



Cross Current Health Care, 716-655-9957 [www.crosscurrenthealthcare.com](http://www.crosscurrenthealthcare.com)

## Information Related to Your TBA Evaluation

### About Your Testing

TBA uses kinesiology as its primary method of evaluation. It is a new, non-medical evaluation technique that many people find hard to accept. Fortunately, its lack of popularity does not make it less effective. It is the most accurate tool available to help the practitioner identify the root cause of the problem or complaint the client may have.

### Symptom Elimination vs. Fixing the Problem

While the goal of most medicine, natural and traditional is to eliminate the symptoms, a Certified TBA Practitioner use your consultation time to evaluate and identify the most important health issues in your body. Symptom relief remedies can be made, but TBA protocol focuses on identifying the underlying cause of symptoms. When these causative factors are eliminated, symptoms may automatically disappear or it may take more than one remedy to be relieved. Don't assume that your remedy is not working if your symptoms are still present changes are occurring within the body that you may not be feeling externally. Lack of results, simply indicates that there are additional causative agents that will need attention in order for results to be full achieved.

### About your custom TBA Remedies

Each client generally receives one or two liquid remedies. Each remedy is labeled for the action it is designed to accomplish. TBA remedies are much more accurate and effective than traditional homeopathy, herbs, vitamins, minerals, enzymes or any oral supplement product because each remedy is custom made to do the following for the individual being evaluated:

- Balance the system, action or function that might have been causing your symptom or disease.
- Antidote and detoxify any toxic agents that were causing or contributing to the system dysfunction.
- Balance any nutritional elements that might have been out of balance allowing for the toxin to be hosted there.

The liquid solution includes a very small amount of alcohol to act as a natural decontaminant, but the most important part of the remedy is the electromagnetic signals in the solution. Think of them as radio waves that you can't see, but you radio can detect and convert to beautiful music. The body's immune system is able to decode the signatures in the liquid and convert them into instructions your body will use to eliminate harmful poisons and initiate regeneration of old, diseased tissues. TBA remedies are totally safe; they cannot harm you in any way.

### About Nutritional Supplements

Your TBA remedy will begin the process of correcting any imbalances found in your system, but no remedy can take the place of basic nutritional requirements, healthy digestion, elimination and cleansing. These are foundational principles to wellness that must be part of any good wellness program.

### About Drugs & Medications

We are not a medical institution, thus we do not have the authority to take you off any medications. You may need to stay on it until body achieves a point of healing where the drug may not be needed. If you don't feel the medications you are on noticeably improve the condition it was given for, you may want to consider weaning yourself off of it/them. Please contact your medical doctor if you need any medical advice. Doctors think they are the only ones with the power to do this, but your doctor will not take any responsibility for side effects or harmful reactions that occur when you take the drugs that they recommend. This makes **you** the person in charge of what you take and what you don't. Drugs and medications are counterproductive to health because they

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are toxic at best and lethal at worst. Depending on the condition you have and the medication you are taking, you may need to stay on it until your body achieves a point of healing where the drug may not be needed. If you don't feel the medications you are on noticeably improve the condition it was given for, you may want to consider weaning yourself off of it/them. Please contact your medical doctor if you need any medical advice. (We have to say this by law)

### **About Diet**

Results are obviously much more effective if you are supporting the healing process rather than the disease. Your TBA program will be working on correcting any insufficiencies or imbalances you may have. As has been stated, the ultimate goal of a TBA program is to bring balance to all the systems of the body so that healing and rejuvenation might occur. TBA programs also work to eliminate any toxins that might be inhibiting that ultimate goal.

### **No Stinkin' Thinkin'**

The mind is very powerful! Have ever had a dream that seemed extremely real? Perhaps you woke up sweating or your head was racing? Most of us have experienced at least one of these. The fact is, whatever your brain thinks is real, is real. The reason you wake up sweating from your dream is because your brain does not know the difference between perception and reality! This is very powerful. It is very important to think good thoughts – even if you have to make them up! Think positive; perceive good things – perception is reality. Many cases of illness are brought on by negative thought patterns that have become programs in the brain, but even these will dissipate in time when your body becomes balanced.

### **Keep the bowels happy**

You should have at least one bowel movement for every meal you eat. Anything less is constipation. The more the bowels move, the better it is for you as long as it is not loose stools (diarrhea). When you understand that your TBA program is designed to eliminate toxins, guess how the toxins get out! The answer is lungs (exhalation), kidneys (urine) and skin (sweating from exercising). But primarily the bowels (pooping). We all have old toxins in us and it is very important to get those toxins out. The most important things to bowel health are fiber, water, exercise and letting go of negative feelings or emotions. Do not let a busy job stop you from taking time to eliminate unless your job is worth dying for. THIS IS VERY IMPORTANT!

### **How many consultations will it take for me to achieve complete healing?**

If you experience complete relief of the complaints you were having at the time of your consultation we are extremely happy for you. Most people just want their symptoms to go away, but relief from symptoms does not mean you are healed or even that you are healthy internally. We should all aspire to complete healing and not become satisfied with symptom relief alone. "Healthy" is when the sum of all your symptoms working in harmony with each other, not when you are relieved of symptoms. Symptoms and diseases are the result of toxins and imbalances that accumulate over a period of time. No symptom or disease is caused by a single problem. Complete healing requires a variety of corrections in most cases. Just like an onion has many layers, disease is also formed by a combination of layers. To achieve health, it often requires a correction of several layers. If you want to achieve complete healing from the inside out, it requires a diligence of healing those layers in a particular order. How many layers a person will go through before they reach a state of maintenance impossible to know because there are many variables. The supplement program used, consistency with the program taking your drops and recommended supplements) inherited weaknesses, the foods eaten, how much we exercise and drink water, and many other factors will dictate the amount of layers needing programs. Your evaluation form will indicate the recommended date for your next visit. It is recommended that you continue your TBA program until you feel your health is stable (you feel great) or your TBA evaluations indicate your body is in a position where it can be maintained. Most people experience symptom relief within days, often hours of taking the TBA remedies. If your symptoms do not improve or have gotten worse with the remedies you were given, please contact your TBA Practitioner. There is no incurable disease, but several layers may be required to achieve the results you seek.

**Please contact us if we can be of any help, we at Cross Current want to see you achieve complete healing.**