



# QUANTUM BIOFEEDBACK

QXCI/SCIO - BodyTalk - EFT

Message of the Month: Wake-up, drink lots of water then keep drinking all day.

February 2014 Newsletter

[www.QuantumBiofeedback.info](http://www.QuantumBiofeedback.info)

### FUN FOOD FACTS:

The folds and wrinkles of a walnut bring to mind another human organ: the brain. The shape of the nut even approximates the body part, looking like it has left and right hemispheres. Accordingly, walnuts have a very high content of omega-3 fatty acids, which help support brain function.

Hi Everyone! I hope you are all very well and taking time to make snow angels. For the past several months I have been integrating Faster EFT into the sessions with notably good results and feedback! Check out the technique on YouTube or at [FasterEFT.com](http://FasterEFT.com). Take good care and hope to see you soon. best, Faye

### Avocado Coconut Key Lime Pie

#### Ingredients:

- 8 oz. Silken Tofu
- 1/2 cup fresh lime juice
- tsp. Frontier non-alcoholic vanilla
- 2 tbsp. fresh grated coconut
- 1/8 tsp. Real Salt
- 1 small or 1/2 medium avocado
- 1/8 tsp. powdered white stevia
- 1/8 tsp. grated lime peel
- 3 tbsp. psyllium or agar flakes

#### Directions:

1. Add all ingredients (except the psyllium or agar flakes) to a food processor or blender and mix until 1 smooth and creamy.
2. Add more stevia to taste.
3. Fold in psyllium or agar flakes and lime peel.
4. Spoon into already prepared gluten free pie crust.
5. Sprinkle coconut and chopped walnuts or pecans as a top garnish.
6. Chill in refrigerator for 1 - 2 hours

### Goat Milk vs Cow Milk

- Nutrient content of goat milk is slightly less than cow milk but goat milk is more digestible because the fat molecules are one-fifth the size of those from cow milk -- making it easily tolerated by those with compromised digestive systems.
- Seventy-two percent of the milk used throughout the world is from goats. It is one-third richer than cow's milk but more nourishing and easier to digest.
- Goat milk has no cream separation because of smaller fat molecules.
- Goat milk contains pre-formed Vitamin A in the milk fat that allows it to be readily available for use by the body.
- Goats milk contains a more highly-evolved cholesterol than cows milk, making it more available for absorption to the brain and body. (Cholesterol is essential to the health of the myelin sheaths "white matter" of the nerves in the brain.)
- Goat milk is closer to human milk and is therefore easily accepted especially by those young or frail.
- Goat milk has an alkaline reaction the same as mother's milk. Cow milk has an acid reaction.
- Goat milk does not form mucous (phlegm) and is therefore better tolerated by asthmatics and those with allergies.
- Goat milk contains more chlorine, fluorine and silicon than any other domestic livestock. Chlorine and fluorine are natural germicides and fluorine assists in preventing diabetes.
- Goat milk contains 2% curd, which precipitates in the stomach. Cow milk is 10% curd.
- Goats are naturally immune to diseases, such as tuberculosis, and are used in third-world countries to actually cure tuberculosis because of their inherent antibodies.
- Goats milk is tolerated by a compromised /damaged liver because of the smaller fat molecules and it's naturally homogenized.
- Goats milk has the ability to "sweeten" the intestinal tract and assist with constipation.
- Goats milk contains a higher evolved carotene (pro-Vitamin A). Researchers have found this to have cancer preventing properties.

Source: *Natures Prescription Milk* by Gloria Gilbere, N.D., D.A. Hom., Ph.D.

**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, pathogen, 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 also taught to clients for self-care.

Faye D. Brandmaier, CBT, CBP

Telephone: (207) 939-1603

Email: [Fayebrandmaier@yahoo.com](mailto:Fayebrandmaier@yahoo.com)

[www.QuantumBiofeedback.info](http://www.QuantumBiofeedback.info)