

# *Alt Waters*<sup>TM</sup> Technology

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## **Vital Signs — Your Body's Distress Signals!**

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The human body is marvelously designed with checks and balances to keep it running smoothly. The Autonomic Nervous System (ANS) is an important part of this process because it controls the vital signs. The awareness of vital sign malfunction could save your life or that of a loved one.

In crisis intervention, the Autonomic Nervous System is often overlooked. For example, pupil dilation, core temperature, blood pressure, pulse-heart rate and respiration are ANS controlled vital signs, totally automatic and involving no conscious action on our part.

We often associate negative vital signs with a crisis situation such as an auto accident. But vital signs can be just as compromised by an accumulation of medications in the system. Sometimes it takes only a few days although it may take months or years before it manifests as unwell-ness. Emotional or dental trauma can have the same effect.

John, for example, was a generally healthy 91-year-old man who woke up one morning with swollen ankles. His doctor prescribed a drug to force the kidneys to eliminate the excess fluids. There was an immediate toxic reaction in the part of his nervous system that regulates autonomic responses — breathing, heart rate, blood pressure and temperature. A separate medication for each of the four symptoms was prescribed because it was not recognized as the result of a single problem. John's daughter, a medical doctor herself with knowledge of natural alternatives, helped her father through the crisis.

She could have used herbs: valerian root to calm the nervous system for easier breathing; capsicum and hawthorn berry for heart function; garlic to regulate blood pressure; white willow bark to help with temperature fluctuations; charcoal to combat the toxic effects of drugs at low levels.

But pills in an emergency situation often cannot be swallowed much less digested in time to be helpful. However, the bigger problem is finding an allopathic doctor who will allow their use.

John's daughter chose vibrational medicine in the form of water programmed with the frequencies of hundreds of herbs and other naturals. Water formulas are taste free, non-allergenic and easy to take. Best of all, the new vibrational medicine is compatible with other remedies including allopathic pharmaceuticals.

A physician willing to consider an alternative at the request of a family when other means have failed might be open, once the patient is stabilized, to trying the new water-based formulas as substitutes for multiple medications.

## **Body Talk — Are You Listening?**

The body is always putting out signals to let us know when trouble is brewing. You know them well: low energy, digestive upsets, colon problems, cloudy urine, headaches and raspy voices. Ignore them and they may go away only to reappear again and again, now chronic and much more difficult to resolve. The most important signals we receive are those connected with the Autonomic Nervous System (ANS): heart beat, breathing, temperature and blood pressure.

**Danger signal # 1: HEART.** The most frightening and immediately obvious alert involves the heart: arrhythmias, the tight bands around the chest or the obvious heart pain, which may not be recognized as the effects of vital sign complications. Heart medications are given to improve the pumping action or beta-blockers for "flutter". Conversely the heart can also be a "silent killer" with no symptoms at all.

**Danger signal # 2: BREATHING.** A subtle shortness of breath may be overlooked entirely or attributed to asthma, allergies or the aging process. With the lungs at the center of the respiratory system providing oxygen and clearing carbon monoxide, interruption is a medical emergency which can cause heart failure, brain damage and even death. Antibiotics are used for bronchial or lung infections or a bronco-dilator, often steroidal, if asthma is diagnosed.

**Danger signal # 3: TEMPERATURE** A fluctuation in temperature is hard to overlook when it hits as a fever or chills but often goes unrecognized in those who are habitually too warm or always chilled. This may indicate an ANS challenge of infection (meningitis) or poisoning. Abnormal temperatures may also be caused by shock (electric or emotional) or simple dehydration.

**Danger signal # 4: BLOOD PRESSURE.** High blood pressure or the more serious hypertension can be hereditary or caused by kidney disease, aging, overweight or high sodium chloride (table salt) intake forcing the circulatory system to work harder to keep the blood moving. Hypertension, according to medical authorities, cannot be cured, only controlled with diuretics used to reduce blood volume by expelling body fluids. Both high and low blood pressure warn us that the autonomic nervous system is not doing its job of monitoring vital signs. The treatment of choice will normally be medication to treat the primary symptoms in order to save the patient's life. The problem with this system is two fold: the primary cause of depressed vital signs goes unrecognized as ANS failure and 2) is treated as separate conditions with multiple medications. We need to be aware that each drug has its own set of side effects further challenging the body with more toxicity. More medications are needed for the side effects.

The solution is obvious — educate yourself to recognize the symptoms of vital sign distress: feeling unwell, dizzy, faint or weak, breathing difficulties, fever or chills, chest pains, irregular heart beat, unusual drowsiness or exhaustion.

## **Nervous System Repair**

The Autonomic Nervous System (ANS) is one of three parts of a complex communication system which also includes the central (brain-body connection) and peripheral (the extremities) systems. Because the nerves have an affinity for negative frequencies of the highest order (i.e., extreme levels of toxins, electric radiation or emotional trauma), they are the last system to cleanse and therefore repair.

Your vital signs are excellent indicators of a vitally healthy body and the warning signs of ebbing life force. Our best protection is to be aware of the body's distress signals with the understanding that medications may be helpful in the short run but never in the long haul. Drugs mitigate or mask symptoms while the body attempts to repair itself. However, there is new hope in the field of complementary and alternative medicine that can be explored *before* a life-threatening experience is upon us. Vibrational or energy medicine is very effective at the extreme levels needed for a fully-functioning Autonomic Nervous System.

### **References:**

*The Merck, Manual of Medical Information, Time Life Medical Advisor, The Home Medical Guide / American College of Physicians.*