

Breathe Again

**18 Allergies You Never Thought
You Had and What We Can Do
About Them**



Get the free newsletter revealing other facts about allergies at www.noallergiesplease.com

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Breathe Again

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Introduction

What are allergies? According to Wikipedia: “An allergy is a hypersensitivity disorder of the immune system.” Symptoms include red eyes, itchiness, a runny nose, eczema, hives, or an asthma attack.

Allergies by the numbers:

It is estimated that approximately 1 in every 5 people have allergies of some kind.

- Allergies rank 5th among other leading chronic diseases in the U.S.¹
- One estimate of the annual cost of allergies to the health care system and businesses in the U.S. is \$7.9 billion.
- The number of workdays lost each year as a result of hay fever: 4 million.
- The number of weeks by which the ragweed pollen season has increased (lengthened?) in the last 10 to 15 years, likely as a result of global warming: 4 weeks.
- The likelihood that a child with one allergic parent will develop allergies: 33%.
- The likelihood that a child with two allergic parents will develop allergies: 70%.

¹ Courtesy of WebMD.com

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- The number of ER visits in the U.S. caused by food allergies each year: 30,000.
- The percentage of our lives that we spend indoors: 90%.
- The degree by which levels of indoor pollution in U.S. homes exceed levels of outdoor pollution: two to 100 times, depending on factors such as whether the residents smoke.
- The percentage of U.S. households with one or more dogs: 39%.
- The percentage of U.S. households with one or more cats: 33%.
- The percentage of all U.S. households with detectable levels of dog and cat dander: 100%.
- The percentage of people in the U.S. that have asthma: 8%.
- From 2001 through 2009, asthma rates rose the most among black children, almost a 50% increase.
- On average, in 2008 children missed 4 days of school and adults missed 5 days of work because of asthma.
- Percentage of people hospitalized for asthma who are children: About 44%.

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- Number of people with chronic allergy-like symptoms including runny nose, congestion and cough that are instead suffering from non-allergic rhinitis: 1 out of 3.

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Knowing you're not alone when it comes to allergies is no real consolation. Wanting to do something about those allergies beyond constantly taking antihistamines is where we at "No Allergies Please" can help.

I wanted to congratulate you and welcome you to our book of what "No Allergies Please" is all about. This book is all about whether you are an allergy sufferer or know someone who is.

Let me begin by asking you three questions: 1. What frustrates you the most about allergies? 2. Why do you think we have allergies? 3. What would it mean to you if you could do something about them right now?

Before I begin let me give you a brief guide as to who I am and why I'm so passionate about the system. I was born in Canada by two parents who really had to work hard at their chosen professions. My Dad was freshly out of school and my mother had me to feed. It was at about the age of 2 that my parents decided to go back to Singapore, where I lived there for about 5 years.

At around the age of 7, I was a young boy who came to Canada. I was so ecstatic with arriving at a new country that it was difficult to contain my

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excitement. My parents really built Canada up for me, such as the easier school system, as I knew my entire 12-times table at the age of 7! Also, the snow that will fall to the ground (remember that I lived on the Equator over the last 5 years!!!)



Arriving in Canada was a blessing in disguise. It just seemed like my cousins and I were having too much fun!

Then at the age of 13 I discovered tennis. I played 7 days a week and usually about 3-4 hours each time. Everything was going fantastically well, then at the age of 13 came my first sniffle. Then came my first full blown sneeze, and again, and again.

My parents, not knowing any better, had brought me to the doctor's office. He took one look at me and had confidently replied that this must be allergies and not a cold, especially for the amount of time that it lasted for – two months!!!

So, the doctor then prescribed two absolutely lethal drugs for me and these were Chloro-Tripolon and Actifed, which I don't think are on the shelves anymore. Whenever I felt the allergies come on, I

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would be compelled to using the drugs, which knocked me out for approximately 2 hours. It's not very nice when you can't enjoy two of the most beautiful months in Canada.

My allergies kept getting worse, not better, to the point that I had to bring tissue paper with me everywhere. It all seemed to culminate at a company where I was doing a contract position. Once the allergies came they got caught inside of the company's cooling system. And they would just circulate around and around. I remember missing company meetings and even taking days off of work because the allergy symptoms were that bad.

