

BOOK 3

**RESPIRATORY
SYSTEM**

**5-LEVELS OF
HEALING**

**ANNE TAYLOR-
PEMBERTON**

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Welcome to book 3 of my series of short health books. I aim to empower you to understand your body and how it works; why it may be sick or showing signs of sickness now.

The lungs are an amazing organ that maintain life and yet its workings are all automatic. This means we often neglect the lungs, then complain when they appear to be letting us down. The lungs team up nicely with the heart to undertake the most important job of gas exchange to bring us the oxygen that gives us life.

Anne Taylor-Pemberton

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Venturous Hearts

*Every man's heart one day beats its final beat.
His lungs breathe a final breath. And if what
that man did in his life makes the blood pulse
through the body of others, and makes them
bleed deeper and be something larger than life,
then his essence, his spirit, will be immortalised.*

The Ultimate Warrior

PROLOGUE

I am here today to bring you this vital organ through the lens of my favourite model for analyses of clinical cases. This is the third of a series of eBooks where I will examine and explain each organ or system from the 5-Levels of healing model.

Please allow me to take you into the lungs through these 5 levels of understanding -

- physical
- energetic
- mental
- intuitive
- spiritual

CHAPTER 1: PHYSICAL

The Lungs as a gas exchange system

“As long as there's breath in our lungs our story is still being written”.

Bart Millard



Western medicine tells us that the lungs are the medium with which the body extracts oxygen from the air that we breathe. Every breath should give us 21% oxygen and that oxygen is our life force. Stop breathing and we die, simple!

Hey you guys over 60, remember the pop group Sweet? Feel free to sing along with me.

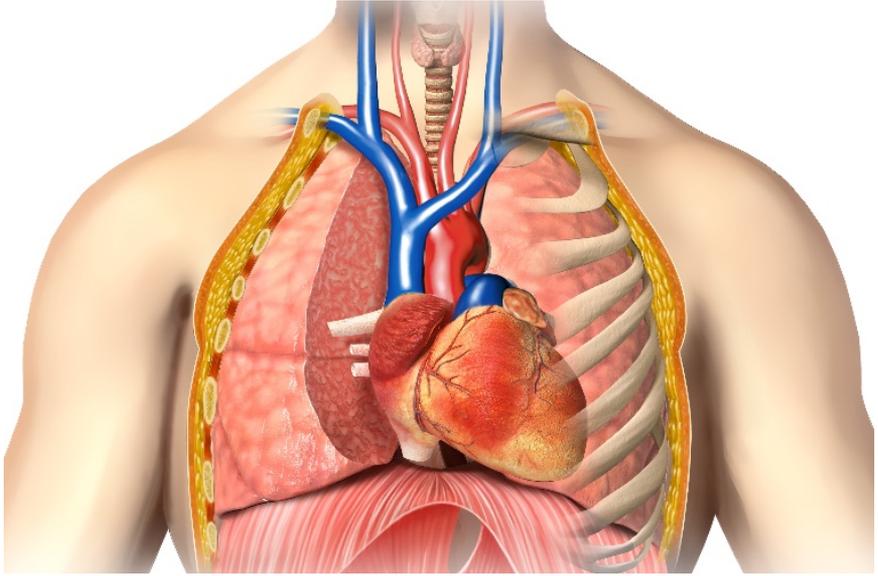
Love is like oxygen. You get too much you get too high.....Not enough and you're gonna die. Love gets you high...¹

Did the music get you hooked lol?

Ok lets dive into the serious business of the anatomy and physiology of these amazing pair of organs we cannot live

¹ <https://youtu.be/zRgWvvkSvfk>

without. The following diagram shows us that the lungs are situated within the chest, in the thoracic cavity. They are protected by the ribs on the outside (we will learn about bones in the musculoskeletal book).



Heart and lungs

So the right lung (our right) has 3 lobes - superior, middle and inferior. The left lung has only two lobes - superior and inferior. As we can see the heart needs the space of a lung lobe because although most of us perceive it to lie between both lungs this is only in part true. The atrium (top chambers) are in the centre of the chest but the ventricles (bottom chambers) are on the left.

