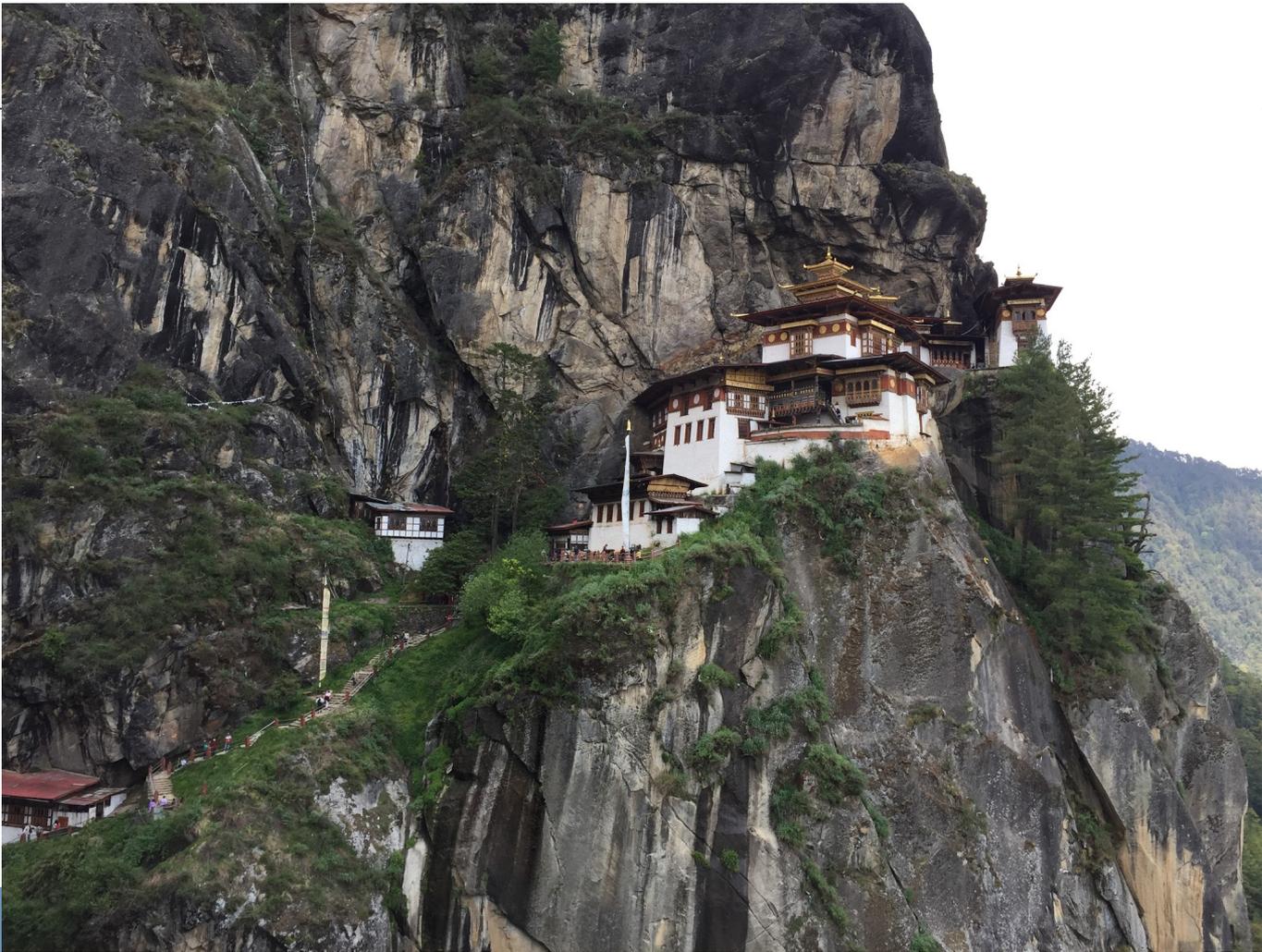


Resopathy™

Navigating the Biological Terrain

Kimchi Moyer
October 19-21, 2017
Louisville, Kentucky





- Physical Plane
- Emotional Plane
- Intellectual Plane
- Spiritual Plane

Case #1

Patient History

Date:	Feb 26, 2009	Age: 1	Gender: M
Profession:	N/A	Dx/C/o:	Anodontia
History	Born Feb 26 th , 2008 No vaccinations. Eat only organic home cooked meals		
Meds:	None		

Case #1

		Key Remedies
Intox 1 (substantial):		
Intox 2 (acquired):		
Intox 3 (inherited):	Left Kidney-Mercury Intox	Body Detox Patch. 1 patch/week on Left foot only.
Bacterial:		
Viral:		
Molds:		
Yeasts:		
Fungal:		

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Case #1

Results:

2 weeks later, baby began to grow normal teeth.

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Case #2

Patient History

Date:	Dec 2nd, 2004	Age: 37	Gender: F
Profession:	Contract Negotiator, Pre-School Director	Dx/C/o:	8 months pregnant w/ possible breeched baby
History	Due date: Jan 6 th , 2005 Dec 2 nd , 2004: Started dilating and having contractions. Fetus is in “up” position, not turning. Dr. suggested C-Section. Was scheduled to have ultrasound done that same afternoon. Oct 6 th , 2004: “Everything looks perfect” according to doctor.		
Meds:	None		

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Case #2

		Key Remedies
Most stressed:	Adrenals, Uterus, Cervix	Cellogen, Ginseng, B-12 Forte, Zincum Val
Origin:	Adrenals, Uterus, Cervix	
D. Focus:	Adrenals	Cellogen, Ginseng, B-12 Forte, Zincum Val
Psyche:	Elm, Holly, Vervain	

Case #2

Results:

Baby turned and in correct position by the time patient reached the radiology department that same day.

C-section surgery was cancelled.

Mother gave birth to a healthy baby boy on Jan 5th, 2005. She was in labor for only 1 & ½ hr.