It was driving me crazy! Down and out, I thought that this would be a matter of life living in Canada, that is, until my wife got a hold of this allergy symptom removal program. I latched on to this program and it has changed my life.

No longer do I hide out during the months of May and June, but instead, I enjoy the fresh breeze outside. Yes, indeed, I was victorious over my allergy symptoms and the same can be true for you!

Allergies – What Are They Really?

Seems like such a loaded question, but in this section I'm going to go over just that!

First of all, let's get a few things out of the way... some people say: "I don't have allergies, I only have sensitivities". Others might say "I have



intolerances." Well, guess what, in the grand scheme of things, it doesn't really matter what name you give them, the body is reacting to something it doesn't like! In fact, the term 'allergy' in Greek means 'altered reactivity'. In other words, it's an adverse response to a substance.

Allergies are just a symptom. They are a sign that the body is overloaded and compromised. Allergies show up when the body can no longer properly manage all of its' daily 'tasks' and duties. According to Dr. Carolee Bateson-Koch, an "Allergy is the cumulative effect of many insults to the body which, over time, have overwhelmed the body's protective mechanisms." In other words, you may think the mold or dairy is the cause of your sinus troubles, but it's really the final trigger that starts

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the cascade of symptoms when the body reaches its' tipping point or toxic load. For example, think of your vacuum. What happens if you keep trying to use the vacuum when the vacuum bag is full! First you don't get proper suction. Second, the bag can explode or spill over. Third, the vacuum can stop working! That's exactly what happens inside our body when our immune system becomes overloaded.

Here's another completely different way of understanding what's happening:

We have energy pathways in our body called "*Meridians or Channels*". There are 12 basic channels (1 per organ). These pathways transport nerve impulses and "convey energy". When there are blockages in this energy flow, we get symptoms. While this knowledge originally comes from Traditional Chinese Medicine (TCM), recent Western scientific research using modern electronic imaging devices or radioactive tracer isotopes have proven the existence of these meridians!

If you imagine our highways as meridians, when there is a car accident, the traffic is forced to detour or stop altogether. This makes people late for work or appointments and to top things off, stresses them

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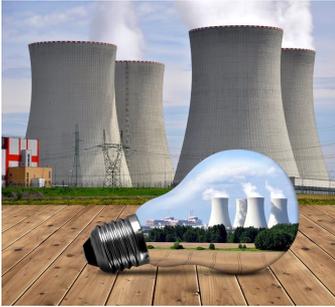
out. When allergies appear, it is due to something similar. We are stressed individuals with lots of blockages and, in the long term, if you don't deal with the blockages, this creates a vicious cycle of ongoing health issues.

According to Dr Albert H. Row, MD, a food allergy can be “responsible for any symptom in any system of the body.” Why would you opt to only treat the symptoms when allergies are symptomatic of something far more serious?

In our next section I will be writing about some of the different things which can trigger allergies and sensitivities in people.

What Triggers Allergies

Some of these things may or may not surprise you!



One of the big triggers are **EMFs** (electromagnetic frequencies). These come from cell phones, power lines, smart meters, routers, internet, computers, cordless phones, cell towers, airport scanners and any other Wi-Fi device. If you think about it, we are exposed to this type of low level radiation constantly. EMFs never extinguish, travel indefinitely through space, and disturb other electromagnetic charges in their vicinity. They trigger changes in blood chemistry, induce free radicals, disrupt the cells ability to control pH levels, enzyme activity, cell reproduction, synthesis, functioning and energy transfer. When exposed to EMFs our cell membranes go into a fight or flight response impairing the ability of nutrients to get into the cell and the ability of toxins to be removed from the cell. In other words, our cells go into lock down mode. EMF exposure is cumulative!

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Other exposures include dental or other x-rays... they're even stronger, that's why the nurse practitioners run from the room!



