



# Dowsing Lifestyle Changes

(Improve your Health and Wellbeing)

Barry Witton – Health Dowser

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**Please Note**

**If you currently have an illness or have any doubts about the level of your health, you should consult a medical practitioner before making any significant changes to your lifestyle.**

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## Table of Contents

<b>Introduction .....</b>	<b>4</b>
<b>Guidance Notes.....</b>	<b>5</b>
<b>Items to Dowse: .....</b>	<b>9</b>
1) Weight and Macro Nutrients .....	9
2) Micro Nutrients (Minerals / Vitamins) .....	11
3) Food Allergy / Intolerance.....	13
4) “Fasting” .....	14
5) Gut Biome .....	15
6) Hydration .....	17
7) Toxic Load from Diet .....	18
8) Toxic Load Non Diet Items.....	19
9) Exercise .....	20
10) Sun Shine .....	21
11) Sleep .....	22
12) Rest / Relaxation .....	24
13) Relationships .....	25
14) Grounding .....	25
15) Being Happy .....	26
<b>Appendices .....</b>	<b>27</b>
A) Tissue Salts .....	27
B) Essential Oils .....	28
C) Bach Flower Essences.....	29
D) Herbal Listing.....	30
E) Amino Acids.....	31
F) Spices .....	32
G) Food Listing.....	33
<b>Personal Notes.....</b>	<b>34</b>
<b>Dowsing Aid.....</b>	<b>35</b>

## Introduction

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This workbook has been designed to empower dowsers to take control of and improve their holistic health through lifestyle changes. Holistic health is defined as our health and well-being at all levels – physical, emotional, mental and spiritual.

Dowsing (and Kinesiology muscle testing) can be a very practical way to identify those lifestyle choices that are beneficial or detrimental to our long-term holistic health. The concept recognises that we are all unique and that the only person who truly knows what is best for us is ourselves. Our sub conscious is the store of this knowledge, and this can very easily be accessed through dowsing.

Stress in our modern life is now commonplace. The body needs a rhythm and some stress response in our lives is essential to help us cope with extreme circumstances. Stress has, however, often become the norm rather than the exception and our bodies can be subject to relatively constant stress. Such excess stress will weaken our immune system etc. and lead to ill health – if not today then possibly “tomorrow”.

Anything that places a burden on our body is a stressor. There is much current expert opinion that is identifying such stressors – today’s headline is that eating potatoes can damage your health. Do we all stop eating potatoes just in case, or do you dowse yourself to see if it is true for you.

This is an introductory workbook which will hopefully identify some significant stressors in your lifestyle that can easily be dealt with by simple changes to that lifestyle. Expert opinion knows that such changes can improve our health and longevity – it just doesn’t know which ones are best for **you**.

I have provided some key questions in this introductory workbook and hopefully most of your health problems arising from lifestyle choices can be identified within these pages. You do, however, need to engage in the process in order to make this workbook 100% suitable for you. Hopefully the attached worksheets will provide a firm foundational catalyst from which you can explore the impact of **your** lifestyle on **your** health.

At the outset of this workbook, please dowse the following for yourself:

- **Will lifestyle changes improve my current health and well being?**
- **Will lifestyle changes improve my body’s ongoing natural ability to heal itself?**

Barry Witton – Health Dowser

# Guidance Notes

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## ***How to use this Introductory Workbook***

Dowsing can be a mentally exhausting process. You should approach this workbook in a relaxed and reflective way. These pages are an introduction to the potential lifestyle changes you can make for better health. In addition, it can be a process through which your intuition will indicate any additional questions / topics that may be suitable for you. For some people, an extraordinary pendulum response may indicate that there is further exploration necessary on a particular item.

The objective of this workbook is to empower you away from the need to rely on what you are being told by well-meaning experts. Similarly, I am not expert in all of the questions you need to ask yourself about your lifestyle. Hopefully, the majority of the questions that you need are covered in the following pages. Use your intuition / dowsing to find those which relate to you at this time and those that may have been omitted.

There are 2 ways to use this workbook:

- 1) Dowse the Contents Table (page 3) to identify the most important priority for you to investigate at this time and use that page first. Adopt the dowsed recommended Lifestyle change, and then dowse for your second priority etc.
- 2) Methodically work through the book from the first page.

## ***Conscious Mental Conditioning***

Through dowsing, we are accessing our sub conscious mind to provide the answers. Our conscious conditioning will provide a bias and we may need to be aware of any such bias. Please therefore consider carefully before dowsing each section.

For example, Section 4) relates to Fasting. To most people this means a sustained abstention from food over a long period of time and such fasting may not “feel” to be appropriate for you. Fasting, however, may be food abstinence for 3 hours before you go to bed etc.

### **Calibration is Essential**

It is important to know whether, say, chocolate is 1/10 or 10/10 detrimental to you. If 10/10 detrimental then it must be avoided with immediate effect, always.

A scale of 1-10 is often included. Always define what 10 means (i.e. the worst or the best). For ease of dowsing ask if higher than 5/10, and if yes, ask, is it 6, 7, 8 etc.

There is a 0-100 dowsing chart at the back of the book to facilitate calibration. Ask all questions on a scale of 0-100, if using this. Place the pendulum at the centre of the chart and ask it to show you the calibrated total.

### **Focus on Significant Items First**

It will probably be beneficial to focus on significant items first. So, you could initially look to resolve all lifestyle stressors of 7/10 or higher. The result may be that your less stressed body will then be able to cope with items which calibrate at lower levels, and they no longer become stressors to you. Any item that dowses to be 10/10 detrimental to you must be addressed. I am reminded that “seeking perfection (by focusing on insignificant items first) may be the enemy of the good.”

