

Amy Thomas: Delta Omega is great for those hit in the back of the head/cerebellum because it stimulates the right and left frontal lobes (and shifts stimulus away from the bottom/cerebellar areas)

01:22:21 Jamie Ho: I have had good use of delta omega for trigeminal irritation

01:24:55 Amy Thomas: Yes, it's great for trigeminal neuralgia because when the frontal lobes are down, pain/chaos/dysregulation tend to rule

01:59:09 Amy Thomas: You can remember right vs. left as T-Rex and Belly L-int (right is external, left is internal)

01:59:47 Leanna Dudley: Question: For color fields, would it improve the test reliability to use a central fixation target with the test/target color, so the patient has a better idea of what color they are looking for in the periphery?

02:16:20 Ingryd Lorenzana: How large?

02:18:15 The Perimetry book is available on Amazon. Author is Luther Crouse Peter
02:18:55 cathy stern: Even a few degrees across midlife makes a big difference

02:24:27 Alpha omega and mu delta for Ashley case
02:25:29 Mu epsilon for Heminopia case
Alpha omega and mu delta with Marco case and he is 10yo
Rob Fox: CO case was epsilon-omega and mu-epsilon

02:25:52 cathy stern: Series - about 20 sessions / one month of ST
02:26:15 cathy stern: Second series - about 15 sessions a few months later

02:34:02 02:34:56 Amy Thomas: Alpha omega stimulates the default mode network in the brain - if you look it up, it is really fascinating

02:35:44 Leanna Dudley: I had an adult on the ASD spectrum and we used Mu Epsilon. He experienced relief from constipation. For the first time in his life. ! He was highly in F/F and that was reduced also

02:55:50 cathy stern: For kinesiology testing - look at YouTube - 1. Muscle Testing - Part 1 (Finger Test) AND for arm: How to do Applied Kinesiology Muscle Testing by Dr. Sten Ekberg

03:01:05 James Sleeman: Kinesiology is amazing - another form of performance testing
03:03:12 One comment: I hope kinesiology testing is generally done without the phoropter in place. This result could be totally different with ambient functioning

03:03:24 Steven Curtis: Mary, roughly what percentage of time does the technique work for you? Of course nothing works 100% and I don't need 100%. I'm just curious what your experience has been. It worked when you did it to me at a study group meeting

03:05:10 cathy stern: May want to make sure they are not wearing a Fitbit or Apple Watch or other device that is measuring body energy (EEG, heart rate, etc)

03:06:02 jaykimberley: I have found that an Apple Watch does not disrupt the cranial mechanism, but a Fit Bit does.

03:06:38 Dr. Phil Bugaiski: I get the concern about testing in-phoropter, but Mary is keeping test conditions consistent, adjusting only one variable - the lenses. I'm not sure how a "bad lens" in the phoropter might turn into a "good lens" when testing in free-space

03:07:10 Dr. Phil Bugaiski: And I find kinesiology helpful in about 85-90% of patients

03:07:28 Dr. Phil Bugaiski: (and I test in free-space)

03:08:25 James Sleeman: Jaxson Wearing - touching polarity point? they should go weak with the indicated lens - another way to test reliability of muscle testing

03:08:41 cathy stern: Phil, I do think the result may be different in vs out of horopter just as vergences in the horopter vs with a prism bar In free space BUT I agree keeping the test conditions consistent is important and allows you to compare test sessions.

03:08:54 BOOK - Power vs Force by David Hawkins

03:10:08 Dr. Phil Bugaiski: James, I recall learning about testing and "resetting" (?) polarity many years ago, especially related to validity of kinesiology

03:11:23 BOOK Vibe: Unlock the Energetic Frequencies of Limitless Health, Love & Success by Robyn Ooenshaw

03:12:16 Simon Grbevski: There is a test to see if they are ready to be tested eg if they are dehydrated. if they are then tests will not be reliable.

03:13:06 Ferm Fujimoto: Or if the practitioner is tired and dehydrated, it isn't as accurate

03:13:39 jaykimberley: Where does one find this dehydration test?

03:13:49 cathy stern: So we all need to be our best selves if possible. More likely it will be us vs the patient as that is why they are seeing us.

03:17:14 Steven Curtis: Does anybody use kinesiology to help determine the filter that is the "right" filter from a blocked energy philosophy....that is the filter that they subjectively reject yet need it to become harmonious with it.

