

META HEALTH SCREENING and META SYNC PROGRAM.....YOUR CUSTOMIZED HEALTH RECOVERY PROGRAM

A Functional Medicine and natural approach to total reversal of chronic disease.

Science has proven that every molecule and cell in our body is replaced with a new one every year...so why do we age and get ill?

The New Paradigm of healing revolves around this truth...no matter what the doctor has labelled your symptoms, no matter whether Modern Medicine knows the cause or not, and even if your doctor tells you it is not curable and your symptoms have to be managed with toxic medication...the truth is...Because our body has created the disease in response to a trigger, removing the trigger enables the body to REVERSE ANY AND ALL DISEASE

If you were not born with these symptoms, then obviously they have developed because something has changed in your body. This change has led to a series of imbalances within your system creating your symptoms. All we have to do is determine what has changed, why it has changed, and what is blocking your innate healing ability, and triggered a disease response. Once this is removed we can reboot our system and it will reverse disease and heal...simple!!

The sciences of Epi Genetics and New Biology have now demonstrated something amazing...our genetic code is NOT set at birth, as was previously thought. It actually changes throughout our lives in response to changes in our personal environment. This means that even if you were born with a predisposition to an inherited family illness, you don't necessarily have to have that gene switched on (expressed) and suffer that disease. It also means that genes for disease which were previously dormant can become triggered to express, leading to the onset of diseases later in life. We have disease causing genes, which if triggered will create dysfunction in our body. However they are outnumbered by our resilience genes which keep us well.

Genes are like switches which are controlled by our DNA in every cell. The DNA, it is now realised, tunes in to and reacts to the environment in which we live our lives. ***The environment is the epi genetic context*** inside which disease will either develop, or be healed.

What is it that creates our epi genetic context? What determines whether that context is health promoting or disease promoting?

“All Diseases Begin in the Gut” – Hippocrates, 460-370 BC

WHILE THIS IS A TRUE STATEMENT, IT DOES NOT ADDRESS THE REASON WHY THE GUT BECOMES DYSFUNCTIONAL IN THE FIRST PLACE...WE GO MUCH FURTHER INTO THE ROBIT HOLE...RIGHT TO THE ROOT CAUSE, AND REVERSE IT.

Dis-ease results in Malfunctioning and miscommunicating cells

What causes cells to malfunction? 4 things

1. Stress...excess energy and stimulation in specific areas to the detriment of other areas
2. Deficiency...lack of energy and communication between cells
3. Impedance...blockage of energy and information communication
4. Faulty instructions...incoherent information/instructions held in our bio field which is detrimental to our wellbeing

The most important question then is...what causes stress, deficiency, impedance and faulty instructions?

There are Seven Pathways, seven roads, which together compose the epi genetic context which has led to the presenting symptoms or disease. Where you are and what direction you move on each pathway will determine the state of your cells, and therefore your health.

The Seven Epi Genetic Pathways are:

- Nutrition: Food, O₂, Water and Sunlight. Chronic deficiency or imbalance in even one of these can lead to lack of cellular communication and disease.
- Toxins: toxins from our food, products and environment interfere with cell chemistry. Some toxins create stress, some deficiency and some create impedance. It is essential to determine which toxins are present in your system, as these affects your hormones, digestion, immune system, elimination, sugar handling, libido, appetite, ability to cope with stress, mood and much more. Once determined, we will prescribe a specific gentle detox protocol designed and tailored for your needs.
- Opportunistic infections. These can be fungi, parasites, virus or bacteria which thrive in an unbalanced internal environment. They add to the toxicity and challenge the system further. They can also hijack our DNA and wreak havoc.
- Mental and Emotional: thoughts are beliefs and habitual patterns of activity from our conscious and unconscious mind affects every cell in our body...instantly. The memory of the interpretation of significant emotional events in our past determines the outcome. Emotions are the interpretation of thoughts...Felt in the body. Candis Pertt Every emotional state carries with it a corresponding energy pattern and chemical molecule (neuropeptide). Positive emotions promote health while negative emotions destroy health.
- Spiritual awareness and connectedness: Lack of connectedness, belonging and purpose leads to a feeling of disempowerment. Each disease carries a specific spiritual message to help us grow and evolve.
- Energetic Environment. Energy contains information...both energy of our family dynamics, relationships, social groups, ongoing issues on the news, and the electromagnetic and other rogue frequencies lurking in physical space in which we spend our life. The information then instructs our cells through our DNA Negative energies create stress, and EMF creates impedance.

- **Physical Fitness:** Our body is a physical expression of and interpretation of our epi genetic context. How we use and hold our body will impact on its function, and the function will impact on the physical ability to function.

These seven pathways form the epigenetic matrix or hologram which determines our health and well-being...and they can be hacked. It is now known that what used to be considered to be redundant “junk” DNA is actually the Meta Code for our gene expression. This Meta Code is influenced by each of the seven pathways.

Taking all this information into consideration, I have designed a unique root cause diagnostic tool which is called the Meta-Health Screen. This technique utilizes Autonomic Response Testing (as Clinical Kinesiology) combined with Functional medicine, Traditional Chinese Medicine, plus Meta-Medicine to determine the root causes and assess certain areas of each patient. The screen will also detect pre pathological imbalances in the bio field thus there is an opportunity to prevent the onset of disease by addressing these imbalances before they become physical.

The Meta-Health screen will reveal exactly where in your system the imbalances are, and what they have been caused by...which of the seven pathways we need to address. Experience demonstrates clearly that once addressed, the patient is enabled to return to optimal vibrant health with ease, the **natural way**.

The Meta-Sync Program. This is a unique customized health recovery program which is unique in that it addresses any and all the areas of imbalance demonstrated during the Mewta Health Screen diagnostic process. Treatment will be tailored to each individual depending on their unique set of imbalances.

What’s Involved During Your Consultation

Step 1. Medical History and Timeline Presenting Symptoms Personal Timeline Past Medical And Surgical History Current and Past Medications Known Allergies Food and Supplement History

Step 2. Targeted Systems Review Bowel Patterns Energy Patterns Sleep Patterns Menstruation Sexual Function Psychological Function and Mood Immune Function Skin Condition CardioRespiratory Function MusculoSkeletal Function

Step 3. Meta-Health Screening Toxicity Assessment, Organ Balance Assessment , Inflammatory Marker Assessment , Hormonal Assessment, Gastrointestinal Assessment, Nutritional Imbalances , Metabolic , immunology , Endocrine, Genetic , Emotional/psychological

Step 4. Interpretation of Results In-depth consultation explaining your results

Step 5. Creation of Personalized Treatment Plan

Step 6. Prescription of Treatment

Step 7 6-8 weeks ongoing support in the form of health coaching

Step 8. Follow-Up In person or skype 30-45 minute consultation

Our clients consistently achieve amazing health benefits, and most have totally reversed their disease process and, no longer require medication, and are vibrant and well. These health benefits are sustainable over time. Take a quick look at our website www.lindaburke.co.uk/conditions to see the types of conditions we have helped clients successfully reverse.

To book your Meta health Screen and Customized Health Recovery Program please call Linda on 02866328200

Consultations are available on line via skype and in person