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Case #3

Patient History

Date:	Feb 13th, 2006	Age: 45	Gender: M
Profession:	Former Sumo Wrestler/ Japan	Dx/C/o:	Diabetes and frequent diarrhea. Difficulty standing up for long periods.
History	<p>Current symptoms: Headache, sleepy all the time, itchy skin, heavy bleeding when scratched. Saliva is like water. Tongue feels "like iron"; stiff, heavy, not flexible. Smokes 20-30 cigarettes/day since 17 yrs. old</p> <p>Since one year: Hba1c = 8, Blood Sugar = 270 Since ten years: BP = 145/90 41 yrs.old: Dx: Diabetes. Hba1c = > 9, Blood Sugar = 350. Refused to be on insulin. 22 yrs. old: 120 kg (Senior year). Dx: Prediabetic! 17 yrs. old: Entered Sumo Wrestling at 70 kg (Freshman year).</p> <p>Lunch: "Gorgeous lunch" = Sushi, Tempura, Sukiyaki, oily Chinese food, 2 glasses of beer, cake, ice cream, 500cc of Diet Coke, No Water. Must eat for 2!! Dinner: Foie gras, Oily Tuna, 450 grm of Oily Beef , Oily Chinese Food, Truffle, Oysters, Blow Fish, Sushi, Tempura, 2 glasses of Kirin Beer (or Budweiser), 10 glasses of Whisky, Japanese Shoju, Ice Cream, Cake, Pudding. Again, must eat for 2!!</p>		

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Case #3

		Key Remedies
Intox 1 (substantial):	Parasites, Salmonella, Acidum Nitricum comp, Angina Comp, Chloramphenicol, Cholesterin	Notakehl D5, San Strep, San Salm, Thymoject
Origin:	Thyroid, Cor, Pulmo, Hepar, Pancreas, Spleen, SI, LI, Kidney, Adrenals	
Yeasts:	Hepar, Pancreas, SI, LI	

Case #3

		Key Remedies
Food Allergy:	Alcohol, Eggs, Red Meats, Fish, Fats & Oils, Potatoes, Rice, Corn, Wheat, Cheese, Coffee, Dairy, Nuts, Sea Salt, Green & Black Tea, Sugars, Honey, Chocolate, Sweet Fruits	Eat: Poultry, Vegetables, Peas, Seeds, Brown Rice, Non sweet fruits
Food Poisoning:		Okoubaka
Minerals:		Tropocor, Chromium GTF
Vitamins:		Sanum B-Komplex (2), B-12 Forte (2)
Enzymes:		pHb

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Case #3

Results:

April 2006 Report from Japan:

“ My blood pressure is normal...am no longer diabetic... I have more energy...can work a long day without feeling sleepy...just feeling great....”

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Case #4

Patient History

Date:	Oct 19th, 2011	Age: 54	Gender: M
Profession:	Private Investor. Retired.	Dx/C/o:	Severe daily head pain. Stabbing pain throughout body and fungal skin rash.
History	Accompanied to appointment by his Naturopathic Doctor. 2 weeks ago: Excruciating, raw, burning “emergency room” type head pain. 1 month ago: Excreted “a nest of worms”. 9 months ago: Excreted a large tapeworm, looked like an earthworm. 39 yrs. old: On South American herbal program: “Trillions of tiny white eggs came out of stool”. 26 yrs. old: Started career on Wall St. On “Coffee and Entertainment Rich Diet”. 16-18 yrs. old: On Tetracyclin for acne. Did 50 colonics, 34 liver flushes and collected 15 lbs of gall stones in the last 16 months. Was down to 155 lbs. Now at 195 lbs. (6’4 tall). Daily Foot Bath, Weight & Cardio exercise. Diet: Steamed veggies, raw hemp & cabbage, quinoa, pumpkin seeds, black beans. Trying to stay alive with the “world’s best supplements”: Progut, MMS, MMS 2, Allicin, Deer Antler, Lypo-Spheric GSH, Red CA Bentonite, Cordyceps, Biopure Chorella, 1 st 6hrs Colostrum, Cayenne, Garlic, Turmeric, etc.		
Meds	Alinia, Biltricite, Albendazole		

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Case #4

		Key Remedies
Origin:	Hepar, SI	
Dominant Focus:	Dura Mater	Utilin “S” 4x, Thymoject
Most Stressed	Cor, SI	Utilin “S” 4x

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Case #4

		Key Remedies
Intox 1 (substantial):	Angina comp: Cor, Hepar, Spleen, SI, Pancreas Lymph Dura Mater Encephali	Utilin "S" 4x
	Chloramphenicol: Hepar, Pancreas, Spleen, SI Dura Mater	Utilin "S" 4x
Bacterial:	Salmonella: SI, Desc. Colon, Sigmoid	
	Salmonella Strep--Cor, Hepar, Pancreas, Spleen, SI, Lymph Staph--Hepar, SI Staph--Dura Mater	Utilin "S" 4x

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Case #4

		Key Remedies
Viral:	Cor, Thymus, Hepar, Pancreas, Spleen, SI, Desc. Colon, Lymph, Dura Mater	Utilin “S” 4x
Yeasts:	Origin–SI–Candida Albicans, Parasites, Hepar, Pancreas, Spleen, SI, Desc. Colon Dura Mater	Utilin “S” 4x
Fungal:	Origin–Hepar, SI–Wine, All Fruits, All Grains, All Sweets	Utilin “S” 4x
Immune:	Down 3–Origin–SI--Yeast	Utilin “S” 4x
Autoimmune:	Hepar, Spleen, SI–Origin–Bacterial, Viral, Yeasts, Fungal , Enzymes Def., SI dysbiosis, Parasites	Utilin “S” 4x

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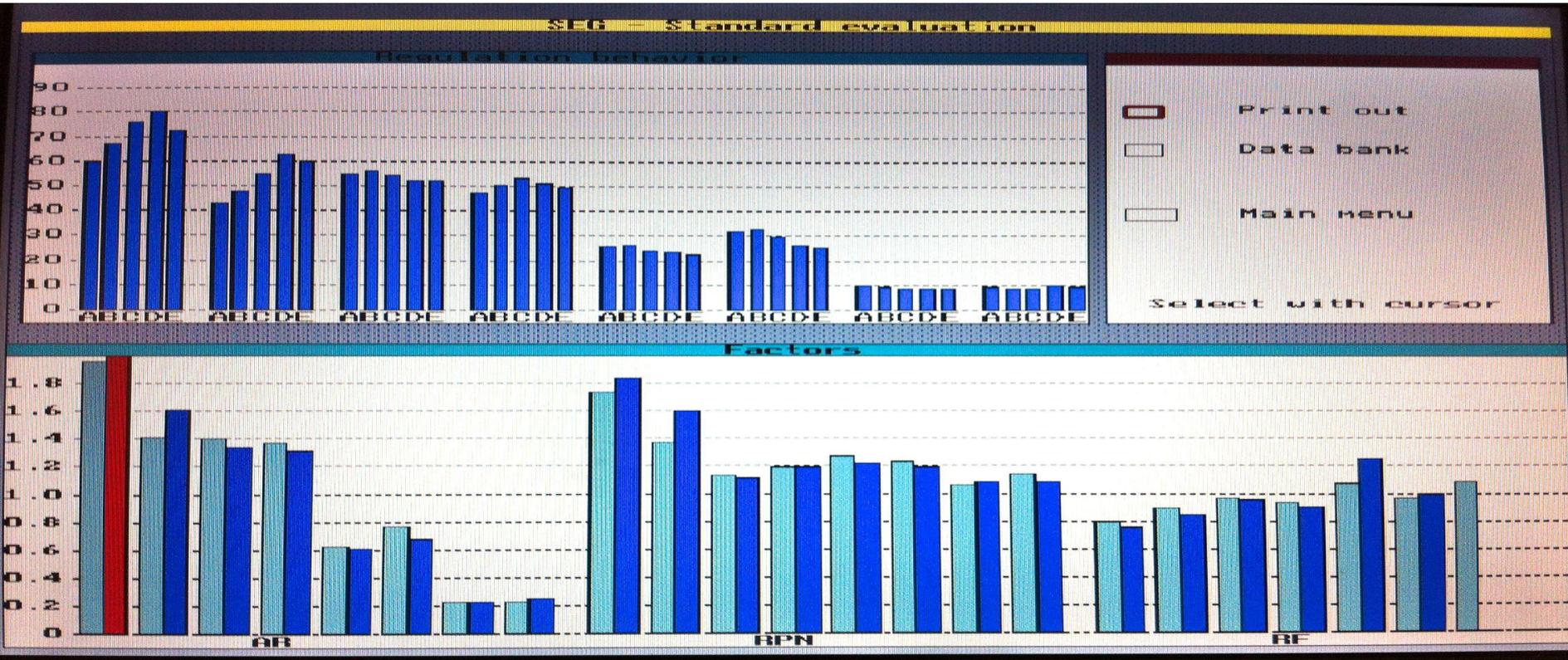
Case #4