Mucin layer

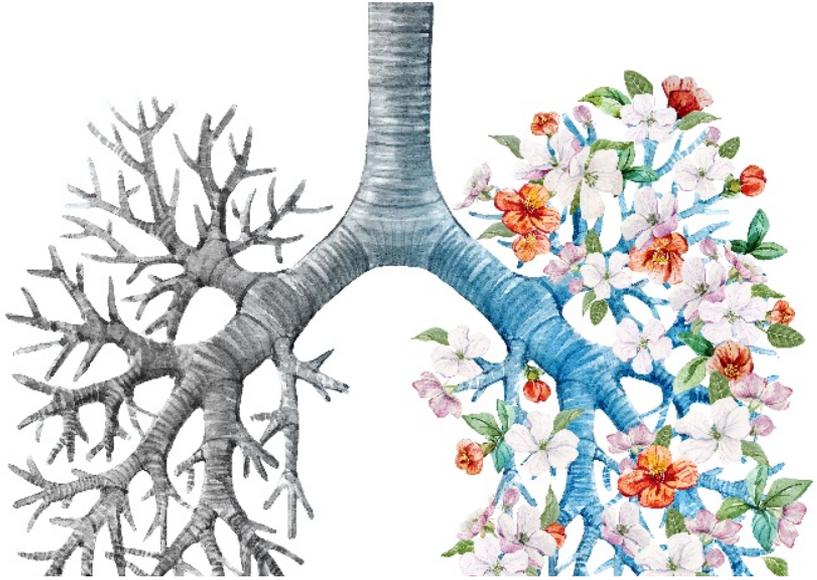
The whole of the respiratory system is lined with mucin. This protects the delicate linings of the lungs from the toxins of the outside world. It also provides a home for our blood type (ABO) antibodies. These are the parts of our immune system that stay on alert, being vigilant for foreign invaders and toxins. They can then alert the foot-soldiers and packmen, in the form of white blood cells, to come in and clear the terrain. The mucin layer is vastly important for all four body systems that meet the outside world - namely the digestive, respiratory, urinary and reproductive systems.

Without this mucin layer we would have a very short life expectancy, because our immune systems would become overwhelmed with the environmental onslaught. Sadly some already are, so they fall prey to endless infective episodes until the inflammation causes restriction of the airways due to hardening and breakdown of the cell walls. we call this cell danger response (CDR)².

Lung anatomy

Anatomically the lungs represent trees, isn't that amazing? Next time you are in the forest just look up into the sky. The main bronchus being the trunk of the tree, the right and left bronchi are the main branches; and the smaller bronchioles being the outer new growth. These bronchi take the air from

² <https://pubmed.ncbi.nlm.nih.gov/23981537/>



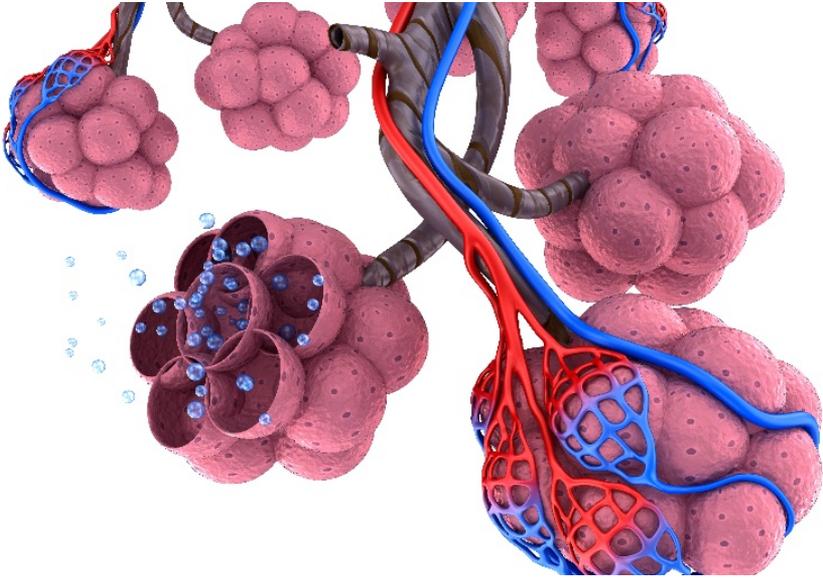
Main bronchus, bronchi, bronchioles,

outside right into the tiny alveoli (air sacks) in the same way the tree trunk takes sustenance from the forest floor.

The alveoli is where the gaseous exchange all takes place. There are 300 million of these polyhedrons (alveoli) in the lung.

