

Depression Disappears

with

Core Health

**Dr. David Mullen, Clinical Psychologist,
and Dr. Ed Carlson © 2005**

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“Freeing Humankind to Be Excellent”

Depression Disappears with Core Health

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Nine individuals and a facilitator gathered to research Core Health and its effect on Depression. The Beck Depression Inventory II showing 8 of 9 free of depression in 4 sessions was our first amazement. The beginning BDI-II scores showed these depression levels: Borderline 2, Mild 0, Moderate 3, Severe 4 with 2 suicidal. Eight were medically diagnosed as depressed and on prescribed medications for depression. Shifts of additional baseline measures into positive creativity were equally amazing.

“Why doesn’t he ever look for what is RIGHT with me?”

A friend’s spontaneous inquiry leaving a marvelous doctor, who uses full body energy analysis, began our adventure into [Core Health©](#) and a 2 year exploration with individuals medically diagnosed as depressed.

Traditional counseling, medicine, dentistry, psychology, and allied areas attempt to move toward health by chipping away at negatives or disease.

More effective and more enjoyable, is leaping to the core of positive pure health innate in each person, re-activating and expanding that health, then dealing with “issues” from our core of positive pure health. Rather than chipping away at our negative symptoms, we are expanding our core of pure health.

Living from our pure core of health – physical, mental, emotional, and spiritual health – we are enjoying the PLUS side even while purifying a negative!

This inborn core of health exists within every person, covered by layers of conditioning and distortion -- which are expressed into the body, mind, emotions, and into the world.

Clearing 'clutter', old decisions, and obstacles by expanding our innate core of health creates the spontaneous departure of many signs and symptoms resulting from dis-ease -- freeing each individual to achieve greater power, health, creativity, and enjoyment in daily life. The negative is replaced by expanding the positive.

Yes, but how do we free humankind to achieve excellence in our world? How do we access all of our body and all of our brain -- the wisdom, creative genius beyond functionality -- then expand this into daily action? What is the *practical application* to peak health and performance in our business, sports and personal life?

Expanding Core Health is experiencing the *reality* in our energy, in our heart, and in every cell of our body -- so our daily living flows effortlessly, without compulsion, from the source of our natural ability to live a full and healthy life.

What burdens humanity with social, personal, and aspects of the collective unconscious described by Jung? What blocks our maximum health, enjoyment, creativity, and productivity? Where do these burdens reside? Other than by physical effort, strength of will, or chipping away at them from the outside -- what is the easier and more effective way to become free from these limitations?

Core Health assists people to re-experience and re-activate their inborn core of health, rather than address each negative issue from the outside, while more are being created by the inner and deeper disturbances.

At deeper levels than mental, conscious, emotional -- in the underlying energy aspects -- limiting decisions are replaced with new *energy decisions* which reactivate and expand our original healthy core.

CORE HEALTH PROCESS

Core Health is uniquely different from “treatment” or “therapy” for depression, cancer, or other dis-ease. From our foundation of health, we can live effectively and powerfully, dealing with any challenges or negatives in our daily Life, while being creative, powerful, and expressive of our unique individual self. Core Health combines the subjective and experiential (heart-mind) with the objective and rational (brain-mind) to predictably and measurably expand our Core of Health.

Sad stories and injuries are acknowledged, without the necessity of re-telling the story and re-suffering the details. This honors the principle that “what we focus on expands”. We focus on expanding our Core Health. Our process developed from 25+ years of research and successes that demonstrate re-telling is not necessary. The [DTQ method, page 6](#), precisely locates and acknowledges the story/event, energetically releases/clears the issue, expands our inborn positive, and creates a lasting means to move from suffering to living in joy.

As we live from our pure core of health – physical, mental, emotional, spiritual health – we are enjoying the PLUS side even while purifying a negative!

We are able to assist people to understand, experience and re-experience health and decision-making with kinesiologic measuring. This simple process uses a body muscle to measure what enhances life energy (chi) and what diminishes life energy. We utilize either arm held out to the side and “resisting” – middle head of the deltoid muscle, lung meridian. Strong is YES; Weak is NO – or NOT YES

[Kinesiology](#) is used to access the energy system, beyond the conscious and subconscious for 2 benefits.