Results Nov 10th, 2011:

More balance...All symptoms, excruciating pain went away...all sinuses opened up...90% of head pain was gone after the first dose of i.m.!!!

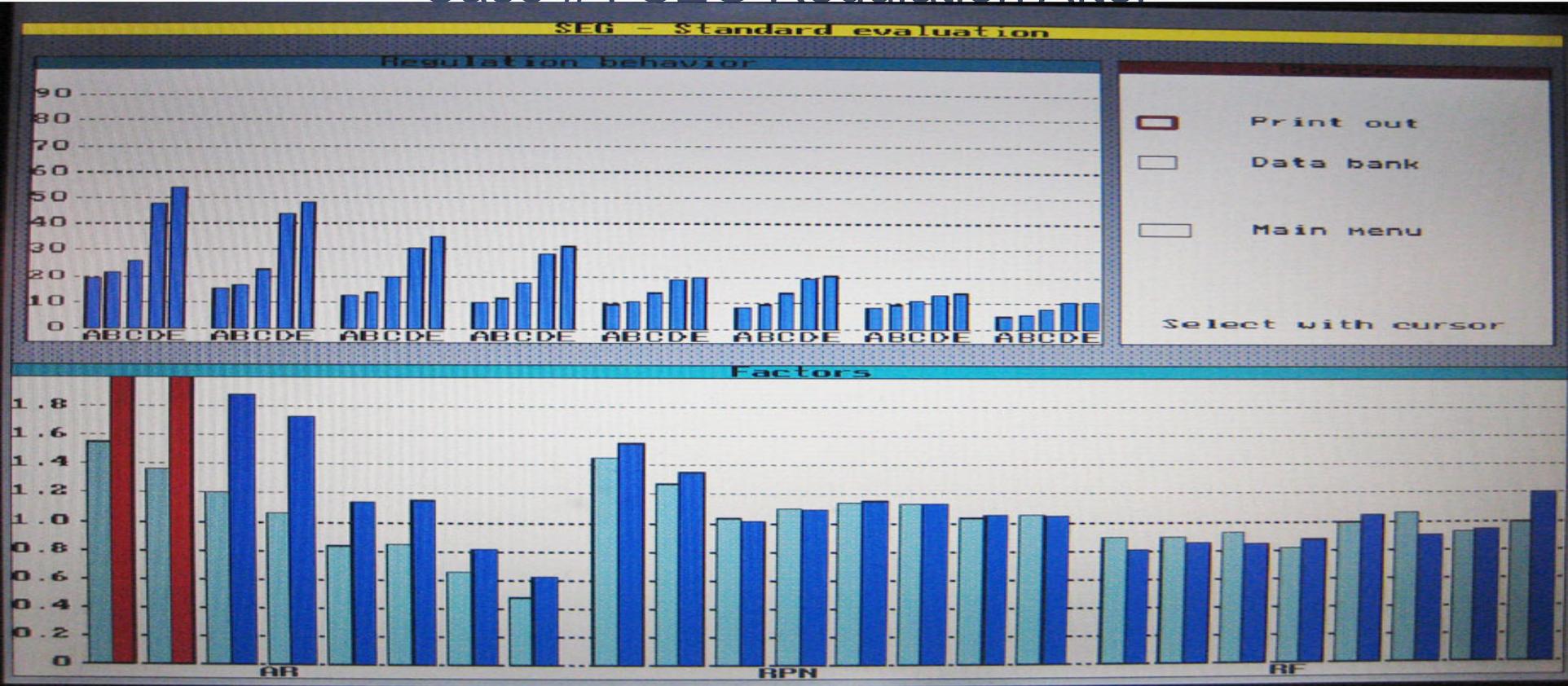
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Case #4 SEG Regulation Before



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Case #4 SEG Regulation After



Case #5

Patient History

Date:	July 10, 2009	Age: 23	Gender: F
Profession:	Chiropractic Student	Dx/C/o:	Depression, infertility, obesity, lethargy.
History:	<p>Irregular MP since 13 yrs. old. 2nd year in college: only 2 MP. Currently: MP every 3 to 5 mos. Light bleeding. Unable to get pregnant the last 5 years. Developed thick, dark facial hair and mustache at 20 y.o. Tired all the time. Can fall asleep anytime!! Drank sodas since 5 y.o. Switched to Diet Pepsi since 2 years ago to avoid sugar and to lose weight. Gets headachy & shaky if doesn't have 4-5 Diet Soda/day. Drinks one gallon of H2O/day. Last 2 years: Depressed, angry, often cried for no reason, especially one week before MP. Exercise did not help!</p> <p>2008: CBC, Thyroid, Lipid Panels= All normal 2004: ER CAT Scan: L Ovary cyst, grapefruit size. Cyst disappeared spontaneously while in Germany. 2000: Ultrasound: R Ovary cyst, received i.v., Vicodin.</p>		
Meds:	2008: Prozac (few months only). No change in depression.		

