

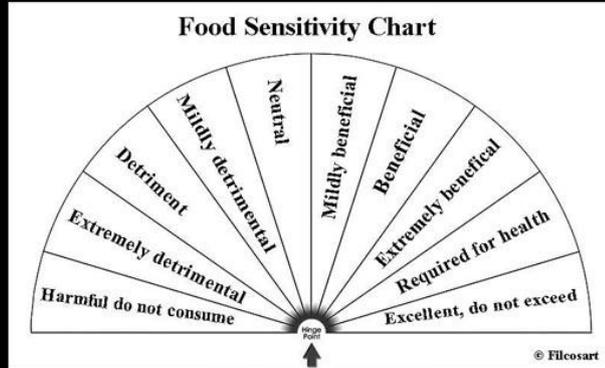
Philippe L. De Coster, B.Th., DD



**Radiesthesia Vitamins  
in Everyone's Daily Life**

(Includes Painkillers choosing)  
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Ghent, Belgium  
(Non-commercial – Free download)  
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**For Dowsing on  
iPad**



Your subconscious mind is the middleman between your conscious thoughts and the pool of information that you are going to be tapping into to get a response.

**The Body Vitamins Summary**

Vitamin	What the Vitamin does	Effects of vitamin deficiency	Good food sources
<b>Vitamin A (beta carotene)</b>	Helps to keep eyesight and promote the growth of healthy skin, hair, bones and teeth. Helps in cell reproduction and aids to strengthen the immune and reproductive systems. The body uses beta-carotene and converts it to vitamin A.	Night blindness, dry skin, poor bone and teeth growth and development.	Soy milk (and other dairy products) carrots spinach green peas tomato juice watermelon sweet potatoes pumpkins cantaloupe sunflower seeds fish liver oils liver lean ham mango broccoli lean pork chops

			egg yolks
<b>Vitamin B1 (thiamine)</b>	Used by the body to help convert carbohydrates into energy. Helps to keep the normal function of the nervous system, muscles heart and digestion.	Less concentration, loss of appetite. Weakness, exhaustion and fatigue.	Lean Pork Legumes Yeast Bananas Fish (most) Liver Nuts and seeds Potatoes sweet potatoes peas watermelon avocado Poultry Whole-grain and fortified cereals
<b>Vitamin B2 (riboflavin)</b>	Important for growth in the body. Assists skin, nails and hair to grow. Helps to prevent sores and swelling of mouth and lips. Aids in reproduction and cell regeneration. Also aids in the releasing of energy from carbohydrates.	Itching and irritation of lips, eyes, skin and mucous membranes.	Eggs Fish and shellfish Fortified cereals Meat poultry Dairy products Kiwi Avocado Broccoli turnip greens asparagus spinach
<b>Vitamin B3 (niacin)</b>	Helps to release energy from carbohydrates. Aids in the functioning of the digestive system, nerves and	Depression, diarrhoea, dizziness, fatigue, halitosis, headaches, indigestion, insomnia, limb pains, loss of appetite, low blood sugar, muscular weakness, skin	Beef liver Peanuts Chicken, White meat Tuna Salmon Almonds Mushrooms

		eruptions, and inflammation.	Corn Mango Lentils
<b>Vitamin B9 (Folate/Folic acid)</b>	Helps produce and maintain red blood cells and the nervous system. Essential for mental and emotional health as it helps to maintain normal brain functions.	Anaemia and a reduction in growth rates. Other subtle symptoms may include digestive disorders such as diarrhoea, loss of appetite, and weight loss can occur, as can weakness, sore tongue, headaches, heart palpitations, irritability, forgetfulness, and behavioural disorders	Dark green vegetables Dry beans peas lentils Enriched grain products Fortified cereals Liver Orange juice Wheat germ Yeast
<b>Vitamin B12</b>	needed for nerve cells and red blood cells, and to make DNA	Demyelination and irreversible nerve cell death. Symptoms include numbness or tingling of the extremities and an ataxic gait.	dairy products eggs cereals soy based products liver beef clams
<b>Vitamin C (ascorbic acid)</b>	Important in the production of collagen in the body - helps the connective tissues and organs. Can act as an anti-oxidant to help protect the body from free radical.	Scurvy (though rarely seen today) which causes bleeding and inflamed gums, loose teeth and poor wound healing.	citrus fruits (oranges, grapefruits, lemons, limes) berries melons tomatoes potatoes green peppers leafy green vegetables

<b>Vitamin D<sup>1</sup></b>	Helps to promote the absorption of calcium and phosphorus levels in the body. Helps to maintain and form strong and healthy bones.	Rickets and osteomalacia. Rickets results in soft bones and skeletal deformities	Liver High-fat fish Fish oils Egg yolk Fortified cereals Fortified milk Sunlight
<b>Vitamin E</b>	An antioxidant that protects your cells against the effects of free radicals, which are potentially damaging by-products of energy metabolism.	Intestinal disorders - cystic fibrosis, pancreatitis, and cholestasis. Prevent the absorption of dietary fats and fat-soluble nutrients.	Margarine Nuts and seeds Peanuts and peanut butter Vegetable oils Wheat germ Whole-grain and fortified cereals
<b>Vitamin K</b>	Helps to control blood clotting in the	A shortage of this vitamin may result in	Broccoli Brussels

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<sup>1</sup> The most natural way to get vitamin D is by exposing your bare skin to sunlight (ultraviolet B rays). This can happen very quickly, particularly in the summer. You don't need to tan or burn your skin to get vitamin D. You only need to expose your skin for around half the time it takes for your skin to turn pink and begin to burn. How much vitamin D is produced from sunlight depends on the time of day, where you live in the world and the colour of your skin. The more skin you expose the more vitamin D is produced.

