

7-Step Protocol in the Treatment of Autoimmune Disorders Using Energy Psychology & Naturopathy



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*Energy Psychologist,
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*Student of Classical Naturopathy &
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ANMA Presentation Outline

- **My Premise**
- **My History with Energy Psychology & Naturopathy**
- **Modalities/ Tools that I Use**
- **Related Research**
- **Overview of Autoimmune Disorders**
- **Autoimmune & Energy Psychology**
- **7-Step Protocol for Autoimmune**



Premise...

- **Autoimmune** : My Premise as an Energy Psychology Practitioner & Student of Naturopathy & Energy Medicine:
- Even though bodies are presenting with pH imbalances, inflammation, imbalances in the endocrine system, leaching of Ca from bones, sugar imbalances due to dietary issues, etc....
- There is often (usually) an emotional component involved...



- ... and by clearing each unique case's emotional charge from:
 - Inherited (DNA) trauma(s),
 - Pre-birth issues of mother, or
 - Imprinted (pre-cognitive brain on-line) trauma(s),
 - General life trauma(s),...other physiological systems can rebalance more quickly so the body can return to homeostasis.
- ... and this has been my experience working with AI clients... who are willing to face their fears and inner issues... and who are willing, like ND patients, to make some life changes.



Anne Merkel, Ph.D., CNHP

My History

- Introduction to “alternative modality” via Chiropractic
- **Studies in:** cognitive learning, languages, psycho- socio- linguistics, psychology, education, business: **MS / Ph.D. – Indiana University**
- Autoimmune issues in late 30’s – CFS & Fibromyalgia
- **Post-doctoral studies & applications of:** Color & crystal therapies, Flower Essences, Homeopathy, Hands-on Energy, NET, AK, HT, Reiki, Energy/Entity Removal, EFT, TFH, Classical Naturopathy, Energy Medicine, Laser, Ask & Receive, Allergy Antidotes, Matrix Re-imprinting: **1985-present**
- **Energy Psychology / Coaching practice:** 1995-present
- **ND Degree** to be finished in 2016.



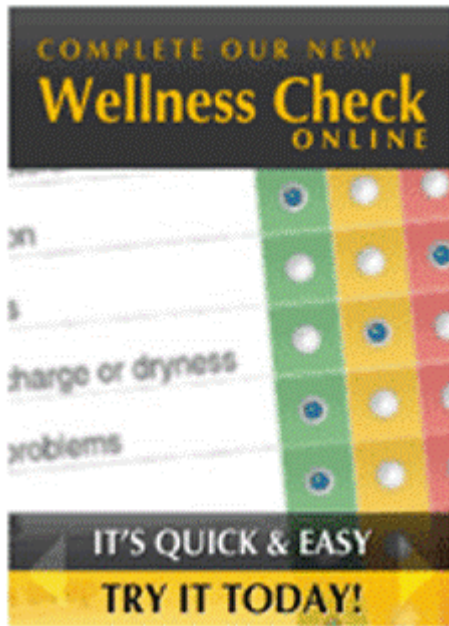
My Energy Psychology Modalities & Natural Health Tools

- Extensive History looking for clues to root causes
- NET www.WellnessCheckOnline.com
- NET/ Neuro Emotional Technique
- Flower Essences & NET Homeopathic Remedies
- Muscle Testing & Applied Kinesiology
- EFT/ Emotional Freedom Techniques
- Energy Medicine (per Eden, Oschman, Shealy)
- Nutritional Counseling



NET Wellness Check

On-line questionnaire for meridian priorities



WELLNESS CHECK QUESTIONNAIRE

PRINT REPORT
EMAIL REPORT
RESET & CLEAR

Dear John Smith
 Thank you for taking the time to complete the Wellness Check Questionnaire. Please use the PRINT or EMAIL buttons above to provide your practitioner with a copy. Your practitioner may recommend that you retake this questionnaire in 30 days. June 12th, 2012