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Case #5

		Key Remedies
Intox 1 (substantial):	Hepar, GB, Pancreas, SI, LI, Endometrium, L & R Ovary Parasites--Hepar	
Intox 3 (inherited):	Hepar, Pancreas , SI , Viral, Hormone, Enzyme, Food Allergy (Father) Thyroid, Viral, Hormone (Mother)	
Bacterial:	Spleen, R Ovary (Diet Pepsi)	Parastat
Viral:	Thyroid, Hepar, Pancreas Lymph, Thymus, Spleen (Diet Pepsi)	Parastat

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Case #5

		Key Remedies
Yeasts:	Hepar, GB, Pancreas, SI, LI Vagina	Tanalbit
Fungal:	Diet Pepsi	Parastat
SI dysbiosis:	Spleen, R Ovary (Diet Pepsi)	Parastat
LI dysbiosis	Thyroid, Hepar, Pancreas Lymph, Thymus, Spleen (Diet Pepsi)	Parastat
Origin:	Lymph, Thyroid, Thymus, Hepar, Pancreas, Spleen, SI, LI, Adrenals,	
Energy:	Down 3	Parastat, Tanalbit Lymph II, CxGf Thyroid, Coral Legend

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Case #5

		Key Remedies
Minerals:		K, Mg, Cu, Zn, Ni, Co, Mn, Cr, I, Se, Si, Va Fe, Se Key: Chromium GTF
Vitamins:		Folic
Enzymes:		Premier Colostrum
Hormones:		Thyroxin, Adrenaline, Nor-Adrenaline, Serotonin, Cortisol, Cortisone, Progesterone, Insulin, Androsterone
Food Allergy	Eggs, Meats, Grains, Sweets, Artificial Sweeteners	Avoid these foods!
Cystic Process	R Ovary (Diet Pepsi) L Ovary (Diet Pepsi)	

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Case #5

		Key Remedies
Psyche:		SAMe
Depression 1:		SAMe
Depression 2: (Endogenous)	Origin–Thyroid–Viral, Hormones Origin–Hepar, Intox 1,2,3, Bacterial, Viral, Hormones	SAMe

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Case #5

Recommendations: Oral Supplements, July 10th, 2009

SAMe

Lymph II

CxGf Thyroid

Parastat

Coral Legend

Chromium

GTF

Folic Acid

Premier Colostrum

Tanalbit

Return in 4 weeks

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Case #5

	Jul 10th, 2009	Aug 13th, 2009	Aug 17th, 2009
Biological Index:	17-12-10	15-13-10-8	15-13-10-8-1 (1=Testes)
Intox 1:	100%		90%
Viral:	100%	70%	70%
Yeasts:	100%	90%	70%
Depression II:	100%	80%	60%

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Case #5

	Sept 2nd, 2009	Sept 25th, 2009	Oct 9th, 2009
Biological Index:	14-12-10-8-1 (1=Testes)	13-11-10-8-1 (1=Testes)	11-10-8-1 (1= Testes)
Intox 1:	80%		60%
Viral:	50%	50%	40%
Yeasts:	80%	90%	80%
Cystic Process:	60% R Ovary	50% R Ovary	40% R Ovary

Case #5

	Oct 15th, 2009	Nov 3rd, 2009	Jan 12th, 2010
Biological Index:	10-8-1 (1=Testes)	9-7-1 (1=Testes)	9-7-1 (1=Testes)
Intox 1:	50%	30%	30%
Viral:	40%	30%	Neg
Yeasts:	70%	70%	70%
B.I.=1	Psyche, Dep 1, Dep 2 = 20% (0%=Opti-Mag)	Phase 1 Diet. Avoid: Coffee, Prunes, Cherries, All Shellfish & Fish.	Folic, Notakehl caps, Maxilife CoQ10, Ferrum Hausmann

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Case #5

Results:

Patient gave birth to a healthy baby boy on April 20th, 2010.

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ent 1/11/2012

2012 16:55:00

Acc# SYS12-345

1/11/2012 16:55:00

Acc# SYS12-345



For Philips iSite Technical Support please call (412) 692-HELP and sel

Case #7

Patient History

Date:	January 12th, 2015	Age: 38	Gender: F
Profession:	Homemaker	Dx/C/O:	Severe Depression , Anxiety, Hypothyroid
History	Sep 2014: Progesterone caps 62.5 mg, Estrodyll Cream Aug 2014: Clonazepam for anxiety & insomnia June 2014: Amenorrhea, depression got worse, unable to carry out normal daily activities. Replaced Cymbalta with Viibrid 40mg. Received 30 tx of Transcranial Magnetic Therapy. Didn't help. Winter 2011: No MP for 3 months. Was put on Cymbalta 120 mg and this brought back the MP. 2009: GB removed 1999: Radioactive iodine for 4 days. Synthroid 25mcg -100mcg. 1997: Hyperthyroid. Weight loss. Tachycardia.		
Meds	Viibryd - 40 mg Clonazepam - ¼-1/2 mg/day Liothyronine sodium - 25mcg I-throid Iodine P-progesterone cap-daily Estrodyll creme - daily Testosterone creme - 2-3x/week		

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Case #7

		Key Remedies
Biological Index:	15-12-10	Ca EDTA 2 gr
Origin:	Ostitis, Thyroid, Cor, Hepar, Pancreas, Kidney, Adrenals, Hypophysis, Hypothalamus, Lymph	
Intox 1+ (Substantial):	Merc Sol comp. Ostitis, Thyroid, Hepar, Pancreas, SI, LI, Kidney, Hypophysis, Lymph RCT, Titanium implant Bacterial, Viral, Yeast, Enzymes def., Food Allergy	Ca EDTA 2 gr
Psyche + Dep 1 + Dep 2 +	Origin+ --Ostitis, Thyroid, Hepar, Pancreas, Hormones, Mercury Intox	Ca EDTA 2 gr

