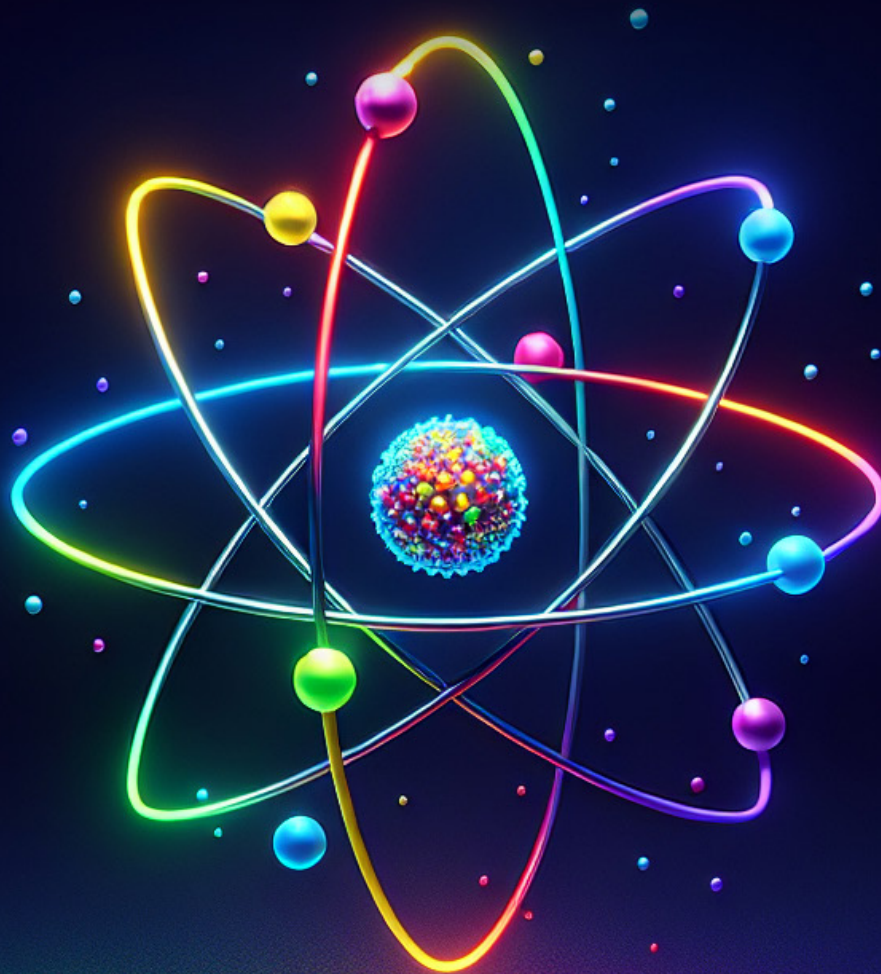


# ***THE QUANTUM***

---

## **CLEAN-UP**



## ***Is It A 'Detox'?***

I try not to use the word 'detox' as it implies that we are toxic, which is a pretty negative view of ourselves as a person. I also think detox is much more than just a biochemical process like a 'liver cleanse'.

There are of course toxins in our environment that can get into our bodies and cause problems, there is also toxic light, toxic sound. Luckily we do have some control over our environment and full control over what we put in our mouths. We also have control over our own toxic thoughts, which we can learn to manage or eliminate, getting rid of these will liberate your mind far more than any 'detox protocol'.

We can do a lot to avoid unpleasant chemicals, junk light, toxic people, negative energy, deuterium, and other burdens by not letting them into our homes, bodies or energy fields in the first place.



## ***Your Body Will Do Biochemical Detoxification Naturally – If You Let It !***

Our bodies have many sophisticated ways to remove or deal with toxins naturally; it's about making sure we allow this to happen so that our natural detoxification pathways and defence mechanisms can do their jobs.

If we have sufficient electric charge/electrons/redox potential, exclusion zone (EZ) water, sleep and a strong circadian rhythm, our bodies have enough power to run housekeeping activities like detoxification, defence and healing.

This is what 'Redox Before You Detox' means.





# Quantum Signal Contamination

For us to have good cell signalling and communication in our bodies, it's important that the tiny quantum signals from atoms, light, protons, and electrons are strong and there isn't a lot of 'background noise' that gets in the way.