### **Dowsing Discipline**

Faith and Courage in your dowsing is very important here. You will need to dowse if chocolate is detrimental to your health! Also, there is no point in asking if chocolate “is good for you.” If chocolate makes you feel “good,” then it will probably dowse to be good for you. You need to ask if your current consumption of chocolate is detrimental to your holistic health. If so, then pursue elimination of all chocolate, or change your consumption to organic, sugar free etc chocolate.

### **Beneficial or Detrimental?**

The main focus of this book is to identify very detrimental stressors, it can also be used to identify very beneficial items too (e.g. certain foods). This is particularly appropriate to Section 5 - the Gut Biome, to help identify foods beneficial to your biome ( the colony of bacteria in your gut which is essential for optimal holistic health).

### **Statements**

The text sometimes makes a statement rather than ask a question. This is my protocol preference, but questions can be asked instead, if preferred. E.g. “chocolate is detrimental to me?” or “is chocolate detrimental to me?”

### **Further Investigation**

The aim of this workbook is to identify where problems lie. Solutions are often obvious, but if not, then further investigation will be needed by you. At this stage, at least you have an awareness of the problem.

For example, in section 2) Micro Nutrients – if there is a deficiency in Magnesium due to an inability to absorb it, then a supplement may not be appropriate and you will need to find a therapist who can help you to resolve this mal-absorption problem.

### **Incomplete Lists**

Lists are provided for guidance and should contain key items. You will need your own research if “other” is dowsed as the problem.

For example, in Section 5) Gut Biome – the identification of foods to be removed to improve your Biome may require a diligent investigation of your current diet. The problem may be tap water etc.

Also, for example, if potatoes dowse to be detrimental to your health, you need to explore if this applies to all potatoes or just to boiled, roasted, fried, crisped etc.

### **Groupings on lists**

When you know that an item is a grouping, then you should dowse each component within the group.

For example, if you are dowsing intolerance to milk, then you should inquire about cow's, goat's and sheep's milk.

### **Need for further Questions**

For example, in Section 2) Micro Nutrients – If a current supplement is detrimental, then further questions will be required. It may be that you are intolerant to it, you require a different brand, you are taking it in excess etc...

### **Clear Questioning Required**

Diligence is required in some of the questions. For example, in Section 1) Macro Nutrients, I have asked about your current calorie consumption. To make this meaningful I have asked about your calorie consumption over the past 4 weeks, in order to provide a benchmark. You could use other time periods.

### **Other**

I have often included “other” where space permits. Always include “other” with any listing which may not be complete. Then dowse what the “other” item is through your own questioning. Asking for the first letter of the name often helps to identify the item.

### **Appendices**

I have included Appendices which will help identify which therapeutic natural nutrients may help to improve your Holistic Health at this time. Tissue Salts, Essential Oils, Herbs, Bach Flower Essences, Amino Acids and Spices are often used as a therapeutic aid to improve Holistic Health. As dowers we can identify which items calibrate highly in this respect for us as individuals at this time. We are advised to be careful with dosages here and initially test them out with a small dose, lest there is an adverse reaction.

### **Post Script**

The beneficial exercise of our Will in any aspect of life can be very empowering. Such empowerment can improve our inner vitality and assist the achievement of optimal holistic health. It may help you to engage with this concept as you use this workbook and make such decisions by yourself, for yourself. It is “your” health and by using this workbook you can take increased responsibility for it.



## Items to Dowse:

---

### 1) Weight and Macro Nutrients

A) For my optimal holistic health, if 100% is my ideal weight, my current weight is:

100%	Y/N
More Than 100%	_____%
Less than 100%	_____%

---

B) For optimal holistic health, if 100% is my required calorie consumption, over the last 4 weeks my actual calorie consumption has been:

All Food \_\_\_\_\_%

Protein \_\_\_\_\_% (e.g. meat, egg, nut, seed)

Carbohydrate\* \_\_\_\_\_% (Check complex, simple, refined sugars)

Consider reducing refined Carbs

Fibre \_\_\_\_\_% (pumpkin seed, flax,almond, grain,veg,legume)

Fat \_\_\_\_\_% (saturated, unsaturated)

#### Essential Fatty Acids:

Omega 3 (e.g. oily Fish) \_\_\_\_\_%

Omega 6 (e.g. Veg oil) \_\_\_\_\_%

Omega 9 (e.g. olive oil) \_\_\_\_\_%

\*There are many different diet types that may be investigated and dowsed for. A Ketogenic diet (energy from fat –not sugar) is viewed as beneficial by many people.

C) If 100% is optimal, my ability to fully digest the following is:

Protein \_\_\_\_\_ %  
Carbohydrate \_\_\_\_\_ %  
Fat \_\_\_\_\_ %

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D) If 100% is optimal, the availability of digestive enzymes in my gut is as follows:

Protease	_____ %	For Protein
Amylase	_____ %	For Carbohydrates
Lipase	_____ %	For Fats

If any shortfall is resolved through enzyme supplementation etc., and the ability to digest food is improved, then re-dowse Section B.

