

Evidence of DNA and cellular changes

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Dr Berrenda Fox provides evidence of DNA and cellular changes in this article by Patricia Resch. Dr Fox is the holistic practitioner of Avalon Wellness Centre in Mt Shasta, California. The Avalon Clinic represents the re-emergence of the ideal of healing as practiced on original Isle of Avalon. Dr Fox has proven through blood tests that some people have actually developed new strands of DNA.

PR: Berrenda, tell us a little about your background.

BF: I have doctorates in physiology and naturopathy. During my training in Europe I also was involved with the media, and this still continues in film and management. As you know, I'm working with FOX Television Network to bring about understanding of extraterrestrials and their role in what is happening with mankind at this time. The most well known are 'Sightings' and 'The X Files'.

PR: What are the changes that are happening at this time on the planet, and how are our bodies being affected?

BF: There are major changes, mutations that haven't occurred, according to geneticists, since the time we supposedly came out of the water. Several years ago in Mexico City there was a convention of geneticists from around the world, and the main topic was the DNA change. We are making an evolutionary change, yet we don't know what we are changing into.

PR: How is our DNA changing?

BF: Everyone has one double helix of DNA. What we are finding is that there are other helixes that are being formed. In the double helix there are two strands of DNA coiled into a spiral. It is my understanding that we will be developing twelve helixes. During this time, which seems to have started maybe 5 to 20 years ago, we have been mutating. This is the scientific explanation. It is a mutation of our species into something for which the end result is not yet known. The changes are not known publicly, because the scientific community feels it would frighten the population. However, people are changing at the cellular level. I am working with three children right now who have three DNA helixes. Most people know and feel this. Many religions have talked about the change and know it will come about in different ways. We know it is a positive mutation even though physically, mentally, and emotionally it can be misunderstood and frightening.

PR: Are these children displaying any characteristics different from other children?

BF: These are children who can move objects across the room just by concentrating on them, or they can fill glasses of water just by looking at them. They're telepathic. You would almost think by knowing these children that they are half angelic or superhuman, but they're not. I think they are what we are growing into during the next few decades.

PR: Do you think this will happen to all of us?

BR: It seems like most people who were born before 1940 have not been able to make the shift, but have initiated something into the next generation that gives them the capacity to form another helix within our lifetime. Our immune and endocrine systems are the most evident of these changes. That is one of the reasons I work with research in immunological testing and therapy. Some adults that I have tested actually do have another DNA helix forming. Some are even getting their third. These people are going through a lot of major shifts in their consciousness and physical bodies, because it is all one. In my opinion, the Earth and everyone here is raising its vibration. Many of the children born recently have bodies that are magnetically lighter. Those of us that are older and choose to change have to go through many physical changes.

PR: What causes change in bodies born with normal two-strand DNA?

BF: The easiest way to mutate our DNA is through a virus. Consequently viruses are not necessarily bad. Viruses live only on living tissue. DNA viruses like Epstein Barr and the Herpes #6 change cellular structure. The retrovirus HIV is not a DNA virus. Instead of mutating the body, it actually eats it up. Most people who go through this process and come out the other side have a new profession, a new way of thinking, or at least a starting of a new way of life. Even though they may feel really sick, tired, or hopeless at times, it is a gift. They are being given a chance to change their DNA structure and their body into a lighter, healthier body that can see them into the next generation. The angels that are being seen are signs that we are shifting. As I understand it, we have until about 2012 to complete this process.

PR: What other changes should we expect to see?

BF: There will be no disease, we will not need to die. We will be able to learn our lessons, not through suffering, but through joy and love. The old system has to crumble away, and is not doing that without putting up a big fight. So you have all the wars; a lot of the medical-type of healing is not working; the government is not working. A lot of the old paradigms can no longer exist yet are fighting to be maintained, but there is no doubt that it is changing. Those of us who have chosen to live at this time are the forerunners of almost a new species. It is human, yet we are at the same time actually manifesting heaven on Earth. We are receiving extra help from masters and extraterrestrials, angelic beings, and learning to go inward. The more we are able to go in and listen to that quiet voice, the more we are in tune with the changes that are happening.

PR: What are some of the side effects of these changes?

BF: With a cellular change you are sometimes going to feel as though you are not here. You may feel exhaustion, because we are literally changing cells and becoming new beings. Like a new baby, you may need lots of rest. Mental confusion and not being able to concentrate on routine tasks may happen as we are being programmed for something larger. Aches and pains throughout the body for which there is no specific cause are common. Many people feel as though they are going crazy. If they go into an orthodox medical office, most likely they will be put on Prozac, because they can't define what it is. It is difficult for the medical profession because they are not used to dealing with the energy body. Because the chakras are related to our endocrine system, women will go through hormonal changes. There may be crying without knowing why because crying releases hormones. Many women are going through menopause earlier because we are accelerating. Men may be very frustrated with the exhaustion when they are used to being very active. They may feel their feminine side coming out because this is the intuitive side. The emotional therapy that has been coming out in the last 20 to 30 years has been speeded up with new techniques for these changes. We are actually doing a tremendous amount of emotional work in a very short time, which would have taken thousands of years.

>>PR: How do you treat someone who is going through these changes?

