

## WORKING WITH THE AMINO CODES

Welcome to the Stepping Stone 11 which is the 'Amino Codes' .....

Well during our HET journey across the Stepping stones we have started with the 'NOW' situation. We looked at supporting the emotional state through the Bach Flower Remedies, then life style improvements through diet, nutrition and healthy exercise, then we looked at core issues, negative patterns, family dynamics and relaxation approaches to support the sensory centres.



All of these approaches and the numerous tools we use in HET along the way are designed to help free us and release us from the traumatic and misperceived life experiences. All of which hold us back and prevent us from manifesting who we are truly designed to become, in reaching our fullest potential, in health, well being, lifestyle and accomplishment.

How do all of these experiences stop us from being that 'Master' of who we are?

Well, let's revisit the very first intro HET Stepping Stone to look at that writing on "Bad Knitting"

### LIFE IS LIKE BAD KNITTING!

We all have bad experiences along life's journey and they cause us to lose the flow of things...drop stitches if you like. This is when we have come a long way away from what the 'knitting pattern' of our life tells us we could be like,

When this happens in childhood – it alters the shape of our life, the way we see things, understand things and experience things then affects the way we behave.

This is the foundation of our life and fashions the way we react to things when we grow up. All the new knitting rows are built on top of this.

Now imagine.... if we were able to unravel our way back to those dropped stitches, along all the rows of life's traumas, dramas and misperceptions. Pick them up and weave them back into place so they don't keep falling apart on us.

This is what HET does: it starts off at the top row, picks up the low feelings that cause us to make poor choices and puts them back on line, so the next row can start to look better. Then goes back down to dropped stitches on the next row, to all the triggers and associations that we make – our assumptions are that if we dropped a stitch way back on the third row then it figures that we have to drop a stitch on the fourth and the fifth and so on.

Now if we don't know that we have to change the style of stitch we make we start to get the pattern wrong, by always following the same pattern when we should be changing it – things never start to look any different.

## It's looking nothing like what it was intended to be!

Now, imagine what that looks like on a generational level. Let's assume that someone has knitted a woolly jumper from a knitting pattern and it looks very nice, thank you! – Someone else comes along and says "Oh, I like the look of that – can I have one too?" – The knitting pattern has been lost and so they use the original as a template and then they start to copy it.

However, the first knitter dropped some stitches by mistake and so the second knitter thinks that is part of the pattern and then drops a few more as well, by accident.

Someone else comes along and copies their design repeating the process – thinking that the dropped stitches are all part of the pattern – and Guess what? They drop more even more stitches by mistake.

What ends up is a 'holey' mess!

Now, just imagine for a moment we are not talking about woolly jumpers, we are talking about cells within the body's system. Each cell replicates itself, with information from one parent cell to an offspring cell – and all of this information gets passed down in cellular codes from one generation to their child – all this information is held in a pattern called DNA and RNA.

The problem is that the original template (the knitting pattern if you like), has long since been lost! There have been copies made of the copies, of the copies, of the copies, of the copies and so on.

What if the wool itself wasn't of good quality and it frayed?

What about if we could replace it with top quality wool, so it felt better and lasted longer?

What if someone showed us a better way, to go about weaving experiences together, so that we can be proud of what we create, in a relaxed way, so we avoided dropping stitches in the future?

What if someone showed us how to do this, as a child?

WHAT IF SOMEONE GAVE US THE ORIGINAL KNITTING PATTERN? – Amino code essences!



AND WITH GOOD QUALITY WOOL?

Pure vegetable protein!

– WE COULD START AGAIN?

HET!

Well on a cellular level that is what the Amino Acid codes do!

First of all – Here is a background presentation into the amino Codes:

<http://hetwebsite.com/file/cache/linsthings/aminocodes/Amino%20codes.htm>

### **So where did the ‘amino codes’ come from?**

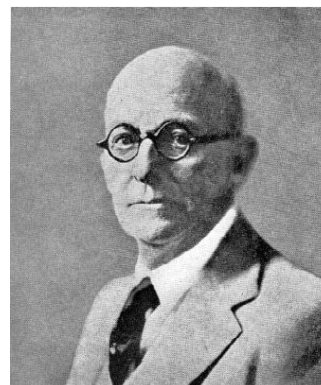
Where to begin to give you a background and introduction into what they are and potentially what they can do is a challenge in its own right. It brings together my background as a scientist (in those early formative years of my career) and a joining of the world of ‘healer and therapist’ that steps outside of the constraints of the “physico – chemical” viewpoint of the world.

This takes us into a culture steeped in a tradition of mysticism and esoteric traditions – and brings us full circle today, to where these two worlds join again through a wonderful shift in our understanding of how our minds, our bodies and our universe interrelate. An insight into how our perceived ‘reality’ manifests in alignment with our consciousness and our understanding into that world of ‘Quantum’ understanding, that is bathed in a field of universal connectedness revealing that the more humanity finds out about itself, the less it knows!

And this is where we stand today!

However, the story behind the amino codes goes back over a hundred years ago, to a brilliant man ahead of his time, called Dr Albert Abrams. He was an American contemporary of the great Dr Edward Bach whose powerful understanding and development into the Bach Flower Essences is now acclaimed the world over and to which you were introduced in stepping stone 3 to balance the emotional states of mind.

Dr. Abrams was considered to be the founder of a fascinating field of study called ‘radionics’ However his work and successes were so threatening to the powers that be of his day, that he was discredited at every turn by the medical and legal bodies that have pursued him and his followers over the decades. Even today, we have a situation where his equipment and techniques are banned in the US and research has had to go underground and in secret, to continue mainly in the UK. His overriding theory was that everything in the universe is connected by an unseen field of invisible energy that pervades everything and everyone. This was heresy in his day, to the ‘closed minds’ of a society whose controlling elite had their power base threatened by the power of his radical ideas and the results of a life time of research, not to mention the powerful testimonials of his patients that authenticated the results that he was discovering and sharing with the world.



Today of course, we see the dawn of a new era in the understanding of the way our universe creates and interrelates with us all. His findings are now validated by leading scientific pioneers and physicists who chase sub atomic particles around a mountain in Switzerland to give greater insight and endorse this great visionary’s work from over 100 years ago.

