. **Premier Facial Cleanser:** 100% pure, natural deep-cleansing facial cleanser; no SLS (sodium laurel sulfate)

3. **Premier Colostrum Cream:** 100% pure, nontoxic, luxurious facial cream enriched with pesticide-free whole colostrum rich in natural immunoglobulins for radiant, healthy skin; use daily as your facial foundation (esp. if wearing makeup); great for both women & men

4. **Premier Shampoo:** 100% nontoxic, luxurious herbal shampoo; no SLS, paraben or other toxics; for both men & women

5. **Premier Deodorant Spray:** 100% nontoxic natural spray-on mist deodorant; no propylene glycol or toxics; for both men & women

6. **Premier Shaving Gel:** 100% nontoxic, ultra-slippery shaving gel; enjoy the best shave you’ve ever had; for both men & women

Medi-Body Pack™ Procedure

Basic Directions

The following procedure can be used 3 to 4 days each week.

1. **BRT™**. Begin with the simple BRT™ procedure using the **QCI Vial** and **Coral Minerals**.

2. **Medi-Body Pack™**. (See *Complete Directions for all details*.)

Important Note: The Medi-Body Pack™ may stain clothing and the Castor-Immune Pack may get clothing oily. Therefore, please wear old clothing when doing the Medi-Body Pack™ or Castor-Immune Pack.

a. Preparation. Mix 2 tablespoons of **Medi-Body Pack™ powder** and 1 Vcap of **Q. Betaine HCL** with approximately 2 teaspoons of the selected fluid such as **HM Nano-Detox™** to make a thick “mud”. Mix well with a non-metallic spoon in a non-metallic container (such as a glass bowl and a Lexan plastic spoon).

b. Application. Preferably, sit on a comfortable chair facing north or east (for best body polarity). Mentally divide the selected target area into smaller areas, each about the size of a silver dollar. Apply only enough mud to thinly cover the first silver-dollar size area. Rub the mud into the area vigorously for about 3 seconds. Next, repeat this process on the 2nd silver-dollar size area, etc. until you have treated all of the smaller areas of the entire target area. (Do only one target area at a time.) The Pack may be done inside or (preferably) outside.

Target Area: See Patient Sheet 3

c. Wash Off. Next, cleanse mud off all areas. (You may use a wash cloth with a few drops of **Premier Liquid Soap** and water.) Do not re-use the mud as it will have absorbed toxic impurities during the treatment time.

d. Aloe Drink. Next, drink 2 oz. **Quantum Aloe Drink** mixed with 2 oz. purified water (to help neutralize internally released toxins).

e. Go Outside. Go outdoors for 5 minutes (or longer) so your body can absorb beneficial solar radiation (*not just sunlight*) to nourish and re-set your body’s biofield. You may go outside day or night. Packs are best done before 7 pm. (Note: if you do 2 or 3 Medi-Body Packs™ in a row, you only need to go outside for 5 minutes once after completing them. However, it is essential to use the **Medi-Blast** next – see below.)

Please Note: You may do **1 to 3 Medi-Body Packs in a row** before doing the **Medi-Blast**.

It is highly recommended to use the **Medi-Blast** after the Medi-Body Pack(s)™. The Medi-Blast provides ionically charged electrolytes for smooth sailing during this detoxification time. It also helps to gently but very effectively eliminate internal debris liberated by the Medi-Body Pack™. At any time, if detox symptoms start to weigh you down (such as feeling tired, headache, etc.), you may do an extra Medi-Blast to help quickly pull you out of it.

3. **Medi-Blast** (Detoxifying, full-body toxin chelation with electrolyte replacement)

This gentle, but deeply purifying foot bath directly pulls out toxins that have been internally released from using the Medi-Body Pack™. Although it is a foot bath, the high resonance of the clay- mineral- herbal combination is able to chelate toxins from pathways in the entire body, including the 4 Download Areas, the 3 Detox Organs and many other areas. It is especially important after using the Medi-Body Pack™ to avoid other areas of the body from “jamming” after a detox session. (*Please see separate Medi-Blast sheet for complete instructions*.)

a. Mix **1 cup of Medi-Body Bath™** and **12 cups of hot water** in a foot-size, plastic container (non-metallic).

b. Mix the powder into the water with your hand. **Optional:** add 4 drops of **Q. Limonene Complex** or 2 sprays of **Pr. Eucalyptus Spray** into the water for increased quantum cellular resonance.

c. Soak feet for 10 minutes, then towel dry. When finished, throw out the soak water. (Do not re-use.)

