



Allergy Relief Technique

Explaining the Process...

www.noallergiesplease.com

© No Allergies Please™ All rights reserved.

“What you know won’t hurt you!” I’ve heard the opposite as well, “What you don’t know won’t hurt you”. But I like the first one much better than the second.

What I do in an allergy rebalancing session

“I remember that I couldn’t even go outside to enjoy the backyard because my allergies were just so bad.”

Well, you are probably reading this article only because you or someone you know suffers from allergies. It’s no fun. It really isn’t! And to all those out there who don’t suffer from one allergy or another... bah humbug to you! You see, my spouse suffered from allergies, mostly environmental (I say mostly because I didn’t know what an allergy really was... but more on that later). Along came spring and there he was, tissue paper in hand, with his nose running, eyes itchy and watering. This lasted for two months! I’ll say it again, two months, before the symptoms would subside. I remember that he couldn’t even go outside to enjoy the backyard because the allergies were just so bad. He tried popping the pills (there were so many I can’t begin to name them all) but to no avail, the allergies would keep coming back! I swear that spring time was his worst time of the year. It was

so bad that in the winter months he was already thinking about the allergy season that was fast approaching!

Now, as I said, he suffered from mostly environmental allergies, but there are a whole lot of you out there that suffer from other ailments, such as bloating, constipation, diarrhea, asthma, migraines, arthritis, ulcers, obesity, fatigue, irritability, body aching, and these are only a subset of what allergies can cause. Before I knew what the definition of an allergy really was, I was clueless as to its many causes. You see, that is what the general public knows, which is basically nothing as to what an allergy is. Many common health problems, such as those mentioned above, are actually allergy symptoms.

Let me put another thought out there. Imagine going for a car ride, with two year old Laura, whom you didn’t have time to feed before you left. So, instead, you are feeding Laura in the car just so that you would be arriving on time. You give her that whole wheat sandwich and everything’s hunky dory. You arrive at your destination, say hi, and before you know it, it’s time to leave. The next day passes and we are officially on the third day when you notice that Laura has not done #2 (poop) yet. Hmmm, thinking to yourself, not putting one and one together, that it was probably that whole wheat sandwich that caused this. And the next time you feed Laura that same sandwich again, the same thing happens! We have heard that kind of story many times, and although it is non-life threatening, this

makes it easy for the parents to ignore. But what about Laura? The poor girl has to endure this kind of sandwich for many more years to come, with the same reaction each time.

What the traditional allergist does

“They can test for allergies but to get relief from them, that’s another story”

A traditional allergist, one who performs the scratch test on you or your child, may determine what you are allergic to. This is done by scratching the surface of your skin with the offending allergen. If the scratch mark shows up red or inflamed then you have an allergy to that substance. The bigger the mark, the worse the issue. There are risks involved with this kind of testing, such as an allergic reaction or, worse yet, an anaphylactic reaction to the substance. Sometimes there are also false negatives and false positives with the test. It's just the nature of the test and they are only testing a particular anti-body.

So, what then? Well, that’s it! They can test for allergies but relief from them? Well, for the most part, the choices would be anti-histamines or allergy shots or even an epipen.

Allergy

Rebalancing – the four-step process...

In the next section, I will describe to YOU the four-step process for alleviating your allergy symptoms. It does not matter what you are allergic or sensitive to.

“The testing, the rebalancing and the confirmation!”

Step 1: The testing.

Using a sophisticated computer system, I am able to test you for an infinite variety of items. The information (finger prints/ electromagnetic signature) of each item is digitally stored on this computer system. By attaching clips to both hands, the computer is able to send the information about each item to your body. It then records your body’s stress response and I print the results. Next it’s on to step 2.

Step 2: Verification.

Based on the results I've obtained from step 1, I select from the computer the items to rebalance. After all items have been selected, I imprint those items into a glass vial, filled with water and alcohol. With this vial, I am able to confirm your body’s stress response to the items via a simple muscle test. A muscle test is

performed by putting the test vial (let's say it contains pollens, broccoli or dust) up against your forearm while you are holding your ring finger and thumb together (see Figure 1).



Figure 1

At the same time, I will try to separate your finger and thumb. If your body becomes stressed, the muscles in your forearm and hand will weaken, causing your finger and thumb to separate. If they do separate, then you have an issue with the substance, otherwise, you do not! It is that simple. I know it sounds 'hokey', but it does work!

Step 3: The elimination.

Connected to the same computer via a USB is a special LED/laser pen. I use this to transmit the information (finger print) of each item to your body using various acupuncture points. Note that there is no penetration of the skin by the pen. It is a painless procedure and is even safe for children! Also note that your body is doing the rebalancing—I'm just the facilitator, helping to get things started and your body does the rest. The entire process takes approximately 20-30 minutes. Once completed, I go to step 4.

Step 4: The confirmation.

In this step, we repeat step 2. Using the muscle test, your body should now test strong during the re-test. And that's it! The entire process for NEW clients runs around one and a half to two hours. Returning clients are often 45-60 minutes.

“So what are YOU going to do?”

Now that you have the information, what are you planning to do about it? The average person has 40 allergy symptoms with or without them being aware of it. But now that I've given you some indication of what may constitute a reaction (digestive issues, asthma, headaches, motion sickness, changes in weather, **stress**, etc...) perhaps I have done my job and you are aware of it.

However, if you want to go one step further and you want to rebalance your body and alleviate your allergy or sensitivity symptoms, you can always find my information by visiting my website at www.noallergiesplease.com.