To the uniformed, left brained, constrained, analytical thinkers of an outdated scientific model, it may seem that radionics is something of a 'magical' act to be treated with fear and derision but to the open minded, who are prepared to experience for themselves, and it opens up new horizon in the evolution of alternative thinking and medicine. Against today's backdrop of quantum physics and laser holography, we have been able to develop an insight into how and why this system works but it is easy to see how many early radionic practitioners were persecuted. For this must have sounded like heretical notions of 'invisible life energy waves'. However we now measure and take them for granted on a daily basis with modern medical instrumentation.

The story of radionics is strange and convoluted and filled with weird discoveries by some unorthodox thinkers and inventors. Albert Abrams was an early twentieth century San Francisco based neurologist. Like many physicians of his day he routinely tapped the abdominal areas of his patients in a diagnostic called 'percussion', to create a specific sound - the sound produced by the tapping, whether hollow or dull provides information about the tissues surrounding the tapped area. When I ask people of my age about this procedure (ooooops!), they too can remember doctors examining them in this way!



Anyway, what Abrams noticed was that there was a dull sounding note in the specific part of the abdominal area of a cancer patient. This changed with the direction the patient was lying in; interestingly this led to a later understanding of the influence of electromagnetic fields on the subtle energies of the body. He also noticed that if the cancer patient was wired up to a surrogate person without cancer the other person gave a similar abdominal note as if he had cancer too.

Later experiments went on to show that the surrogate didn't have to be wired into circuit but just by holding the diseased tissue in a container would still give the same abdominal resonance as if they also had the disease concerned. In working with these experiments he developed a special variable resistance box to measure the flow of this 'communication' of cells and was able to filter out different types of disease. By doing this he eventually found specific numerical codes (measured in ohms) which were the frequencies of specific diseases. This became literally a new era of thinking and ERA was what it was called "Electronic Reaction of Abrams"



As you can imagine his results in establishing a human machine interaction based on subtle energies was more than his limited thinking medical counter parts could cope with and it is only now, that we are coming to terms with subtle spiritual energy dimensions of human functioning. Even back then, he was able to diagnose diseases specific frequencies. It was as if each different disease had its own identification number for recognition.

His work went on to look at malaria and its known cure of the day which was quinine, in both pharmacological doses and homeopathic potencies. In a strange discovery which supports the understanding into the resonance hypotheses of homeopathy, Abrams found out that when quinine was introduced into his radionic circuit it produced an abdominal reflex in the test subject identical

to the reflex produced by the malaria. In other words, the numerical frequency of the cure was the same as the condition and from the principles of classical homeopathy we know that 'like' cures 'like' – this was certainly validated by Abrams findings. He believed that healing substances had certain energy qualities that neutralised abnormal disease radiation produced by the diseases for which they had been prescribed.

The equipment he developed evolved over many years and practitioners of radionics bravely trod this path, despite being hounded and even imprisoned for their work irrespective of the credibility of countless testimonials of 'healed' patients. The work was not understood and the medical society had to contain what it feared most. This represented a radical new approach which would destabilise the status quo, 'the world of medicine', which had always been a lucrative world for the few that entered their profession at that level. The most successful of his followers was Dr Ruth Drown who attempted to refine the equipment to an even greater degree. She was imprisoned for medical fraud despite the numerous testimonials of cures from patients regarding her approach. During her imprisonment her equipment and technical notes were destroyed.



Evolution and development still happened though, alongside all the attempts by those who wielded power in medical and legal circles to suppress it. However, what evolved was a 21<sup>st</sup> century piece of equipment that interlinks with computer technology, which is an oversimplified way of putting it! It is able to scan an individual patient and allocate any frequencies that radiate from any disease signals which are emitted. It can then select and transmit and at just the right frequency, potency and vibrational rate, dispense remedy frequencies which restore the balance within the patient. This must look to those early contemporaries that hounded Drs. Abrams and Drown much like how the sophisticated gadgetry deployed in a Star Trek movie appears to us today.

What these machines (one of which is called the 'potency simulator'), are also capable of producing is a way to capture the 'dialled in frequency' (a sequence of numbers, or a code), of a specific substance or remedy and to record it on a 'blank'. This is a vial of water or milk / sugar tablet, which then holds the imprint of the original substance – a little bit like creating a CD with data on it, from off the hard disk of your computer.

The 'Amino Codes' are quite simply the frequencies of simple amino acids that have been imprinted at a specific potency on blank sugar balls. They hold the imprint of a template of what that healthy amino acid is really about.





## What are amino acids then?

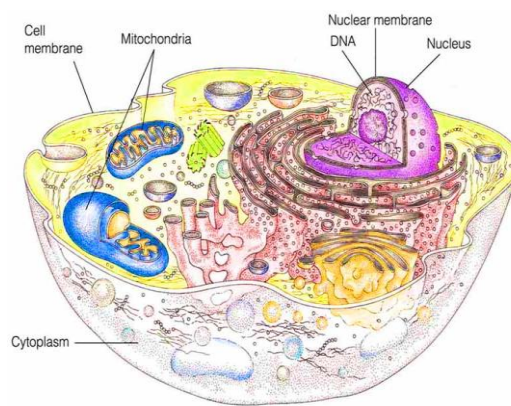
Well an amino acid is a very simple protein and quite simply they are the building blocks of life. They are what the body's cells are made of and carry the information that creates everything we are!

So.....Let's have a look at what the cell does to get a deeper understanding.

## THE CELL.

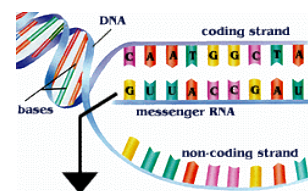
There are approximately ten trillion cells in the human body and through vast and complex processes, they organize and communicate with one another.

Each cell is conscious and aware of itself and others and has a specific function to perform in harmony with all other cells. Huge amounts of research funding goes into finding out about cells and their DNA.



DNA regulates many levels of information. It carries the ancestral imprints of all preceding generations to the present. Remember DNA operates the biological clocks that count the days in each cell of your tissue and sets the lifespan.

