

The Meta-Health-Sync Process

At Meta-Physical we have been successfully using this method, which I call the “Meta-Health-Sync Process” to treat many common health problems such as:

1. Overweight
2. Chronic Fatigue and Fibromyalgia
3. Depression and Anxiety
4. Female hormone imbalance and Infertility
5. Gastrointestinal problems
6. Autoimmune disorders
7. Skin conditions
8. Neurological conditions such as MS, Parkinson’s disease etc
9. Chronic Pain and Inflammation
10. Asthma and Allergies

And many more

The Meta-Health-Sync Process

The Meta-Health-Sync Process is a new approach to health that looks at the underlying causes of disease and attempts to correct them before disease sets in. It focuses on determining the *root causes* by looking at your entire body, mind, emotions and environment. Our unique approach zeroes in on five systems of your body:

1. Specific organ systems which are demonstrating energetic imbalances
2. Emotional traumas or significant emotional events related to these organs
3. Brain/endocrine system, which govern your body’s processes through hormones, neurotransmitters, and other biochemical messengers (response control center)
4. Digestive system and nutrition (intake and assimilation)
5. Detoxification system (cleansing and elimination)

We address each of these systems using the Meta-Health-Sync Process which includes a specific test we term the Meta-Health Scan. This scanning technique uses an advanced form of Clinical Kinesiology testing, plus in depth Meta-Medicine and Nutritional knowledge to determine the exact root cause of the disease or dysfunction, and address it head on. It's essentially taking a snapshot of the mind/body/emotions and environmental factors by measuring the quality of the energetic response of these systems.

The Meta-Health-Sync approach to health offers enormous advantages, one of which is a very rapid cessation of symptoms. Patients report improvement in how they feel usually within the first month — like a “switch has been flipped.” Even for those who have struggled with lifelong depression, dramatic results are usually seen within the first couple of months. This is largely because the *precise cause* of the problem has been nailed down through Meta-Health scan testing.

Another major advantage is that children can be helped very easily and quickly with Meta-Health-Sync, which eliminates the need for medications about 95 percent of the time.

Picking Up the Ball That Conventional Medicine Has Dropped

There are profound differences between the Meta-Health-Sync approach and conventional medicine. Conventional medicine aims at identifying life-threatening diseases, but ignores the realm of more subtle issues. For example, endocrinologists look for rare and unusual disorders like Addison's disease — things that could kill you in a week or two if left untreated. If you don't have one of the major diseases, their interest and expertise generally wanes.

By contrast, our Meta-Health-Sync approach looks at identifying and correcting energetic, emotional and biochemical imbalances and lifestyle issues that are eroding your health over time, reducing your quality of life, and predisposing you to the development of serious health problems down the road. In other words, the Meta-Health-Sync Process aims at *preventing* you from ever developing those major diseases in the first place by finding and addressing all areas of your being which are contributing to your potential health issue..

What does Meta-Health-Sync mean?

The word **Meta** is a Greek word meaning above or overview. It is the BIG PICTURE view of anything, or you could also say it is the CONTEXT in which something occurs.

Health is derived from the word Whole. Our holistic system needs to be in balance and coherent in order for health to occur. Health is an ever changing dynamic response to life, our thoughts and emotions, nutrition, toxicity, etc. It is not a static state of affairs. In fact what determines health is the ability of the holistic system of mind, body, emotions in our environment being able to remain coherent regardless of the circumstances in which we find our selves.is what we determine as our naturally occurring biological balance, including emotional balance, hormone balance, digestive system balance etc.

Sync is short for synchronization. Synchronization in this case means creating a coherent relationship between body, mind, emotions and environment. After all we are interacting with the environment on all levels of our being at all times. If there is turbulence in the flow of energy in any of these areas, it affects all areas of our being adversely, by downloading the faulty information contained within the turbulence.. The Meta-Health Sync process aims to identify the causal factors, address them effectively and synchronize all parts of your being back to its original healthy blueprint, so healing will be automatic and effortless.

WHATS INVOLVED IN A META-HEALTH-SYNC CONSULTATION?