1. Tool of **Discovery** -- what is going on in us
2. Tool of **Experiential Learning** –
 - as we Experience things in our Energy System, they become part of us and are easily recalled and reactivated.
 - Experiential confirmation of our re-deciding and clearing our limiting beliefs.

RESEARCH GROUP ON EXPANDING CORE HEALTH

Group Character

We began research with nine individuals dealing with depression. All were medically diagnosed as depressed and on medication, except one. The group consisted of 2 males and 7 females, with a male facilitator. Initial BDI-II: Borderline 2* (* Prior DTQ experience), Mild 0, Moderate 3, Severe 4 including 2 suicidal. Participants were encouraged to maintain their current course of medical and/or counseling treatment. We met 15 times from October 2004 to April 2005, with agreement to meet every 6 months for 2 years thereafter to assess quality of life. Sessions were 2-3 hours with group and individual work within the group. Members kept journals and discussed various approaches and effectiveness and non-effectiveness they each experienced, from medications to counseling to self-help.

Denys completed ¾ of the process, benefiting greatly, before ceasing to attend due to family situations. G--- dropped out after 4 sessions, but returned to work individually with a trained person from the group. An amazing side-study in itself after 5 months: G---- maintained all expansions at 100%!

Powerful Results

Our initial goal was a 30+% improvement over 6 months in the quality of life of the participants. This goal was hugely exceeded in 4 sessions, as shown by charts comparing baseline measures to measures after 4 sessions, including the Beck Depression Inventory-II. The RESULTS challenged our belief system! These results were replicated in a “Transferability Study” by a participant who trained to lead Core Health. She replicated the baselines and process with a counselor after being depressed for 41 years, on medications, and having searched everywhere. Similar results were achieved in 5 sessions.

INITIAL BASELINE MEASURES

Beck Depression Inventory - II: standard test for depression in the medical and psychotherapy professions. Depression level results: Borderline: 2, Mild: 0, Moderate: 3, Severe: 4 (including 2 suicidal).

	Normal (0-13)	Mild (14-19)	Moderate (20-28)	Severe (29 - 63)
Carol			20	
Debbi			23	
Denys				42
G --				56
John*	13			
Judy			26	
Leslie*	8			
Mary				36
Renee				42

Biometrics and Body Chemistry

Biometrics of Height, Weight, Blood Pressure, Heart Rate, plus Body Chemistry Laboratory tests of Complete Metabolic Panel, Lipid Panel, T4 (thyroid), and Cortisol. Some chose to supplement this with Serotonin and Catecholamine Panel (Dopamine, Epinephrine, Norepinephrine, Cat PF. Blood Pressure and Chemistries were delightfully healthy. In-powered participants intentionally focused on moving out-of-range values back into normal range, or at least 50% closer in one liver function.

Instead of primary and causal, body chemistry changes are first considered secondary and symptomatic – produced by the attitude! No one in our group had high Cortisol, (stress), rather, two were low.

Two did have low Serotonin, and one remained low indicating possible need for assisting or supplementing.

Kinesiologic Baselines

Baselines show starting levels, then measure and quantify positive movement and retention through time.

- **Anabolic:** what enhances life energy, releasing endorphins and DHEA, as contrasted to catabolic which diminishes live energy, releasing stress chemicals adrenaline and cortisol.
- **Scale -10 to +10: Current Operating Perspective:** a person's view of, and functioning in the world.
- **Body Acid/Alkaline Balance -- pH:** Very acid pH 6.7 is the most significant baseline finding. Optimum pH for human body (blood, intracellular) is 7.3-7.4 pH. Cancer can only survive in an acidic and anaerobic environment.
- **Cell Protection:** A high % of cells protecting creates impaired body function at cellular level. This reverses the “Sodium Potassium Pump” by continuous stress and high cortisol levels. Cell Protection interferes with transport across cell membranes, contributing to degenerative diseases. Cell Protection is specific to one or more organs, rather than generalized across body.

	% Anabolic Optimal > 100%+	-10 > +10 Optimal +10	Body pH Optimal 7.3 - 7.4	% Cell Protection Optimal: 0%
Carol	76	-4	6.8	28
Debbi	83	-7	6.7	32
Denys	66	-6	6.7	32
G --	57	-7	6.7	25
John*	100	-4	6.9	26
Judy	57	-4	6.7	33
Leslie*	100	-3	6.9	23
Mary	67	-7	6.7	33
Renee	47	-6	6.7	33

* Note on all charts: John and Leslie both have prior DTQ experience.