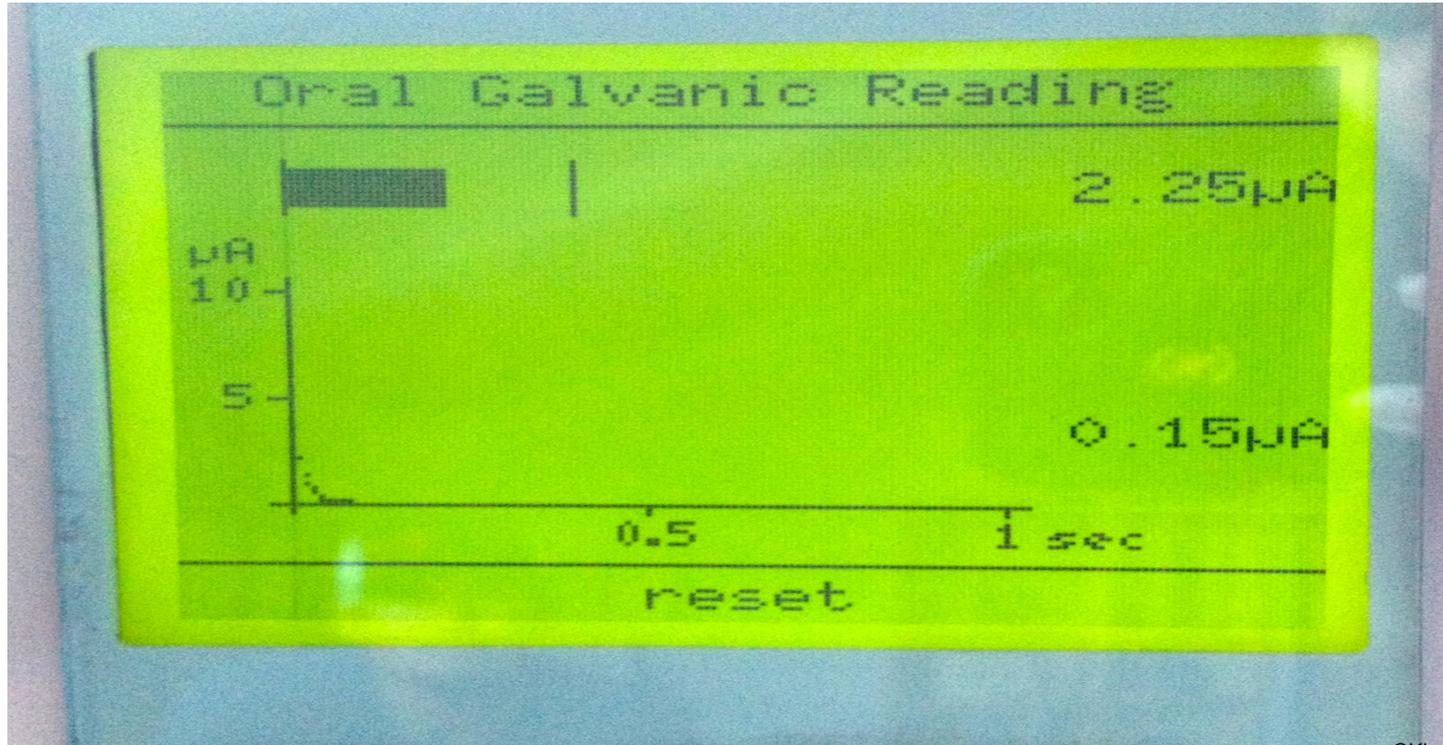
Case #7

		Key Remedies
Hormones def +		Ca EDTA 2 gr
Mercury Intox	Ostitis, Thyroid, Cor, Hepar, Pancreas, Kidney, Adrenals, Hypophysis, Hypothalamus, Lymph	Ca EDTA 2 gr
Food Allergy +	Alcohol, Grains, Meats, Coffee, Sugars	Ca EDTA 2 gr
Psyche + Dep 1 + Dep 2 +	Origin+ --Ostitis, Thyroid, Hepar, Pancreas, Hormones, Mercury Intox	Ca EDTA 2 gr

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Measurement of Healthy Tissue