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E) The consumption of the following over the last 6 months has had a detrimental effect on my holistic health:

		Scale 1-10			Scale 1-10
Processed Food	Y / N	_____	Trans Fat	Y / N	_____
Take away food	Y / N	_____	Salt	Y / N	_____
Refined Sugar	Y / N	_____	Canned Drinks	Y / N	_____
Artificial Sweeteners	Y / N	_____			

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F) My Eating Routine is having a detrimental effect on my holistic health: Y / N

		Scale 1-10
Failure to adequately chew	Y / N	_____
Incorrect body posture when eating	Y / N	_____
Incorrect body posture after eating	Y / N	_____

## 2) Micro Nutrients (Minerals / Vitamins)

A deficiency may be due to inadequate intake or a lack of bioavailability within the body (inability to fully absorb or utilize).

A) A deficiency in one or more of the following **minerals** is having a detrimental effect on my holistic health: Y / N

Boron	Calcium	Chromium	Copper	Iodine	Iron
Magnesium	Manganese	Molybdenum	Phosphorous	Platinum	Potassium
Selenium	Silica	Silver	Sodium	Sulphur	Vanadium
Zinc	Other				

On a scale of 1-10 (with 10 being maximum deficiency) :

my deficiency in \_\_\_\_\_

calibrates at \_\_\_\_\_

My deficiency in \_\_\_\_\_ is due to:

- Deficiency in my diet Y / N
- My metabolic inability to fully absorb it through my digestive tract\* Y / N
- My metabolic inability to fully utilise it within my body cells\* Y / N

A smoothie maker may provide a good daily nutrient boost

\* Professional help may be required to resolve this. A supplement may help the body to absorb/utilise the mineral.

B) A deficiency in one or more of the following **Vitamins** is having a detrimental effect on my holistic health: Y / N

A	D	E	K	B1	B2
B3	B5	B6	B12	B17	C
Choline	Biotin	Folic Acid	Co Q10	PABA	Inositol

On a scale of 1-10 (with 10 being maximum deficiency)

my deficiency in \_\_\_\_\_ calibrates at \_\_\_\_\_

My deficiency in \_\_\_\_\_ is due to:

- Deficiency in my diet Y / N
- My metabolic inability to fully absorb it through my digestive tract\* Y / N
- My metabolic inability to convert it to its active form\* Y / N

\* Professional help may be required to resolve this.

Active form Supplements are available ( e.g. P5P for Vitamin B6)

C) I have a surplus of a mineral or vitamin that is detrimental to my holistic health

Y / N Scale \_\_\_\_\_

D) My current Supplement of \_\_\_\_\_ is detrimental to my holistic health

Y / N Scale \_\_\_\_\_

Do I need to stop taking the supplement, or should I change the brand

E) Will one or more of the following supplements benefit my Holistic Health?

Alpha Lipoic acid, Astaxanthin, Bee product, Betaine& pepsin, Bromelain, Carotenoid (colour in food), Evening Primrose Oil, Fish Oils, 5HTP, Flaxseed oil, Glucosamine, Gogi Berry, Grape Seed Extract, Lecithin, MSM, NAC, Bone Broth, Coconut Oil, Other ?

### 3) Food Allergy / Intolerance

A food allergy is identified by the body having an immediate allergic reaction to a food type. Inflammation or worse will be the result of the immune systems reactions to such an “invader.” Intolerance is identified by a physiological reaction (bloating, low energy etc) to a quantity of a food type. Auto immune reactions are being linked to such intolerances. As dowsers we can identify such items and calibrate our body’s reaction. An allergic response which calibrates at only 1/10 at this time may grow to something much worse in the future and we should avoid all such foodstuffs.

There is growing evidence that elimination of **Wheat** (or Gluten), **Refined Sugar** or **Dairy** is beneficial to some people and these should be dowsed for first

#### Allergy:

In my current diet, do I have an allergic reaction to one or more food types?      Y / N

The total number of food types I have an allergic reaction to is \_\_\_\_\_

On a scale of 1-10 this total allergic reaction calibrates at \_\_\_\_\_

#### Intolerance:

In my current diet, do I have an intolerance to one or more food types?      Y / N

The total number of food types I have intolerance to is \_\_\_\_\_

On a scale of 1-10 this total intolerance calibrates at \_\_\_\_\_

Use the list on **Appendix G** to identify which foods you are allergic / intolerant to.

**Allergic Foods** (i.e. an immediate detrimental Immune Response)

Check: Nuts (Peanuts), Shellfish

**Intolerant Foods** (e.g. over time, a possible deficiency in a certain digestive enzyme)

Check:      Grains, Wheat, Gluten, Dairy, Eggs, Soy, Sugar, Alcohol, Coffee,  
                 Nightshades (potato, tomato, bell pepper)

#### 4) “Fasting”

There is evidence that a Fasting routine provides the body with the time and energy to cleanse, repair and rejuvenate itself. For example, avoiding food for 3 hours before bedtime allows the body to better detox overnight, instead of using its energy to process the late food intake overnight. This helps ongoing efficient metabolism and improved gene expression.