CATEGORY ACCESS POINTS

0	Earth Category: Spleen, Stomach, HCL , Pancreas & Hypoadrenals	<div style="background-color: #90EE90; padding: 5px; margin-bottom: 5px;">0-4 Excellent</div> <div style="background-color: #FFD700; padding: 5px; margin-bottom: 5px;">6-10 Moderate</div> <div style="background-color: #FF6347; padding: 5px;">12+ Needs Attention</div>
0	Metal Category: Lungs & Large Intestines	
0	Water Category: Kidneys & Bladder	
0	Wood Category: Liver & Gall Bladder	
0	Fire Category: Heart, Adrenal, Thyroid, Pituitary, Hypoadrenals & Vit B	
4	Para Solx Category: Parabowel p1, Parabowel p2 & ICV	
2	Flora Plus Category: Bowel Flora p3 & ICV	
2	Allergy Category: Allergy , SMP, ICV & Hypoadrenals	
18	ER 501 Category: Emotional Points, Hypoadrenals, ICV & Vit B	
0	Scars-Adhesions Category: Scars, Skin, Joint & Cat I	
8	Visceral Polarity Category: Brain , GV 26, CV 24, & Cat II	
22	EluImmune Category: Spleen, Thymus, & Spleen/Thymus Combination	
8	Pain Relief Category: Contact pain area & think of "feeling" of pain	

Step 1: Use The Home Run Formula to check all Access Points within a problem Category (NET Vitals in bold).

Step 2: Contact all practitioners with 511

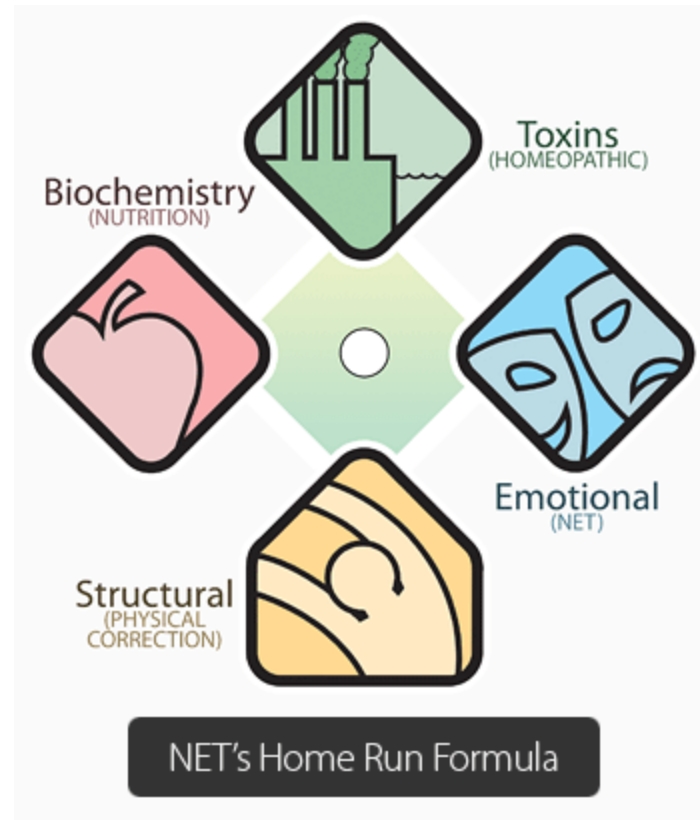
SAMPLE WELLNESS CHECK REPORT

VIEW IT



NET Discovery Protocol

Neuro Emotional Technique Home Run Formula



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Related Research

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Body Practitioners Are Providing Good Techniques & Research



With thanks to Earl Cook for his research and long-standing support of TFH, Energy Kinesiology, & EFT.
www.etoouchforhealth.com

Neuro Emotional Technique
Drs. Scott & Deb Walker
www.NETMindBody.com



“Autoimmunity - Autoimmune”

Of the 50 - 85 million Americans living and coping with Autoimmune disease (AD), more than 75 percent of them are women.