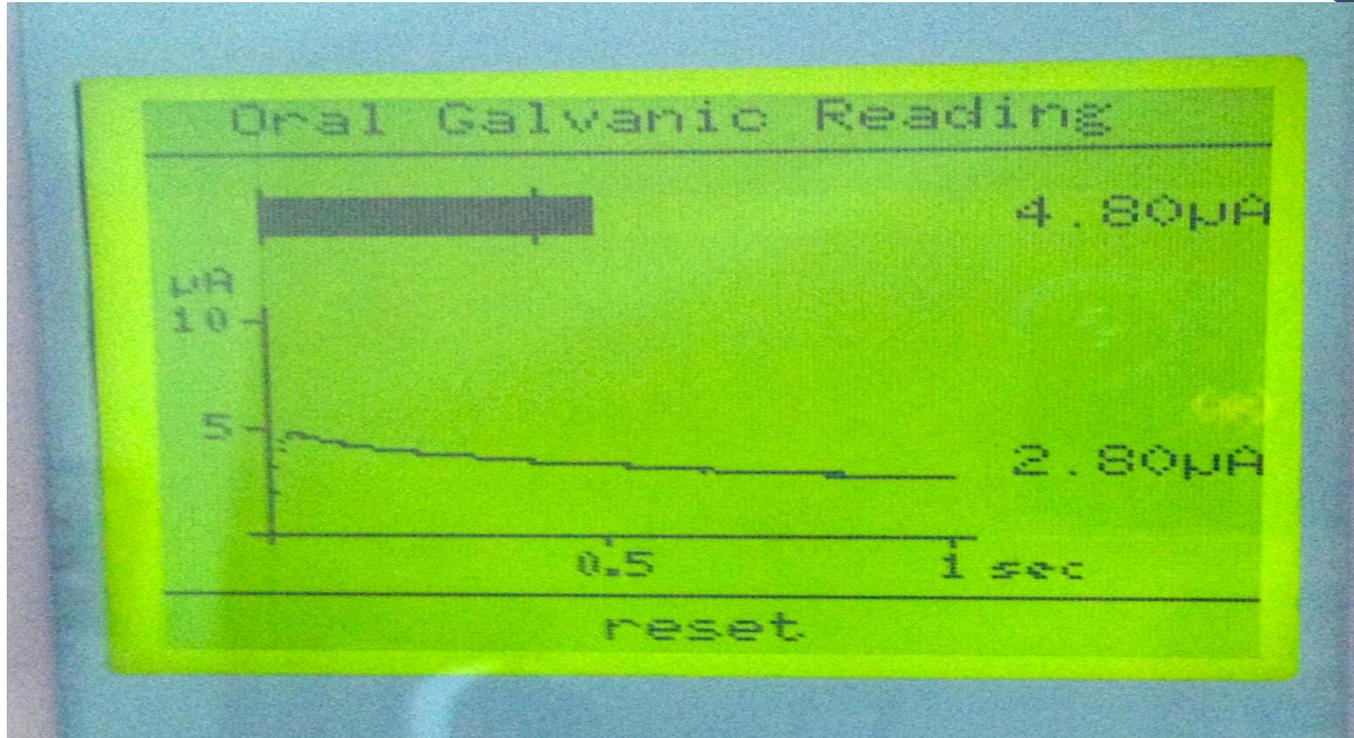
Case #7



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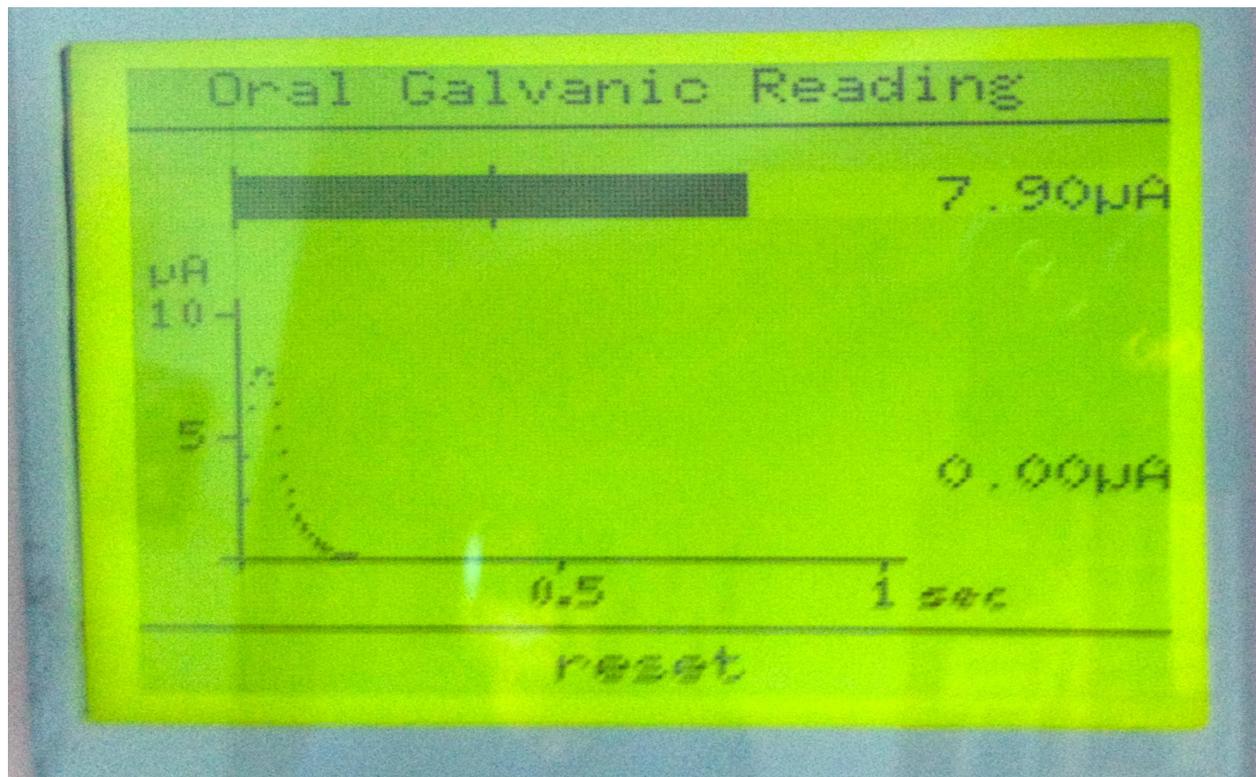
Measurement of Metal Base Crown

Case #7



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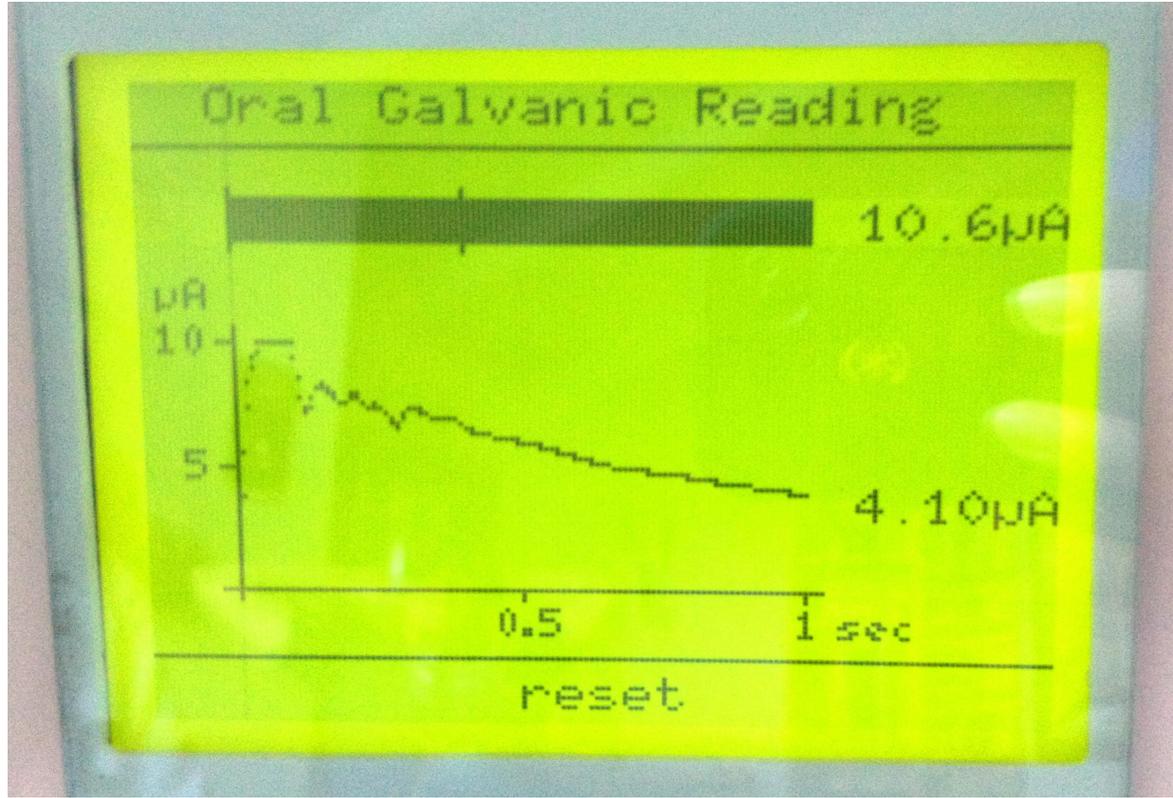
Measurement with Retainer Case #7



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Measurement with Titanium Implant

Case #7



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Case #8

Patient History:

Date:	July 30th, 2017	Age: 40	Gender: M
Profession:	Accountant	Dx/C/o:	Depression, Anxiety, Insomnia
History	On natural supplements for two years. "Feeling the healthiest I've ever feel in my life" Haven't been able to sleep for 1 month. Last night was up till 5am. Last 3-4 weeks, have been up until 3am-4am every night. Sprained ankle 3 weeks ago. Can't go out and have to stay home more.		
Meds:	None		

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Case #8

		Key Remedies
Biological Index:	10-9-7	Honeysuckle, Pine, Walnut
Origin:	Physical, Emotional + Intellectual, Spiritual -	Honeysuckle, Pine, Walnut
Most Stressed:	Physical, Emotional + Intellectual, Spiritual -	Honeysuckle, Pine, Walnut
Psyche + Dep 1 + Dep 2 +	Physical, Emotional + Intellectual, Spiritual -	Honeysuckle, Pine, Walnut
A/B Acidic:	Physical, Emotional + Intellectual, Spiritual -	Honeysuckle, Pine, Walnut

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Results:

The next two days:

“...Did not take any supplements other than Bach Flowers... slept well, the best since 3 weeks ago...slept 8 hours the past 2 nights. My ankle also feels better coincidentally..”

8 Phases of Health™

- All diseases or dysfunctions can be categorized in one or more phases of the **8 Phases of Health™**.
- The middle 6 phases were derived from **Hans Reckeweg Table of Homotoxicology**.
- The 6 phases were extended by **Kimchi Ha Moyer** into **8 Phases of Health™** to include **1** as the **Ideal Phase** and **8** as the **Transition Phase**.