CORE HEALTH APPROACH

PERFECT MOMENT: “Perfect Moments” are experienced by every individual at ages 5-9 and beyond. This is a conscious awareness of being connected to all, and that all is good. This is the *experienced* essence of Core Health. Each individual can re-experience and re-activate this energy, and expand it. Perfect Moments can be used to re-ground when confused, or re-center energy when scattered. While experiencing or re-experiencing a Perfect Moment, people test YES stating: “I am purely healthy spiritually, mentally, emotionally, and physically.”

	Age	Perfect Moment
Carol	8	enjoying solitude by brook -- raising frog eggs to tadpoles to frogs.
Debbi	4 - 5	lying on the ground looking at the clouds
Denys	6	arriving home from first day of school.
G --	19	birth of son.
John	5 - 6	walking by river in Tennessee with butterflies everywhere.
Judy	8	playing cards and Monopoly with Grandfather.
Leslie	6	swimming in the Gulf of Mexico.
Mary	4-5	lying on floor looking up at Christmas lights.
Renee	6	lying on my bed communing with the Universe.

LEVELS OF EXPANSION:

Systematically we unloaded the unconscious of the layers of accumulated limiting beliefs, old injuries, et al.

12 Expansion Levels clear the major interruptions to the free flow of health:

- Will to Live (with Freud’s *thanotos* – “death wish” active, it must be cleared)
- Mind and Body
- God, Oneness with the Universe; Fear of Death; Subconscious Anger.
- Identity. Impact on music, dancing, driving, speaking, self expression, et alia.
- Masculine/Feminine Principle; Innocence and Virginity
- Mother/Father
- Siblings and Extended Family, Pets
- In-laws and Out-laws, Relationships
- Free of fear and abuse,
- Cultural, Social
- Personal burdens and glitches
- Past Lives / Parallel Lives.

CONCEPTS UTILIZED WITH [CORE HEALTH](#) and [DTQ](#)

- “Iceberg Therapy” dissolves ALL related issues at one time, e.g. Iceberg of all Self Angers since first time you were ever angry at your self (age 8-12) – rather than dealing with them one-at-a-time. Free and clear Starting Point, Decision Point, all Anchor Points, and all junk in between, at one time - 330 years accumulated by our group! Ask for a copy of “DTQ Freeing and Expanding Process”.
- Practical *Application* includes awareness of “Grief Response” in terms of Energy; “Rescue Triangle” in terms of Energy; “Directing Core Energy from Heart, Mind and Being”.
- “Masculine and Feminine Principle”: Archetypes, by Dr. Anthony Stevens, synthesizes the work of Carl Jung (*Anima* and *Animus*). We re-activate all four aspects in both Masculine and Feminine. We re-activate and re-establish Innocence, Purity and Virginity for both Masculine and Feminine. Now both are fully activated, pure, innocent, and virginal (an attitude, not a physical condition). We hold a marriage ceremony to wed them within each individual into wholeness and oneness.
- Re-measure weekly for 3 weeks to insure is 100% naturalized – automatic, subconscious way of life.
- [Heart Forgiveness©](#) – Others; Self; God/Universe; and Living Unoffendable -- are skills we developed for the context of expressing Core Health in daily living.

DTQ PROCESS

The Deeply Thoroughly Quickly process engages the objective/rational mind and subjective/experienced-energy of the individual so they can make a root/core Energy Decision that is corrective and positive.

Early in Life, we start-down-the-road to making a limiting decision by picking up bits of “evidence”, the **Starting Point**. The **Starting Point** *is the initiation of the negative energy (belief) that collects “evidence” and seeks an event.* These pieces of “evidence” picked up along the way eventually coalesce around a stimulus event into the **Decision Point**. Example: “I am a failure

The **Decision Point** occurs when the person subconsciously decides to have the problem/pattern. Adding all of the collected “evidence” from the Starting Point to an event that confirms the negativity, the Decision Point becomes a decision and a belief about life. This new negative belief distorts the energy flow and creates disease and discomfort; also distorting one's perception of life.