- *Noun:* a condition in which the body produces an immune response against its own tissue constituents
- *Adj:* of, relating to, or caused by antibodies or T cells that attack molecules, cells, or tissues of the organism producing them

Merriam-Webster’s Medical Dictionary, 2006

-
- White blood cells in the body’s immune system help protect against harmful substances such as: bacteria, viruses, toxins, cancer cells, blood and tissue from outside the body. These substances contain antigens against which the immune system produces antibodies that enable it to destroy these harmful substances.
 - When you have an autoimmune disorder, your immune system does not distinguish between healthy tissue and antigens; as a result, the body sets off a reaction that destroys normal tissues.

MedlinePlus www.nlm.nih.gov/medlineplus

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Common Autoimmune Disorders

(over 100 different diagnoses and still counting...)

5-10% of any Population, most of them women, can expect to suffer from an Autoimmune disease in a lifetime. Anderson/Mackay pg. 2

- Addison's disease
- Celiac disease – sprue
- Chronic Fatigue (CFS)
- Crohn's disease
- Dermatomyositis
- Fibromyalgia
- Graves' disease
- Hashimoto's thyroiditis
- Multiple sclerosis (MS)
- Myasthenia gravis
- Pernicious anemia
- Reactive arthritis
- Rheumatoid arthritis
- Sjogren syndrome
- Systemic lupus erythematosus
- Type I diabetes
- This list continues to grow as more diagnoses are being classified here... and so many cases remain undiagnosed!



Warnings to Practitioners:

- Can't be impatient with autoimmune sufferers
- Symptoms are REAL to client... and can be life-threatening!
- Get them “out of the box” & work with each unique case
- Many are depressed... a shared symptom of many conditions
- Foggy thinking & forgetful – maybe no follow-through
- If environment doesn't change, then your work with them may not help... can't change something within its same hurtful environment!
- Very often client's priority is not the same as the body's priority
- These cases are NOT “one minute miracles”!



Warnings (cont.)

- Know your meridians if you plan to talk about them
- Use Homeopathy & Flower Essences to help ease the “body memory” of emotional charge as you apply Energy Psychology... then all other approaches are more effective.
- Be gentle with these clients... they need compassion & support!
- Keep your client in right brain or in the emotion for best results using Energy Psychology!
- Don't over-tire your client or keep them near EMF's too long.
- This work takes compassion & often a strong stomach...



Skin Issues

- Skin is the biggest organ, reflects gut health, reflects metal meridian health

(lung & large intestine energetics:

grief, loss, control, dogmatically positioned)

- “My inner world has shifted to a higher vibration through the help of you, Anne. I no longer feel unsafe at every waking & sleeping moment & in between. I wake up with enjoying what will unfold, & go to sleep with thanking my guides. Seriously, when working on the tapping, I am amazed how *deeeep* wounded issues can shift & be gone.”

— KK/ Holistic Cosmetologist, EFT Tapping Enthusiast / Salinas, CA

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Before:



After 1 month:





MCS / Multiple Chemical Sensitivity

“This week, I am attending a 5 day intensive morning yoga class I couldn’t attend earlier in the year because I didn’t have the strength to be able to walk up the 2+ flights of stairs. So this is another example of health changes for me.

Your stressing, ‘just tap... just tap... feel the feeling and tap without labeling’ is helpful.” **Gerry**

See this case in my latest book on Amazon:
Autoimmune Cases – Naturally!





“The phenomenon of autoimmunity recalls an older way of thinking about the fundamental nature of disease, a way of thinking that was commonplace in 1800 but marginal by 2000 . Two centuries ago the occurrence of disease was ordinarily understood by both physicians and laymen as an individual, physiological, response to an individual’s unique bodily makeup and life course. Diet and exercise interacting with physical environment, life circumstances and constitutional endowment resulted in sickness or health.

As the body moved through time it was continuously self-regulating, adjusting and readjusting and thus always at risk. In this traditional and nonspecific way of thinking about disease there was little role for infection and infectious agents.