Our cells perform over 100,000 processes per second and our aim is to run like a brand new high-spec computer that can perform thousands of processes per second. Our brains are biological quantum computers; no man-made device can match a human brain.

This leads us into quantum coherence; the less chaos or 'background noise' there is, the easier it is to have good signaling at the quantum level and the better we function. Coherence in simple terms could be thought of as a professional orchestra playing in perfect timing in the Royal Albert Hall.

Noise or incoherence or interference, using the orchestra analogy would be like roadworks or ten leaf blowers running while an orchestra is playing, which would spoil the orchestra and distract the musicians and the conductor.

Back to biology, we can think about this lack of coherence or noise or chaos as a physics term for inflammation. We all agree that inflammation is bad on all levels and we want to lower it.

Reducing chaos and noise in the body is another way of saying 'lowering inflammation.'

For example, It's like when you are trying to work, concentrate, read, or relax and your neighbour's teenagers have a noisy party. This noise interferes with what you are trying to do; it's the same in your body and your cells, the 'noise' interferes with their intricate functions. This is one reason why sleep is so important for natural detox or healing as we are still and quiet at night, even paralyzed for some stages of our sleep cycles.

This is one concept of this quantum clear-out, to lower or minimize chaos/noise/inflammation in the body. For example, giving your mitochondria confusing light signals or the wrong food creates chaos and noise. Pollutants, junk food, drugs, and toxic compounds that are not supposed to be in our bodies are 'noisy' and affect our coherence and lead to inflammation. Sound pollution raises cortisol and disturbs the vibrational signals in the body at the quantum level

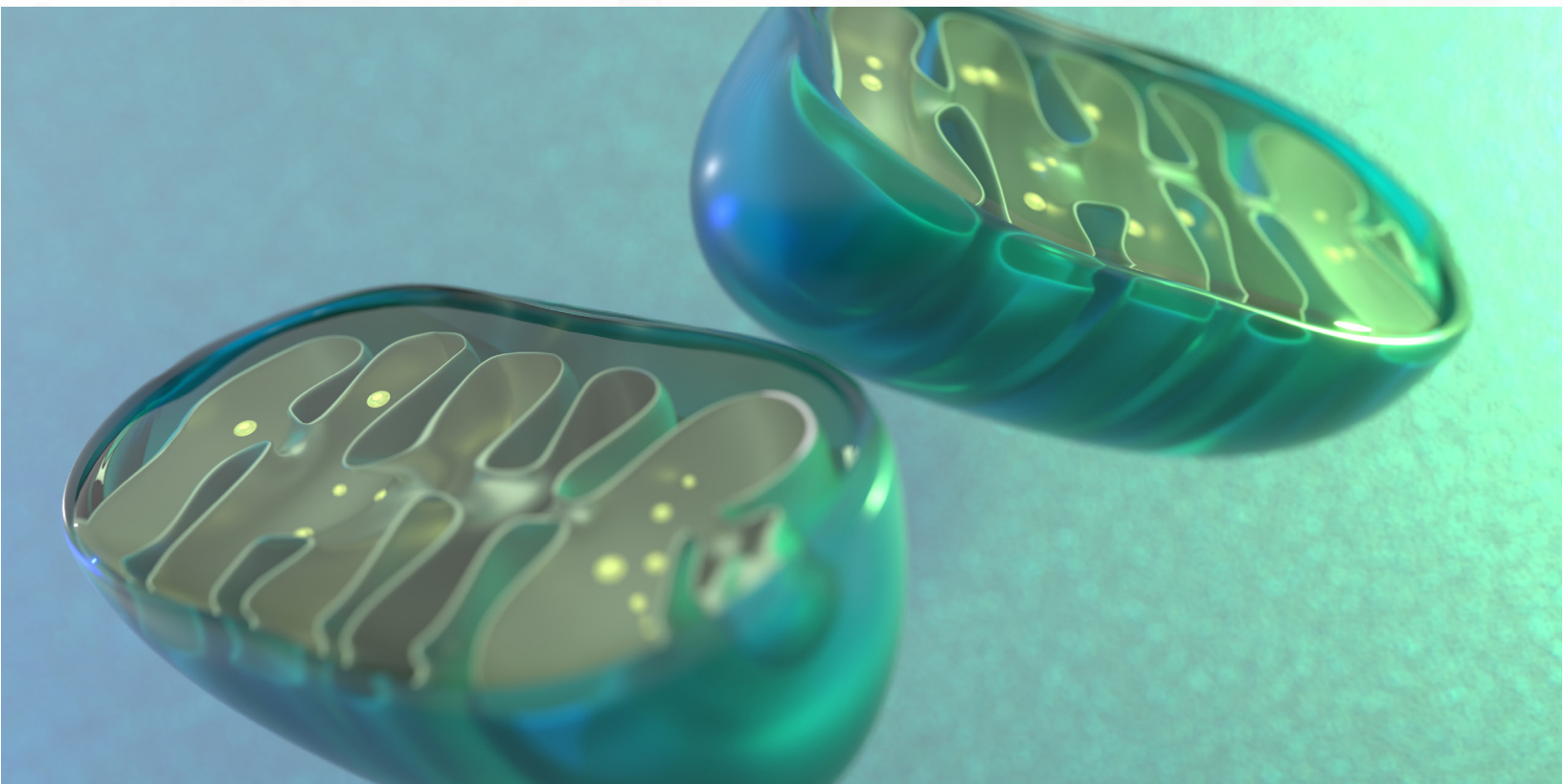
# Light Is Behind Life – The Toxic Light Problem