Will a fasting routine benefit my holistic health? Y / N

On a scale of 1-10 the benefit of fasting to my holistic health would be \_\_\_\_\_

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The optimal Fasting routine for me at this time is:

A) Just consume fruit & veg for \_\_\_\_\_ days per month Y / N

B) Do not consume any food for 3-6 hours before bedtime Y / N

Hours before bedtime: \_\_\_\_\_

C) Restrict food intake to an 8-hour window Y / N

D) Only have 2 meals per day Y / N

E) For 2 days each week reduce food intake to 1/4 (5:2 plan) Y / N

F) Consume no food for \_\_\_\_\_ day(s) per month Y / N

G) Other Y / N

**NB:**

- Do not gorge after fast
- Keep well hydrated during fast, for health and to assist any detox process

## 5) Gut Biome

Is my Biome of gut bacteria 100% optimal to enable me to achieve optimal holistic health?                      Y / N                      %Achieved \_\_\_\_\_

A) The following Probiotic supplement (s) will improve the quality of my biome:

		Scale 1-10
Bacillus Subtilis	Y / N	
Bifidobacteria Animalis	Y / N	
Bifidobacteria Bifidus	Y / N	
Bifidobacteria Breve	Y / N	
Bifidobacteria Infantis	Y / N	
Bifidobacteria Lactis	Y / N	
Bifidobacteria Longum	Y / N	
Lactobacillus Acidophilus	Y / N	
Lactobacillus Brevis	Y / N	
Lactobacillus Bulgaricus	Y / N	
Lactobacillus Casei	Y / N	
Lactobacillus Gasseri	Y / N	
Lactobacillus Paracasei	Y / N	
Lactobacillus Pentosus	Y / N	
Lactobacillus Plantarium	Y / N	
Lactobacillus Reuteri	Y / N	
Lactobacillus Rhamnosus	Y / N	
Lactobacillus Salivarius	Y / N	
Lactococcus Lactis	Y / N	
Sacchaomyces Boulardil	Y / N	
Streptococcus Thermophilus	Y / N	
Other	Y / N	

B) Will any of the following fermented nutrients improve the quality of my gut biome? :

		Scale 1-10
Dairy Kefir	Y / N	
Water Kefir	Y / N	
Sauerkraut	Y / N	
Fermented Veg	Y / N	
Yoghurt	Y / N	
Pickled Veg	Y / N	

---

C) Will the addition of a food item(s) improve the quality of my biome?

Prebiotics feed good bacteria (e.g. carbohydrate fibres)

Y / N \_\_\_\_\_

Food(s) Drink(s) to add: (Ref Appendix G for sample listing)

(Colloidal Silver?)

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D) Will the removal of a food item(s) improve the quality of my biome?

Y / N \_\_\_\_\_

Food(s) Drink(s) to remove: (Ref Appendix G for sample listing)

(For example, the removal of Balsamic Vinegar has improved the quality of my biome)



## 6) Hydration

A) Is the quality of my current water consumption at home a toxic load on my body?

Y / N      Scale 1 – 10 \_\_\_\_\_

B) Would it benefit my holistic health to increase / decrease my consumption of the following as a water source?:

	Increase	Decrease	Scale 1-10
Raw Food			
Tea – non-herbal			
Tea – Herbal			
Lemon Drink			
Coffee			
Fruit Juice			
Canned Drink			
Other			

C) Given my consumption of the above other fluids, for my optimal holistic health it would benefit me to drink \_\_\_\_\_ litres of water each day.

D) Is there anything I can do to improve the quality of the water I drink?

Stir It
Bless It
Boil It
Filter It
Other

## 7) Toxic Load from Diet

Have there been toxic chemicals in the food consumed over the last 3 months which have had a detrimental effect on my holistic health?    Y / N    Scale 1-10 \_\_\_\_\_

A) What food types have caused this toxic burden?

Refer to Appendix G for a full listing. The following have been known to be problematic:

*Strawberry, Apple, Nectarine, Peach, Celery, Grape, Cherry, Spinach, Kale, Tomato (Cherry Tomato), Bell Pepper, Cucumber, Hot Pepper, Farmed Salmon*

Food types dowsed: \_\_\_\_\_

B) Do I need to make the following changes to my diet? :

		Scale 1-10
Wash raw produce	Y / N	
Buy organic produce	Y / N	
Reduce processed food	Y / N	
Reduce processed meat (nitrites)	Y / N	
Reduce food with food additives	Y / N	
Drink less alcohol	Y / N	
Cook with saturated fats (Lard, butter, goose fat, coconut oil)	Y / N	
Other	Y / N	

C) Do I need to make the following changes to my cooking routine?:

Replace toxic utensils, pots, pans	Y / N	
Change my kettle	Y / N	
Stop using a microwave oven	Y / N	
Change my kitchen gloves (powder)	Y / N	
Remove plastic containers / bottles	Y / N	
Other	Y / N	

## 8) Toxic Load Non Diet Items

On a scale of 0-10 (10 = maximum) my toxic load from non-diet related items is:

Which of the following are contributing to my toxic load?		Scale 1-10
Clothing / Footwear	Y / N	
Cosmetics (lips, nails, eyes, skin, other)	Y / N	
Perfume	Y / N	
Air fresheners / Scented Candles	Y / N	
Fire retardants (organo phosphates) (furniture, bed, clothing, other)	Y / N	
Stain resistors / Water resistors	Y / N	
Shampoo / Toothpaste / Soap / Loofa	Y / N	
Detergent / Bleach / Cleaning product/Hand Sanitiser	Y / N	
Jewellery / Stud Work / Tattoo	Y / N	
Hair dye	Y / N	
Fake tan	Y / N	
Latex	Y / N	
Garden chemicals	Y / N	
Plastic	Y / N	
Metal (Nickel, Tin, Aluminum, Lead, Mercury, Thalium, Cadmium, Other)	Y / N	
Air quality – indoor (carpet, fuel, etc.- open a window)	Y / N	
Air quality – outdoor (diesel, smoke (benzene)etc.)	Y / N	
Home (carpet, flooring, curtains, furniture, mould, other)	Y / N	
Medication (ask doctor to change if needed)	Y / N	
Other (toys, stuffed toys, )	Y / N	