Each alveolus expands with the fresh gas (high in oxygen low in carbon dioxide) that has flowed via the nose and mouth, down the bronchial tree. During gas exchange oxygen moves from the alveoli out into the red coloured arterial capillaries, for distribution around the body. At the same time the carbon dioxide waste from the body is transferred to the alveoli from the blue coloured venous capillaries (remember the heart and circulation?). Some people believe oxygen to

be alkaline but in fact it is neutral. As the 8th element on the periodic table. It has 8 electrons and it also has 8 protons, hence we know it is neutral. Carbon dioxide is by comparison slightly acidic.



Alveoli with blood supply. Blue is de-oxygenated, red is oxygenated.

Arterial blood

The arterial blood can be measured to show the levels of oxygen and carbon dioxide. We can also measure arterial acids and bases, known as the pH balance. The arterial blood needs to keep a pH of 7.4 (precisely 7.35-7.45) in order to sustain life.

What is so interesting to observe is that due to lung function being under the control of the autonomic nervous system and therefore being automatic most of us pay little heed to the influence or the necessity of the breath. That is until our lungs get sick. When our lungs get sick we quickly escalate into HPA axis dysfunction (more on this in the endocrine book), also known as fight or flight. Fear of death is a very strong westernised human concept (more on this in the spiritual chapter).

Conscious breathing

Conscious breathing is so important for our survival as a species. We normally breathe at around 16 breaths per minute. But the evidence shows us that slow conscious breathing enables heart rate variability (HRV) to synchronise with the breath. This brings us into a state of calmness very quickly, within 3-5 breaths. When we reach this state the head becomes beautifully quiet. Most of us have never experienced what that feels like. Equally as many will report “I can’t meditate, my head is too noisy”. Buddhist monks teach us in silent retreats that 6 breaths per minute is the ideal rate to reach this “in the moment” state of calmness.

If you want bliss guys and / or connection to source I can vouch this is the easiest route. Try it....



Further reading

Breath work, eating nourishing high vibe foods, exercising, enjoying the beauty of life to keep stress levels down are all important factors in assisting the body with this crucial homeostatic function.

Assessment of breathing with tools such as the Nijmegen score³ can help us to determine how well we are breathing and how our stress levels are affecting breathing.

Heart rate variability as measured with the Heartmath inner balance⁴ or a similar tool can also be profoundly helpful.

³ https://hgs.uhb.nhs.uk/wp-content/uploads/Nijmegen_Questionnaire.pdf

⁴ <https://www.heartmath.co.uk/shop/>

CHAPTER 2: ENERGETIC

The Lungs as an energy system

Most people know that forests are the lungs of our planet, literally playing a critical role in every breath we take. And that they're also home to incredible animals like the orangutang and elephant, which will go extinct if we keep cutting down their forests.

Chris Noth



Energetically the lungs tell us this about ourselves when they are under functioning. We are sad, yearning, weepy, anguished, tired, suppressed. We have difficulty expressing or standing up for ourselves. A propensity to put other peoples needs and desires before our own is strong. We are overdoing things until we run out of breath. We are unable to say no. We feeling smothered or over-protected. Difficulty being independent. Confused or cloudy thinking. We have a constant need for encouragement and support.

Stress impairs breathing massively as the thoracic muscles tighten in response to triggering of the fight or flight response. In traditional Chinese Medicine (TCM) the lung is

partnered with the large intestine. The large intestine is responsible for helping us to “let go” of what no longer serves us. These things to let go come from our emotional reactions to life experiences and the resulting metabolic changes ensued. The lungs are the organ of sadness and grief.

The lung is also related to autumn in TCM so if you suffer with the snotties, sinusitis, colds or have allergies in the autumn; you need to ensure you care for both of these organs. If you cry easily or have trouble processing grief or loss, your lung Qi (energy) may be imbalanced. An excellent QiGong practice to support lung Qi is

“The Dragon stands between Heaven and Earth”⁵



The Dragon stands between Heaven and Earth

⁵ <https://youtu.be/2i8jLPfTLBg>

Also clear out the clutter - those 20 year old suits you have kept for a rainy day. Nature guides us with her seasons to determine what is best for us. The trees don't hold onto their leaves "just in case". But humans, we hold onto our past, our negativity. How can we hope for a harvest next year if we can't plant seeds for the rotting leaves we held onto after this fall? Grief in TCM is said to release us of what we no longer need. That sounds quite harsh on a personal and physical level doesn't it? But on an energetic level when we lose someone close we seem to grow after their loss. We may not notice this at the time because we aren't looking forward, only backwards.

