

SENSITIVITY & ALLERGY ELIMINATION

The term **allergy** means an abnormal reaction, antibody response, anaphylactic reaction or simply an intolerance or **sensitivity**. Since underlying **allergies**, particularly to foods, play a role in many conditions, this therapy essentially resets the brain and nervous system response to perceived allergens, using muscle response testing and acupuncture points.

Initial treatments involve testing for **sensitivities** to basic nutrients such as proteins, vitamins, minerals, and nutrients needed for normal physical, mental and emotional functions of the body. **Virtually all seasonal allergy sufferers are allergic to Vitamin C.** The number of treatments a client requires depends on their general health, immune system, and the underlying **sensitivities**. A person who is in generally good health who just started getting seasonal allergies, for example, often gets dramatic results simply by treating the Vitamin C **sensitivity/allergy**. Others require more of the basic treatments as well as treatments for particular foods (dairy, wheat, sugars, yeast, etc.) and airborne allergens (pollens, flowers, ragweed, animal dander, etc.). Some may still need to do further detoxification treatments or a yeast cleanse but these are much easier and of shorter duration once **sensitivities/allergies** are eliminated. Still others may have to clear emotional issues using EFT (Emotional Freedom Techniques).

Proteins are the most essential nutrients in our body. **Sensitivity or allergy** to protein can make you susceptible to colds, flu-like symptoms, bronchitis, sinusitis, pneumonia, asthma, skin problems, hair problems, digestive disorders, muscle and joint pains, fatigue and weakness of the muscles, poor blood circulation, high cholesterol, high blood pressure, water retention in the tissues, mental or manic disorders, poor memory, poor concentration, headaches, sleep disorders, irritability, hyperactivity, and more.

Even though this therapy is relatively simple, it is a lot for the body to process. Allergens are believed to be blockages in one or more of the energy meridians. Typically, only one item should be treated per visit. During the following visit, the item is retested and if okay, the next item is treated. Most clients receive treatments once every week or two to give the body time to adjust.

Better health can only be achieved through proper nutrients, and “proper nutrients” mean **non-sensitive and non-allergic nutrients**. Better health through the right nutrients can give you a better quality of life for a longer period of time.

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