

Intuitive (energetic) testing for xxxxxxxx Date

System sub-function? Yes or No? Therapies / notes

Trauma's (ACEs) and their survival styles		
Birth trauma	NO but has intrauterine trauma	
Attachment trauma	YES	Leads to self love deficit (SLDD). Consider self love recovery programme https://www.selfloverecovery.com
Developmental Trauma	YES	Heller L Healing developmental trauma
DT Connection	Adverse events in the womb from conception to 6 months after birth.	Children give up their very sense of existence, disconnect and attempt to become invisible. A survival style develops around the need for contact and the fear of it.
DT Attunement	Occurs from 0-2yrs from severe attachment trauma. Unavailable mother (traumatised / sick / ASD / Connection trauma)	Children give up their one needs in order to focus on the needs of others, particularly the needs of the parents. A survival style develops around the conflict between having personal needs and the rejection of them.
DT Trust	Occurs 1-3yrs from possibly narcissistic parenting. Child survival style becomes seductive and / or overpowering as a result of extreme powerlessness. Terrified of failure.	Children give up their authenticity in order to be the one who the parents want them to be: best friend, sport star, confidante etc A survival style develop around both the longing for and the fear of healthy trust and interdependence.

DT Autonomy	Occurs between 18 months and 2 yrs . Survival style is difficulty setting limits and establishing boundaries. Paralysed by internal conflict.	Children give up direct expressions of independence in order not to feel abandoned or crushed. A survival style develops around both the desire for and the fear of setting limits and expressing independence.
DT Love and sexuality	Occurs at age 4-6y and at the onset of puberty. From severe early life trauma. Unable to move into healthy sexual relationships. May become romanticising or sexually promiscuous. May be terrified of it.	Children try to avoid rejection by perfecting themselves, hoping that they can win love through looks of performance. A survival style develops around wanting to love and be loved and the fear of vulnerability . It also develops around the splitting of love and sexuality.

Retained primitive reflexes

<https://www.primitivereflexes.co.uk/reflexes>

Moro	NO	Startle reaction to threat
TLR	NO	Tonic labyrinthine reflex
ATNR	NO	Asymmetrical tonic neck reflex
Spinal galant	NO	
STNR	NO	Symmetrical tonic neck reflex
FPR	NO	Fear paralysis reflex

Other traumas / conditions / characteristics precipitating anxiety

Adult traumas	NO	SLDD leads to adult traumas because we continue to run childhood app terns into adulthood.
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Full blown empath	YES	Absorbs all the energy in the room (e-motion). Has no boundaries until taught. Check out Dr Judith Orloff https://drjudithorloff.com and Lee Harris Energy https://youtu.be/WbGPLK_AAUw
Pyroluria	YES Genetic	Ki-CORE x 2 daily https://www.kiscience.com/product/ki-core/ Take ongoing

Enneagram type - primary, secondary and tertiary - Enneagram institute

<https://www.enneagraminstitute.com>

Primary type	Secondary type	Tertiary type
Type 9	Type 6	Type 7
Continuum of self model		Ross Rosenberg https://humanmagnetsyndrome.com/hmsblog/continuum-of-self-values-personality-type-breakdown-csv-sheet/

Neurotransmitters (Brain chemicals)

Low dopamine	YES	Motivation, brain energy, get up and go, mood stability
Low serotonin	NO	Mood and energy
Low GABA	NO	Anxiety
Low acetylcholine	YES	Memory and cognition

Gut / Brian axis

HPA axis dysfunction	YES	Glandulars / nutrients / mushrooms / herbs?
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Limbic Kindling	NO	DNRS? Annie Hopper GUPTA - amygdala retraining
Thyroid dysfunction	NO	
T4>T3 conversion	YES	
<p>Digestive dysfunction - read free eBook Digestion and the gut/brain axis</p> <p>https://venturoushearts.com/wp-content/uploads/2022/08/Book-Series-Digestion-GB-axis.pdf</p>		
Low stomach acid	YES	Bitters / Betaine HCL
Low digestive enzymes / bicarbonate	YES	Bitters / Digestive enzymes
Sluggish Bile		TUDCA / Beta plus or TCP
Gallstones		Chianca pedra / Bioresonance
Reduced / thin mucin layer	NO	
Helicobacter Pylori	NO	
Yeast overgrowth	NO	
Oxalates	NO	
Clostridia overgrowth	NO	
Mould	NO	
SIBO	NO	
Parasites	NO	Allicin +
Schistosoma	NO	Heavily associated with bladder problems
Threadworm	NO	
Liver flukes	NO	
Lectin intolerance	NO	
Gluten intolerance	NO	
Dairy intolerance	YES	Coconut and other plant milks tolerable. No animal milk.
Egg intolerance	NO	