Following the **Decision Point**, additional baggage/“evidence” is collected, then another stimulus creates an **Anchor Point** – a reaffirming of the **Decision Point**. *This anchors the Decision more tightly in energy.* There usually are many Anchor Points.

Again, **Decision Point** is made by a stimulus bringing all baggage pieces collected since **Starting Point** into one big lump. Once the **Decision Point** is created, specific burdens and patterns develop. Specific reactions to events are based on the false belief system created by the **Starting Point / Decision Point** process. This pattern seeks to reconfirm the decision; it finds periodic reconfirmation in events called **Anchor Points**.

The DTQ process precisely locates the **Starting Point, Decision Point** and **Anchor Points** and clears them. Using their Perfect Moment, the person "Connects the Dots" from their innate Core Health to the present. This creates an energy flow foundation that is solid.

The major reason people "fall back in the pit" in life is that all the bits and pieces of the Starting Point and Anchor Points are still in their system. Once stimulated, they coalesce back into the PATTERN. When ALL pieces are cleared out, there is NOTHING to coalesce into a pattern, even with a stimulus.

DTQ easily finds the Decision Point first, frequently connected with strong emotions. DTQ then locates the earlier Starting Point. Finally DTQ locates the initial Anchor Point and number of anchors. Then clears all.

Patterns and symptoms are only significant initially. Often they simply disappear with expansion of health – like pulling out the root of a vine so the entire vine withers and is gone.

Example: "I am unhappy"

Testing this individual for "I am unhappy" goes weak (NO) until age 14 (Decision Point). Looking earlier for the Starting Point this person was tested for "I am starting down the road to the decision to be unhappy". Individual tested weak (NO) until age 9, the Starting Point.

Thus it took 5 years of “collecting” evidence to get to the **stimulus/trauma** to decide to be “Unhappy” -- rather than naturally “Happy”. This was Anchored again and again by further stimulating/traumatic events: "I made the right decision ... to be unhappy."

Very Powerful correcting the **Starting Point**, the **Decision Point**, and all **Anchor Points**, connecting these three "Dots" to the Perfect Moment and current time. This creates a positive flow foundation. This makes scraping away any additional junk very easy.

DTQ PRINCIPLES

- We see ourselves as “Assistants” rather than teachers, therapists, or counselors, assisting the person in experiencing and re-activating the core health that is already within them. Very empowering.
- No “belief system” goes with Core Health, thus it blends with any culture or belief system.
- Core is Perfect Moment: Re-experience/KNOW who we are in our Core Health. In Perfect Moments All test “YES” for “I am perfectly healthy spiritually, mentally, emotionally and physically.”
- "Attitudinal Change" is the basic key to DTQ (Deeply, Thoroughly, Quickly).
- Positive Expansion of core health takes the place of negatives, rather than positive replacement. Re-activation and expansion to 100% automatically pushes out the negative and fills the space.
- “**Key is to be Free**”, regardless of real or imagined, past lives or parallel lives. (brain sees as same)
- "Everyone is a % “crazy”, some more than others, eliminates confusion about meeting life on its own terms. The world is a % “crazy”. People now reactivate health and deal creatively with craziness.
- Facilitation and Naturalizing: when a nerve fires or muscle contracts, the next time the same pathway is “easier” –like learning knitting, piano playing, bike riding. As we EXPAND our Core Health, it “naturalizes” 100%, and becomes easier to maintain, and forge ahead with in our daily living.
- Energy cannot be compartmentalized, positive or negative. It goes throughout our entire system – the reason we are testable. A drop of dye in a gallon of water goes through entire gallon, coloring it ALL.
- Time does NOT heal, rather it submerges or buries the problem. Like with an injured muscle, we must be *specific* about releasing emotional, mental and spiritual injuries, or they do not heal. .
- Life *application* in contrast to a constant stream of theory, lists, talking-about, strategies, techniques. This finally answers the question “Yes, but how?”

REPRESENTATIVE AREAS AND STATEMENTS MEASURED

ALL are expanded to, and stated as, 100% positive following the DTQ process.