## 9) Exercise

A) Over the past month, the quantity of my exercise has been \_\_\_\_\_% of that required for my optimal Holistic Health

B) Over the past month, the quality of my exercise has been \_\_\_\_\_% of that required for my optimal Holistic Health

C) I need to increase / decrease my current Aerobic (e.g. running) or Anaerobic (e.g. weight lifting) exercise:

	Increase	Decrease	% change required
Aerobic			
Anaerobic			

D) For optimal Holistic Health my most appropriate aerobic exercise routine(s) are:

		Scale 1-10
Not sitting for more than one hour	Y / N	
Walking (eg 10,000 steps per day)	Y / N	
Jogging / Running	Y / N	
Swimming (? Chlorine)	Y / N	
Cycling	Y / N	
Rebounding (trampoline)	Y / N	
Gym – Circuit Program	Y / N	
Gym – Class	Y / N	
Dance Fit, Zumba, Similar	Y / N	
Sport – Team / Individual (bowls, tennis, squash, golf, football, archery, other)	Y / N	
Other	Y / N	

E) Optimal Aerobic Exercise:

Type (ref D above) = \_\_\_\_\_  
How often \_\_\_\_\_  
Time of day \_\_\_\_\_  
Duration \_\_\_\_\_  
Before / after food \_\_\_\_\_

F) For optimal Holistic Health, the most appropriate Aerobic Exercise for me is

High Intensity    Y / N    Low Intensity    Y / N

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G) For optimal Holistic Health, the most appropriate Anaerobic exercise routines for me are:

Using Weights / Use own body weight

Slow / Quick Repetitions

Heavy / Light Weights

---

H) On a scale of 1-10, the following Flexibility routines would have a beneficial effect on my holistic health:

Pilates \_\_\_\_\_    Yoga \_\_\_\_\_    Tai Chi \_\_\_\_\_    Qi Gong \_\_\_\_\_  
Judo \_\_\_\_\_    Other \_\_\_\_\_

## 10) Sun Shine

A) For optimal Holistic Health I need to spend \_\_\_\_\_ hours each week in the sun

B) Is my current sunscreen is a toxic load on my body?    Y / N

Scale 1-10 \_\_\_\_\_

## 11) Sleep

Does my current sleep profile have a detrimental effect on my Holistic Health?

Y / N      Scale 1-10 \_\_\_\_\_

A) For optimal holistic health, how many hours sleep do I need each night?:

Hours      <4    4      5      6      7      8      9      >9

---

B) For optimal Holistic Health, when do I need to go to bed each night?:

PM          <8    8      9      10    11    12    >12

---

C) To “lie in” in the morning is a stressor to my optimal Holistic Health

Y / N      Scale 1-10 \_\_\_\_\_

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D) Stressors prior to sleep:

		Scale 1-10
Television	Y / N	
Book	Y / N	
Computer /Tablet/Smart phone	Y / N	
Food / Drink	Y / N	
Person / Animal	Y / N	
Other	Y / N	

E) Overnight Sleep Stressors		Scale 1-10
Bed cardinal alignment	Y / N	
Body position	Y / N	
Bed (metal?)	Y / N	
Mattress (springs, latex, chemicals)	Y / N	
Bedding (material, detergent)	Y / N	
Pillow (material, detergent)	Y / N	
Geopathic stress	Y / N	
EMF stress (appliance, light, WiFi, phone, wiring, electric blanket, other)	Y / N	
Temperature	Y / N	
Air	Y / N	
Smell	Y / N	
Light (LED Blue Light?)	Y / N	
Noise	Y / N	
Bed Clothes (sleep naked?)	Y / N	
Feng Shui (Clutter, colour, other)	Y / N	
Partner	Y / N	
Other	Y / N	

F) Do I need to improve my natural Light rhythm? (Some sun am, mid day – dark at night, without blue light from computer etc prior to sleep)

Y / N

Scale 1-10 \_\_\_\_\_

## 12) Rest / Relaxation

A) Excluding overnight sleep, if 100% is optimal Rest time (no physical activity) for my Holistic Health, my current time spent in Rest is \_\_\_\_\_%

B) When resting, if 100% is optimal Relaxation (at peace) for my Holistic Health, my current time spent in Relaxation is \_\_\_\_\_%

C) If 100% is perfect; my personal ability to Relax is \_\_\_\_\_%

D) Stressors which adversely affect my ability to fully Relax:		Scale 1-10
Work	Y / N	
People	Y / N	
Pets	Y / N	
Television/News	Y / N	
Geopaphic /Techno Stress	Y / N	
Music	Y / N	
Feng Sui	Y / N	
Procrastination	Y / N	
Other	Y / N	

E) Items which help me to Relax:

Reading	Y / N	
Partner / Friends / Acquaintances	Y / N	
Hobby / Puzzles	Y / N	
Theatre / Ballet / Opera	Y / N	
Music / Art / Time in Nature	Y / N	
Laughter	Y / N	
Breath work (The O2 Advantage - Mc Keown)	Y / N	
Meditation (Headspace) / Mindfulness	Y / N	
Other (Epsom Salt Bath)	Y / N	



### 13) Relationships

Are my relationships with certain people a stressor, which is having a detrimental effect on my holistic health? : Y / N Scale 1-10\_\_\_\_\_

Solutions are difficult – but compassionate listening and honest feedback may help.