Please wait 30 minutes (or more) before continuing. Next, using a **Castor-Immune Pack** is highly recommended or you may use the **Castor-Immune Pack** separately by itself on a different day. Generally, the **Castor-Immune Pack** is used once daily (alone or after other therapies).

4. **Optional: Castor-Immune Pack** (*See “Castor-Immune Pack” sheet for complete directions*.)

a. Prepare a Castor Oil Pack by saturating 3 sheets of organic cotton flannel (each 6” x 8”) such as **Q. Flannel** with about 5 tablespoons of **Q. Castor Oil** (until it is sticky-wet with oil but not dripping wet).

b. Select a target area to be treated. **Target Area:** _____

c. Apply 4 drops of an immune-boosting oil (such as **Q. Neem Oil** or **Q. Carvacrol Oil**) and massage well into the target area.

d. Apply the Castor Oil Pack over the target area and apply heat for 30-60 minutes. (Cover the pack with a sheet of plastic to protect the heating pad.)

e. After allotted time, wipe excess oil off the target area with a paper towel. Last, massage the area with a small dab of **Zeo Mineral Cream** to assure maximum chelation of toxins.

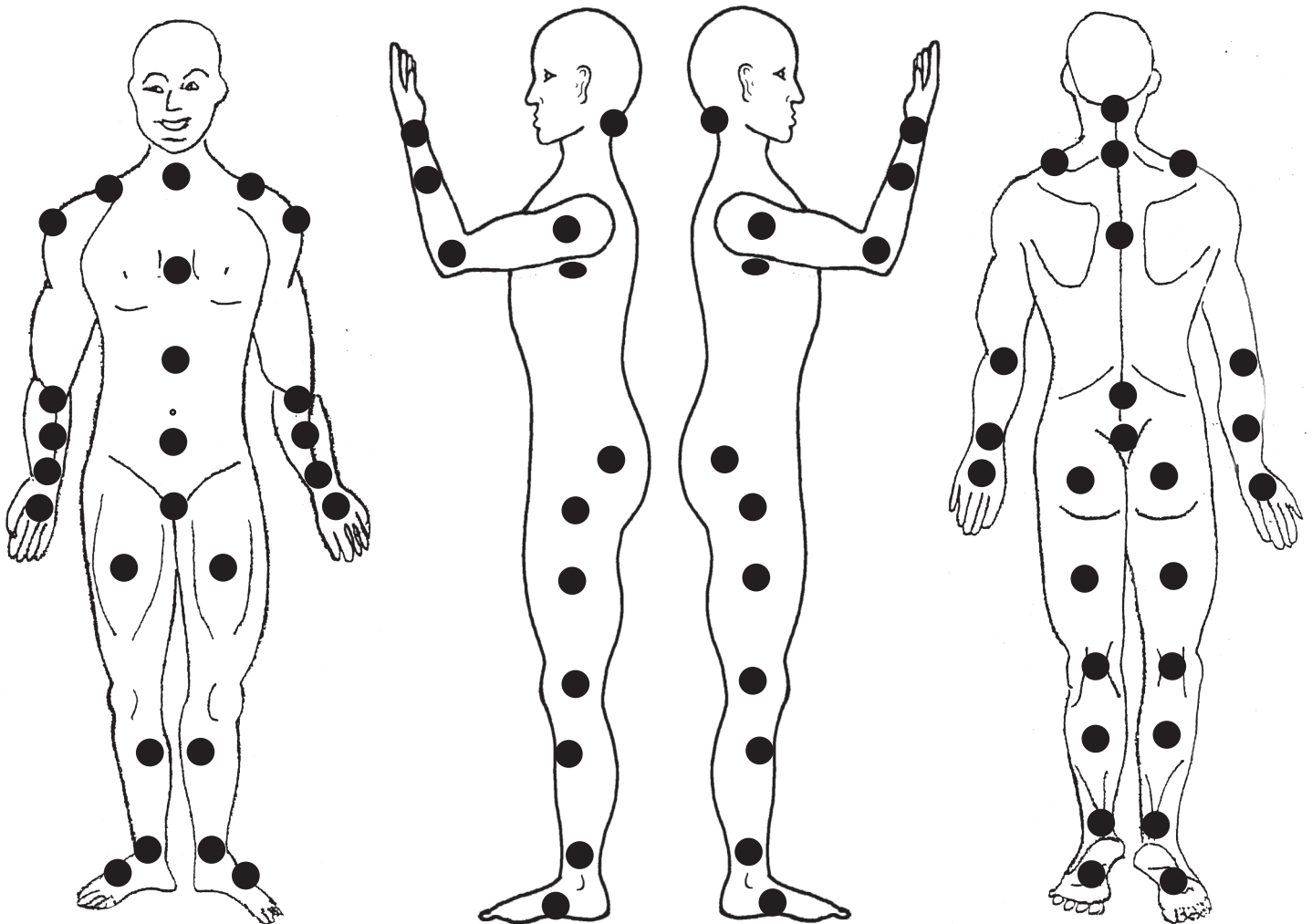
Commonly Overlooked Toxic Focal Sites

Common Sites to Use Medi-Body Packs™

All Toxic Focal Sites act as interference fields. The following chart shows commonly overlooked Toxic Focal Sites of the body. Over time, these areas can often bioaccumulate a broad range of environmental and metabolic toxins, which can act to block the normal energy flow of the meridian network of the body, thus perpetuating illness and preventing complete recovery.

After using **Medi-Body Packs™** to clear known interference fields such as scar and trauma areas, then use QRA™ testing to check the areas illustrated below to be sure that they are clear as well. If not, then use **Medi-Body Packs™** to clear these areas and ensure spectacular results.

Often, one or more of these focal sites will test poorly on QRA™ testing and must be cleared for complete healing and recovery. Commonly, the QRA™ testing process of these Focal Sites (below) may trigger the patient's memory of trauma to a certain area (that they previously had forgotten). Regardless of whether or not a patient can remember any trauma to a particular Focal Site, if a site tests poorly, it should be treated to achieve maximum recovery and long-lasting results.



Name: _____

Date: _____

Medi-Body Packs™: Sequence of Use

Home Self Treatment: Target Sites

Directions: (See complete Medi-Body Pack™ instructions for full details.)

- **Procedure:** Mix 2 tablespoons (or ____ tbsp.) of the Medi-Body Pack™ and 1 Vcap of Betaine HCL (open Vcap and pour out contents) with 2 1/4 tsp. (or ____ tsp.) of the circled fluid to make a thick “mud”: **A) HM Nano-Detox™**