Statement	Range of Group (% of 100)	Decision Point Range of Ages	Following DTQ Testing results
Will to Live: “I choose to Live 100%.”	67-86%	22 - 37	Yes
“My Mind is My Friend.”	45-69%	24 - 38	Yes - 100%
“God is My Friend.”	7 No 2 Yes, but not 100%	12 - 13 18 - 19	Yes - 100%
Also clears Fear of Death, and Subconscious Anger			
“I am 100% lovable.”	47-83%		Yes - 100%
“I can love 100%.”	57-87%		Yes
“My Body is My Friend.”	100% Yes		Always tests 100%
“I love My Mother.” ^	48 - 1@100%		Yes - 100%
“My Mother loves Me.” ^	42 - 2@100%		Yes - 100%
“I am worthy of all and everything.”	54 - 86%		Yes - 100%
“I am a Friend to My Body.”	All NO at beginning		Yes - 100%
“I choose to live 100% Healthy.”	5 YES, 4 NO		Yes - 100%

^ Additional statements include: “I accept My Mother.” “My Mother accepts Me.”

(Same series for Father, for Siblings, for Extended Family including Pets)

“My Body is My Friend” universally tests as 100% true, always our friend, thus creating placebo effect or disease.

Identity Statements	Initial Response	End of Session Response
“I take my Identity from within myself.”	No	Yes
“I take my Identity from outside myself - people, places, events, things.”	Yes	No
“I know who I am.”	No	Yes
“Here I stand.”	No	Yes
“I allow other people to effect my energy.”	Yes	No

Identity is shifted from the worldly outside, to back inside the person from their healthy core.

Typical Expansion Level Statements	Initial Session Response	End of Session Response
“Relationships, past and current, I have negative energy regarding some/all of them.”	Yes	No
Masculine and Feminine Principle: “Innocence correlates with Virginity.”	No	Yes
“I am Free from fear, abuse (especially self-abuse) spiritual, mental, emotional, physical.	No	Yes
“I am Free of “fear of return” of cancer, illness, bad experiences or relationships, etc	No	Yes
“I am Free to Create, Express, be Powerful, Participate . . . in Life.	No	Yes
“I have Cultural and Social burdens.	Yes	No
I am 100% free of Past and Parallel Lives	No	Yes
My DNA is 100% clear from all lives	No	Yes

OBSERVATIONS:

- The group insisted on changing the name from “Research Group on Depression” to “Research Group on Expanding Core Health”.
- They individually chose using their real names for research results due to expanding health.
- The group became self-aware and powerful enough to spontaneously engage in 3 sessions discussing death, dying of friends and relatives, their own death – each completing a Living Will.
- Young people had measurably less baggage accumulation than people having lived more years.
- All benefited from Iceberg Therapy, thus they can get on with living creatively and powerfully.
- “Resolving a daily-life-issue” has now been added to each session of inner clearing.
- Each person became very accomplished at expanding positive to 100% = Accomplished Transmuters.
- When clearing for "God is 100% My Friend", this also clears Fear of Death and Subconscious Anger.
- Percentages were rarely 100% negative or positive.
When we consciously choose, we can free/release the negative and expand the positive to 100%.
- Individuals can test YES on a statement -- yet when state “I am 100% ____”, they can test NO.
Above a certain level, they can tip into YES, however that does not mean 100%.
Every statement is now measured for 100%, leaving no residual negatives.
- In the follow up several were interested in connections with others. A possibility to develop a series called "Readiness for Relationship"
- "Permission" discovery: Early-on, we did “I have 100% permission to be Joyful.” All tested NO, range 67-89%, average 76%. We had cleared this for Joy, but did not “globalize” the permission.
- At the end of our series with well motivated people over 5 months, we measured PERMISSION.
“I have permission to be 100% healthy spiritually, mentally, emotionally, physically; and free of depression and unhappiness.” Debbi: 63%, John: 88%, Judy 67%, Leslie: 89% Renee: 78%.
We were shocked by their not being 100%.
The entire 15 sessions they had been blocking a portion of wellness! They then expanded to 100%.
- Permission expansion has now been added in Expansion Level 2, to “prepare the terrain” for greater and easier results.
- One person upon realizing that she was she was “unhappy” and “dissatisfied” instead of depressed weaned herself off of Zoloft.
- Releasing so much energy, we must *concurrently* develop “skills” for expression in daily life.
Our beginning concept was to develop skills *after* completion of the 12th Expansion Level.

FOLLOW UP: One Month after the series: All continue to experience “bubbling up” of benefits.