What do we mean by DNA? The initials stand for deoxyribonucleic acid. DNA resides in the cell's nucleus within a special nuclear membrane. The basic structure of DNA is two very long chains wound around each other, one going east and the other going west. The DNA is similar in shape to a staircase or to a ladder. The staircase treads holding the actual information are made of only four molecules called bases. The names of the bases are adonine, cyostine, guanine, and thymine. The shorthand letter of these chemicals is just the first letter of their name A, C, G, and T. As we know in our alphabet we have twenty-six base letters that make up the English language and so the DNA has four letters in its alphabet that makes up all the letters of the DNA.



Even though there are four base letters that make up the alphabet of DNA, each combination of three of those bases in sequence makes up what is called a codon and delivers a specific instruction to the cell chemistry. Since there are four different bases, the number of combinations of three bases in sequence is  $4 \times 4 \times 4$  or 64. Therefore there are exactly 64 different codons that regulate cell chemistry and function. However not all of these codons have been activated or turned on as we find out later!

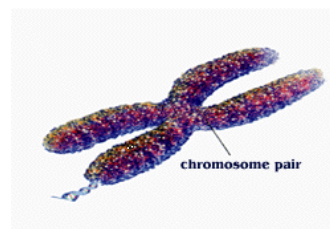
The most central operation and function of codons is to direct the manufacture of proteins. A protein is a complex molecule made of a string of simpler building blocks called amino acids. A

protein can be structural like collagen that supports the form of tissue. Proteins can be functional like muscles that contract or enzymes that catalyze the many commands or chemical reactions. In other words codons' commands would include a start for a new protein chain and to add a specific amino acid to that chain, or to stop the chain growth at this exact position.

The part of the DNA that is to be read has its sequence information copied into a molecule or the RNA (ribonucleic acid). The RNA departs the nucleus and goes to the liquid part of the cell that is called the cytoplasm. The process of DNA copying its sequence pattern to the RNA is known as transcription. Much like a secretary actually transcribes dictation. Because this form of RNA delivers information from the nucleus to the rest of the cell, it would actually be called the messenger RNA or technically the mRNA. The RNA then directs the process of the translation of the DNA sequence into the protein encoded in the pattern.

A start-codon initiates the process with the amino acid methionine. The DNA is the blueprint for the structural functional proteins that condition and regulate life processes. A DNA sequence that encodes for a protein is known as a gene. It is literally like a data base of reference information. Many of you might recognize the term gene or genome which refers to the human genome project know as HUGO. It attempted to decode the base sequencing of all human DNA which has now been completed.

If the DNA and all 46 human chromosomes were stretched out end to end the length would be six feet. What is absolutely mind boggling about this information is something of that length is all coiled in the nucleus of each cell of our body into the space of a few thousandths of a millimeter. In the basic double helix of DNA there is one complete turn of every spiral every ten-base pairs.



The average strand length has 7,000,000 (yes, seven million) full turns. So the DNA coils and folds its self with many turns to fit inside this nucleus. Mind boggling, isn't it? This structure then coils again and again up to five to seven layers of super-coiling over all. It is through the coil within the coil patterning that the full length of DNA can be packed into a tiny nucleus.

The DNA then unzips, recoils and awaits another call to action. It is amazing to look at this information and to realize that inside of us is communication itself. Within our own bodies there is communication and as long as that communication is working according to its original script, it translates to being healthy in mind and in body.

The DNA contains 3 billion letters made up only from the four base letters of A, C, G, T. It is these four base letters that continuously in combinations and different sequence produces the human text. The Encyclopedia Britannica has 280 million words in those volumes that are made up of 26 letters of the alphabet. That is only about one-tenth of the letters in your DNA. These 3 billion letters are in each cell of our body and we are supposed to have ten trillion cells. That is a DNA of 3 billion letters times' 10 trillion cells. Amazingly, only 3 % of this information is called out to be the blueprint of forming your physical body. That leaves 97 % unused DNA information.

Science calls this unused portion of DNA, "junk DNA". It has been a puzzle to science why we have so much unused DNA.

They have failed to understand how it works in taking human potential to a new level of expression.

One scientist calls our junk DNA 'genetic gibberish'. We have learned recently through the writings and research of people like Gregg Braden that the electromagnetic field of the planet has been

decreasing for some time now. One of the things that is fascinating about that piece of information is that the electromagnetic fields are decreasing, which merely means that there is less glue holding things together in this 3rd dimension. Therefore, things are not as solid or compacted. Things are not as frozen. The laws of gravity are not holding what is within, within anymore. Because of the releasing of that more downward pull that keeps information in the density of the lower vibrations that make up our biology, the 'inner' is freer in the absence of higher magnetic fields to vibrate at higher speeds.

This appears to be activating other codons that have not yet been opened up in human DNA.

To be able to stay on this earth our bodies have electromagnetic fields around it and around each cell which matches the earth's. This gives us a biological physical relationship with our physical Mother Earth and her pulses. We are electrical beings having electromagnetic fields. Therefore this electrical part of us is an intelligence which is really light. We are Light information. And that is now speeding up and what that translates into is that we now have greater access to ourselves as electrical information when the electromagnetic fields are lower. That's why this has been dubbed the information age. We are overwhelmed with information today that we did not have access to just a few years ago. The electrical information, not that we have, but what we are, is coming forth so abundantly. This information has been held within each and every cell of our body. There are little powerhouses of energy within the cell called mitochondria, these have their own form of DNA and hold that light information.

We have to look at the fact that DNA is our human biological script. It is our purpose. Aging, death and disease are caused because something has tampered with the original sequence of DNA. Age and the death process is nothing more than the result of a genetic sequence that causes a genetic switch to be thrown in the cells of our body that slows down and eventually shuts down all our chemical processes and we degenerate. Those who are researching DNA are telling us, that if our body and its cells did not have these particular switches where information has been distorted in the genetic story, then science, again let me say it, 'SCIENCE', not religion, but scientific research, shows that we could reverse and stop and change the aging process and that we have the capability to live forever.

Very simply the cell's living structure can be seen as being a smaller and more condensed version of a human body's living structure. The cell is a hologram of the human body. Everything the human body can do – so can the cell – it can breathe, move, excrete, reproduce etc – just like a mini human. Cells in the body are constantly replicating and regenerating themselves in anything from a few hours to a few weeks.