Once we have learned to let go with the help of the colon, the lungs are able to "Take in the pure and the new". Autumn air is much fresher than that of summer. It grants us the inspiration of the breath of fresh air". The lung is described as "The receiver of pure Qi from Heaven".

The lung is also associated with the metal element in 5 element theory of Chinese medicine. Metals such as gold and silver give value to the earth and so metal element gives the human a sense of self worth. When unbalanced the human will hoard and be unable to move on. They have such low self esteem / sense of self that they need to control others, money, status, conquest, power in order to build their own self worth. They see their self worth as attachments.

Emotions related to lung conditions:

Asthma:

Trying too hard to please others. Wanting to be perfect. Difficulty saying no, standing up for yourself and expressing how you feel. Pushing yourself to the limit until you feel exhausted and out of breath. Feeling weak, anxious, and disempowered. Allowing others to control you. Feeling hurt, stuck, caged.

Bronchitis:

Feeling too much pressure. Conflict and anger in the family, which leads to irritation with people close to you. Blaming others for what you cant fix or control. Needing time out and time to yourself. Feeling a lack of appreciation and love. Pushing people away.

Common cold:

Scattered, too much to do, too many responsibilities, too much pressure to perform. Refusing to listen to your body and slow down. Feeling overwhelmed, overworked and worn out. In need of some time to yourself. Confused about what choices to make.

Cystic fibrosis:

Feeling that life is too complicated. Feeling like you cant thrive. Noting works for you, and nobody understands or supports you. Thinking that you are the victim. Holding onto resentment, anger and the belief that there is something

wrong with you - that you're a mistake and nobody wants you.

Influenza:

Vulnerable, tired, frail. Overwhelmed by the negativity that surrounds you. Feeling like you have to carry heavy burdens that you can't handle. Feeling invalidated. Confusion and chaos inside of you. In need of time out.

Lung cancer:

Too hard on yourself and others. Too much expectation, disappointment, loneliness, bitterness, grief, heaviness and anger. Holding onto the pain of a broken heart or a difficult or abusive relationship. Unable to forgive and let go. Tendency to put yourself last, overdo things and run out of energy.

Phlegm:

Feelings of internal and external chaos, of things spinning out of control. Difficulty saying what you really feel. Trying to be nice, suppressing your emotions. Constantly controlling yourself and how you act around others.

Pneumonia:

Blocking the flow of life. Inner turmoil. Emotional hurt and anger. Exhaustion. Feeling overwhelmed and crushed by life's problems. A sense of giving up. A "what's the point. It's too hard" attitude. Desperation, growing in your unexpressed tears and sadness. Wanting to be saved.

How could we live in harmony with Autumn and with the lung?

SADNESS OR GRIEF

Sadness comes from the heart, damages the lungs, then comes back to damage the heart. It also weakens the lungs, causing fatigue and shortness of breath.



Top10
Home Remedies

Grief and the lungs



FURTHER READING

Chinese medicine from the classics; Lung

[https://www.amazon.co.uk/dp/1872468012/
ref=cm_sw_em_r_mt_dp_E4Z45G0SQTk2EP134B7K](https://www.amazon.co.uk/dp/1872468012/ref=cm_sw_em_r_mt_dp_E4Z45G0SQTk2EP134B7K)

Francis (2018) *The Body heals itself: How deeper awareness of your muscles and their emotional connection can help you heal.*

CHAPTER 3: MENTAL

What are we telling our lungs?

Being able to scream at the top of my lungs in front of people is very therapeutic. It is a great gift for me to be able to do that.

Dave Matthews



So during the 2019-2021 SARS-Cov 2 pandemic it may be worth questioning without judging;

“Why / how did it become a pandemic?”

We mentioned the limits of the germ theory in the digestive ebook, so we can still hold onto that theory. We may then buy into the prospect that the pandemic was unavoidable, part of Darwin’s natural selection, the virus was “out to get us”. I know it sounds crazy but we do have this mindset when we are in primal brain (fight or flight).

We could also believe that this was just another form of the many flu type illnesses as a result of opportunistic viruses that humans are open to. If we therefore keep our immune systems in good shape we are less likely to succumb. The second belief would also tell us that the media capitalised on the situation, creating propaganda and fear. Both of these

assumptions were very real. They polarised the population, creating disharmony within families and more fear. The ones in fear with the loudest voice made the choices for those who couldn't speak up for themselves. Again no judgement. Everyone doing what they thought best, from a place of fear / primal brain. This is humanity at its best and worst.