- People miss our group dynamics. This could be addiction to support groups. Upon discussion, they like to be around healthy people interested in healthy expression and in researching health.
- Some feel alone, wishing they had someone in their life such as a live-together friend or mate.
- Rather than "needing" someone else, they missed the ACCENTUATION and ability to express and to share with another in life. They can choose the Form of that relationship.
- Many feel like they are floating in space, with no direction.
- We tested for “I love myself 100%” (yes) and “I accept myself 100%.” (No, until corrected)

UNIQUE TERMS and CONCEPTS: In the research and creation of Core Health and DTQ we have been called upon to create unique and descriptive terms and concepts.

“DTQ” or “Deeply Thoroughly Quickly” is the proprietary process developed to clear energy glitches, traumas, or poor decisions, allowing Core Health to expand positively into that area.

“Core Health” describes the innate, inborn spiritual, mental, emotional, and physical health in an infant and in a young child. This always remains at the core within each human being.

“Perfect Moment” is experienced by every individual when they are age 5-9 and beyond, and is a conscious awareness of being connected to all, and that all is good. This is the experienced essence of Core Health.

“Assisted Re-Activation” is the DTQ process where a person identifies, via energy measuring, the exact time and event of a negative energy decision. Based on new information and wisdom, they make a positive energy decision, unloading the unconscious of old baggage, traumas, wounds (physical, emotional, spiritual) and expanding in-powered creativity.

“Energy Measuring” describes the kinesiologic testing of a muscle to determine what enhances life energy, and what diminishes life energy.

“Energy Decision”, in contrast to mental or emotional decisions, is at the much deeper and more thorough energy level. An energy decision flows through mind, emotion, and body. It is transformational. Energy Decisions run our lives.

“Ongoing Benefits” describe the continuing and residual improvements in baseline measures for weeks and months following the final session.

“In-powered” describes being open to inflow of universal life energy and over-flowing it out to the world. Living from the inside-out rather than from the outside-in.

“Iceberg Therapy” describes the phenomenon of being able to clear away ALL the similar negative items in our life (e.g., entire life of self anger) by one short process.

“Reciprocal Benefits” is a new phenomenon of increased energy in both the person assisting (counseling) and the patient or client. This contrasts to the loss of energy and down drag on traditional counselors.

“Skills Not Pills” and “Explore the More” are slogans we utilize in our promotions.

NEVER leave anyone weak! Always Strong! Always 100%.

Example: On TV, a weight-lifter lifted 300 pounds. “Put this white substance under your tongue.” (sugar) He was not able to lift same weight!! People are still doing this – leaving people weak – rather than teaching him to make an attitudinal change regarding sugar. Then he could stay strong and lift 300 pounds.

MEASURED RESULTS

DEPRESSED? UNHAPPY? DISSATISFIED? BORED?

Dr. John Diamond and others consider many people that are “unhappy” to be (mis)diagnosed as “depressed” due to drugs available for depression but not for unhappiness.

Depression is Thyroid Meridian; Unhappiness is Liver Meridian – two significantly different challenges.

Research Group of 9: only 1 individual tested as depressed; 7 unhappy; 8 dissatisfied; 1 bored.

Name	11/14/04				4/17/05
	Depressed	Unhappy	Dissatisfied	Bored	
Carol		Unhappy	Dissatisfied		
Debbi		Unhappy	Dissatisfied		Seeking **
Denys		Unhappy	Dissatisfied		
G ---	Depressed	Unhappy	Dissatisfied		
John *			Dissatisfied	Bored	Seeking **
Judy		Unhappy	Dissatisfied		Seeking **
Leslie *			Dissatisfied		
Mary		Unhappy	Dissatisfied		Unhappy some
Renee		Unhappy			Seeking **

Notes: * On all charts John and Leslie both have prior DTQ experience.

** Dissatisfaction, rather than a negative, is now considered a “positive” stimulus to seek more.

BECK DEPRESSION INVENTORY II

Name	Date 11/04	Level 11/04	1/05	Level 1/05	4/05****	Level 4/05
Carol	20	Moderate	1	Not Depressed	0	Not Depressed
Debbi	23	Moderate	7	Not Depressed	4	Not Depressed
Denys	42	Severe	11	Not Depressed	NA	NA
G ---	54 **	Severe	Stopped after 4 sessions. Later worked individually			
John *	13	Borderline	2	Not Depressed	1	Not Depressed
Judy	26	Moderate	5	Not Depressed	7	Not Depressed
Leslie *	8	Not Depressed	1	Not Depressed	0	Not Depressed
Mary +	36	Severe	46	SEVERE	16	Mild
Renee	42	Severe	8	Not Depressed	5	Not Depressed

Beck Depression Inventory II: 0-13 is normal/minimal, 14-19 is mild, 20-28 is moderate, and 29-63 is severe.