You can also get vitamin D by taking supplements. This is a good way to get vitamin D if you can't get enough sunlight, or if you're worried about exposing your skin. Vitamin D3 is the best kind of supplement to take. It comes in a number of different forms, such as tablets and capsules, but it doesn't matter what form you take, or what time of the day you take it.

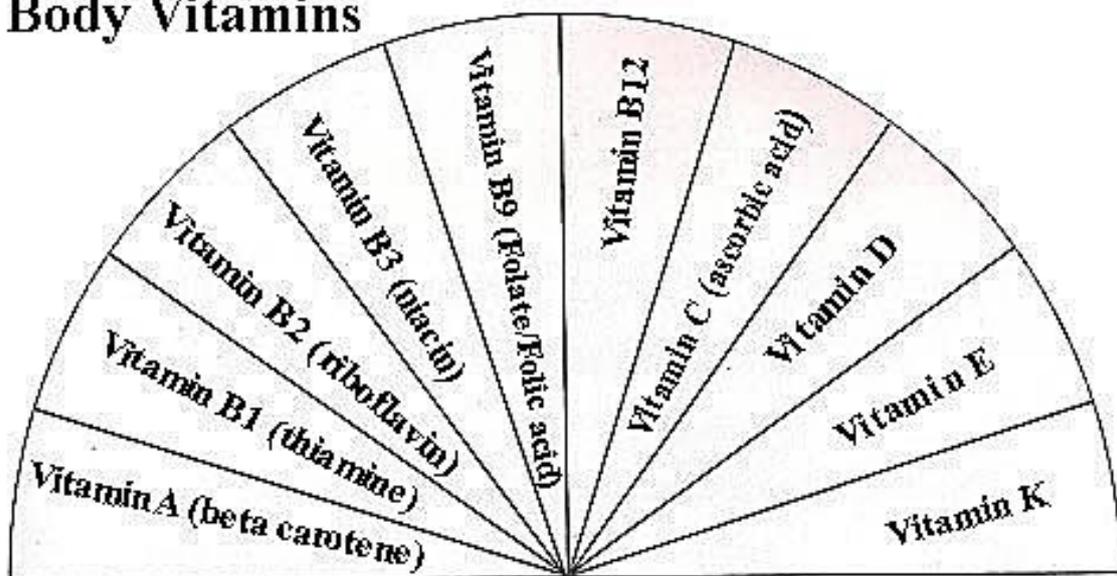
Different organizations recommend different amounts of vitamin D supplement to take each day. The Vitamin D Council recommends taking larger amounts of vitamin D each day than other organizations, because smaller amounts aren't enough to give you what your body needs. Most people can take vitamin D supplements with no problems. However, if you have certain health problems or take certain medicines, you may need to take extra care.

Your body gets most of the vitamins and minerals it needs from the foods that you eat. However, there are only a few foods that naturally contain any vitamin D. Most foods that contain vitamin D only have small amounts, so it's almost impossible to get what your body needs just from food.

	body and is essential for synthesizing the liver protein that controls the clotting	nosebleeds, internal haemorrhaging.	sprouts Cabbage Leafy green vegetables Mayonnaise Soybean Canola Olive oils
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**What is the more suitable vitamin at the moment my (your) body needs?**