SIX-PHASE TABLE

Organ system	HUMORAL PHASES		MATRIX PHASES		CELLULAR PHASES		
	Excretion Phases	Inflammation Phases	Deposition Phases	BIOLOGICAL DIVISION	Impregnation Phases	Degeneration Phases	Dedifferentiation Phases
Skin	Episodes of sweating	Acne	Naevi		Allergy	Scleroderma	Melanoma
Nervous system	Difficulty concentrating	Meningitis	Cerebroscclerosis		Migraine	Alzheimer's disease	Gliosarcoma
Sensory System	Tears, otorrhea	Conjunctivitis, otitis media	Chalazion, cholesteatoma		Iridocyclitis, tinnitus	Macular degeneration, anosmia	Amaurosis, malignant tumor
Locomotor System	Joint pains	Epicondylitis	Exostosis		Chronic rheumatoid arthritis	Spondylsosis	Sarcoma, chondroma
Respiratory Tract	Cough, expectoration	Bronchitis, acute	Silicosis, smoker's lung		Chronic (obstructive) bronchitis	Bronchiectasia, emphysema	Bronchial carcinoma
Cardiovascular System	Functional heart complaint	Endocarditis, pericarditis, myocarditis	Coronary heart disease		Heart failure	Myocardial infarction	Endothelioma
Gastrointestinal System	Heartburn	Gastroenteritis, gastritis	Hyperplastic gastritis		Chronic gastritis, malabsorption	Atrophic gastritis, liver cirrhosis	Stomach cancer, colon cancer
Urogenital System	Polyuria	Urinary tract infection	Bladder stones, kidney stones		Chronic urinary tract infection	Renal atrophy	Cancer
Blood	Reticulocytosis	Leucocytosis, suppuration	Polycythaemia, thrombocytosis		Aggregation disturbance	Anemia, thrombocytopenia	Leukemia
Lymph System	Lymphedema	Lymphangitis, tonsillitis, lymphadenitis	Lymph-node swelling		Insufficiency of the lymph system	Fibrosis	Lymphoma, Hodgkin-/non-Hodgkin-lymphoma
Metabolism	Electrolyte shift	Lipid metabolism disturbance	Gout, obesity		Metabolic syndrome	Diabetes mellitus	Slow reactions
Hormone System	Globus sensation	Thyroiditis	Goitre, adenoma		Hyperthyroidism, glucose intolerance	Menopausal symptoms	Thyroid cancer
Immune System	Susceptibility to infection	Weak immune system, acute infection	Weak reactions		Autoimmune disease, immunodeficiency, chronic infections	AIDS	Slow reactions

8 Phases of Health™

Ideal 1	Humoral Phases		Matrix Phases		Cellular Phases		Transition 8
	Hans Reckeweg Table of Homotoxicology						
	Excretion 2	Inflammation 3	Deposition 4	Impregnation 5	Degeneration 6	Dedifferentiation 7	

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8 Phases of Health™

- As diseases progress into the higher phases, patients lose the ability to regulate.
- Food and remedy choices become more limited.

8 Phases of Health™



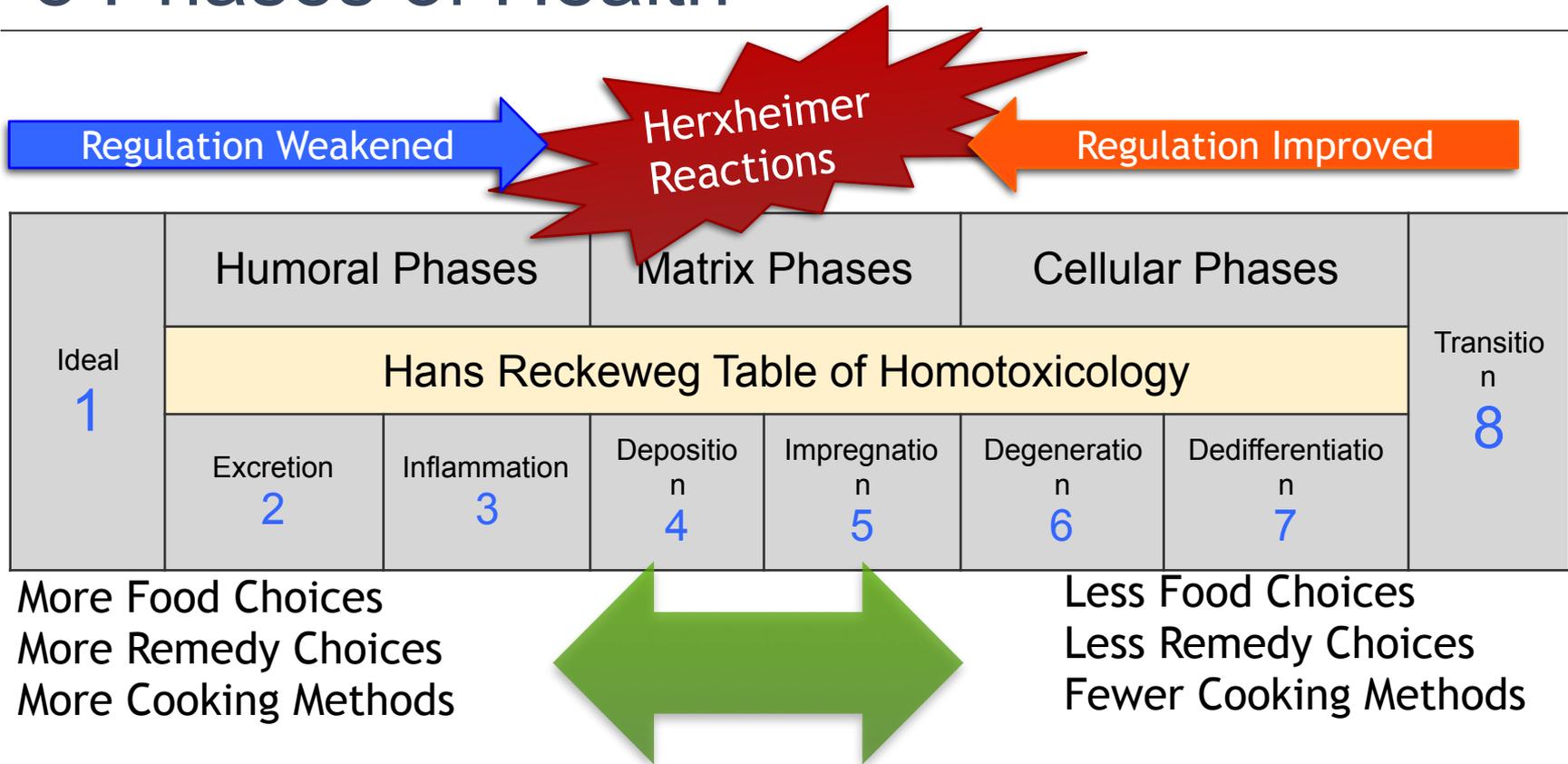
Ideal 1	Humoral Phases		Matrix Phases		Cellular Phases		Transitio n 8	
	Hans Reckeweg Table of Homotoxicology							
	Excretion 2	Inflammation 3	Depositi n 4	Impregnatio n 5	Degeneratio n 6	Dedifferentiatio n 7		
100%	100%	90%	80%	60%	40%	20%	0%	

Regulation Ability

Regulation ability wanes as we move into higher phases.