META-HEALTH-SYNC 4 Steps Healing Process

1. META-HEALTH Scan

Finding the root cause...a 360 degree check up of your mind/body/emotions and environment

In this session I will work with you to reveal the root cause of your physical and/or emotional problem. We work with, and beyond, the Medical diagnosis you have received from you doctor, and look for the underlying areas of lack of coherence within your system, plus the biochemical, toxic and significant emotional events which have led to this set of symptoms. Using the Meta-Health Scan, the root cause of your body's chemical and hormonal imbalances are identified. Problems with your gastrointestinal function may be detected, or with how your body cleanses and rids itself of toxins.

We determine where you are in the two phases, and explain what your body is doing bio-logically to alleviate any fear you may have about your diagnosis.

It is now scientifically demonstrated that all chronic and serious disease is triggered by unresolved emotional events from your past. These leave an energetic imprint of specific information on our brain structure, (a program) which then downloads

relevant information to specific related organ systems. (In the same way as cyberspace holds the information which downloads to your inbox when you open your email account) We then have a physiological (body) response to the information, which is what is termed the disease process. It is essential to address any unresolved emotional issues related to your health issue, as the blueprint for our health is located in the subtle energy systems and brain, which hold our emotional vibration. Any lack of coherence in any of our subtle systems will deregulate our biology in predetermined ways leading to dis-ease of specific organ systems.

Detoxification, Supplementation, Diet and Lifestyle prescriptions

With this information, then, specific strategies can be prescribed, such as diet and lifestyle modifications, specific safe and effective detoxification regimes, supplements, or perhaps a different approach to managing your stress. Supplements are designed to be used short-term, therapeutically, in order to accomplish a specific goal.

These supplements are used to temporarily assist your body's natural detoxification processes, and hormone producing capacity and can be discontinued when your normal endocrine function has returned. It's typical for adrenal function to be restored within six months — and sometimes in just a few months. I caution against self-prescribing these supplement because you can easily make imbalances worse, if you don't have all of the necessary information.

A key part of my approach is helping my patients return to a more biologically appropriate diet rich in organic. Certain specific diets may be prescribed to enable and facilitate your body's healing process. Ultimately I recommend the Stone age diet like our ancestors ate.

The Meta-Health scan can also pick up pre-pathological situations which have not yet manifested into your biology...and help you prevent this happening. You will receive an in-depth analysis of any toxicity or allergies present, and a prescription of the most effective antidotes and supplements tailored your personal circumstances.

This in-depth session is about 120-150 minutes hours

2. META-SYNC Release and Re-imprinting session

Clearing old pathological patterns and installing life-affirming new patterns

Now that we have identified the underlying Significant Emotional Event which has triggered your dis-ease, we can release it.

Powerful Tools

We have a tool box of powerful transformational tools to work with. These include NLP, Time Line Therapy, Hypnotherapy, EFT Matrix Reimprinting, Shamanic Counseling, Sound and Light Therapy, Energy Healing, Visualization, Meditation, and Energy work. Releasing whatever is blocking you allows you to access your higher resources, and find your soul-ution and learnings.

This transformational session takes 120-150 minutes hours. Very occasionally more than one release session may be required.

3. META Wellness Plan

Tailored to your specific needs and requirements

In this last session we take a look at your environment, lifestyle, diet, supplementation, exercise, relationships, and recommend tailored therapies to assist you to maintain your health and healing process.

This session is designed to align all areas of your life in order to support your healing process in all possible ways.

This session will take about 1-2 hours

4. META Health Coaching

Most clients will obtain huge shifts in health and wellbeing just working with the first 3 sessions, but some; with more challenging conditions have an option of continued support and health coaching. META Health coaching offers expertise in the ongoing healing process. It may take the form of coaching, interventions as above, or a variety of therapies such as acupuncture, nutritional therapy, Reiki, physiotherapy etc to maximize your healing potential. We also monitor your progress, and adjust the META Health Plan, if necessary, to keep you on track.

It is known that there is a predictable way that the body breaks down. It doesn't happen in different ways in different people. We have hormone and brain problems, digestive problems, and toxicity problems. There's a methodical way you can test and correct all these issues. This technology in the form of the Meta-Scan is available. It's not a question of whether it works or not. It's just a matter of accessing it.

My practice is based in N Ireland (Enniskillen) but you can be anywhere in the world and still do a session with me. We can use the computer and skype. It feels almost like we would be in the same room if we use a web-camera. Contact info@lindaburke.co.uk or +442866328200 to book a session