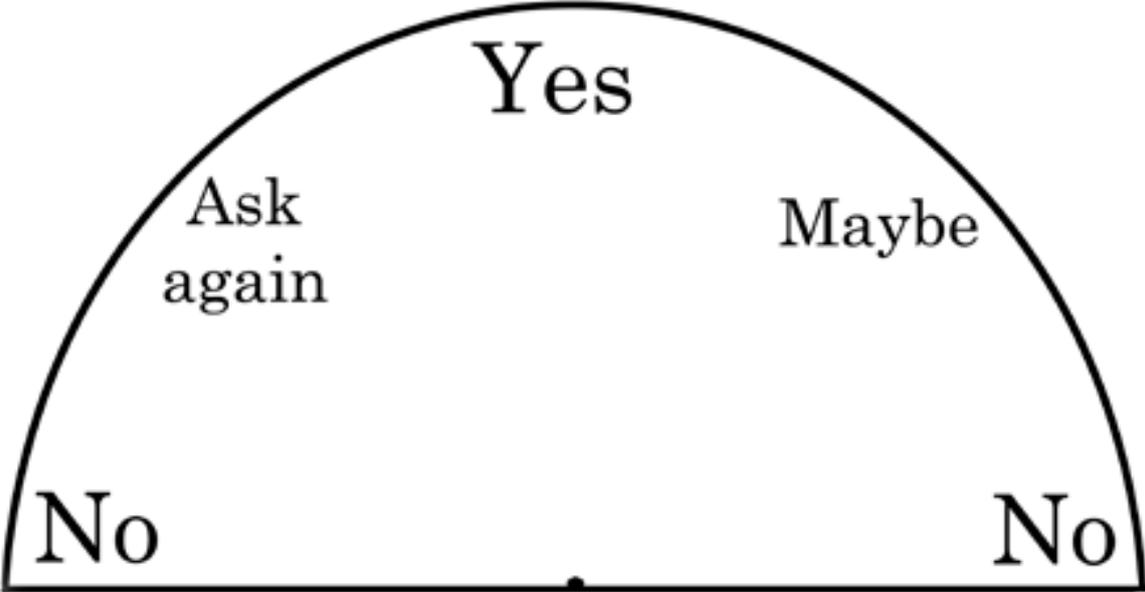
### Body Vitamins



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See details from page 1. Ask again this way:

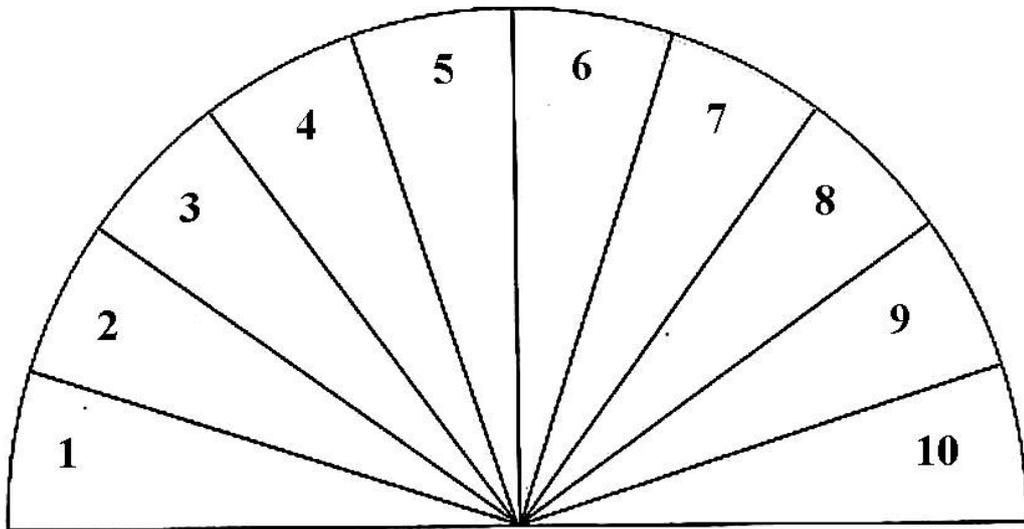
Is this particular vitamin, the food supplement I really need? (Get the answer on the following chart.)



If the pendulum oscillates on “ask again” or “maybe” (which is not good enough), ask again using the vitamin chart (page 20).

**What should I do first to arrive at healthy choices? Ask your pendulum.**

## What is my best healthy choice at the moment?



**See answer below**

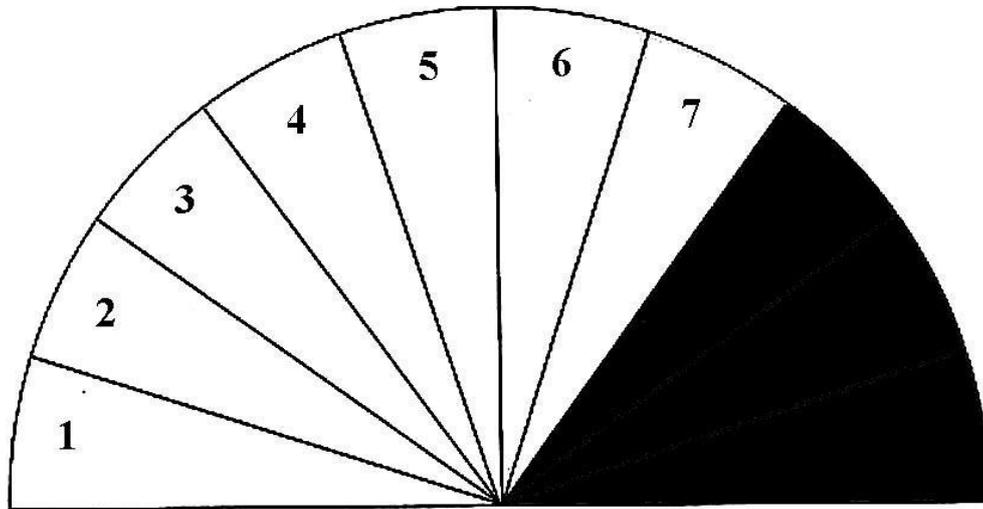
1. Prepare more of your own meals. Cooking more meals at home can help you take charge of what you're eating and better monitor exactly what goes into your food.
2. Make the right changes. When cutting back on unhealthy foods in your diet, it's important to replace them with healthy alternatives. Replacing dangerous trans fats with healthy fats (such as switching fried chicken for grilled fish) will make a positive difference to your health. Switching animal fats for refined carbohydrates, though (such as switching your breakfast bacon for a donut), won't lower your risk for heart disease or improve your mood.
3. Simplify. Instead of being overly concerned with counting calories, think of your diet in terms of colour, variety, and freshness. Focus on avoiding packaged and processed foods and opting for more fresh ingredients.
4. Read the labels. It's important to be aware of what's in your food as manufacturers often hide large amounts of sugar or unhealthy fats in packaged food, even food claiming to be healthy.
5. Focus on how you feel after eating. This will help foster healthy new habits and tastes. The more healthy food you eat, the better you'll feel after a meal. The more junk food you eat, the more likely you are to feel uncomfortable, nauseous, or drained of energy.