The 100,000 reactions every second that happen in living cells can only be controlled by one thing, that's light. So toxic light, the wrong light or not enough light will really mess up these processes and create chaos/inflammation.


Light signals inside the body are key to life and Dr May Wan Ho talks about the kaleidoscope of different colours of light that are used to drive our biology. This is because there are 10<sup>36</sup> or trillions upon trillions of individual frequencies of light in UV, visible and infra red light range. It is like having a switchboard that can process trillions upon trillions of quantum signals so that's how light has the capacity to influence all the complexities of life.

Light drives so many pathways from the leptin melanocortin and central retinal pathway which are our primary energy governing systems in the body, we all want more energy, yes?

Light signals work in the body through the non -visual photoreceptors such as cholesterol, vitamin D, vitamin B12, melatonin, dopamine, leptin, thyroid, melanopsin and more.







Autophagy (cells clearing out junk) is linked to mTOR which is influenced by UV light. MTOR is a metabolic switch as it also controls growth factors in the body so its key for keeping muscle mass, but it has to be balanced as too much mTOR activity encourages unwanted growth of cancer cells. The TCA or Kreb's cycle in the mitochondria is also influenced by light. When the TCA/Kreb's cycle stop cycling properly this leads to difficulty burning fat and is part of developing diabetes and cancer

Light affects our water chemistry so in simple terms, this is our water battery, ultra fast communication and cellular memory.

Light affects polarization or charge in different proteins which are part of our electrical semi conductor power system, it also influences how we use different minerals.

How protons ( $H^+$ ) spin through the ATPase in the mitochondria to make ATP (a form of energy) is driven primarily by red light and UV light

There is a lot more I could tell you about light in the body, but the take home message is light is a vital part of the quantum clear-out. Remember that nEMFs are also light, but we can't see it, so tech misuse will also mess up the quality of the quantum signals from light and cause chaos and inflammation.

## ***What The Quantum Clean Up Is NOT***

Using harsh chemicals that cause further harm

Expensive supplements & detox teas

A parasite cleanse

A special diet

A one-size-fits-all protocol





# ***What Is The Quantum Clean-Up Then?***

The quantum clean-up involves removing what you can that burdens your mind, body, and nervous system. This allows you to have more bandwidth to heal, detox naturally, and do things which give you joy.

## ***Bad Thought Patterns (The biggest)***

We can all be guilty of negative self-talk, self-sabotage, pessimism, jealousy, envy and more. We are our own best critic at times and it's much more destructive than we think.

Thinking 'I'm not good enough', 'I can't do it', 'It's not fair', 'What if I fail and everybody sees', 'It's too hard', 'I'm not smart enough', 'I'm unattractive' and so on is putting negativity into your own biofield and can make you ill in the end.

## ***Junk Light (The simplest)***

The damaging effects of artificial light are hugely overlooked. It is a driver for bad sleep, high cortisol, diabetes, metabolic problems, eye problems, mental health issues and more we haven't got the data on yet.