B) Super Nano-Green Tea™ **C) DHLA Nano-Plex™** **D) CoQ-Quinol™** **E) Immunocidin™**
- **Frequency:** Use the Medi-Body Pack™ _____ times per day for _____ days per week.
- **Application:** Mentally divide the selected target area into smaller areas, each about the size of a silver dollar. Apply only enough mud to thinly cover the first silver-dollar size area. Rub the mud into the area vigorously for about 3 seconds. Next, repeat this process on the 2nd silver-dollar size area, etc. until you have treated all of the smaller areas of the entire target area. Then rinse mud off all areas. Afterwards, go outside for 5 minutes (or more) to receive beneficial solar radiation (*not just sunlight*) -- so you may go outside day or night. Packs are best done before 7 pm.

1) Four Download Areas. Detox each of the following Download Areas the number of times indicated next to it below. Typically each site is detoxed 1 to 3 times.

Left Foot _____ Right Foot _____ Left Hand _____ Right Hand _____

When more than one Download Area requires detoxification, please rotate the Download Areas as you treat them. Do not do 2 or more packs in a row on the same Download Area. Instead, do 1 pack on one Download Area and then do a pack on a different Download Area, rotating them until they have all been detoxed for the prescribed number of times.

Location: The target area for each foot is the entire foot up to the ankle, including all the toes and the top, sides and bottom of the foot up to the ankle. The target area for each hand is the entire hand up to the wrist, including all the fingers.

Note: After using 1 to 3 Medi-Body Packs™, follow with one **Medi-Blast** to clean up the released internal toxins.

2) Vaccination Sites. Treat your vaccination site _____ times. The nearest Download Area must test strong. If there are any toxic focal sites that test weak, they must be treated first before treating the vaccination site. (See Toxic Focal Sites Chart).

3) Command Centers (CCs). Treat the following CCs _____ times (See Command Center Test Chart).

4) Detox Organ Points. Detox each of the following check-marked Detox Organ Areas for the number of times indicated next to it below (usually 2 to 3 times per site). *Do not do 2 or more packs in a row on the same Detox Organ Point. Instead, do a pack on one Organ Area, then another pack on a different Organ Area, etc.*

Left - Kidney _____ Liver _____ Left - Large Intestine _____
 Right - Kidney _____ Right - Large Intestine _____

In general: After using 1 to 3 Medi-Body Packs™ in one day, follow with one **Medi-Blast** to clean up the released internal toxins. This helps ensure that if any of the 4 Download Areas and other areas have been overloaded, they will be cleared again.