One might describe this way of thinking about the nature and origin of disease as holistic and physiological, as well as cumulative and biographical. The phenomenon of autoimmunity, with its implied juxtaposition of biological individuality and particular circumstance, reminds us of this older, integrative way of seeing the body in time and in terms of its cumulative interaction with itself and with its external – yet internalized – environment. “

Charles E. Rosenberg – Foreword for *Intolerant Bodies-A Short History of Autoimmunity*

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“Until late in the nineteenth century, most medical doctors – and most of their patients – regarded disease as a disturbance of an individual’s constitutional equilibrium, ensuing from imbalance in consumption and excretion, a mismatch in the interaction of body and environment. **Hereditary disposition, or diathesis, might render an individual prone to one disorder or another, but whether this tendency actually was excited into disease depended on circumstances and habits.**

The body was perpetually in a state of flux, sensitive to changes in diet, behavior, clothing, environment, climate, and so on. Thus disease, often expressed as fever, indicated some physiological disruption in the individual, and its cure required physiological regulation, through either stimulatory or depletive measures. But the development of germ theories in the nineteenth century dissolved much of this constitutional model. Increasingly, disease appeared to derive from external entities, from microbes cultivable in the new laboratories. Less the disturbance of a physiological process, disease came to assume a standard modular form, that is, to become “ontological”; concrete nemesis thus entered the world of etiology, or disease causation.”

Anderson & Mackay: *Intolerant Bodies – A Short History of Autoimmunity* - pg 3



Stress

- Stress can trigger autoimmune tendencies.
- Triggers genetic predispositions in our own DNA as well as the genetic predispositions of gut flora
- Less stress in “Immediate Return Environment”
- More stress in “Delayed Return Environment”

Main Stressors:

1-Money

2-Personal Relationships

3-Jobs/work

4-Health

5-Daily Stressors



Type A Personalities

Is this type more susceptible to Autoimmune?

- Experience more stress – and are more likely to have health problems related to stress
- Are often engaged in a struggle to do more and more in less and less time... they create lives where they have too much to do... so, as a result they experience chronic stress from trying to do it all!
- Have a sense of time urgency which is stressful.
- Agitated by impediments & feel: anger, anxiety, sadness, stress, other negative emotions.
- The Stress can take its toll on health! **Leary** – pg. 63-4



Self Compassion - versus - Critical Voice

- How do you rate here?
- Self Compassion = Spleen energy = de-stresses
- Critical Voice => triggers => Triple Warmer meridian for more stress hormones.
- Too much wear & tear on body via imbalanced hormone secretions, stress-induced negative emotions, etc. can lead up to chronic or degenerative physical dis-ease.



How Energy Psychology Helps with Autoimmune

- Since Autoimmune is so rampant with a growing population, we must be clear about what EP can and cannot do for these people.
- The typical prognosis of a “Life Sentence” of suffering may not be necessary if EP is utilized... but there are no guarantees....
- **Often AI patients/clients are stuck in:**
 - “Victim” mentality,
 - Psychological reversal based on what an MD has said,
 - Fear of losing a sense of “Self” related to being sick,
 - Old beliefs they are “unworthy” or a “burden”.
 - An “Anxiety Cycle” that just won’t stop



EP Helps (cont.)

- There are aspects that EP can appropriately address:
 - Stress around condition & treatment
 - Emotional turmoil related to life & health changes
 - Victimhood issues / Guilt about being a burden
 - Hopelessness & Helplessness
 - Fear of future
 - Loss of quality of life, past life, job, \$\$, loved ones, etc.
 - Underlying emotional “potential causes” of the condition: traumas, beliefs (their own & inherited)
 - Recurring negative cycles that trigger symptoms to return or to flare up



Potential Emotional Causes of Autoimmune

- Stress triggering genetic predisposition in person's DNA or gut flora genes
- Inherited traumas – pre-conception
- In-the-womb emotional imprinting
- Pre-cognitive brain emotional & belief imprinting
- Life traumas – emotional reactions to anything
- Emotions: unworthiness, guilt, fear, loss, feeling like a burden, victimhood, self-hate, fear of God, hyper-vigilance from abuse, expecting the worst, feeling unsafe, burn-out, self-sabotage, hopeless...