Identify from the following list who is providing this stress:

		Scale 1-10
Myself (Spiritual Life purpose, self worth etc.)	Y / N	
My Partner	Y / N	
Relative(s)	Y / N	
Work Colleague(s)	Y / N	
Neighbour(s)	Y / N	
Friend(s)	Y / N	
Acquaintance(s)	Y / N	
Client(s)	Y / N	
Celebrity (s)	Y / N	
Politician (s)	Y / N	
Animal(s) / Pet(s)	Y / N	
Other	Y / N	

**Other Relationships:**

Y/N \_\_\_\_\_

Food, Money, My Community, My Car, My Work, Home  
 Health, Fitness, Religion, Nature, Other

### 14) Grounding

Will my holistic Health benefit from regular grounding Y / N Scale 1-10:\_\_\_\_\_

There are many forms of grounding, but a simple barefoot walk, hands on the earth, against a tree etc may be sufficient. The method and duration will need to be dowsed.

## 15) Being Happy

It is known that happier people tend to live longer. Action for Happiness has identified the following 10 ways in which our happiness may be improved:

On a scale of 1-10, what is my current level of Happiness? \_\_\_\_\_

Will any of the following items help me to improve my level of happiness? Y / N

<b>Giving</b>	Y	<b>Do things for others.</b>  <b>If you want to feel good , then do good</b>
<b>Relating</b>	Y	Connect better with family, friends etc.  Broader relationships bring a sense of belonging
<b>Exercising</b>	Y	Exercise improves our mood  Engages with the outside
<b>Appreciation</b>	Y	Be mindful of our current focus when we do things  Eating a meal, walk to work etc. Enjoy the moment rather than focus elsewhere
<b>Trying out</b>	Y	Keep learning new things.  Provides a sense of accomplishment and helps self confidence
<b>Direction</b>	Y	Have achievable goals to look forward to  brings a sense of satisfaction and achievement
<b>Resilience</b>	Y	Find ways to bounce back from stress or trauma.  Resilience can be learned
<b>Emotions</b>	Y	Focus on what is good in any situation  Creating an upward spiral. The glass is half full.
<b>Acceptance</b>	Y	Be comfortable with who you are.  Accept ourselves warts and all and being kinder to ourselves when things go wrong. Helps us accept others as they are.
<b>Meaning</b>	Y	Be part of something bigger  Find meaning and purpose in your life – As a parent, in the work you do, in your Religious Faith etc

Will a focus on Gratitude improve my Holistic Health? Y / N Scale\_\_\_\_\_

## Appendices

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### A) Tissue Salts

<b>Calc Flour</b>	<b>Calcium Flouride</b>	<b>Surface of bone &amp; teeth; Elastic fibres</b>
<b>Calc Phos</b>	Calcium Phosphate	Bone, Teeth, Connective Tissue
<b>Calc Sulph</b>	Calcium Sulphate	Blood purifier
<b>Ferr Phos</b>	Phosphate of Iron	Oxygen Carrier
<b>Kali Mur</b>	Potassium Chloride	Sluggish conditions, catarrh
<b>Kali Phos</b>	Potassium Phosphate	Nerve Nutrient
<b>Kali Sulph</b>	Potassium Sulphate	Internal lining of skin and organs
<b>Mag Phos</b>	Magnesium Phosphate	Anti Spasmodic in Nerves & Muscle
<b>Nat Mur</b>	Sodium Chloride	Water distributing – Acid creation
<b>Nat Phos</b>	Sodium Phosphate	Acid neutraliser
<b>Nat Sulph</b>	Sodium Sulphate	Eliminates excess water, toxins
<b>Silica</b>	Silicic Oxide	Blood, skin, Hair, Nails Dissolve urates in bone; good for memory

## B) Essential Oils

Dowse which of the following are most beneficial to your holistic health and which method of application is required:

- Aromatic                      Use a diffuser or  
   Breathe from bottle or cup of hand
- Topical                         Dowse where to apply to skin. Use only a few drops initially  
   Use a carrier oil to help absorption  
   Be careful with eyes and broken skin
- Internal                         Add to recipes, water, tea etc – start low dose

<b>Basil</b>	<b>Lemon</b>
<b>Bay Laurel</b>	Lemon Balm
<b>Bergamot</b>	Lime
<b>Black Pepper</b>	Litsea
<b>Cardamon</b>	Mandarin
<b>Cedarwood</b>	Marjoram
<b>Chamomile Blue</b>	Myrrh
<b>Chamomile Roman</b>	Neroli
<b>Cinnamon</b>	Niaouli
<b>Citronella</b>	Orange
<b>Clary Sage</b>	Palmarosa
<b>Clove</b>	Patchouli
<b>Coriander</b>	Peppermint
<b>Cypress</b>	Petitgrain
<b>Eucalyptus</b>	Pine
<b>Eucalyptus Lemon</b>	Ravensara
<b>Eucalyptus Radiata</b>	Rose Absolute
<b>Fennel</b>	Rose Otto
<b>Frankincense</b>	Rosemary
<b>Geranium</b>	Sage Spanish
<b>Ginger</b>	Tea Tree
<b>Grapefruit</b>	Thyme Linalol
<b>Ho Leaf</b>	Vetiver
<b>Jasmine Absolute</b>	Yarrow
<b>Juniper</b>	
<b>Lavandin</b>	
<b>Lavender</b>	OTHER

## C) Bach Flower Essences

Dowse if a Bach Remedy (s) will have a beneficial effect on your Holistic Health

Any that dowse 7/10 or above should seriously be considered.