Histamine intolerance	NO	
DAO deficiency	NO	Breakdown of histamine in the gut
HNMT deficiency	NO	Breakdown of histamine in the cells
ALDH deficiency	NO	Breakdown of aldehydes / alcohol
Leaky gut	NO	Food intolerances
FUT2 genes	YES	Low Bifido and low ABO antibodies non secretor
Low Electrolytes	NO	is taking - test?? never feels enough
Low B12	NO	taking
Low folate	NO	taking
Low phosphatidylcholine (PC)	NO	Cell membrane stability
PEMT gene expression	NO	Makes PC above
Leaky cell walls / cell danger response	NO	Needs PC and PEMT
Mitochondria dysfunction	NO	Being treated
Poor lymph drainage	NO	
Sluggish kidneys	NO	Schistosoma?
Poor liver detoxification	NO	
Poor sulphator	NO	
Need for Epsom salt baths	NO	Already doing them
Need for lemon baths	NO	Lemon baths detoxify and balance emotions. Slice and soak 3 lemons for one hour then add to them to your bath. Soak for 30 minutes
Iodine low	NO	
Viruses	NO	
Retroviruses	NO	
Lyme / Bartonella	NO	
Inflammation	NO	
Iron / Feretin low	NO	

auto-immune	NO	
MCAS	NO	
Methylation defect	NO	Being treated and resetting from pyroluria
Heavy metals	YES	
Chemical toxicity	YES	Lemon baths FIR sauna if available, ION cleanse footbath
Long Covid	NO	
Hormone irregularities		
Low pregnenalone	NO	Creates all other reproductive hormones
Low Testosterone	NO Normal	
Low oestrogen	NO - Normal	
Low progesterone	NO	Pregnenolone and HPA axis support Biomatrix pregnenalone 2 drops twice daily for 2 months
Therapies to address traumas and emotional dysregulation		
Benefit from David Router active grounding etc	YES	https://youtu.be/qv1x46q-FJQ https://www.youtube.com/channel/UCKaNO2Q1Gy4NcKhvyYD7YAg
Benefit from biofield tuning	NO	https://www.biofieldtuning.com
Benefit from WM Emo-detox programme	NO	https://store.myersdetox.com/collections/detox-protocols/products/emotional-detox-after-masterclass-participation
Benefit from Network spinal care	NO	https://brighterlifechiropractic.com
Benefit from NARM therapy	NO	Heller L Healing developmental trauma / NARM institute
Benefit from Jason Parks	NO	Shamanic healing / entity removal etc
Benefit from WEBB Somatic embodiment	NO	https://www.wholeenergybodybalance.com
Benefit from psychotherapy	Already in place	

Benefit from Emily	YES	Divine feminine womb healing https://autumn Blossoms.co.uk
Benefit from EMDR	NO	
Benefit from GUPTA	NO	https://www.guptaprogram.com/aff/620/?gclid=Cj0KCQjwwtWgBhDhARIsAEMcxeCHVDhhwY5EALo5fQyVI4arrPuSEaMAffHvMfmEBU0Vr2N8g8LOBncaAssQEALw_wcB
Benefit from DNRS	NO	https://retrainingthebrain.com/?gclid=Cj0KCQjwwtWgBhDhARIsAEMcxeDb4FdqJ9zf_Y0QCaNaqBiu6ce7DipVT3w6ZdGeMXXh4K2IO4fH89QaAmkQEALw_wcB
Benefit from Psoas TRE	NO	https://youtu.be/TG5UIFrf-0
Benefit from bodywork	NO	Yoga / pilates / qigong / Doris
Benefit from myofascia release	NO	
Benefit from massage		
Benefit from Biostrong		John Phelan http://biostrong.co.uk/our-team.html
Benefit from vagal nerve stimulation		exercises / VNS device https://vagus.net/shop/stimulator/