

## USING EFT TO RAISE LEVELS OF MINERALS, AMINO ACIDS AND VITAMINS IN THE BODY

### Introduction

Life Systems is a computerized diagnostic system that reads the skin to determine the amounts of minerals, amino acids and vitamins in the body. It reads the skin electronically through sensors placed around the head, wrists and ankles.

I had two readings 9 days apart. In between those readings I did EFT for 8 days on each of the readings that were 60 and higher. The higher the readings in this system, the less of that particular item is in the body.

The optimum (normal) reading for each item is 0-29.

A low reading is 30-65.

Anything over 66 is extremely low.

The operators of the system suggest extra supplementation for any reading over 30.

### EFT for Eight Days

Life Systems reads 56 different items. I did EFT for the 17 items that had readings of 60 or more.

For 8 days, I did the following EFT. I did not alter my diet in any conscious manner nor did I change the supplements that I take.

Two rounds of EFT were done daily on each reading over 100. One round of EFT was done daily on any reading 60 or over and less than 100.

The following are the EFT affirmations I used:

"Even though my \_\_\_\_\_ reading is \_\_\_\_\_, I deeply and profoundly accept myself (sometimes I added "and my body"). I ask (sometimes I changed ask to choose or command) that my \_\_\_\_\_ reading be between 0 & 30, whatever is perfect for my body/mind/spirit right now."

(Sometimes I added the following "I ask that my \_\_\_\_\_ reading come into balance for the greater good of my body/mind/spirit.")

"I forgive myself for any contribution I may have made to my \_\_\_\_\_ reading being low. I forgive whoever may have made a contribution to my \_\_\_\_\_ reading being low."

### Readings Before and After EFT

The two readings were done on November 16 and November 25, 2005.

There are three categories: Minerals, Amino Acids and Vitamins. The readings here are only on the items over 60 that I did EFT for each day.

The functions of the various minerals, amino acids and vitamins listed below are copied from the Life Systems reports.

The Life Systems practitioners thought the few higher readings were a result of EFT putting my body in a detoxification process.

### Minerals

11/16	11/25	Mineral	Mineral Function
107	62	Boron	nerve, dementia, depression
99	33	Calcium	
60	90	Molybdenum*	thyroid function, lactation, fatigue
63	23	Selenium	detox, nerves, energy, skin
70	50	Sulfur	energy, emotions, unfocused

79	21	Tin	nerves, muscles – minerals
96	107	Vanadium	liver function, heart, muscle

\* Please note that I did not know how to pronounce Molybdenum. Instead of saying it out loud in the EFT affirmation, I just looked at the word. I now wonder if that was not as powerful as saying the word. If I had to do this over again, I would ask how to pronounce Molybdenum and say it out loud with confidence.

### Amino Acids

11/16	11/25	Amino Acid	Amino Acid Function
79	29	Aspartic	pancreatic function
95	76	Gaba	mind, brain
197	28	Glutamine	energy, brain
84	49	Leucine	mood control, emotions
92	49	Phenylalanine	pain control, nerves
73	25	Tyrosine	thyroid, pituitary and adrenal
81	28	Uracil	RNA function - blood

### Vitamins

11/16	11/25	Vitamin	Vitamin Function
82	56	Co Q 10	brain function, heart
90	14	Vitamin C	ascorbic acid
132	29	Vitamin M	Folic Acid/Folacin

### Summary

Out of 17 items in this study, 15 of the readings improved, some of them by a large amount. Two of the readings got worse. The Life Systems practitioners felt that doing EFT had put my body in a detoxification process, which would account for some readings being worse after 8 days of EFT.

I am delighted with the outcome. While this is not a controlled clinical study, it has proven to me, once again, that EFT can make a profound physiological difference in my body. As Gary Craig has said many times, "We are on the ground floor of the healing highrise". What an exciting time for those of us who have EFT in our toolbox!

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