Bruce Lipton is a leading edge scientist who has done ground breaking work and is at the forefront of how cells work, which shows that:

Unlike what was previously thought – it is not DNA that governs the cells, but the DNA is controlled by messages from emotions outside of the cell.

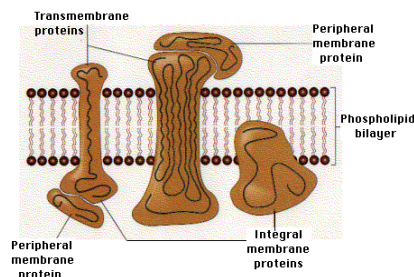
If we believe that all human traits and characters are '**controlled**' by inherited genes from our parents then that creates a sense that we are a 'victim'. However, the new view is that genes control nothing at all! They are just blue prints (like the woolly jumpers that have been copied again and again) – they are either to be turned on or off (worn or not worn if you like) – this is the new biology. The DNA holds the blue prints.

The body is always adjusting to the environment that surrounds it – the nervous system's operation (or the mind) is what controls our genes. We have the power to change our minds; we also have the ability to change our bodies.



The way in which cells receive information shows that the genes and DNA do not control our biology. DNA is controlled from messages coming in from outside of the cells, generated by our positive and negative thoughts and emotions – our bodies can be changed as we retrain our thinking.

A cell's awareness is based in the membrane. Our beliefs are what create either positive or negative thoughts or feelings. These are picked up by little antennae situated on the outside of the membrane like signals (like an aerial picking up signals from the roof) and are transmitted through the membrane to influence what the cell does about it all from the inside



Cells are like machines, made out of parts called protein and various protein parts. There are 70,000 different protein parts, these are called amino acids. Protein provides you with your structure and these parts all interact with each other in a complex way to create life. All proteins are lines of strings, made up of little beads (like a necklace) and called amino acids.

So where does life come from in this protein machine structure? Life is animation and movement. When the proteins do their snake-like twist and move in their sequences, they can make different shapes and protein structures. When different signals come into the cell, the shapes move and when they change shapes they do different jobs. Life is actually the movement of the proteins, doing different jobs. Proteins provide a physical structure but when a signal binds to a protein, it can do a specific job. Your body machine structure is due to protein!

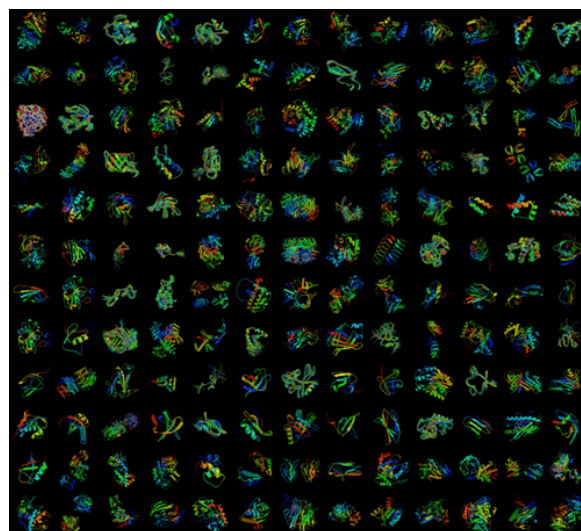


The membrane converts the environmental signal into the signal that controls the protein – as you see the environment – that is your environmental signal – it creates thoughts and feelings around that environmental signal – this is called perception! It is that signal which is converted to the right proteins to create behaviour and responses.

Behaviour is movement of a protein via perception and it is this perception which controls behaviour.

It is important to understand that the Behaviour of a cell is not programmed in at all, it is continually reshaping in response to the environmental signals that are received. Behavioural proteins come from the DNA double helix which is the blue print of the protein. It is the woolly jumper that has been copied with dropped stitches and copied again etc.

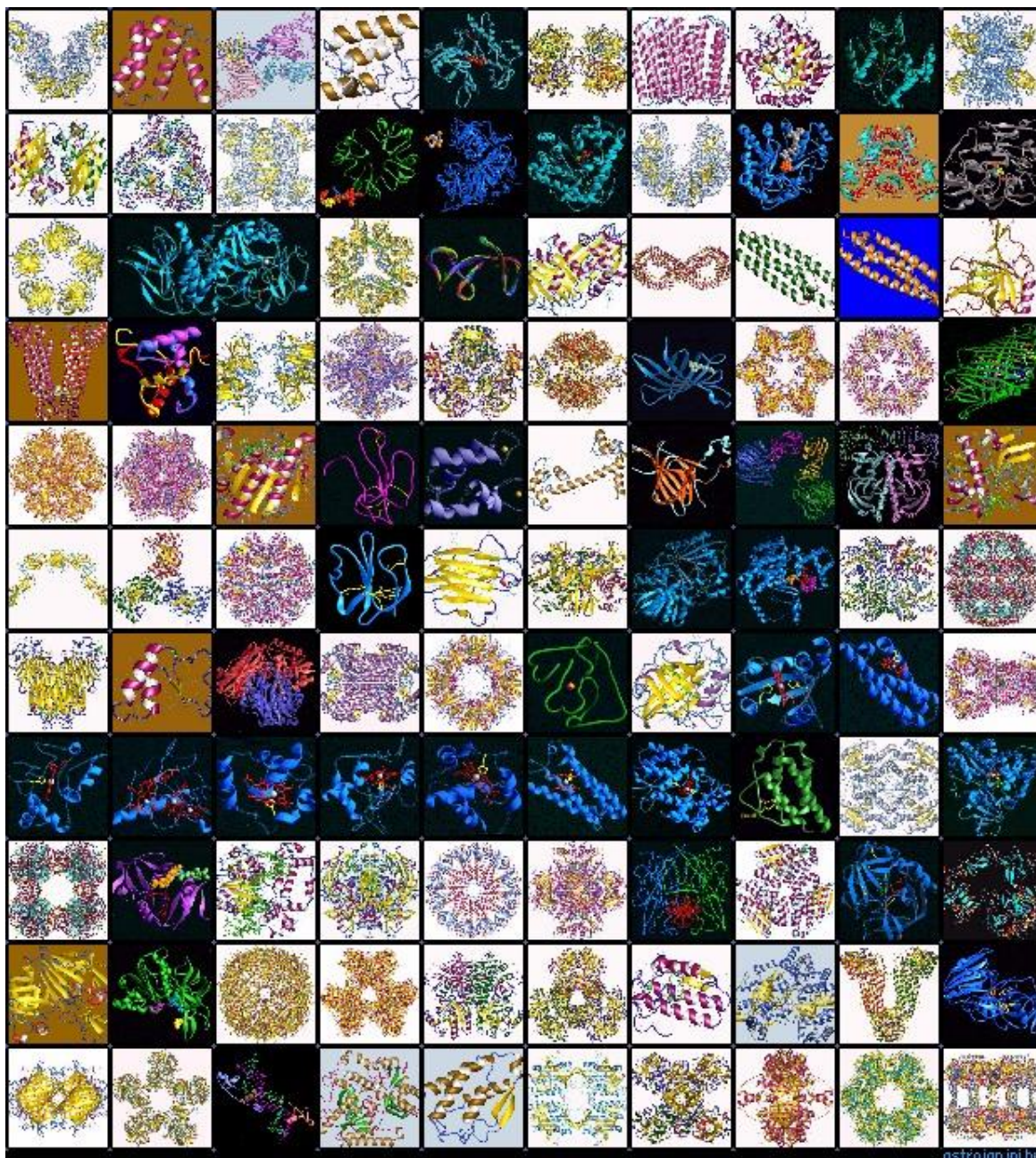
This is how the gene is activated (it is not self activated) it is activated by environmental signals translated to the cell proteins that then go to the template bank of protein in the DNA that comes in the nucleus. A little bit like whether or not the sleeve of the woolly jumper fits or not!