5) Target Areas (Interference Fields). Before continuing with detox of the Target Areas, it is best to ask your practitioner to check your Four Download Areas to be sure they now test strong. If not, you will need to detox them again before proceeding. In addition, it is best to have your practitioner test you after each Target Area has been detoxified to be sure the Four Downloads still test strong. *If there is more than one Target Area to treat, do not do 2 or more packs in a row on the same Target Area. Rotate treatments.*

Treat _____ target area _____ times. Treat _____ target area _____ times.
 Treat _____ target area _____ times.

Note: After using 1 to 3 Medi-Body Packs™ in one day, follow with one **Medi-Blast** to clean up the released internal toxins. This helps ensure that if any of the 4 Download Areas or other areas have been overloaded, they will be cleared and test strong again.

6) Re-Check All Areas.

Although it is best to have your practitioner test your Four Download Areas after you have detoxed each Target Area, if you are unable to be tested each time, then be sure to use the Medi-Blast after treating each Area. This is to help ensure that you will breeze through your detoxification with minimal detox symptoms.

After you've completed detoxing 3 different Areas, ask your practitioner to retest all your Areas before proceeding with further detox therapy.

Remember, if at any time you experience “detox” symptoms (feeling tired, achey, etc.), you may do an extra **Medi-Soak™** alone or **Q. Castor Oil Pack** or the **Castor-Immune Pack** (especially over the Kidneys) to clear the released toxins and get your body back on track.

Home Self-Treatment Considerations

Downloading Toxins After Using the Medi-Body Pack™

After treating a toxic organ, gland or other area with the Medi-Body Pack™, it is very common that one or more of the Four Download Areas will become weak (i.e. becomes congested) and/or one or more of the 3 Detox Organs (i.e. kidneys, liver, large intestines).

Since no testing is being done after each home treatment, you will not know if any of your Four Download Areas or other Areas have become weakened (due to detox).

Using the Medi-Blast. Therefore, to avoid unnecessary detox symptoms (during home treatment), we recommend the use of the **Medi-Blast** procedure **after each Medi-Body Pack™ (or after 2 or 3 packs have been done in one day)** to help ensure that the released toxins from each Medi-Body Pack™ (or series of 3) have been adequately cleared -- and thus are not “jamming” or weakening any of the 4 Download Areas or other areas. The key point here to remember is that if any of the 4 Download Areas or other Areas weaken, then further Medi-Body Pack™ treatments can congest these areas more (which can impede detox) or be less effective when detoxifying other areas.

After virtually every treatment with the Medi-Body Pack™, toxins from the local application area will be pulled out and cleared -- but other toxins from internal pathways will also be released -- which may “jam” or congest other weaker areas of the body. Using the **Medi-Blast** helps to quickly clear and decongest these newly “downloaded” areas from all over the body (that may or may not appear to be associated with the local site where the Medi-Body Pack™ was used).

Even if you use the Medi-Blast when it is not needed (which would be rare), it will still help to detoxify and strengthen the whole body. However, if you proceed to treat other areas when the Four Download Areas and/or other Areas are weak, then it is likely that the target area cannot be adequately detoxified (and you may even experience unnecessary detox symptoms).

Moving Through Detox Symptoms Easily

If at any time you begin to experience detox symptoms (such as low energy, headaches, etc.) or just want a little extra relief or energy, you can do an extra Medi-Blast alone (without the Medi-Body Packs™) which helps pull out congested toxins systemically and can provide immediate relief. The Medi-Blast is very effective and at the same time, very gentle.

Extremely Sensitive, Weak or Severely Chronically Ill People

For extremely weak or very sensitive people, your practitioner should test to see what detox remedy best matches their weak points. In these cases, **smaller amounts of the Medi-Body Pack™** can be used (i.e. 1 or 2 teaspoons instead of 2 tablespoons) on each of the Four Download Areas several times per week in addition to the Medi-Blast. Even smaller amounts of the Medi-Body Pack™ can be extremely valuable. In general, people experience very few troublesome detox symptoms – yet the powerful, detoxifying effect of the Medi-Body Pack™ can help detoxify, strengthen and support the body where many other remedies have failed.

If a person starts with smaller amounts of the Medi-Body Pack™, then they can gradually work up to the recommended amount (2 tablespoons) for use on their weak areas. When appropriate, they can begin using the Medi-Body Packs™ on other target sites.