	Y		Y
<b>Agrimony</b>		Mustard	
<b>Aspen</b>		Oak	
<b>Beech</b>		Olive	
<b>Centaury</b>		Pine	
<b>Cerato</b>		Red Chestnut	
<b>Cherry Plum</b>		Rock Rose	
<b>Chestnut Bud</b>		Rock Water	
<b>Chicory</b>		Scleranthus	
<b>Clematis</b>		Star of Bethlehem	
<b>Crab Apple</b>		Sweet Chestnut	
<b>Elm</b>		Vervain	
<b>Gentian</b>		Vine	
<b>Gorse</b>		Walnut	
<b>Heather</b>		Water Violet	
<b>Holly</b>		White Chestnut	
<b>Honey suckle</b>		Wild Oat	
<b>Hornbeam</b>		Wild Rose	
<b>Impatiens</b>		Willow	
<b>Larch</b>			
<b>Mimulus</b>		Rescue	

## D) Herbal Listing

Identify if any herb(s) will have a significant benefit to your Holistic Health at this time

<b>Anise</b>	<b>Chervil</b>	<b>Hops</b>	<b>Rue</b>
<b>Artemisia</b>	Chives	Horseradish	Sage
<b>Ashwagandha</b>	Cilantro	Horsetail	Saffron
<b>Agrimony</b>	Comfrey	Hyssop	Saw Palmetto
<b>Alfalfa</b>	Coriander	Kelp	Schizandra
<b>Aloe Vera</b>	Cramp Bark	Lady's Mantle	Shiitake
<b>Angelica</b>	Cranberry	Lavender	Slippery Elm
<b>Astragalus</b>	Dandelion	Lemon Balm	Soapwort
<b>Balm</b>	Devils Claw	Liquorice	Sorrel
<b>Basil</b>	Dill	Lovage	Spirulina
<b>Bay</b>	Echinacea	Marigold	St Johns Wort
<b>Bergamot</b>	Elder	Marjoram	Star Anise
<b>Bilberry</b>	Evening Primrose	Marshmallow	Sweet Violet
<b>Black Cohosh</b>	Eyebright	Meadowsweet	Tansy
<b>Black Walnut</b>	Fennel	Milk Thistle	Tarragon
<b>Bladderwrack</b>	Feverfew	Mint	Thyme
<b>Borage</b>	Foxglove	Nettle	Valerian
<b>Burdock</b>	Garlic	Olive Leaf	Wild Lettuce
<b>Calendula</b>	Ginger Root	Oregano	Wormwood
<b>Caraway</b>	Ginkgo	Parsley	Yarrow
<b>Catnip</b>	Ginseng	Passion Flower	Yellow Dock
<b>Cats Claw</b>	Goldenseal	Pau DARco	Yuca
<b>Cayenne</b>	Ground Ivy	Propolis	
<b>Chamomile</b>	Hawthorn Berry	Red Raspberry	
<b>Chlorella</b>	Heartsease	Rosemary	<b>OTHER</b>

## E) Amino Acids

Dowse whether your body has a shortfall of an Amino Acid(s) (building block for proteins) and whether a supplement of an Amino Acid(s) is beneficial at this time:

	<b>Supplement Y</b>	<b>Key Function:</b>
<b>Alanine</b>		Hypoglycaemia
<b>Arginine</b>		Urea cycle, Nitric Ox, Cholesterol
<b>Asparginine</b>		Energy
<b>Aspartic Acid</b>		Energy
<b>Cysteine</b>		Detoxification
<b>Glycine</b>		Collagen
<b>Glutamine</b>		Brain
<b>Glutamic Acid</b>		Brain
<b>Histidine*</b>		Histamine, Arthritis fighter.
<b>Isoleucine*</b>		Muscle
<b>Leucine*</b>		Muscle
<b>Lysine*</b>		Immunity, Collagen
<b>Methionine*</b>		Methylation, detoxification
<b>Phenylalanine*</b>		Pain relief
<b>Proline</b>		Collagen Builder
<b>Serine</b>		Memory
<b>Threonine*</b>		Immunity
<b>Tyrosine</b>		Thyroid, Dopamine, Adrenaline
<b>Tryptothan*</b>		Feel good - Serotonin
<b>Valine*</b>		Muscle

\*Essential Amino Acids – i.e. these must be provided by the diet.

## F) Spices

Will the consumption of a spice(s) improve my Holistic Health at this time?

(Spices may be consumed as a supplement or within cooking.)

	<b>Y</b>
<b>Achiote</b>	
<b>Allspice</b>	
<b>Black Pepper</b>	
<b>Capsicum</b>	
<b>Cayenne Pepper</b>	
<b>Chilli</b>	
<b>Cinnamon</b>	
<b>Clove</b>	
<b>Coriander Seed</b>	
<b>Cumin</b>	
<b>Fenugreek</b>	
<b>Garam Masala</b>	
<b>Ginger</b>	
<b>Mace</b>	
<b>Mustard</b>	
<b>Myrrh</b>	
<b>Nutmeg</b>	
<b>Paprika pepper</b>	
<b>Turmeric</b>	



## G) Food Listing

This listing is provided to identify the cause(s) of Allergy or Intolerance. It is incomplete and dowsing should initially focus on the headings, if unspecified items are the cause. The list can also identify foods that may be beneficial or detrimental to the gut biome.