Protein folding in cells

Now the way in which amino acids within the DNA structure itself combine with one another is another interesting part of patterns happening in cells.

Here is a picture of how those signals create patterns of proteins in a positive dance of protein structuring within the cell:



So, we can see that the Amino acids are the very building blocks of the body and of the life process.

However, something has started to change now – new codons or combinations of DNA are now happening: Children who were born HIV +ve are now changing their DNA and not testing HIV positive when they are older. These children are showing the new combinations or codons of amino



acids. Drunvalo Melchizidek talks of this on [www.Awakening-Healing.com](http://www.Awakening-Healing.com) which features an interview with Drunvalo that gives a good overview of these kids.

Here is an extract:

*These children are also known as the Children of AIDS because of the story behind the first one who was discovered. Drunvalo states that a baby born 10 or 11 years ago in the U.S. tested positively for AIDS at birth, at six months, and at one-and-a-half years. The next test took place when the child was six. The surprise result of that test was that the boy was completely AIDS free. There wasn't even a trace that indicated he'd ever had AIDS or HIV.*

*When the boy was taken to UCLA, there was another surprise—he didn't have normal human DNA. Instead of the usual 20 codons that are turned on in normal humans, this child had 24. The scientists decided to test how strong this child's immune system was. They took a very lethal dose of AIDS in a petri dish and mixed it with some of his cells and his cells remained completely unaffected. They kept raising the lethal levels of AIDS, but his cells remained unaffected. They tested these cells for a host of other diseases including cancer and discovered that the cells remained completely disease free.*

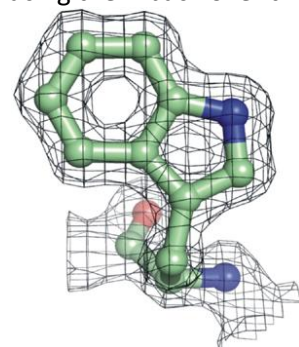
*The child, it turns out, was not a fluke, but a harbinger of a new evolutionary step in human development. Scientists began finding more and more kids with this new type of DNA. The present estimate is that one percent of humans have this type of DNA—that's 60 million folks. But that's not all. It seems that you don't have to be born with this DNA. Now they are finding adults with it, too. Drunvalo thinks this might be something of "the hundredth monkey" effect. In fact, according to Drunvalo, it is no less than an indication that a new human race is being born on the earth today that apparently can't get sick. But how is this spreading? It all seems to have something to do with waveforms.*

Parental combinations of DNA passed to the offspring pass information on to the RNA (information within the cell for cell replacement / replication). This is unique – like a finger print. It is a bond between the parent and offspring and at one end of the scale survival depends upon it – this is how a lost lamb in a flock can bleat and it knows its mother and the mother knows her offspring.

This spiritual coding or energetic DNA creates the ability to magnetise or manifest in our life, certain spiritual lessons and situations for soul evolution as well as physical evolution – the two concepts are interrelated)

This coding can also be more subtle in psychological terms – it is where the will of the parent is superimposed or imprinted over the child – this is where ancestral patterns are repeated.

Working out which amino acids are tainted with miss - prints (or misperceptions, or miss – takes) takes place over time. Finding out where the dropped stitches are and tracing them back over the generations. This is what can (via RNA) shape our own ability to synthesise protein...why we look like our parents as well as have their traits in terms of personality and so on. What can happen when we restore the template to super function... to the original amino template (or we find the original knitting pattern if you like) - is that we can change on all levels. We will synthesise and assimilate the essential and non essential amino acids better. This reflects in health and well being. Physiologically as well as psychologically, when we restore the correct template into the cells, we can rejuvenate and heal at many different deep levels.



With the correct amino codes in place and with the intake of a pure vegetable protein, the cellular patterns are restored. When the positive feeling signals are then received into the cell – it can maintain the dance of protein patterns which are able to manifest on the physical level – for it is the cells that create our very world at the physical level.

### **So... how does this help children with behavioural issues?**

International research has established that there is a strong genetically inherited contribution to attention deficit hyperactivity disorder (ADHD) and the genetic mechanisms involved are being sought with considerable success. It is now established that variants of several genes occur more frequently in children with ADHD than in other children.

None of these genes are necessary or sufficient on their own to cause ADHD. Rather it is the cumulative effects of several genes alongside interaction with the environment that is thought to bring about ADHD. A major challenge for scientists now is to find out how the genetic risks are translated into disorder and to use research findings to improve the lives of individuals with ADHD.