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>>BF: I approach it from the viewpoint of working with individual beings instead of treating a disease. 'Doctor' in Latin means educator. The only effective service you can perform as a true healer is to empower individuals with the necessary tools and reassure them that what is happening is real, and that they can heal and be free of the 'negative' symptoms while healing. First, I require immunological testing performed by an advanced specialty research lab. Then I give the patient the information themselves. This is much like a map of the changes so they can have the power to heal. I am not the healer but only an instrument in their individual healing process. There is power in a person looking at their own blood tests and seeing the map of what is going on in their bodies that causes something to click in the subconscious. The real key is that the person take responsibility and do their own work. What I use as tools are not commonly used. I use a lot of Organotherapy, which is a glandular treatment from Europe, to build up the hormonal system to accept the changes in the DNA. Also, I use homeopathy to work on the energetic body, vitamins, herbs, and cold laser therapy. The therapy depends entirely on individual needs. Much of what I do has been accessed from those whom I would call older sisters and brothers who have gone on before us. They are from other solar systems that we have all come from to help this planet with its transition.

PR: How do you see your work evolving?

BF: I look at my work as a bridge or transition. It is both scientific and artistic. Healing is an art and a science. Using only science or just the art of healing is not enough for complete health. I don't think I will be a healer all my life because I believe disease will be eliminated. We as conscious people will eliminate disease and suffering.

DNA AND BODY CHANGES AND REMEDIES

Extracted from an article 'The Bigger Picture' by Susanna Thorpe-Clark

We are being changed physically from carbon-based beings with 2 strands of DNA into crystalline beings with 1,024 strands of DNA (eventually), because only crystalline substances can exist on higher dimensional levels. We are in fact having our bodies merged with Sirian DNA strands, as this format is close enough to our own to be able to integrate with relatively little side effects. It is not just we humans who are changing, but all life forms on Earth are becoming crystalline. All the fish in the sea, the flowers and trees in your garden, the birds in the sky, even your pet dog or cat. Everything is changing ... for we are all moving together into a new state of being. This new state of being requires therefore that we physically, mentally and emotionally let go of 3rd- dimensional concepts. Just as in death, the letting go is a major part of the change process, for one cannot take the old values and way of being into a new completely different afterlife. So the progression through changes compels us to let go of current relationships, jobs, careers, homes, possessions, and so on, if they are unable to support our new way of being. Is it any wonder therefore, that there is a great deal of anxiety and fear being felt because these changes are already in progress, even though most people are not conscious of it. Also, the changes to our physiological makeup are currently speeding up and there are many temporary physical symptoms that are occurring in our bodies as a consequence of this.

Some of these are: * Flu-like symptoms - high temperatures, sweating, aching bones and joints, etc. * Migraine headaches - severe pain that is not relieved with pain- killers. * Occasional diarrhea. * Occasional runny nose - with sneezing which lasts 24 hours and is not a cold or hay fever. * Dizziness * Ringing in the ears * Heart palpitations * Feeling the whole body vibrate - especially at night when one is in a relaxed state. * Intense muscle spasms - plus pain in the body, often the back. * Tingling - in arms, hands, legs or feet. * Loss of muscular power - in hands, caused by changes in circulation system. * Occasional breathing difficulties - and/or noticing stronger or louder breathing when in a relaxed state. * Immune system changes * Lymphatic system changes * Feeling tired - or exhausted from minor exertion. * Wanting to sleep - longer and more often than normal. * Toenails and hair growing more quickly than normal. * Bouts of depression for no real reason. * Delving into the past - and looking at relationships, gaining clarity on personal issues. * Feeling of a huge purge * Tension, anxiety and high stress levels - because one feels that something is going on but doesn't know what it is.

Some of these symptoms are being felt by a great many people. Many are rushing off in panic to their doctor, chiropractor, herbalist, and so on, and are usually told that there is nothing wrong with them. And this is the truth. For all these symptoms are just temporary and simply indicate that these physiological changes are occurring.

Some of the RECOMMENDED RELIEF REMEDIES for the above are: * Go with the flow, don't fight it. If you feel tired and exhausted, rest and get plenty of sleep. * Drink lots of water, for you are detoxifying and dehydrating quicker than usual. * To relieve emotional tension and stress levels try relaxing herbs like valerian. * Fenugreek relieves stress on the lymphatic system and helps the detoxification. * To relieve muscle spasm try mud baths or a long, hot soak in a bath to which you add a cup of Epsom salts. Do this daily. Recognize that even if you are having heart palpitations or breathing difficulties, it is the heart chakra or the throat chakra that is unblocking and that the symptoms are temporary. You aren't dying, just changing! However, don't just take my word for it. Seek medical guidance if you are unsure. If you don't know where to get valerian or fenugreek, try a health food store or, better still, simply say the name in your head when you need relief. All healing energies are transmitted via the sound of the name and are

just as effective said in the mind or aloud, as in physically taking them. Try it and see. Ask your angel guides to help relieve any pain. They re just waiting to be asked!

Most symptoms seem to last a couple of weeks, then clear up. Some symptoms may recur from time to time. These changes are not necessarily being experienced by everyone concurrently. A very small percentage of adults have already completed the entire change into crystalline form and now embody 1,024 strands of DNA. One report is of a woman who has grown 3 inches taller and a foot-size larger. All children under the age of 7 have also now completed the change, or will shortly do so. Babies born in the past 2 years have all been born with the full set of DNA. Some people are only just starting to move through these changes, and many others have yet to start.

This process of change is known as the Awakening, or as the Ascension process, or known as achieving the Merkabah, or light body. We need to transcend our fears and learn about love, real love, which has to start with the self. Because until we can love and trust ourselves, we cannot truly love or trust anything or anybody else.

Choose LOVE not fear. Only Love Prevails. In the end, only kindness matters. "Be the change you want to see." I am an Emissary of Love NOW.

"We are not our feelings and emotions-- although we have feelings and emotions
We are not our bodies-- although we have bodies
We are not our minds-- although we have minds
We are a center of consciousness--- wisdom, truth and power."

--Ruth Ross, Ph.D. (author of "Prospering Woman")