

## © WHAT HAPPENS WITH REGULAR INTEGRATIONS?

Because we have all been out of balance from a very early age our body and particularly our muscular system has had to constantly adapt to changes and especially to very stressful times. With regular Integrations we begin to undo these tensions under the timing of our own Inner Wisdom. During the course of time there will be a switching of dominant hemispheres to assist the re-balancing of muscles in the body. Where one side has been weak for a long time it needs to build strength. Where the other has been excessively tense those muscles need to soften.

In returning to our natural state of balance we will experience ups and downs. Factors such as diet, exercise, thinking positive thoughts, sensible rest and avoiding toxins will strongly influence what happens to us while we receive regular Integrations.

***It is strongly advised to put your attention on a positive thought or favourable outcome in life when receiving an Integration.***

## © COST

In order to benefit from Alphabiotic Integrations they must be taken on a regular basis.

It is recommended that you initially commit to receiving at least two Integrations a week for about six to eight weeks and then we can usually decrease to once a week.

As each person is different the length of time and commitment to receiving these will vary.

To respect this and to allow a fair exchange, reductions are given to long term commitments.

The following fair pricing policy has been implemented:

***One Integration – £20.00***  
***Three Integrations – £55.00***

For families and groups generous rates are available.

### FOR DETAILS CALL:



**GRAHAM TUTHILL**

07901 921 634  
(Mon-Fri between 10am-4pm)  
grahamtut1@yahoo.co.uk

***Home appointments***

*Although the Integration is a physically administered process, it is not about healing, treating or curing. If you have problems that require professional or medical expertise please seek out that help and use the Integrations to further that assistance.*

# ALPHABIOTICS

**Returning  
you to a  
natural  
balanced  
state**



## ⊙ HOW INTEGRATION AFFECTS YOUR BRAIN AND BODY

From the age of four we have been out of alignment with life. Nowadays the problems with stress are so great that even tiny babies are getting out of balance.

The brain is constantly checking the status of our body with priority assigned to the most important cells. It takes care of the most vital organs first. When we become out of balance the brain's feedback loop is disrupted causing one side of the body to become weak thus reducing sensory input. This means that the weaker side of the body is no longer under effective control by the brain.

Fortunately the integration quickly reconnects the brain's hemispheres which then balances energy throughout the body, thus restoring strength to the weak side of the body and completing the brain's feedback loop. Thus allowing the brain to carry out its function to maintain a state of balance and to heal cells and organs according to their priorities in the body's survival scheme.

Alphabiotics is not a process of symptom relief even though over time as cells continue to heal, symptoms will eventually disappear as a natural consequence of a balanced brain functioning correctly.

## ⊙ HOW INTEGRATIONS ARE MONITORED

Alphabioticists rate tension in the neck in five stages:

<b>Stage 1</b> <b>IDEAL</b>	Balanced and strong with no particular tension or tenderness
<b>Stage 2</b> <b>VERY GOOD</b>	Balanced and strong with a flat full tension and slight tenderness
<b>Stage 3</b> <b>GOOD</b>	Balanced and strong with a cordy rope-like tension and moderate tenderness
<b>Stage 4</b> <b>FAIR</b>	Balanced and strong with a very cordy, rope-like tension and great tenderness
<b>Stage 5</b> <b>BAD</b>	Out of balance, weak, tough cordy, rope-like tension and great tenderness

*(This stage indicates a person totally out of harmony with their Inner Source of power, such people will be advised to spend at least six months on self-improvement work before being reconsidered for Integrations.)*



## ⊙ HOW OFTEN DO I NEED INTEGRATIONS?

When you are Integrated you are in a *HOLDING* pattern, with strength and balance returning to the body, and the brain's hemispheres integrated. This is demonstrated by the legs being even and leg and arm muscles being strong and balanced and the neck between stages 2 and 1. **The goal** of the Alphabioticist is to help you reach a point where you will be *HOLDING* three to five weeks between sessions.

*A person who is out of balance is moving in a destructive direction and is partially separated from their Inner Source of power, inspiration, and wisdom.*

In the experience of Alphabiotics there appears to be a **12 to 1 return factor** with regard to improvement. This means if you have been out of balance for 10 years you can reasonably expect to take around 10 months to reach your maximum **HOLDING TIME**.

At first we do not hold much longer than 48-72 hours, so we need to receive at least two Integrations a week for about six to eight weeks and then we decrease to once a week. Depending on your age, lifestyle and how damaged you are it can take anywhere from 3-12 alignments to correct one year's imbalance. There is no guess work involved here, if you are 'holding' you are *improving* even if you are not *feeling* great. (Read *Corrective Changes* flyer.)