BDI-II does not measure or recognize movement into the positive enjoyment of life.

A written instrument to assess positive expansion and health will be valuable.

Notes:

* Prior DTQ experience

** Stopped after 4 sessions. Later began working with skilled individual in research group.

Delightful that all Core Health expansions continued expanded 100%.

**** Several "changes" can be positive -- considered in life context of the individuals --

such as improvements in sleep, appetite, sex depending on where they started.

+ Increased BDI-II scores from 36 to 46 to 52 until discovered she had an "addiction to feeling bad"

The only channel newly released energy had to flow in was 'feeling bad' -- she got worse.

Two weeks after correcting the addiction, her score dropped to 16 ... and Mary is feeling much better.

ANABOLIC (%)

Name	11/14/04	11/28/04	12/12/04	1/02/05	% increase	4/17/05
Carol	76	98	190	930	1,224	10,725
Debbi	83	97	170	675	813	9,700
Denys	66	102		680	1,030	
G ---	57	107	215			
John *	100	167	260	835	830	88,000
Judy	57	92	155	565-775 **	1,360	10,700
Leslie *	100	212	280	1,250	1,250	15,800
Mary	67	97	205	377	562	10,880
Renee	47	107	185	765	1,627	9,600

Notes: Low anabolic energy was significantly characteristic across the group (inversely correlate with BDI score?)

**Permission Phenomenon: as proceed around group measuring energy, individuals gradually give selves permission to test at increasingly higher levels. They expand self-imposed "limitations" as to "how good" they can be. First two individuals are re-measured to demonstrate "Permission Phenomenon."

SCALE - 10 TO + 10: CURRENT FUNCTIONING PERSPECTIVE

Name	11/14/04	1/02/05	Points gain	4/17/05
Carol	-4	+6.5	10.5	+9
Debbi	-7	+3	10	+8
Denys	-6	+4.5	10.5	
G ---	-7			
John *	-4	+7	11	+10
Judy	-4	+3	7	+9
Leslie *	-3	+6	9	+9 (decided +10)
Mary	-7	+3	10	+9 (decided +10)
Renee	-6	+5	11	+10

Notes: All individuals functioning well into, and from, Positive side of Scale after 4 sessions
Able to handle negatives from a positive perspective/foundation.

BODY ACID / ALKALINE BALANCE "pH"

Name	11/14/04	1/02/05	Improved	4/17/05
Carol	6.8	7.4	.6	7.4
Debbi	6.7	7.4	.7	7.4
Denys	6.7	7.4	.7	7.4
G ---	6.7			
John *	6.9	7.3	.4	7.4
Judy	6.7	7.2	.5	7.4
Leslie *	6.9	7.4	.5	7.4
Mary	6.7	7.3	.6	7.4
Renee	6.7	7.3	.6	7.4

Notes: Very acid pH 6.7 is the most significant baseline measure.
Optimum pH for human body (blood, intracellular) is 7.3-7.4 pH.
Cancer can only survive in acid and anaerobic environment.
Thus all experienced cancer or had the potential to experience cancer.
Group was very acid with 6 members at 6.7, 1 at 6.8, 2 at 6.9* (both with prior DTQ experience)
In only 4 sessions, they all advanced .5 to .7 (logarithmic scale) into Alkaline,
with 8 individuals in the optimal range, and 1 at 7.2 – very close to optimal.
Significantly healthier -- without ever directly addressing pH!

CELL PROTECTION (%)

Name	11/14/04	1/02/05	Decrease%	1/23/05	2/6/05 **
Carol	28%	15%	46.4	6%	0 **
Debbi	32	18	43.8	4	0
Denys	32	17	46.9	8	0
G ---	25				
John *	26	8	69.0	2	0
Judy	33	17	48.5	3	0
Leslie *	23	9	61.0	2	0
Mary	33	18	45.5	6	0
Renee	33	16	51.5	4	0

Notes: ** Following homework on specific organs

High % of cells protecting creates impaired body function at cellular level.