03:16:50 Sarah Hutchens: can someone explain the fitbit disruption?

03:18:50 Dr. Phil Bugaiski: my very simple understanding with fitbit (and I have heard similar guidance to also remove wristwatches, metal bracelets) is that the frequencies from those materials can interfere with kinesiology results

03:20:49 Dr. Phil Bugaiski: and Steve, I've found stronger kinesiology responses with filters that patients subjectively "dislike" (or maybe they subjectively prefer a different filter) - in those cases I precede with caution, usually rx'ing a relatively short treatment period (sometimes just 1-2 minutes, instead of diving in with the standard 20 minute duration)

03:20:50 cathy stern: Some practitioners even recommend that patients do not wear metal frames

03:21:03 James Sleeman: I think kinesiology would be very useful where the patient is not very verbal or can't explain themselves too well - another data point

03:22:14 Rekha Chalapathi: Does it work with very young children too?

03:22:36 cathy stern: I admit that I usually keep to the basic Syntonics filters and only rarely use more advanced filters. If it works keep it simple

03:23:06 jaykimberley: Some metal frames as well as an occasional plastic frame emits an EMF strain

03:23:25 Dr. Phil Bugaiski: with small children (toddlers/infants), I usually just watch the child to see if they tolerate (or even enjoy) the frequency

03:23:39 Dr. Phil Bugaiski: (by "frequency" I mean "color")

03:24:49 Rob Fox: Rekha - for the very young, we have mom place her hand on her child and them test the mother's strength.

03:25:46 Steven Curtis: Yes Phil, me too. Start the "blocked energy" filters with minimum exposure and build up. Or support them with other sensory inputs...suckers, weighted scarfs, swing, etc...works!

03:27:28 drusilla grant: How do you define "blocked energy" filters and know what color to Use?

03:27:28 Roisin Brogan: How do you measure Dynamic VA?

03:27:45 cathy stern: Dynamic VA in the vestibular world is the VOR

03:30:15 James Truong: Do you use the same formula for syntonics and penlight?

03:30:50 Matthew Southern: Hello everyone. It is a pleasure to see you and thank you to CSO for having me. This is Matthew Southern with Reflex Pro and I will be available during this event to answer your questions here by chat, or by email at msouthern@brightlamp.org. Thank you so much!

04:13:30 Joe Villari 847-977-0512 joev@bernell.com

04:17:19 Amy Thomas: These are all signs that the parietal lobes are cutting out (bottom brain is hot). Parietal lobe is in charge of proprioception, orientation, and determining if things will be dangerous/painful

04:25:09 Amy Thomas: N-neurasthenic should help the tingling in her left foot

04:26:37 Kunjam V: Can you please explain your visualisation process

04:26:44 Vincent Budac: Do you have a favorite long covid filter combo?

04:26:52 Roisin Brogan: Which vaccine did she get?!

04:27:01 Kunjam V: can you please explain breath work ?

04:27:20 Angela Martin OD: is there a difference in filters you would use for covid vax injury vs covid long haul?

04:27:56 James Sleeman: the power of mu

04:29:11 Leanna Dudley: Do you have any advice for protocol once a patient has received a filter that has not worked well? (they have increase in symptoms)

04:32:21 Mary VanHoy: I would like to recommend the **documentary called: Heal** available in Amazon Prime video as it give additional information on energy and healing with some great practitioners speaking and giving illustrations which will hopefully lend additional credibility to our applied kinesiology tests

04:34:59 Kunjam V: what breath work do you do?
Alia Santoyo: Depending on the patient we can do various forms of breathing 4/4, box breathing depending on the state of their nervous system

04:35:37 Kunjam V: Do you ask them to write down goals, intentions, and visualisation?

04:37:49 James Sleeman: Functionally oriented practitioners will be shown have a lot to offer during the covid era

04:38:25 Alia Santoyo: I would then try different filters. I generally like to check functional fields after 3 days, 7 days and then after their 20 days of treatment. I changed based on their symptoms and their field

04:39:03 Alia Santoyo: Mu. 20 minutes x 21 days.
Then Delta Omega x10 minutes Mu Delta x 10 for 21 days

04:39:48 Steven Curtis: Yes often less is more. I've been sending patients home with Mu alone, especially for pain.

04:39:58 Bruce Lidkea: Alia, where did you get your breathing coach certification?