If you think about watching a film on a really bad TV screen or a really bad quality YouTube video, you find it hard to see what's happening as it's too fuzzy. This is what it looks like to the light screens in your body when you have messed up light signalling, it's very fuzzy, so your biology and body get bad signals they can't interpret so you don't function well or get ill.

It may be simple to change your light bulbs, open windows, go outside and limit screen use, but it doesn't mean it's always easy. Slipping back into TV or tech abuse happens easily.



## ***Electropollution (You control your phone but not others' tech)***

A phone is the worst emitter of non-native EMFs as it is a very powerful device and it's worse if it's by our heads or close to our hearts. You control your phone use, but also there is a lot you can do in your own home to lower nnEMF exposure and ANY reduction, even 10%, is beneficial.

## ***Water / Drinks (Easy and fundamental)***

Clean water is a must and getting the crap out, especially fluoride with a distiller or reverse osmosis device is the first step. Remineralizing is step 2 and you need to do this as your body needs minerals and the water needs minerals in order to become structured. Tabletop distillers are very affordable and minerals are not sexy supplements so they are cheap too.



## ***Inflammatory Foods (Not as easy as people think but fundamental)***

I always start with removing the 'Big 4' which are sugar, gluten, soy, and seed oils. Then choosing low deuterium unprocessed food. A lot of people are unaware of the damage deuterium causes or how to avoid it. There are also other potentially inflammatory foods such as excessive nuts or dairy, processed meat and mouldy coffee. There are of course a lot more if we get into oxalates, phytates, lectins and other natural or artificial toxins.

If your body is healthy, it's not really a big deal if you eat a slice of cake at your kid's birthday party as your body has the capacity to 'deal with the cake'.





## ***Toxic People (Can be tricky if they are close to you)***

Building up the confidence or biting the bullet to get these types of people out of your life can be a challenge. Ask anybody who has dated or married a narcissist or inherited the mother-in-law from hell. I think toxic people can be more harmful than junk food and even drugs for health, especially mental health. When we don't have enough bandwidth, dopamine, energy or sleep, dealing with these toxic people is even harder. When we feel on fire its much easier to get them out of our lives

## ***General clutter in the house or garage (Anybody Can Do This)***

Love him or hate him, I 100% agree with Jordan Peterson's 'Go and tidy your room' if you feel rotten and your room or house is a mess. I am guilty of being very untidy so this what I need to focus on in my quantum clear out. I am very interested in sacred geometry and bio geometry, so how objects are arranged in your home and how much clutter you have will have an effect on the energetics of your home.



## ***Synthetic Fabrics***

Synthetic fabrics like polyester, nylon and other plastic containing fabrics can leach chemicals and as clothes touch our skin they can get into the body. Start with getting underwear and bedding that are made of natural fabrics and then work from there. Or you can just go all in!



# ***Bad Habits/Addictions (Need a mindset change and effort but good payoff)***

Setting a date to give up or cut down on such things with like minded people or as part of a challenge. Its like a collective unconscious of minds all working together to overcome a problem.

Dopamine levels are part of addiction. Getting enough UV light and minimising blue light will help with dopamine regulation, which helps a lot with with overcoming addictions.