When we are in fear we cant appreciate another's perspective because we are all fighting for survival. Its how humans are made. We cannot change this fundamental survival technique so we have to learn to adapt. We cant do that from primal brain because we cant think beyond getting from A to B because B is safe haven.

So we have to consider which option we are going to believe. The option we choose is going to come from our own conditioning from our life experiences. There are no two humans who see the world from exactly the same stance.

Let that sink in for a moment of two

Grief has been associated with many disease processes from studies of those who succumb to sickness after the loss of a loved one⁶. It would make sense that many organs could be affected if the lung Qi were stagnant due to grief. The tightness of the lungs would limit the amount of oxygen reaching the blood stream and also the flow of blood from the lungs back to the heart. Cardiovascular disease and

⁶ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6844541/>

cancer are the most likely cause of death in the surviving spouse⁷.

Others of us have health anxiety from a multitude of reactions or repeat episodes of symptoms that are frightening, because they remind us of our mortality. One of these is of course shortness of breath. If you have ever been short of breath you may have realised your head goes round and round telling stories. These stories exacerbate the fear so one feeds the other in a loop. Hyperventilation is one of the key symptoms of anxiety disorders.

What can we do to reduce the likelihood of manifesting poor lung health?

1. Measure our Nijmegen score
2. Learn mindful breathing techniques from HeartMath, Yoga, Mindfulness practice, Buteyko, Somato-respiratory-integration.
3. Book in for a whole 5-Levels of healing analysis and health plan so you know exactly what will work for you personally.

⁷ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6844541/>

OVERVIEW: THE TWELVE STAGES OF HEALING



THE TWELVE STAGES OF HEALING

1. SUFFERING
2. POLARITIES AND DIFFERENT RHYTHMS
3. STUCK IN A PERSPECTIVE
4. RECLAIMING OUR POWER
5. MERGING WITH THE ILLUSION
6. PREPARATION FOR RESOLUTION
7. RESOLUTION
8. EMPTINESS IN CONNECTEDNESS
9. LIGHT BEHIND THE FORM
10. ASCENT
11. DESCENT
12. COMMUNITY

Somatorespiratory integration



FURTHER READING

Childre & Rozman Transforming Anxiety

[https://www.amazon.co.uk/dp/B00CEN0VZU/
ref=cm sw em r mt dp TR6B0ZNCED1TXXJ42625](https://www.amazon.co.uk/dp/B00CEN0VZU/ref=cm_sw_em_r_mt_dp_TR6B0ZNCED1TXXJ42625)

Childre & Rozman (2005) Transforming stress

[https://www.amazon.co.uk/dp/157224397X/
ref=cm sw em r mt dp 4W0KZVGF2PY9MZ12BMN7](https://www.amazon.co.uk/dp/157224397X/ref=cm_sw_em_r_mt_dp_4W0KZVGF2PY9MZ12BMN7)

CHAPTER 4: INTUITIVE

The Lungs as a guide

*What light is to the eyes - what air is to the lungs -
what love is to the heart, liberty is to the soul of man.*

Robert Green Ingersoll



Intuition: The ability to understand something instinctively, without the need for conscious reasoning. So if you had a chronic lung disease what would your intuition tell you about exercise for example? Would it tell you to improve on cardiovascular exercise, on treadmills at the gym? Probably not eh? Would it tell you that your life is coming to an end so you need to just sit in god's waiting room for the inevitable, while your lungs get weaker and weaker?

Think about that one for a minute.....

Yes many people sadly do take the second option. This is due to how we see western medicine's "pill for an ill" concept. That narrative helps us to stop taking responsibility for our own health in our busy lives. It becomes so easy to never have time to be run down or sick. That is of course until the universe makes us stop. These are not the only

options. There are many grey options between the black and white polar ends.

What happens to the lungs when we lose touch with our intuition? We end up in an anxiety state more frequently. From that anxiety state we can no longer make the right decisions, but our risk-averse rational mind leads us to over think and over analyse.

SO
WE HOLD OUR BREATH



we learned this in childhood and we continue

Going against our intuition is a form of self deception or self betrayal.

What can we do to tune back into our intuition?

