

## Truth Techniques I

This is the first in a series of reviews of products from Quantum Techniques. This month the focus is on Truth Techniques I, a DVD and manual to assist you to accurately assess yourself on a variety of issues. These simple self-testing techniques will allow you to tap into your body's vast reservoir of knowledge to quickly and easily make accurate decisions regarding your health. By taking the best of applied kinesiology and combining it with the writers' research and techniques, self-testing methods have been developed that are easy to use and very powerful.

Truth Techniques I will teach you how to select the treatment code that will work best for you, and it will allow you to use only those supplements, foods and medications that will work well with your body. These techniques will allow you to find out which foods can be cleared and which should be avoided and for how long. They can also tell you what your ideal dosage should be for nutritional supplements. Other examples of things that you can test include: Cleaning products for toxic reactions; foods to eat for weight loss issues; whether an issue is physical, nonphysical or both; optimal workout regimes; personal care products for sensitivities, etc... You will learn about polarity reversal and how to clear it so that your testing is accurate and you can heal. You will also learn how to test someone else, with and without having to touch the other person.

By using a DVD and manual format, Truth Techniques I both demonstrates and describes seventeen different methods of self-testing. These techniques use different muscle groups, the key being to learn to tell the difference between a strong and weak muscle response. With practice, almost anyone can quickly master this skill. Once mastered, you can apply the skill to any of the issues already mentioned in addition to many more and begin to dramatically improve your health and well-being.

Truth Techniques I teaches you a step-by-step process for testing toxins, food as both a toxin and dietary intolerance, and homeopathic remedies. The manual includes the different treatment points and chakra patterns, the Profound Love Code and a Trauma Code. There is also a Hidden Foods List, a List of "Safer" Products and a Testing for Toxins Flow Chart. Truth Techniques I is a way to discern the truth about all aspects of your health: physical, emotional, psychological and spiritual. With all QT products, there is a 30-day, no questions asked refund policy.

Randy Janzen, L.C.S.W.

"...With reference to below suggestions, I have purchased the Truth Techniques DVD. Excellent, loved it totally and practiced and use the techniques daily from many things to do with diet, supplements, amount of water required by my body etc. I'm using it all the time and quite honestly I have no idea how I have managed to operate on this planet so long without it. No wonder my body groans and staggers so much and have discovered a few things I shouldn't be eating at this time - wheat and corn in the main. We are also having a lot of fun with it as well..." Quantum Techniques Client

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Have also used it along with EFT to sort out a recurring rash I had on my forehead. EFT alone sorted it for a wee while and then it would return. Although I believed what had caused the problem (bumped my head on a painted wall that had been cleaned with a chemical), it wasn't until I used the truth Techniques that I discovered there was in fact 2 events leading to the bump that had deeper issues involved (an emotional upset and too many drinkies - which is why I fell). It now seems to be clearing nicely.

Many thanks

Brian Simcox