Paediatric researchers have identified hundreds of gene variations that occur more frequently in children with attention-deficit hyperactivity disorder than in children without ADHD. Many of those genes were already known to be important for learning, behaviour, brain function and neurodevelopment, but had not been previously associated with ADHD.

Unlike changes to single DNA bases, called SNPs or "snips," the alterations examined in the current study are broader changes in structure. Called copy number variations (CNVs), they are missing or repeated stretches of DNA. CNVs have recently been found to play significant roles in many diseases, including autism and schizophrenia. Everyone has CNVs in their DNA, but not all of the variations occur in locations that affect the function of a gene.

Individually, each CNV may be rare, but taken together; a combination of changes in crucial regions may interact to raise an individual's risk for a specific disease. "When we began this study in 2003, we expected to find a handful of genes that predispose a child to ADHD," said study co-leader Peter S. White, Ph.D., a molecular geneticist and director of the Centre for Biomedical Informatics at Children's Hospital. "Instead, there may be hundreds of genes involved, only some of which are changed in each person. But if those genes act on similar pathways, you may end up with a similar result -- ADHD. This may also help to explain why children with ADHD often present clinically with slightly different symptoms."

ADHD is the most common neuropsychiatric disorder in children, affecting an estimated 1 in 20 children worldwide. It may include hyperactive behaviour, impulsivity and inattentive symptoms, with impaired skills in planning, organizing, and maintaining focus. Its cause is unknown, but it is known from family studies to be strongly influenced by genetics.

Drawing on DNA samples from the Children's Hospital paediatric network, the researchers analyzed genomes from 335 ADHD patients and their families, compared to more than 2,000 unrelated healthy children. The team used highly automated gene-analyzing technology at the Center for Applied Genomics at Children's Hospital, directed by Hakon Hakonarson, M.D., Ph.D., and a co-

leader of this study.

The study team found a similar quantity of CNVs in both groups. However, distinct patterns emerged. Among 222 inherited CNVs found in ADHD families but not in healthy subjects, a significant number were in genes previously identified in other neurodevelopmental disorders, including autism, schizophrenia and Tourette syndrome. The CNVs found in ADHD families also altered genes important in psychological and neurological functions such as learning, behavior, synaptic transmission and nervous system development. The team found four deletions of DNA in a gene recently linked to restless leg syndrome, a type of sleep disorder common in adults with ADHD.

Another deletion occurred in a gene for a glutamate receptor. Glutamate is a neurotransmitter, a protein that carries signals in the brain.

"As we delve into the genetics of very complex diseases such as ADHD, we find many contributing genes, often differing from one family to another," added White. "Studying the functions of different genes allows us to identify biological pathways that may be involved in this neuropsychiatric disorder."

Now the outcome of this study may well go some way to explaining why there is a trend of ADHD in some families that follows generation to generation. These are the dropped stitches!

Imagine a template being out in place that can put the genetically damaged structure back into its original format so that it isn't triggered to behave in the old behaviour patterns when it receives certain environmental triggers.

For example we know that Aspartame, (the artificial sweetener that we looked at in unit 4) creates damage to the genetic structure – that damage will be communicated to other cells and across future generations. How can we put this damage right?

Well this is certainly a new and interesting application of Dr Abram's early work. This approach has not undergone any formal research programme, only observational research with people who have tried them. They are so safe and so simple the worst thing they can do is not work but if they did?????

Now if you ask me officially what are in the amino codes? – I should reply to you that they are sugar balls and any chemical analysis would substantiate that.....

However, if you are intrigued by the journey we have just taken together over this stepping stone...Please read on.....



## USING THE AMINO CODE ESSENCES

The theory:

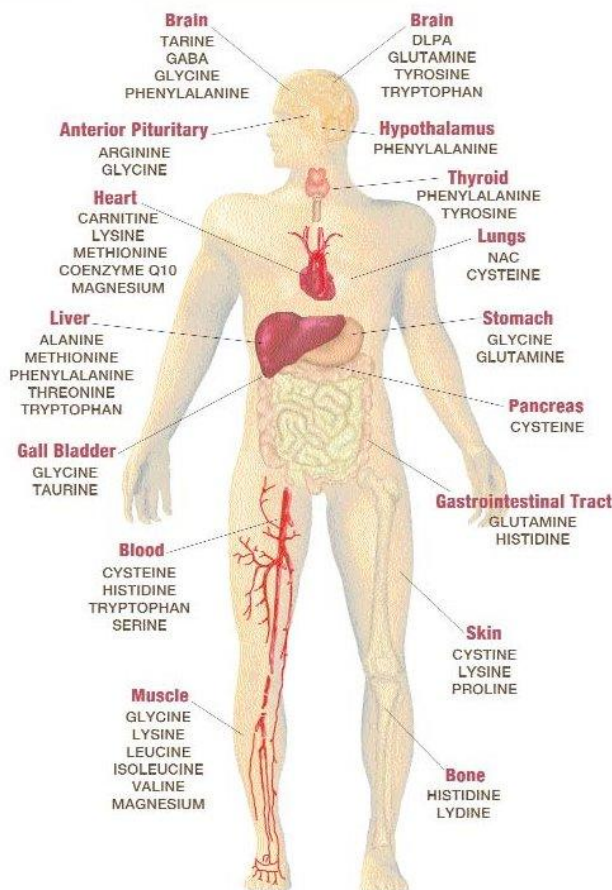
In using the Amino Acid remedy kit we are able to find out which amino templates are out of synch and restore them to the original format... when we combine the radionics code of these amino acids with a high and pure (not animal based) protein – we can potentially reconstruct the RNA to its maximised efficiency – i.e. health improvements and also rejuvenation – not only physically looking younger but psychologically – feeling and being more youthful, playful etc.

When we electrically muscle test (see film by clicking on this link: <http://www.youtube.com/watch?v=86fMStyJib0>) -we can find out which amino acids require restoration to the original 'concept'( or knitting pattern) as it were and use this as a diagnostic indicator (see chart below).

The Amino Acid Codes have been radionically imprinted into the sugar balls for ease... take 1 of each one needed and without touching it with the fingers - put into a small bottle made up with 25%vodka /75% water and muscle test for dosage and duration. Then re-test at the end of the treatment duration period. Follow the protein diet as well – unless medical problems contra-indicates the taking of protein.