1. Journalling can be an excellent way of “emptying the mind”. This provides a safe space from which to release emotions and work through problems.

2. Meditation is the human natural default according to the lovely William Bloom. We may groan as we think of meditation in the terms of many hours on a pranyana cushion chanting or silencing the head. The truth is the human head hates being silenced so we give up. Meditation can be anything that provides rhythm, so music, movement, time in nature with the natural rhythm of the planet.

3. Breathing - long slow conscious breaths stimulate vagal tone to bring us out of fight or flight and still the mind. Most of us try fleetingly, then excuse that busy head of ours. It takes time to build those new neural networks that teach the body how to breathe effectively in a crisis and to teach the vagus nerve to sense that the danger has passed.

4. Network Spinal analysis (Network Care)

5. Ask me for help in highlighting which approach will likely serve you best.

6. Nitric Oxide dump 4 minute exercise⁸

⁸ Zach Buch Nitric Oxide dump <https://youtu.be/PwJCJToQmps>



FURTHER READING

A primary definition of intuition is the ability to understand or know something without conscious reasoning.

There are at least three types of intuition:

- 1) Implicit Knowledge.*
- 2) Energetic Sensitivity.*
- 3) Nonlocal Intuition.*

1) Implicit Knowledge uses both the left and right hemisphere of your head-brain and also any memories stored in your heart-brain and gut-brain. It uses more stored memory, facts and experiences than the other two types of intuition in analysing and reaching conclusions.

2) Energetic Sensitivity is when you "tune in" to your surroundings using all your senses and brain centers. It probably relies more on the heart-brain and gut-brain over the head-brain for its inputs. It may be more of a "feeling", a "sensing" as opposed to the "knowing" of Nonlocal Intuition.

3) Nonlocal Intuition appears to rely predominantly on the heart-brain. It seems to be a "knowing" that comes out of thin air. It may be the closest to the primary definition of intuition - the ability to understand or know something without conscious reasoning.

By learning to develop and utilise all three types of intuition (there are probably more types we haven't recognised yet), we can accelerate our intuitive powers much faster. Merely by recognising that we have 3 types improves our odds that we don't neglect any of them. It should also help us choose the appropriate training practices in order to focus on the type of

intuition we want to take advantage of first in to order to quickly improve our daily lives and to resolve challenges we may be facing⁹.

Epstein (2009) Somatorespiratory integration workbook
[https://www.amazon.co.uk/dp/0982580304/
ref=cm_sw_em_r_mt_dp_YRBTH81N63V9AGQHRYMR](https://www.amazon.co.uk/dp/0982580304/ref=cm_sw_em_r_mt_dp_YRBTH81N63V9AGQHRYMR)

⁹ <http://www.intuition2020.com/>?

gclid=CjwKCAjw6raYBhB7EiwABge5KrW6zJqJzG26PIMMj2VScjGND6UB47_494c9w_b0DmX_iqO1IKhxyRoCyg8QAvD_BwE

CHAPTER 5: SPIRITUAL

The Lungs as a soul and connection to source

“Heart intelligence is the intelligent flow of awareness and insight that we experience once the mind and emotions are brought into balance and coherence through a self-initiated process. This form of intelligence is experienced as direct, intuitive knowing that manifests in thoughts and emotions that are beneficial for ourselves and others.”



The lung is called the delicate organ in Chinese medicine. This is because pathogens and environmental toxins finding their way into the lung can cause serious damage to the delicate mucin lining. This delicacy is said to allow the spiritual and most subtle element to enter the body thereby transforming our life force.

Air is the most rarified element and the closest to the invisible force that grants us life at any given moment.

Let that sink in for a moment....

The breath is linked to spirit in all cultural traditions. Most spiritual exercises such as meditation, mindfulness, QiGong, TaiChi, Yoga, etc teach breath awareness to help us to attune more to our spiritual aspects.

Fear of death is a very strong present day human concept that exists because humans have westernised death and medicalised it into something bad, difficult, something we have to grieve. For many of us it can seriously affect our own health when we lose someone close. In the end we are all energy. Understanding that we are all energy and that our energy will change as we bring this incarnation to a close can really take the fear out of the situation. Especially when we lose the belief that we die.

Mediums, Mystics, Shamans and Channellers all have this understanding and belief system so they do see the world very differently. Not wrong, just a much bigger picture than the human brain can realistically hold. This happens because:

1. They have never lost their connection to source. So they have spoken to non physical beings all their physical life, continually strengthening their connection.
2. They lost their connection due to their conditioning then a near death experience caused an “awakening” process to occur within them.
3. They were drawn to spiritual practice then had a “spiritual awakening”.