## **A Quick Tip**

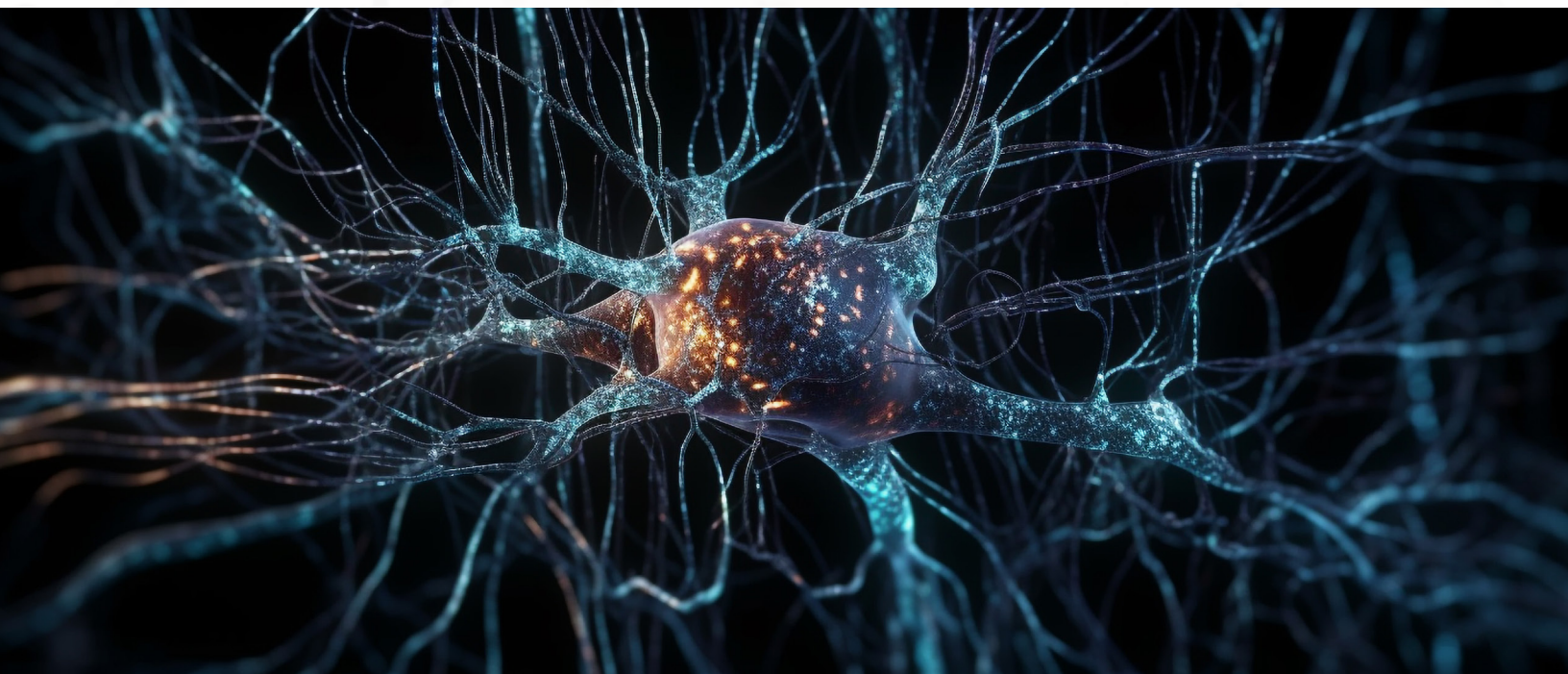
Interestingly, doing a cold plunge, drinking a little apple cider vinegar and clenching certain muscles can help with will power or 'resisting urges'.

Difficulty coming off nicotine can be due to a magnesium deficiency and/or estrogen dominance in men and women.





# ***Bad movement patterns (Posture & good functional movement are key)***



Bad posture is not only big strain on your joints and muscles, it also affects your fascia and your organs and our fascial network is part of our communication system in the body. Problems with fascia or fascial tangling can lead to a variety of aches and pains.

When I learned myofascial release an important phrase was 'Find the pain, but look for the problem somewhere else' as muscle imbalances around one joint, can lead to pain in a totally different part of the body.

70% of the body is collagen which is piezo electric, meaning it can make electrons or electricity in the body, and gathering electrons or increasing our charge is the name of the game when it comes to health.

Movement stimulates the lymphatic system which will help the flow in your body.

Bad movement like hunching your shoulders, not lifting with good form, standing with your hip hitched, or a bad set up at your workstation are a few examples but there are many other bad movement patterns that have effect all over your body, from gut issues to brain fog.



# Doing A Gentle Biochemical Detox

Using detox supplements or cleansing chemicals is what a lot of people think is a detox is. But on many occasions I have seen this go horribly wrong and many people weren't ready to do a harsh detox to start with as they had low redox, bad sleep, a gut issue, a liver issue or a dysregulated nervous system.

I have no issues with certain gentle under \$100 tried and tested detox protocols as they can be helpful, but it depends on the person and the context

A sauna or sweating from being in the sun is a great natural way to detox. I also find castor oil packs to be safe and effective if used properly. Fasting activates nrf-2 which is part of our detox pathway







# ***Thank You For Reading!***

I hope you found this introduction to my Quantum Clear Out informative. I go into all of the above in much more detail in my 'Quantum Clear Out – Beyond A Detox' mini course with videos, protocols and ideas so you can put it all into practice !