Humans can produce 10 of the 20 amino acids. The others must be supplied in the food. Failure to obtain enough of even 1 of the 10 essential amino acids, those that we cannot make, results in degradation of the body's proteins—muscle and so forth—to obtain the one amino acid that is needed. Unlike fat and starch, the human body does not store excess amino acids for later use—the amino acids must be in the food every day.

The 10 amino acids that we can produce are alanine, asparagine, aspartic acid, cysteine, glutamic acid, glutamine, glycine, proline, serine and tyrosine. Tyrosine is produced from phenylalanine, so if the diet is deficient in phenylalanine, tyrosine will be required as well. The essential amino acids are arginine (required for the young, but not for adults), histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine. These amino acids are required in the diet. Plants, of course, must be able to make all



Source: *Healing with Amino Acids, Pain and Stress Publications 1998.*

the amino acids. Humans, on the other hand, do not have all the enzymes required for the biosynthesis of all of the amino acids.

Protein substances make up the muscles, tendons, organs, glands, nails, and hair. Growth, repair and maintenance of all cells are dependent upon them. Next to water, protein makes up the greatest portion of our body weight. Amino Acids that must be obtained from the diet are called "Essential Amino Acids" other Amino Acids that the body can manufacture from other sources are called "Non-Essential Amino Acids."

The following table give you an indication of how important they are and what the function is of each amino acid:

ABBREVIATION	AMINO ACID	DESCRIPTION
ALA	ALANINE	<b>ALANINE (NON-ESSENTIAL AMINO ACID)</b>  Plays a major role in the transfer of nitrogen from peripheral tissue to the liver; aids in the metabolism of glucose, a simple carbohydrate that the body uses for energy; guards against the build up of toxic substances that are released into muscle cells when muscle protein is broken down quickly to meet energy needs, such as what happens with aerobic exercise; strengthens the immune system by producing antibodies.
ARG	ARGININE	<b>ARGININE (NON-ESSENTIAL AMINO ACID)</b>  Considered "The Natural Viagra" by increasing blood flow to the penis; retards the growth of tumours and cancer by enhancing the immune system; increases the size and activity of the thymus gland, which manufactures T cells, crucial components of the immune system; aids in liver detoxification by neutralizing ammonia; reduces the effects of chronic alcohol toxicity; used in treating sterility in men by increasing sperm count; aids in weight loss because it facilitates an increase in muscle mass and a reduction of body fat; assists the release of growth hormones, which is crucial for "optimal" muscle growth and tissue repair; is a major component of collagen which is good for arthritis and connective tissue disorders; aids in stimulating the pancreas to release insulin.
ASP'E	ASPARAGINE	L-Asparagine is the derivative of aspartic acid, which is one of the twenty building blocks of protein. Asparagine is one of the principal and most abundant amino acids involved in the transport of nitrogen. Asparagine is required by cells for the production of protein. It is an essential component of those proteins that are concerned with signalling, neuronal

		<p>development and transmission across nerve endings. Asparagine is essential to all living cells for the production of many proteins. It is very active in converting one amino acid into another when the need arises.</p> <p>Asparagine helps maintain equilibrium of the central nervous system and also participates in metabolic control of the brain and nervous system having. In the central nervous system, asparagines are needed to maintain a balance, preventing over nervousness or being overly calm. Asparagine is a nonessential amino acid, which means that it is manufactured from other amino acids in the liver. Asparagine is commonly found in poultry, dairy, eggs, fish, meat, nuts, seafood, and whole grains. Although asparagine deficiency is rare, it could be the contributing cause of fatigue and immune system stress including autoimmune disorders, infections, and severe allergies</p>
ASP'C	ASPARTIC	<p><b>ASPARTIC ACID (NON-ESSENTIAL AMINO ACID)</b> Increases stamina and is good for chronic fatigue and depression; rejuvenates cellular activity, cell formation and metabolism, which gives you a younger looking appearance; protects the liver by aiding the expulsion of ammonia; combines with other amino acids to form molecules that absorb toxins and remove them from the bloodstream; helps facilitate the movement of certain minerals across the intestinal lining and into the blood and cells; aids the function of RNA and DNA, which are carriers of genetic information</p>
CYS	CYSTEINE	<p><b>CYSTEINE &amp; CYSTINE (NON-ESSENTIAL AMINO ACID)</b> <b>Functions as a powerful anti-oxidant in detoxifying harmful toxins; protects the body from radiation damage; protects the liver and brain from damage due to alcohol, drugs, and toxic compounds found in cigarette smoke; has been used to treat rheumatoid arthritis and hardening of the arteries; promotes the recovery from severe burns and surgery; promotes the burning of fat and the building of muscle; slows down the aging process. Skin and hair is made up of 10-14% Cystine</b></p>
GLU'C	GLUTAMIC	<p><b>GLUTAMIC ACID (NON-ESSENTIAL AMINO ACID)</b> <b>Is an excitatory neurotransmitter for the central nervous system, the brain and spinal cord; important in the metabolism of sugars and fats; aids in the transportation of potassium into the spinal fluid; acts as fuel for the brain; helps correct personality disorders, and is used in the treatment of epilepsy, mental retardation, muscular dystrophy, and ulcers.</b></p>