6. Drink plenty of water. Water helps flush our systems of waste products and toxins, yet many people go through life dehydrated—causing tiredness, low energy, and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.
7. Try not to think of certain foods as “off-limits.” When you ban certain foods or food groups, it is natural to want those foods more, and then feel like a failure if you give in to temptation. Start by reducing portion sizes of unhealthy foods and not eating them as often. As you reduce your intake of unhealthy foods, you may find yourself craving them less or thinking of them as only occasional indulgences.
8. Think smaller portions. Serving sizes have ballooned recently. When dining out, choose a starter instead of an entree, split a dish with a friend, and don't order supersized anything. At home, visual cues can help with portion sizes—your serving of meat, fish, or chicken should be the size of a deck of cards and half a cup of mashed potato, rice, or pasta is about the size of a traditional light bulb. If you don't feel satisfied at the end of a meal, add more leafy green vegetables or round off the meal with fruit.
9. Take your time. Stop eating before you feel full. It actually takes a few minutes for your brain to tell your body that it has had enough food, so eat slowly.
10. Eat with others whenever possible. As well as the emotional benefits, this allows you to model healthy eating habits for your kids. Eating in front of the TV or computer often leads to mindless overeating.

## **Cut back on sugar**

Aside from portion size, perhaps the single biggest problem with the modern Western diet is the amount of added sugar in our food. As well as creating weight problems, too much sugar causes energy spikes and has been linked to diabetes, depression, and even an increase in suicidal behaviours in young people. Reducing the amount of candy and desserts you eat is only part of the solution as sugar is also hidden in foods such as bread, cereals, canned soups and vegetables, pasta sauce, margarine, instant mashed potatoes, frozen dinners, low-fat meals, fast food, and ketchup. Your body gets all it needs from sugar naturally occurring in food so all this added sugar just means a lot of empty calories.

## What should I rectify at-once in my eating habits?



**Find the answer hereunder**

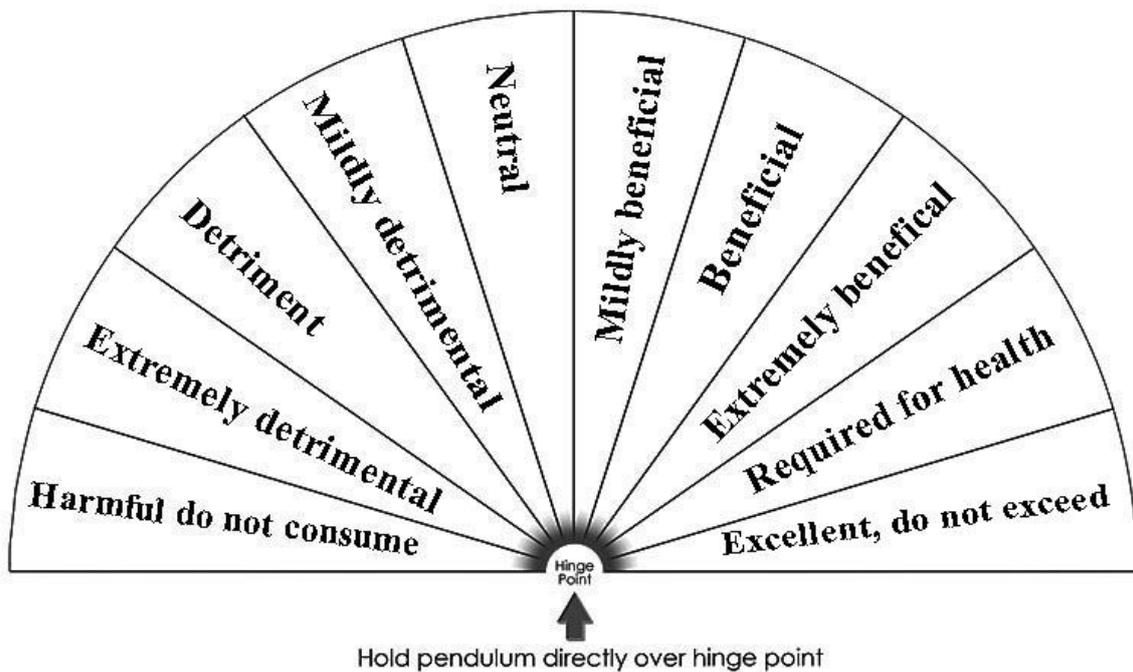
Radiesthesia means sensitivity to radiation. A sea of energy constitutes our existence, very little of which is detectable by our five senses. Radiesthesia uses specially designed instruments to detect and measure subtle vibrational dynamics that affect our internal and external environments.

