

**BEYOND TECHNICAL TERMS**

1. **pH** – pH stands for potential of Hydrogen. The relative alkalinity or acidity of substances is measured in terms of pH. By understanding how the pH levels of your body fluids affect your health, we will be able to learn just how healthy you really are. Your saliva pH would ideally be 6.8 – 8.0. Anything below this level indicates a need for replenishing you alkaline reserve. This can be done by significantly increasing fruit and vegetable intake and the use of our alkalizing supplementation.
2. **CENTRAL NERVOUS SYSTEM** – The brain and spinal cord. Ultimately, this system runs the body and its ability to heal. This includes conscious and subconscious function. Interference in these areas accounts for the majority of malfunctions in the health of the human system. B.E.S.T. removes these patterns of interference through its systematic procedure of brain activations and co-ordination with conscious thought. Your caregiver at Beyond Physical will be demonstrating this often during your visits.
3. **B.E.S.T (Bio-Energetic Synchronization Technique) –** The method of balancing the nervous system developed by Dr. M.T. Morter, Jnr., born from Chiropractic and used at Beyond Physical. Its focus is clearing both conscious and subconscious interference to self-healing. The most common sources of interference are unresolved emotional responses to past physical, mental and emotional traumas or stresses.
4. **ELECTROMAGNETIC SYSTEM** – The aura or the auric field. This is the energy field that is present when the body is developing. It is also known as Ch’I, vital force, or the energy field that acupuncture uses in its treatment. This system, along with the central nervous system is what built and ultimately runs the body.
5. **CONSCIOUS / SUBCONSCIOUS INTEGRATION** – Oftentimes we have “resolved” something consciously, but the subconscious nervous system is unable to receive the information due to a “short circuiting” that has occurred in the brain. B.E.S.T integrates these two areas once more allowing you to benefit from the conscious work you have been doing in order to effectively ‘deal’ with past traumas (counseling, prayer, affirmations, meditation etc.).
6. **MUSCLE BALANCE** – The skeletal muscles of your body come in pairs, and work in teams to perform movement. Muscle balance from one side to the other is important for proper, efficient movement, as well as proper alignment of the spinal column to remove nerve irritation.
7. **ALKALISE** – Refers to the pH of the body. The body is alkaline by design and acid by function. If acidity is not eliminated or neutralized, the body cannot function at its optimal state and “diseases” can develop. Two things mainly cause too much acid in the body: Too much junk food, and too much worry and stress. To alkalize the body, we can eat alkalizing foods like fruit and vegetables, and through treatment at Beyond Physical we can clear the negative thought patterns that cause acidity.
8. **ADRENAL GLANDS** – These are Endocrine glands that are situated on top of the kidneys that produce adrenaline; a hormone responsible for many of the bodily changes that occur during a “fight or flight” response to stress, (tight muscles, increased heart rate, increased blood pressure and decreased digestion). Poor adaptation to long term daily stress o traumatic incidents can cause adrenal fatigue, leading to the perceived need for artificial stimulant like caffeine, which eventually lose effectiveness leaving us exhausted and chemically dependent. A domino effect that can lead to hormonal imbalances in the body. The supplements Adrenegy and Alkadrenegy are used to balance this system.
9. **COLON CONSTITUTION –** The health of the Colon. The Colon is a part of the large intestine where many vital nutrients are absorbed from digested food passing through for elimination. Certain bacteria living there aid the final stages of digestion and prevent putrefaction. Often time this bacteria becomes depleted and must be replenished with supplementation or digestion becomes ineffective. The supplements Alkadophilus and Alka-Cleanse are very effective in assisting proper colon function.
10. **DIGESTIVE ENZYMES –** These are protein structures that break down chemical bonds in the foods we eat, leading to absorption of nutrients and the release of the energy found in those foods, which is necessary for life. Supplementation may be needed temporarily to re-establish ideal function in this area. SuperDigest and AlkaPan.
11. **PHYSICAL THERAPY –** Any one of several methods of reducing pain, inflammation, muscle spasm and scar tissue by increasing circulation and nerve impulses to the area. Some of the following may be suggested by Beyond Physical for your benefit:
	1. **EMS –** Electrical Muscle Stimulation uses high or low voltage units with adhesive electrodes to activate affected areas. Contraction and relaxation of musculature aids in eventual retraining of a relaxed state as well as aiding in cleansing circulation to the area.
	2. **MASSAGE –** Any one of several forms of kneading muscles of the body. Massage has been found to induce relaxation of tight muscles, increase circulation and assist in the neuromuscular re-education process.
12. **SCAR TISSUE –** The tissue used by the body to temporarily repair injury. It is ideally replaced with normal tissue as the body is able to build new cells. Physical therapy, massage and rehabilitative exercises help to reduce scar tissue more quickly.
13. **INFLAMMATION –** Swelling, redness or irritation of an area of injury produced by increased circulation. If the body is functioning in a balanced state, it will keep inflammation to a minimum during healing. B.E.S.T recreates this balance.
14. **SPASM –** Usually refers to a muscle that is tighter than normal due to irregular nerve impulses. Faulty information from the Central Nervous System (CNS) can keep muscles tight that should be relaxed. B.E.S.T reestablishes proper impulses.
15. **NEUROMUSCULAR REEDUCATION –** Retraining muscles that have been stretched or over tightened due to imbalance. “Bear in the room” emergency reactions by the body create nervous system patterns that need to be reevaluated and updated by the CNS. B.E.S.T. treatments encourage this reevaluation. If the body has gotten used to being in a contracted state, reeducation is needed to remind it how to perform more accurately.
16. **TEACHING TOOLS –** Books, tapes, CD’s and literature that teach he benefits of B.E.S.T. and the concepts utilized in your treatments, which are available to purchase and keep for future reference.
17. **SUPPLEMENTS –** All natural ingredients in pill, liquid or powder form used to enhance the treatment process. Our supplements are designed by Dr. Morter to increase alkalinity in the body and speed the natural healing response. Energetix products are of the highest quality and strictly regulated for sale by only qualifying practitioners.