GLU'E	GLUTAMINE	<p><b>GLUTAMINE (NON-ESSENTIAL AMINO ACID)</b></p> <p>The most abundant amino acid found in muscles; helps build and maintain muscle tissue; helps prevent muscle wasting that can accompany prolonged bed rest or diseases such as cancer and AIDS; a "brain fuel" that increases brain function and mental activity; assists in maintaining the proper acid/alkaline balance in the body; promotes a healthy digestive tract; shortens the healing time of ulcers and alleviates fatigue, depression and impotence; decreases sugar cravings and the desire for alcohol; recently used in the treatment of schizophrenia and senility</p>
GLY	GLYCINE	<p><b>GLYCINE (NON-ESSENTIAL AMINO ACID)</b></p> <p>Retards muscle degeneration; improves glycogen storage, thus freeing up glucose for energy needs; promotes a healthy prostate, central nervous system, and immune system; useful for repairing damaged tissue and promotes healing.</p>
HIS	HISTIDINE	<p><b>HISTIDINE (ESSENTIAL AMINO ACID)</b></p> <p>Is found abundantly in haemoglobin; has been used in the treatment of rheumatoid arthritis, allergies, ulcers and anaemia; is essential for the growth and repair of tissues; important for the maintenance of the myelin sheaths, which protect nerve cells; is needed for the production of both red and white blood cells; protects the body from radiation damage; lowers blood pressure, aids in the removal of heavy metals from the body; aids in sexual arousal.</p>
HYD	HYDROXYPROLINE	<p>Hydroxyproline is a nonessential amino acid, which means that it is manufactured from other amino acids in the liver; it does not have to be obtained directly through the diet. Hydroxyproline is necessary for the construction of the body's major structural protein, collagen. Defects in collagen synthesis lead to easy bruising, internal bleeding, breakdown of connective tissue of the ligaments and tendons, and increased risk to blood vessel damage. Increased spill of hydroxyproline in the urine is generally associated with breakdown of connective tissue due to disease process and may also be a manifestation of vitamin C deficiency.</p> <p>Deficiency of hydroxyproline will only occur if there is a deficiency of vitamin C Hydroxyproline's immediate precursor is proline. The conversion of proline to hydroxyproline requires vitamin C (ascorbic acid). Vitamin C deficiency results in the poor conversion of proline to hydroxyproline.</p>

ISOL	ISO-LEUCINE	<p><b>ISOLEUCINE - (ESSENTIAL AMINO ACID)</b></p> <p>Is needed for haemoglobin formation; stabilizes and regulates blood sugar and energy levels; is valuable to athletes because it aids in the healing and repair of muscle tissue, skin and bones; has been found to be deficient in people suffering from certain mental and physical disorders</p>
LEU	LEUCINE	<p><b>LEUCINE (ESSENTIAL AMINO ACID)</b></p> <p>Works with Isoleucine and Valine to promote the healing of muscle tissue, skin, and bones; is recommended for those recovering from surgery; lowers blood sugar levels; aids in increasing growth hormone production.</p>
LYS	LYSINE	<p><b>LYSINE (ESSENTIAL AMINO ACID)</b></p> <p>Ensures adequate calcium absorption and maintains a proper nitrogen balance in adults; helps form collagen (which makes up cartilage and connective tissue); aids in the production of antibodies which have the ability to fight cold sores and herpes outbreaks; lowers high serum triglyceride levels.</p>
MET	METHIONINE	<p><b>METHIONINE (ESSENTIAL AMINO ACID)</b></p> <p>A powerful anti-oxidant and a good source of sulfur, which prevents disorders of the hair, skin, and nails; assists the breakdown of fats, thus helping to prevent a build up of fat in the liver and arteries, that might obstruct blood flow to the brain, heart, and kidneys; helps to detoxify harmful agents such as lead and other heavy metals; helps diminish muscle weakness; prevents brittle hair; protects against the effects of radiation; beneficial for women who take oral contraceptives because it promotes the excretion of oestrogen; reduces the level of histamine in the body which can cause the brain to relay wrong messages; helpful to individuals suffering from schizophrenia.</p>
PHE	PHENYLALANINE	<p><b>PHENYLALANINE (ESSENTIAL AMINO ACID)</b></p> <p>Used by the brain to produce norepinephrine, a chemical that transmits signals between nerve cells in the brain; promotes alertness and vitality; elevates mood; decreases pain; aids memory and learning; used to treat arthritis, depression, menstrual cramps, migraines, obesity, Parkinson's disease, and schizophrenia.</p>
PRO	PROLINE	<p><b>PROLINE (NON-ESSENTIAL AMINO ACID)</b></p> <p>Improves skin texture by aiding the production of collagen and reducing the loss of collagen through the aging process;</p>



		helps in the healing of cartilage and the strengthening of joints, tendons, and heart muscle; works with Vitamin C to promote healthy connective tissues.
SER	SERINE	<b>SERINE (NON-ESSENTIAL AMINO ACID)</b> Needed for the proper metabolism of fats and fatty acids, the growth of muscle, and the maintenance of a healthy immune system; is a component of the protective myelin sheaths that cover nerve <i>fibres</i> ; is important in RNA & DNA function and cell formation; aids in the production of immunoglobulins and antibodies
THR	THREONINE	<b>THREONINE (ESSENTIAL AMINO ACID)</b> Helps maintain proper protein balance in the body; is important for the formation of collagen, elastin and tooth enamel; aids liver and Lipotropic function when combined with Aspartic Acid and Methionine; prevents the build up of fat in the liver; assists metabolism and assimilation
TRYP	TRYPTOPHAN	<b>TRYPTOPHAN (ESSENTIAL AMINO ACID)</b> A natural relaxant, helps alleviate insomnia by inducing normal sleep; reduces anxiety and depression and stabilizes mood; helps in the treatment of migraine headaches helps the immune system function properly; aids in weight control by reducing appetite; enhances the release of growth hormones; helps control hyperactivity in children.
TRYO	TRYOSINE	L-Tyrosine is a nonessential amino acid (the body can produce it on its own) and it's nutrient role is as a neurotransmitter, which act as chemical messengers to the body's 100 billion (or more) of nerve and brain cells. L-Tyrosine helps form three important neurotransmitters: serotonin, dopamine, and norepinephrine; these are responsible for functions like memory, mood, appetite, and muscular coordination. Clinical studies have shown that L-Tyrosine supplements help with depression, anxiety, and heighten the mood in just a matter of a few weeks. It also helps fight fatigue and irritability. L-Tyrosine helps form neurotransmitters that assist the body with alertness and arousal and an elevated mood. This can be further enhanced when taken in combination with other herbs and nutrients that contain mood-elevating properties. Serotonin is involved in the perception of well-being. Dopamine helps with the emotions, motor functions, and hormone release. Norepinephrine is also involved in motor function and hormone release.

VAL	VALINE	<b>VALINE (ESSENTIAL AMINO ACID)</b>  <b>Is needed for muscle metabolism and coordination, tissue repair, and for the maintenance of proper nitrogen balance in the body; used as an energy source by muscle tissue; helpful in treating liver and gallbladder disease; promotes mental vigour and calm emotions.</b>
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