### **Reducing sugar in your diet!**

- 1. Slowly reduce the sugar in your diet a little at a time** to give your taste buds time to adjust and wean yourself off the craving.
- 2. Avoid sugary drinks.** Try drinking sparkling water with a splash of fruit juice instead.
- 3. Don't replace saturated fat with sugar.** Many of us make the mistake of replacing healthy sources of saturated fat, such as whole milk dairy, with refined carbs or sugary foods, thinking we're making a healthier choice. Low-fat doesn't necessarily mean healthy, especially when the fat has been replaced by added sugar to make up for loss of taste.
- 4. Avoid processed or packaged foods** like canned soups, frozen dinners, or low-fat meals that often contain hidden sugar that quickly surpasses the recommended limit.

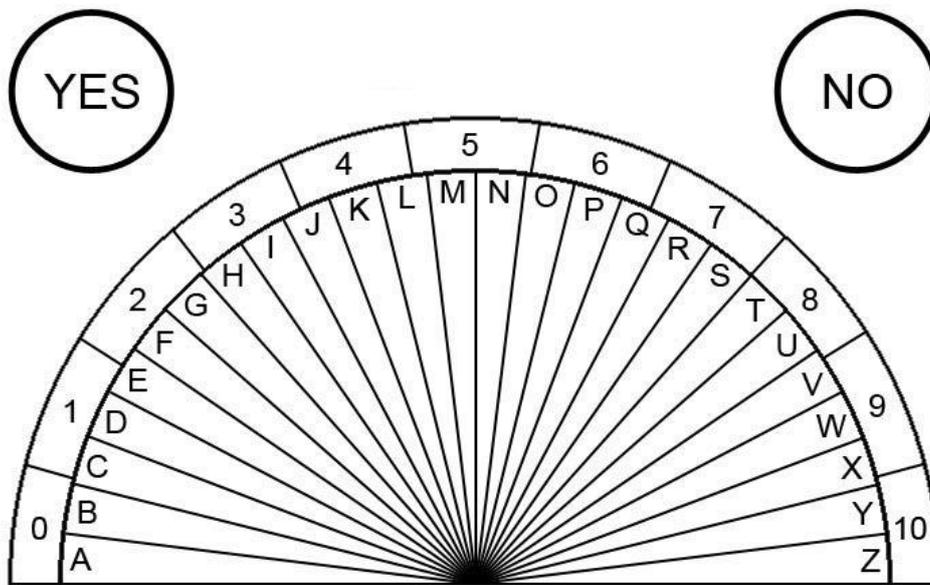
5. **Be careful when eating out.** Most gravy, dressings and sauces are also packed with salt and sugar, so ask for it to be served on the side.
6. **Eat healthier snacks.** Cut down on sweet snacks such as candy, chocolate, and cakes. Instead, eat naturally sweet food such as fruit, peppers, or natural peanut butter to satisfy your sweet tooth.
7. **Check labels and choose low-sugar products**

## Food Sensitivity Chart



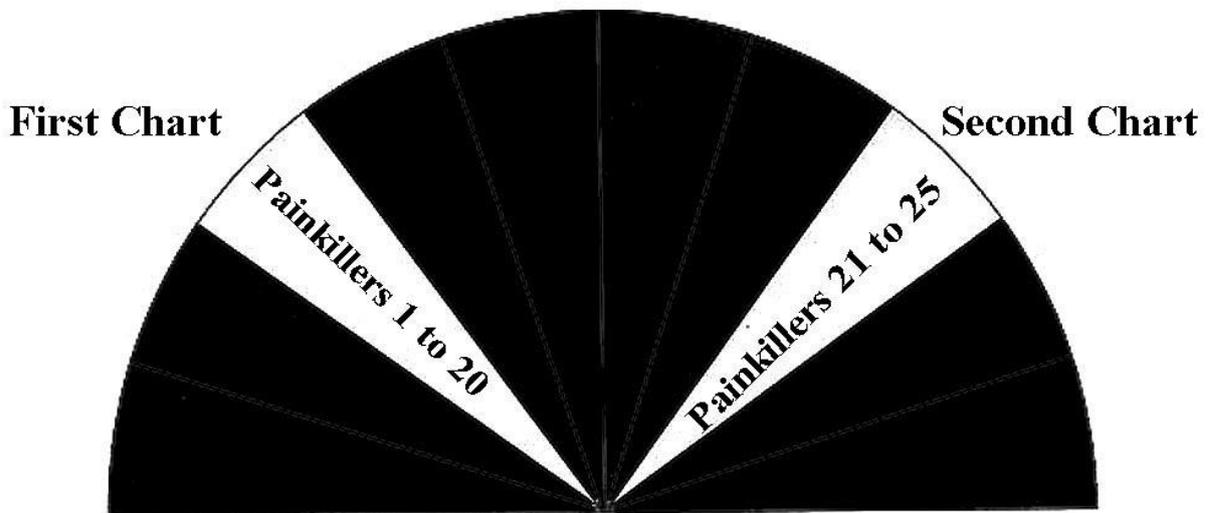
Food sensitivity: What do I need to know from above chart?

