



QUANTUM BIOFEEDBACK

QXCI/SCIO - BodyTalk - EFT

My Favorite Gluten Free Bread: Rudy's potato-based gluten free bread and tortillas!
<http://foodmatters.tv/articles-1/could-going-gluten-free-save-your-life> (7 minute video)

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FUN FOOD FACTS: A tomato has four chambers and is red just like the heart. Research shows that the lycopene in tomatoes reduces the risk of heart disease. Moreover, when mixed with olive oil or avocado, boosts your body's lycopene absorption nearly tenfold.

Hi Everyone! Please watch for an email announcement for a meditation, tapping and affirmations course in the works. If you are not on my email list, just email me "put me on the list". Take great care, Faye

Roasted Leek and Ginger Soup

Ingredients:

- 1 large sweet potato
- 2 tbsp. grapeseed oil
- 1 leek, cleaned and sliced
- 1 teaspoon fresh ginger sliced
- 1 clove of garlic sliced
- 1 tsp. sea salt
- 3 cups of yeast-free vegetable broth

Directions:

- 1. Bake or boil sweet potato
- 2. Saute leeks, ginger and garlic in oil until soft
- 3. Add potato, broth and salt
- 4. Blend until smooth, warm and serve

CLEANSING AND DETOX GUIDELINES

Detoxification and healing is something our bodies are doing all the time. To assist, we just need to make it as easy as possible for the body to do this. Take a week and try the following:

- 1. First get your main detox channel open. That means you should be pooping at least twice each day. If you are not, do or take whatever works for you i.e., prunes, warm salt water upon waking, Calm or Colosan (magnesium drinks).
- 2. Drink at least 2 quarts of water each day, even better with green powder added (I recommend Innerlight Supergreens. Start with 1/4 teaspoon per quart.). The greens bind toxins, reduce acidity, and regulate sugar. Drink between meals!
- 3. Eat a very gentle diet of pureed vegetables, soups and shredded salads. Avoid all animal proteins*, sugar and gluten.
- 4. Eat a teaspoon of Montmorillonite clay (also from Innerlight) before bed with a small glass of water. (Do not take with supplements or medications.) Excellent Detoxifier!

*More on protein in the April newsletter

Please email or call with any questions or concerns.

About: I have been practicing Quantum Biofeedback with the QXCI/SCIO Biofeedback device since 2004. The QXCI is able to test an individual for thousands of items such as allergens and sensitivities, yeast, bacteria, hormones, toxins and traumas, identify major stress patterns, and provide stress reduction therapies. It is comprehensive, non-invasive and informative. In addition, I practice, teach and continue to learn relaxation and stress reduction techniques including BodyTalk, EFT and meditation. These techniques are taught to clients for self-care.

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