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8 Phases of Health™



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8 Phases of Health™



Ideal 1	Humoral Phases		Matrix Phases		Cellular Phases		Transitio n 8
	Hans Reckeweg Table of Homotoxicology						
	Excretion 2	Inflammation 3	Depositio n 4	Impregnatio n 5	Degeneratio n 6	Dedifferentiatio n 7	

Effectiveness



Effectiveness

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8 Phases of Health™



Ideal 1	Humoral Phases		Matrix Phases		Cellular Phases		Transitio n 8
	Hans Reckeweg Table of Homotoxicology						
	Excretion 2	Inflammation 3	Depositi o n 4	Impregna t i o n 5	Degenerati o n 6	Dedifferenti o n 7	
		80%	100%	100%	100%	100%	

Fungal Phase Remedies (Sanum)

Effectiveness

Bacterial Phase Remedies (Sanum)

100%	100%	100%	100%	80%
------	------	------	------	-----

Biophase™ 2 Foods

Meat/Eggs	Fish	Vegetables	Mushrooms	Fruit	Grains	Legumes	Seeds & Nuts
Egg Yolk Egg White Chicken Turkey Goat Buffalo Lamb Rabbit Veal Beef Pork	Sardines Codfish Sole Flounder Trout Crayfish Pike Squid Small Fish Salmon Tuna White Fish Big Fish Scallops Oysters Lobsters Clams Prawns Crab Mussels	Potatoes (all kinds) Taro Leafy Greens Cabbages All Beans Snow Peas Broccoli Cauliflower Celery Summer Squash Zucchini Brussel Sprouts Endive Fennel Leek Radishes Kale Parsley Swiss Chard Cucumber Yam Winter Squash Carrots Beet Spinach Tomatoes	Shiitake Crimini White Oyster Horn of Plenty Morel Portabella	Dragon Fruit Mangosteen Blueberry Raspberry Cherry Mandarin Orange Lemon Pineapple Apple Nectarine Peach Plum Apricot Grapefruit Papaya Goji Mango Blackberry Strawberry Banana Oranges Grape Raisin Fig	Amaranth Brown Rice White Rice Rice Milk Oats Tapioca Corn Quinoa Millet Rye Buckwheat Barley Spelt Wheat	Beans Chickpeas Yellow Peas Green Peas French Lentil Red Lentil Soft Tofu Hard Tofu Soy	Pumpkin Sunflower Flax Sesame Poppy Seeds Almonds Walnuts Pistachios Hazelnuts Brazil nuts Coconut Pecans Cashews Peanuts

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Biophase™ 2 Foods Continued

Dairy	Fats & Oil	Alcohol	Sweets	Stimulants	Spices	Vinegars	Misc.
Goat Cheese Goat Yogurt Cottage Cheese Yogurt Plain Goat Milk Kefir Cow Cheese Cow Milk Buttermilk Sour Milk Cream Canned Milk	Butter Grapeseed Oil Coconut Oil Vegetable Oil Olive Oil Margarine Deep Fry Oil	Beer Red Wine White Wine	Honey Xylitol Agave Stevia Lactose Fructose Splenda Saccharine Pure Maple Syrup Rock Sugar Organic Brown Sugar Maple Syrup Brown Sugar	Chocolate Decaf Coffee	Sea Salt Ginger Garlic Tarragon Dill Cilantro Sage Chive Parsley Rosemary Cayenne Oregano Black Pepper Basil Curry Anise Nutmeg Cloves Mustard Thyme Table Salt Red Hot Chili	Balsamic Rice Vinegar Fruit Vinegar	Kombucha Miso Tempeh Green Tea Herbal Tea Black Tea Peppermint Tea

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Biophase™ 7 Foods

Meat/Eggs	Fish	Vegetables	Mushrooms	Fruit	Grains	Legumes	Seeds & Nuts
Egg Yolk	Sardines	Potatoes (all kinds) Taro Leafy Greens Cabbages All Beans Snow Peas Broccoli Cauliflower Celery Summer Squash Zucchini Brussel Sprouts Endive Fennel Leek Radishes Kale Parsley Swiss Chard Cucumber	Shiitake Crimini White Oyster Horn of Plenty	Dragon Fruit Mangosteen	Amaranth Brown Rice	Beans Chickpeas Yellow Peas Green Peas French Lentil Red Lentil	Pumpkin Sunflower Flax Sesame Poppy Seeds

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Biophase™ 7 Foods Continued

Dairy	Fats & Oil	Alcohol	Sweets	Stimulants	Spices	Vinegars	Misc.
Goat Cheese Goat Yogurt Cottage Cheese Yogurt Plain					Sea Salt Ginger Garlic Tarragon Dill Cilantro Sage Chive Parsley Rosemary		Kombucha Miso Tempeh Green Tea Herbal Tea Black Tea

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8 Biophase Diet™ Principle

As we shift through the 8 Biophases™ we must adjust our diets accordingly.

This is the reason some diets work for some people but not for others.
This is also why the same diet may work today but will not work tomorrow.

There is no constant perfect diet.
There is only the “**Biophase™** Appropriate **Diet**”

8 Biophase™ Treatment Principle

As we shift through the 8 Biophases™ we must adjust our treatments accordingly.

This is the reason some treatments work for some people but not for others. This is also why the same treatment may work today but will not work tomorrow.

There is no constant perfect treatment.
There is only the “**Biophase™** Appropriate Treatment”

The Resopathy™ Timing Principle

A powerful remedy taken at the wrong biophase™ is less effective than a milder one taken at the correct biophase™.

A mild remedy taken at the correct biophase™ is more effective than a strong remedy taken at the wrong biophase™.

By navigating the biological terrain I discovered:

- The microbiome plays a major part in the body.
- The person's state of health and happiness are interrelated.
- All 4 physical, emotional, intellectual and spiritual dimensions should be addressed to achieve a permanent state of balance or harmony which leads to one's happiness.

- As I've worked with various challenging cases around the world, I realized there is a demand for this method which led to the creation of Resopathy™ Institute.
- I have also realized how natural environment plays an important role in helping us to regulate our internal biological terrain and how the disturbance in the soil of our planet can also lead to the disturbance of our internal soil.