- In your mind achieve a great response to “yes” and “no”.
- Then utilise the above chart to determine sensitivities.
- Name the food, or food supplement in question.
- Sitting with your question, begin to swing your pendulum in a circular motion to begin the process.
- It will swing towards the appropriate answer on your chart.
- Certify or double check that the answer is correct, by utilising the “yes” or “no” chart as hereunder.



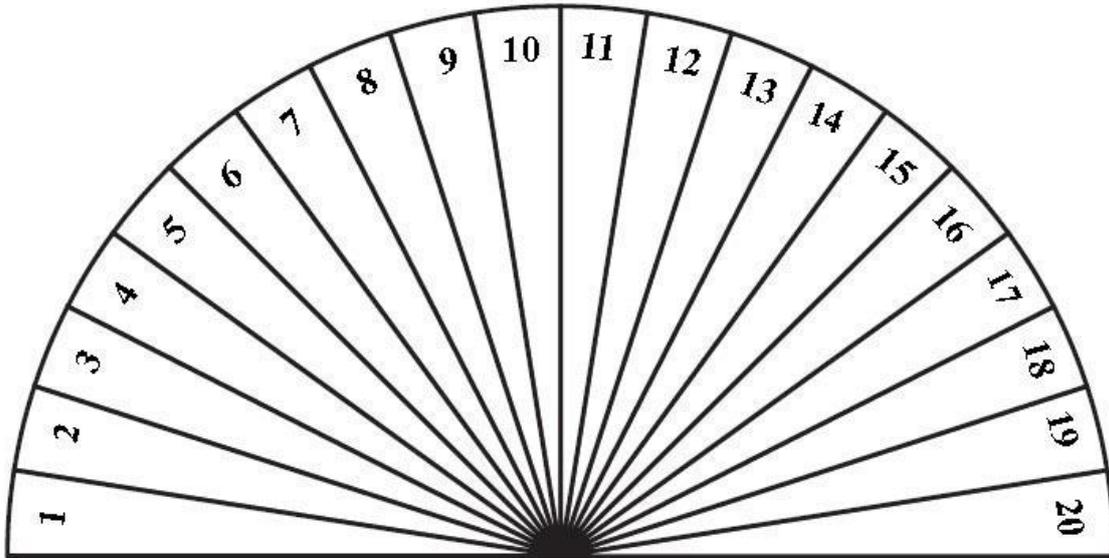
**“Yes” or “No” Chart  
Also Numerical and Alphabetical**

**General Chart Painkillers you may or not take**



**Finding the appropriate painkiller for my health condition**

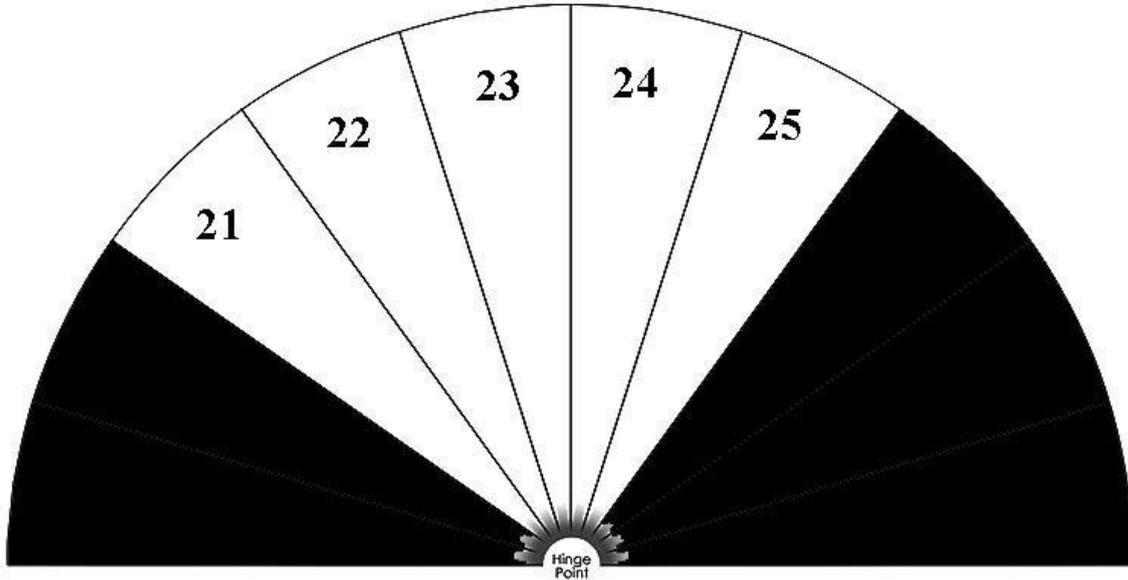
**Painkillers you may or not take from 1 to 20**



**Which painkiller is appropriate to my health condition?**

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**Painkillers you may or not take from 21-25**



**Which painkiller is appropriate to my health condition?**

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## **1. ETORICOXIB, 120-240mg**

**USES:** Prescription only, for post-operative pain, osteoarthritis, rheumatoid arthritis, gout, dental pain, fibromyalgia, low back pain and some headaches.