There may be other reasons and there are certainly many fascinating stories and autobiographies of these experiences.

Soul midwife

Those of us who have played the role of soul midwife to others or to our own know the difference in our grief; when we have acknowledged, accepted and embraced the journey. Their passing is so much calmer and more serene when we don't pass our stress to their already concerned body and mind. This is the ultimate final act of kindness. Learning how to breathe makes it so much easier I promise. Breathing well means we can calmly tell them all the things and the people they have influenced, the legacies they leave behind. Isn't this worth considering. What amazing last thoughts for our loved ones.

Intergenerational trauma

It would be remiss of me not to mention this in at least one of my books. Dr Deitrich Klinghardt, a wonderful German physician, taught us many years ago that those with neurological conditions such as the spectrum of autism are carrying at least 4 generations of ancestral trauma. During my time as a healer I have seen some of them carry as many as 12 generations. However I am not seeing this today. What I am seeing is that usually the mother is clearing the trauma of the female ancestral lineage, the father may be clearing the paternal lineage and the child who has no intergenerational trauma is triggering the mother's trauma to be healed. This is what happened in my family. We can only

imagine what all that grief and sadness, without a cause until explored, is doing to the lungs and the heart¹⁰.

The symptoms of intergenerational trauma include the following hyper-vigilance, mistrust, aloofness, high anxiety, depression, panic, nightmares, insomnia, issues with self esteem and self confidence or sense of self. Immune system dysregulation.

Trauma also negatively influences the microglia, the brain's immune system, leading to dementia, depression and anxiety. These can lead to genetic changes that pass down to future generations.



FURTHER READING

Daniel Keown, *The Spark in the Machine: How the Science of Acupuncture Explains the Mysteries of Western Medicine*
Anita Moorjani (2020) *Dying to be Me*.

Gillespie, C. (2020) "What is Generational Trauma? Here's how experts explain it" [online]. Health. Available at:
<https://www.health.com/condition/ptsd/generational-trauma>

DeAngelis, T. (2019) "The legacy of trauma". [online] American Psychology Association (APA). Available at:
<https://www.apa.org/monitor/2019/02/legacy-trauma>

¹⁰ <https://thewisdomoftrauma.com/?>

gclid=CjwKCAjw6raYBhB7EiwABge5Kl4Oid2nDgf56XGwpMaV7sMgfb0cMCqPt4_fICz305sb3ahmJsoGEBocCOQYQAvD_BwE

ABOUT THE AUTHOR



I have spent my entire life trying to understand every aspect of humans and their illness. My working life has taken me through training in many health modalities. Nursing, Psychology, Teaching, Functional medicine, Nutrigenomics, Heartmath, NEShealth, Live blood analysis, Bioresonance, energy / Vibrational medicine and now trained by the world renowned Niki Skye and source as a medical intuitive. Whether you are just starting out or you have “tried everything” check me out here.

<https://venturoushearts.com>

Mob: 07986735118

If you are drawn to my work then my gifts are here to empower you to heal you.

Following completion of intake forms and a 90 minute consultation on zoom or in the office, you will receive a very comprehensive analysis of your case with a phased plan and links to the tools and services that you need to access to heal you. If you need confirmation of my analysis you will also see links to the most useful and cost effective tests, saving you thousands of pounds. Many of these tools are free on youtube.

Finally you will have a timeframe for completion to wellness should you decide to take the bull fully by the horns and embrace the challenge with full compliance.

Namaste

My published books are available on Amazon

The Vitamin Cure for Digestive Disease

[https://www.amazon.co.uk/dp/1681628287/
ref=cm sw em r mt dp E9VC0VRN3SAY7RXSRQGH](https://www.amazon.co.uk/dp/1681628287/ref=cm_sw_em_r_mt_dp_E9VC0VRN3SAY7RXSRQGH)

Using Nutrigenomics within Personalised Medicine: A Practitioners Guide

[https://www.amazon.co.uk/dp/1848194137/
ref=cm sw em r mt dp XE3E3XQDQR616PZZ29XD](https://www.amazon.co.uk/dp/1848194137/ref=cm_sw_em_r_mt_dp_XE3E3XQDQR616PZZ29XD)