04:44:36 Alia Santoyo: I did it through 3 places. Soma breath, yoga body, and Wim Hoff

04:46:11 Alia Santoyo: It depends on the patient. Some patients are daily, others are 5 days on 2 days off. My neuro based patients are usually daily. My learning/skills cases (CI/amblyopia) are usually 5 days on 2 days off

04:52:40 It really depends on their symptoms. I've had success with Upsilon Omega and Mu Upsilon. For the pain/post covid headaches I've had success with Upsilon Omega N and Mu Upsilon. For anxiety/depression. Ive had success with Omega N Mu Upsilon.

05:00:38 Kunjam V: what is firefly light therapy

05:01:41 Kunjam V: what is MELT? do you do in your clinic?

05:01:50 Leanna Dudley: I believe this is the firefly light therapy? <https://balesphotonics.com/>

05:02:06 Todd Wylie: Is it www.meltmethod.com?

05:03:41 Bruce Lidkea: I use the VieLight transcranial photobiomodulation system. Patients seems to really benefit.

05:04:19 Kunjam V: do you use vielight before syntonics?

05:05:48 Bruce Lidkea: I usually use Vielight at the end of the session

05:11:35 James Sleeman: Does Activated Charcoal or Chlorella have a similar action to cholestyramine? As a gut binder

05:15:37 Leanna Dudley: Does having had COVID also included as exposure to biotoxin?

05:17:54 Amy Thomas: This is the list of which binders help best in different situations

05:17:57 cathy stern: There are a lot of resources in Doug;s handout

05:34:14 Simon Grbevski: In the VCS the left eye is abnormal the RE more to normal? Why the Left eye?

05:39:35 James Sleeman: Modern living is so complicated - plenty of direct and indirect effects - pesticides, emfs, bad light,

05:40:06 Gregory Johnson: Gluten should never be isolated from its tocotrienols, mineral and B vitamin rich bran nor should the bran be increased in relation to the other parts

05:41:48 Steven Curtis: Doug, I should have committed to your discoveries of this way back! 🤔 I'm on it tomorrow!

05:45:05 James Sleeman: So many young ones these days with tear film issues & dry eye - endemic

05:46:09 Angela Martin OD: why is he on Gabapentin? Did it say he had epilepsy?

05:53:01 Kunjam V: Did Randy do VT along with syntonics?

05:54:22 Doug Villella: the other binders like clay and charcoal do not have correct ionic charge for binding. the charts showing which agent is effective for certain molds is not valid.

05:55:44 James Sleeman: clay & charcoal & ionic charge

05:55:51 Mary VanHoy: Has anyone else seen positive results with Avini Health's Cell Defender which is a negatively charged zeolite, clinoptilolite, product to remove positively charged environmental toxins?

05:56:16 Doug Villella: long haul covid can be CIRS and then shoemaker protocol is indicated

05:56:38 Amy Thomas: We use Ionic Footbaths to help the body push out toxins faster.

05:56:53 Doug Villella: simon, only need one eye to fail VCS test

05:57:37 Doug Villella: for more info look at hand out and watch Heyman lectures--

05:57:37 Simon Grbevski: Is it always the left or either eye?

Doug Villella: simon-- it can be either eye

05:57:40 Kunjam V: Amy, do you combine binder with ionic foot bath

05:58:36 Amy Thomas: Yes. The binder helps pull things out of the gut the easiest. The footbath pulls more out of the lymph and vascular tissues better.

06:00:32 Doug Villella: amy-- I do not know about the foot bath but I suspect any form of adjunct detox to cholestyramine will be helpful. I believe sauna 5 times a week has helped me for example.

- 06:01:26 Amy Thomas: Yes, sweating it out works well (sauna) - but make sure they take a luke warm shower after to make sure they wash off the released toxins and close up their pores.
- 06:02:38 Doug Villella: amy - the problem is the highly efficient hepatoenteric circulation that keeps recirculating the mold toxins
- 06:04:08 Doug Villella: amy- the mold bound to bile will not be detoxed well through skin thus need for Cholestyramine
- 06:25:03 Bruce Lidkea: The Eyepower Red unit from the UK is a great home use system for AMD
- 06:27:37 Mary VanHoy: Can Larry address the role of the Rainbow Flash narrow band Photonwave instrument with the pulsing of the light to enhance receptivity of the frequencies unlike our CSO broadband syntonizer which does not have specific pulsations for stimulation of the alpha, theta, areas?