<b>Cooking</b>	Micro waved	Fried	Smoked	Grilled	Boiled
<b>Package</b>	Tinned	Plastic	Aluminum	Paper	Cling Film

<b>Meat</b>	Beef	Turkey	Duck	Pork	Chicken
	Offal	Bacon	Sausage	Ham	Beef burger
<b>Fish</b>	Cod	Haddock	Plaice	Shell fish	Sardine
	<b>Smoked</b>	Kipper	Tuna	Salmon	Trout
<b>Fruit</b>	<b>Dried</b>	Apple	Pear	Orange	Banana
	Grapefruit	Berries	Melon	Prune	Cherry
<b>Vegetables</b>	Potato	Tomato	Onion	Green	Root
	Broccoli	Mushroom	Beetroot	Carrot	Garlic
<b>Condiment</b>	Pickles	Salt	Jam	Soy	Vinegar
	Jelly	Mustard	Sauce	Gravy	Pepper
<b>Drink</b>	<b>Cold</b>	Coffee	Herbal Tea	Tea	Lemonade
	Fizzy water	Fruit juice	Can “soda”	Tap Water	Bottle water
<b>Dairy</b>	Lactose	Butter	Milk	Yoghurt	Soft Cheese
	Hard Cheese	Cream	Dried milk	Milk Shake	Milk Whey
<b>“Grains”</b>	Gluten	Wheat	Rice	Corn	Oats
	<b>Cereal</b>	Flour	Barley	Rye	Pasta
<b>Nuts</b>	Peanut	Pecan	Cashew	Walnut	Brazil
	Almond	Pistachio	Hazel	Chestnut	Coconut
<b>Seeds</b>	Pumpkin	Sesame	Sunflower	Linseed	Black Cumin
<b>Pulse</b>	Peas	Beans	Lentil	Tofu	Soy
<b>Other</b>	Junk food	Yeast	Bread	Eggs	Biscuits
	E Number	Sugar	Spread	Chocolate	Cake

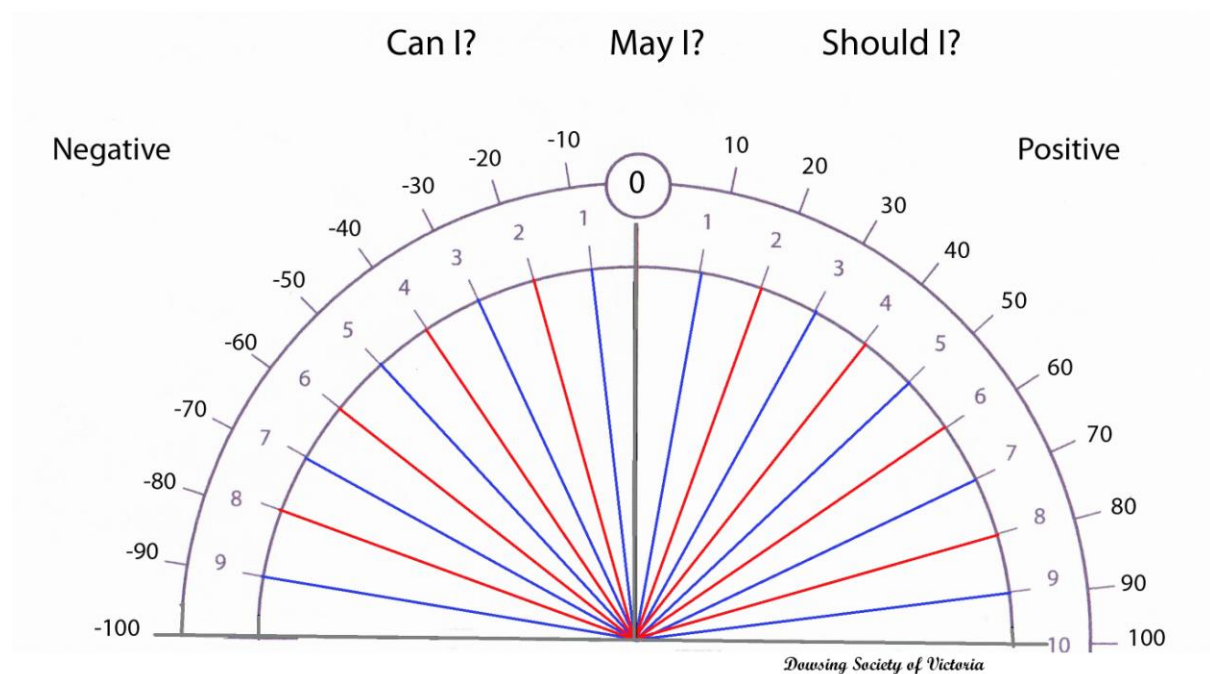
## Personal Notes

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# Dowsing Aid

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Swing your pendulum in the neutral position and ask it to show the strength of any Detrimental (Negative) or Beneficial (Positive) effect. For example intolerance to Gluten should swing the pendulum to the left, within the scale of 0 to 100. For the “Negative” side, the higher levels of calibration represent a stronger detrimental stress response within your body.



## **Some Final Thoughts:**

Prevention is the best cure.

Use knowledge as a medicine.

It's your body – it's your choice.

The most important thing is the one you are not doing.

The body knows how to heal itself – help, don't hinder.

We borrow from the future to bring energy to cope with the present.

We are building problems for our future - we just don't know which ones.

We take hits from stressors and recover 90% of the problem – but 10% remains?

We are like a stress bucket – which determines what and where we develop problems.

**Don't wait for the rain before you fix the roof**

(Further copies may be purchased by contacting the British Society of Dowsers direct).

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