This is one of the non-steroidal anti-inflammatory drugs - NSAIDs. All NSAIDs work by tackling production of the compound cyclooxygenase, which is involved in the release of hormones that cause inflammation, swelling and pain.

While it's often thought the stronger the painkiller the better, with this drug there is little difference between a smaller and a larger dose. Research shows that 77 per cent of patients will get more than a 50 per cent drop in pain levels with 180 or 240mg pills, while 70 per cent will get the same level of relief with 100 and 120mg tablets.

Etoricoxib belongs to a group of NSAIDs known as COX-2 inhibitors. Some research has suggested that COX-2 inhibitors may carry increased risk of heart attacks and stroke when compared with placebo.

## **2. DICLOFENAC, 100mg**

**USES:** Rheumatoid arthritis, osteoarthritis, migraine, headaches, period pain, gout, gallstones and post-operative pain.

A prescription-only NSAID<sup>2</sup>.

## **3. CELECOXIB, 400mg**

**USES:** Osteoarthritis, rheumatoid arthritis and menstrual pain.

A prescription-only NSAID

## **4. PARACETAMOL, 1000mg and CODEINE, 60mg**

**USES:** Arthritis, back pain and post-operative pain.

Prescription-only combination of the two drugs. Codeine is an opioid and works by blocking pain messages. Paracetamol also does this, but by a different mechanism.

## **5. ASPIRIN, 1200mg**

**USES:** All kinds of aches and pains, plus it is increasingly used to lower the risk of heart disease and stroke. It has also been investigated as an anti-cancer agent.

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<sup>2</sup> Non-steroidal anti-inflammatory drugs (NSAIDs) are medications widely used to relieve pain, reduce inflammation, and bring down a high temperature (fever). They're often used to relieve symptoms of headaches, painful periods, sprains and strains, colds and flu, arthritis, and other causes of long-term pain. Although NSAIDs are commonly used, they're not suitable for everyone and can sometimes cause troublesome side effects.

One of the most popular over-the counter medicines, it was the first NSAID on the market. Research based on 279 people taking the 1,200mg pill shows that 61 per cent found their symptoms were halved.

#### **6. IBUPROFEN, 400mg**

**USES:** Muscle pain, toothache, migraines, period pains, rheumatoid arthritis, sprains and strains.

The 400 mg pill halved the pain symptoms experienced by 55 per cent of patients.

#### **7. OXYCODONE, 10mg and PARACETAMOL, 650 mg**

**USES:** Post-operative pain and severe back pain.

Prescription-only combination of paracetamol with an opioid pain-reliever similar to morphine.

#### **8. DICLOFENAC, 25 mg**

**USES:** Rheumatoid arthritis, osteoarthritis, migraine, headaches, period pain, gout, gallstones and paginate surgery. Prescription-only.

#### **9. KETOROLAC, 10mg**

**USES:** Short- term relief of moderate to severe pain, postoperative pain, kidney stones, back pain and cancer pain.

Non-steroidal anti-inflammatory drug. Research found that 57 per cent of patients can expect relief of pain symptoms in excess of 50 per cent. Injections of the drug give a similar success rate.

#### **10. NAPROXEN, 400/440mg**

**USES:** Rheumatoid arthritis, osteoarthritis and juvenile arthritis as well as gout migraine, menstrual pain and sprains.

Prescription-only NSAID.

#### **11. PIROXICAM, 20 mg**

**USES:** Golfer's elbow, sports injuries, gout, sprains, juvenile arthritis, osteoarthritis, tendinitis, tennis elbow, rheumatoid arthritis and ankylosing spondylitis.

Prescription-only NSAID.

#### **12. LUMIRACOXIB, 400mg**

**USES:** Osteoarthritis.

Prescription-only NSAID. Research found that around 48 per cent of patients had 50 per cent improvement in their symptoms.

### **13. IBUPROFEN, 200mg**

**USES:** Muscle pain, toothache, migraines, period pains, rheumatoid arthritis, sprains and strains.

With the 200mg pill, 48 per cent of patients found their symptoms were halved.

### **14. PETHIDINE, 100mg INJECTION**

**USES:** Pain relief during labour and after surgery.

An opioid painkiller, it works by blocking the transmission of pain signals sent by the nerves to the brain.