Sodium Potassium Pump is *reversed* by continuous stress and high Cortisol levels.

Cell Protection interferes with transport, in and out, across cell wall.

A basis for degenerative diseases.

Cell Protection Is specific to one or more organs, rather than generalized across body.

ORGAN-SPECIFIC CELL PROTECTION on 11/14/04

Carol	Liver 73%	Stomach 22%	Small Intestine 5%
Debbi	Liver 72%	Heart 19%	Kidney 9%
Denys	Liver 74%	Small Intestine 23%	
John *	Kidney 63%	Stomach 31%	Small Intestine 8%
Judy	Large Intestine 82%	Small Intestine 17 %	
Leslie *	Stomach 82%	Gall Bladder 18%	
Mary	Liver 77%	Small Intestine 22%	Large Intestine 2%
Renee	Liver 83%	Small Intestine 18%	

Note: Dr. John Diamond's Life Energy, says Negative Emotion for Liver is Unhappiness; Small Intestine is Sadness, Sorrow; Stomach is Disgust, Emptiness, Hunger; Large Intestine is Guilt; Gall Bladder is Rage; Heart is Anger.

JOYFUL - and "DISTINCTION" between "WILLING" and "PERMISSION"

"I am 100% willing to be Joyful." "I have permission to be 100% Joyful."

Free from *Addiction* to Feeling Bad. No direct "assistance" was provided.

Date:	11/28/04	12/19/04	4/3/05	4/17/05
Name	Willing (%)	Willing (%)	Permission (%)	Permission (%)
Carol	52%	100%	79%	100%
Debbi	47	93	77	100
Denys	67	90		
G ---	47			
John *	77	95	89	100
Judy	37	96	68	100
Leslie *	57	100	85	100
Mary	73	93	71	100
Renee	49	97	76	100
		All 100 after Visual.		All Accomplish on own

Notes: 100% = Has become "Naturalized" and normal when re-tested over several weeks.

Example: "I am *willing* to drive the car." Yes >

"I have *permission* to drive the car." No > Requires both, plus ability.

FINAL NOTES

Health care has been “studying biological, biochemical, endocrine/hormonal, brain as contributors to, and causes of, depression.” “The role that neurotransmitters play in depression is not completely clear.”

www.allaboutdepression.com

Authors’ View:

Instead of primary and causal, chemical changes are secondary and symptomatic – produced by the attitude!

No one in our group had high cortisol, (stress), rather two were low.

Two did have low serotonin, and one remained low indicating possible need for assisting or supplementing.

Step one is clearing attitudes to be positive. Step two is thorough nutrition for body to make what it needs.

Only then is step three considered: supplementing or suppressing the body chemical/neurotransmitter.

Expanding research is exploring additional areas, such as “attitude” or “perception”, and shifting attitudes.

Attitudes impact our body and brain biochemistry, hormones, and physiology. See www.BruceLipton.com

“...person may learn how to change depressed thoughts and behavior ...

Doing this may change brain chemistry and relieve depression.”

www.allaboutdepression.com

Research has observed from the outside, made detailed notes, written about everything from depression to happiness (even a 700 page description), but has not yet been able to assist people in HOW to experience and live joyfully and powerfully. Core Health experientially expands individuals and reactivates their essence.

CONCLUSION

The Research Group on Depression again demonstrates the efficacy and speed of Core Health. Amazing results are achieved very rapidly through the expansion of an individual’s natural inborn core of health. This is congruent with the studies of rapidity in Energy Psychology. Core Health works at an even deeper level in a sequential method that achieves global results. These beneficial results are measurable and are retained and naturalized into daily living.

Additional applications to date: stuttering, autoimmune, bulimia, various medical conditions and cancer smoking, drug addiction, criminals in prison; and on the plus-side: healthy weight, business and sports.

In contrast to “peeling the onion” from the outside, Core Health predictably heals at the core, allowing many outer layers or symptoms to fall away. Beyond healing, it expands innate health into all areas of life. Core Health is simple, elegant, deep, thorough, quick, and the beneficial results are measurable. Most importantly, these beneficial results are retained and naturalized as a positive, powerful, creative way of living.

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