“Low Relationship Value* Cases of “Hurt Feelings”

- Rejection
- Feel others are avoiding them
- Being criticized / receiving criticism
- Betrayal
- Malicious Teasing
- Feeling unappreciated or taken for granted

In ancient times social rejection = a death sentence.

**Same neural transmitters & parts of brain involved
in physical pain & social distress! *Leary pg. 67-70**



Polyvagal Theory

Trauma can lead to Autoimmune... (?)

Stephen Porges bases his analysis on an 20+ year study of the evolution of the nervous system from the simplest invertebrates to mammalian life, to humans in particular.

1- Our nervous system is constantly assessing the environment, whether it is safe or not... without our conscious awareness. If the environment is safe, we generally use our newest "hardware", and are socially engaging, communicative; we share, love, nurture, support, play. This is intimately tied with the **myelinated vagus**, which as a result of evolutionary processes, is intimately tied with heart rate, breathing, and the use of the muscles in the neck, head, and face. All of these are integral to the expression of emotion.

2- When we encounter a dangerous situation, we revert to an evolutionary 'older' system. We stop engaging socially and instead fight, freeze, or flee. And if the danger looks hopeless, the **primitive vagus** takes over, immobilizing us for a painless death. Trauma can leave us stuck in one of those lower circuits, as can various forms of mental illness (autism, PTSD, borderline personality disorder, constant state of anxiety, etc.).

Porges, Stephen W., PhD. (2011) *The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-regulation* (Norton Series on Interpersonal Neurobiology). New York: NY/ Norton & Co., Inc.



7-Step Protocol

- This protocol has an unlimited number of steps based on each unique case... 7 is a good beginning
- Based on a strong Intake History, you can decide what is best, but usually the following order works
- The process here is “organic” and is expected to shift and change as you work with each client
- Everything you do with AI clients is related to their feelings... rather than words. You may need to adjust your EP or counseling approaches... these people can be lost in verbosity, but they are stuck in their bodies... and can FEEL!



Protocol Step 1

Treating Autoimmune with Energy Psychology

- Focus on present pain or symptoms.
- Remove pain resistance so more can be cleared.
- Physical, emotional, traumatic causal, history, etc.
- Focus on: depression, hopelessness, foggy thinking, fatigue, physical symptoms, forgetfulness, moodiness, resistance to change, frustration at forced change, anxiety, fear.
- Share some reminders: beware of EMF's, drink plenty of H2O, let go of gluten & dairy in diet,...



Protocol Step 2

Treating Autoimmune with Energy Psychology

- Identify and Clear stress that triggers inherited pre-disposition.
- Focus on inherited pre-disposition to develop illness.
- Parents, grandparents, etc. stories.
- Old patterns.
- Recurring Negative Cycles.
- Inner Detective Work...



Protocol Step 3

Treating Autoimmune with Energy Psychology

- Focus on inner critical voice & negative learned beliefs.
- Clear old beliefs (personal & second-hand).
- Erase what they've been told that is blocking them.
- Lower volume on inner critical voice.
- Clear causes of most critical voice issues.



Protocol Step 4

Treating Autoimmune with Energy Psychology

- Focus on life traumas.
- Personal issues, negative experiences, crises.
- Trace traumas back to recurring negative cycles & inherited issues.
- Real & Perceived as own.
- Focus on trauma of change brought on by illness.



Protocol Step 5

Treating Autoimmune with Energy Psychology

- Focus on general emotions around the illness.
- Emotions about the body breaking down.
- Pain about losing quality of life.
- Guilt, Victimhood, Self-loathing, Hopelessness, Helplessness, Anger, ...
- Identification as “Autoimmune Sufferer”, Persona of Illness.



Protocol Step 6

Treating Autoimmune with Energy Psychology

- Focus on fear around illness.
- Fear of Doctors, Medical Profession, Hospitals, Drugs, etc.
- Symptoms, Diagnosis, Description of Treatment, Actual Treatment, Reactions to Treatment, Prognosis,...
- Personalities around Treatment, Communication, Compassion?
- Fear of Returning Symptoms.