### **15. TRAMADOL, 150mg**

**USES:** Trauma and obstetric pain.

**Also Tramadol and Paracetamol combined with excellent results (prescription only in Belgium)**

Tramadol/paracetamol 37.5 mg/325 mg (Tramacet, Zaldiar, Ixprim, Kolibri) is an orally administered fixed-dose combination of the atypical opioid tramadol and paracetamol, which is indicated in the EU for the symptomatic treatment of moderate to severe pain. This article reviews the pharmacological properties, clinical efficacy and tolerability of tramadol/paracetamol in adults with moderate to severe pain. Fixed-dose tramadol/paracetamol is a rapidly-acting, longer-duration, multimodal analgesic, which is effective and generally well tolerated in patients with moderate to severe pain. In several well designed, clinical studies, single- or multiple-dose tramadol/paracetamol was effective in providing pain relief in adult patients with postoperative pain after minor surgery, musculoskeletal pain (acute, subacute or chronic), painful diabetic peripheral neuropathy or migraine pain. It was also effective as an add-on analgesic in patients who were experiencing moderate to severe musculoskeletal pain (e.g. osteoarthritis or rheumatoid arthritis pain) despite ongoing NSAID and/or disease-modifying anti-rheumatic drug therapy. Moreover, in patients with postoperative pain, ankle sprain pain or subacute lower back pain, the analgesic efficacy of tramadol/paracetamol was better than that of paracetamol, generally similar to, or better than that, of tramadol, and generally similar to that of ibuprofen or the fixed-dose combinations hydrocodone/paracetamol, codeine/paracetamol and codeine/paracetamol/ibuprofen. In addition, the analgesic efficacy of tramadol/paracetamol did not differ significantly from that

of gabapentin in patients with chronic pain associated with diabetic peripheral neuropathy. Tramadol/paracetamol had no additional tolerability issues relative to its components and, overall, the tolerability profile of tramadol/paracetamol was generally similar to that of other active comparators (fixed-dose combinations or single-agents); however, incidences of some adverse events were lower in tramadol/paracetamol than in active comparator recipients. Although additional comparative and long-term studies would help to definitively position tramadol/paracetamol with respect to other analgesics, available clinical data suggest that tramadol/paracetamol is a useful treatment option for providing multimodal analgesia in patients with moderate to severe pain.

Prescription- only opioid painkiller<sup>3</sup> explained.

### **16. MORPHINE, 10mg injection**

**USES:** Pain related to heart attack, post-operative pain, severe back pain and kidney stones.

Prescription-only opioid.

### **17. NAPROXEN, 200/220mg**

**USES:** Rheumatoid arthritis, osteoarthritis and juvenile arthritis, as well as gout, migraine, menstrual pain and sprains.

Prescription-only NSAID. While a 400mg dose helped over half patients substantially reduce their pain, at the 200mg dose this number dropped to 45 per cent.

### **18. KETOROLAC, 30mg injection**

**USES:** Short-term relief of moderate to severe pain, post- operative pain, kidney stones, back pain and cancer pain.

A NSAID<sup>4</sup>.

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<sup>3</sup> Health issues that cause people pain don't vary much from place to place—not enough to explain why, in 2012, health care providers in the highest-prescribing state wrote almost 3 times as many opioid painkiller prescriptions per person as those in the lowest prescribing state in the US. Or why there are twice as many painkiller prescriptions per person in the US as in Canada. Data suggest that where health care providers practice influences how they prescribe. Higher prescribing of painkillers is associated with more overdose deaths. More can be done at every level to prevent overprescribing while ensuring patients' access to safe, effective pain treatment. Changes at the state level show particular promise.

<sup>4</sup> Non-steroidal anti-inflammatory drugs (NSAIDs) are medications widely used to relieve pain, reduce inflammation, and bring down a high temperature (fever). They're often used to

## **19. PARACETAMOL, 500mg**

**USES:** Headaches, sprains, toothache or the symptoms of a cold or fever.

Over-the-counter drug thought to work by blocking the way pain signals are processed in the brain.

## **20. CELECOXIB, 200mg**

**USES:** Period pain, rheumatoid and osteoarthritis, and to reduce colon polyps. A NSAID.

## **21. IBUPROFEN, 100mg**

**USES:** Muscle pain, toothache, migraines, period pains, rheumatoid arthritis, and sprains.

Just a third of patients found their symptoms helped with the 100mg pill, compared with nearly half with the 200mg pill.

## **22. ASPIRIN, 600/650mg**

JUST over a third of people experienced significant pain relief.

## **23. IBUPROFEN, 50mg**

UNDER a third of patients had their pain halved.

## **24. PARACETAMOL, 300mg + CODEINE, 30mg**

**USES:** Arthritis, back pain and post-operative pain.

Prescription-only combination of the two drugs; just 26 per cent had tier pain halved.

## **25. CODEINE, 60mg**

**USES:** Easing pain and in combination with other medications.

Prescription-only codeine is an opioid and works by changing the way the body senses it. Fifteen per cent of people had their pain symptoms halved.

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relieve symptoms of headaches, painful periods, sprains and strains, colds and flu, arthritis, and other causes of long-term pain. Although NSAIDs are commonly used, they're not suitable for everyone and can sometimes cause troublesome side effects.