Protocol Step 7

Treating Autoimmune with Energy Psychology

- Focus on all that you don't know that requires other practitioners... and tailor to the specific case.
- Meridian tap away unknown factors that may attribute to condition.
- Clear resistance to seeking other help, letting go of illness & all it means personally, fatigue & feeling like it is hopeless to move forward, etc.
- Each case has issues here... more physical symptoms, life or health changes, etc.



Personal Demonstration

- Schedule After Session -

- Have you been diagnosed with an autoimmune disorder?
- Do you have chronic pain or recurring health issues?
- Are you in “remission” from an autoimmune issue?
- Do you fear that you may be a candidate for contracting an autoimmune condition?
- Do you want to learn more later in a demo?
- Sign up at: <http://AnneMerkel.com/net-wellness-check>

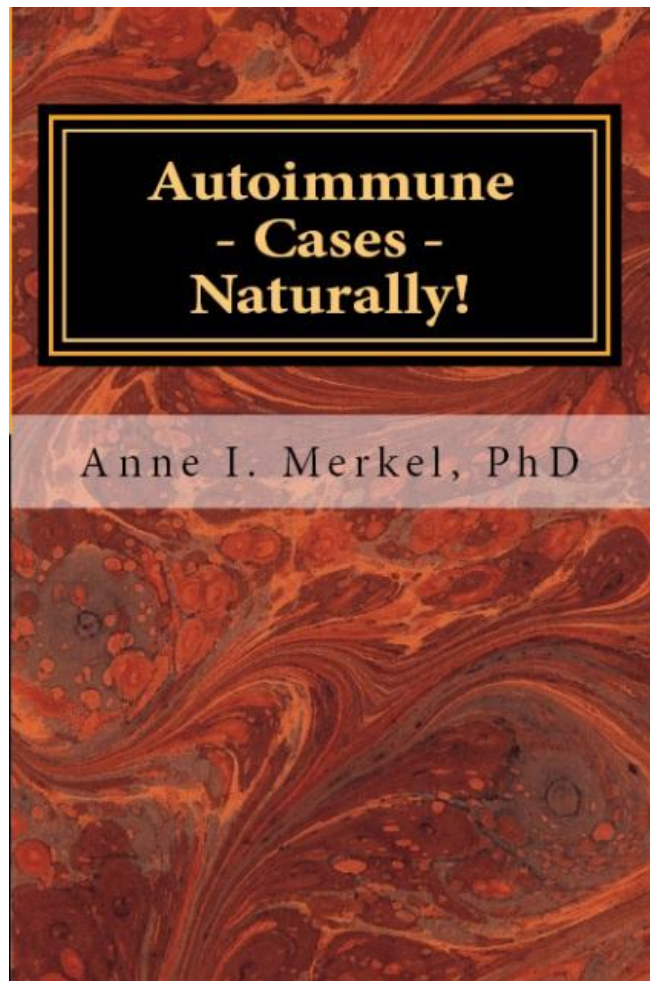
Q & A Session & More Info

- What are your questions?... or findings...

More info about
specific cases in my
new book:

Find it on Amazon or:

<http://is.gd/AnnesBooks>





Working Bibliography...

ANMA 2015 Partial Bibliography for Benefits of Energy Psychology in the Treatment of Autoimmune Disorders

By Anne Merkel – available at:

www.AnneMerkel.com/resources

--The books listed on the bibliography give extensive background for what I have presented in my session at the conference... and are used in my book: ***Autoimmune Cases - Naturally***.^{*} The data supports basic knowledge of any practitioner wishing to work with the autoimmune audience. While some of the sources refer to the mind-emotion / body connection, others focus on other potential causes of or attributing factors in autoimmune. It is my hypothesis that all suggested "scientifically proven causes" correlate dramatically with underlying emotional factors.

^{*} Find this book on Amazon or: **<http://AnneMerkel.com/autoimmune>**

For More Information

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