Another common trigger of allergies is repeated or **over-exposure** to a substance. For example, if you love to eat bananas and you eat

them every day, your body may decide it's had enough of bananas! Think of a pail. Now think of adding water to the pail. Let the water represent the banana. When the pail is completely full with water, it will reject the rest and it will all spill over. That's when you get allergy symptoms.

A **compromised immune system** is a third trigger. Hidden or past infections from bacteria, viruses, parasites, fungi or other pathogens will damage tissues creating biochemical changes in the body. For example, if you have had an infection in your digestive tract, it can become more permeable or leaky (known as passive leaky gut); therefore, allowing increased susceptibility to allergy.

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A fourth trigger includes **stress**. Stress can be physical, chemical, environmental or emotional. Everyone's level of ability to deal with stress is different. Stress that's beyond your body's ability to cope will lead to changes mentally and physically. We are exposed to 'stress' on such a continual basis in today's society that we often no longer perceive it and it becomes our new 'normal' state of functioning. You may say you have no stress, but stress can be internal – stress from pathogens, food, chemicals, etc. Remember, stress can also cause blockages in those 'meridians or channels' that I mentioned in our earlier chapter about 'what are allergies'.

Digestive problems can be considered a fifth trigger. Consider this - raw foods contain all the enzymes required to aid in the digestion of that food. When a food is cooked, processed, repackaged, it no longer contains those enzymes. As a result our body has to supply the enzymes to digest that food. In Western society, if you've eaten a conventional diet, by the time you're in our mid 30's, you've depleted all of your digestive enzymes.



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Digestive problems can also start just from not chewing our food properly or eating too quickly. In fact eating when overly stressed will actually shut off digestion altogether. If you've ever noticed undigested food in your stool, you should consider how you eat and the changes you might consider making around eating habits.

The sixth trigger is a fun one... **inherited sensitivities**. The way I look at it, families love to share. If a family member has an issue with an item, they may just make sure you have the same issue!

Last but not least is another huge category of triggers. This involves looking at your level of **toxicity** (the toxic load your body can handle). Your toxicity levels are determined by:

- what you put on your skin - what you use for personal care, laundry products, cosmetics, perfume
- medications, dental fillings
- pollution – from our environment (factories, cities, air fresheners, pesticides, herbicides, cleaning products, smoke),

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- diet – what you put in your mouth, is it processed, packaged, fast food, restaurants, dairy, wheat, coffee, genetically modified (just to let you know, most of it is),
- Lifestyle - do you exercise, have shiftwork, are you a worrier or stressed, sit inside all day or do you get fresh air, go for walks, do you live near cities and pollution?

Your liver must detoxify all of it and your bowels have to excrete all of it! All of these contribute to the load your body has to deal with.

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Symptoms



Many people are familiar with common allergy symptoms such as hives or rashes, itchiness, nasal congestion or stuffiness, itchy watery

eyes or sneezing, but have you ever considered that your allergies may be producing rather different symptoms? For example, we've had clients who get migraines from consuming wheat while others experience arthritis-like symptoms, and yet others get 'brain fog'.

Remember that 'allergy' in Greek means 'altered reactivity'. In other words, it's any adverse or undesirable response to a substance. Consider if you've ever had any of the following symptoms, and if so, how often. You might be reacting to something you've recently eaten or otherwise been exposed to... Ready?

- Acne
- Abdominal cramps
- Low iron levels

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- Arthritic symptoms
- Asthma symptoms
- Eczema
- Dark circles or shiners under your eyes
- Mood swings
- Diarrhea
- Constipation (going once a day or less)
- Digestive disorders such as colitis, crohns or irritable bowel (IBS)
- Constant fatigue
- Food cravings
- Gas and Bloating
- Headaches and Migraines
- Hemorrhoids
- Poor, restless sleep
- Obesity
- Phobias
- Poor memory or concentration

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- Psoriasis
- Rectal itching
- Sensitivity to sun or light
- Severe menstrual problems
- Tickle or scratch in your throat (and you don't have a cold)
- Weight gain or loss

If any of these ring a bell for you or even for someone else you know, there may be something going pertaining to allergies.

Testing Methods

Everyone seems to be familiar with the ‘scratch test’, but have you ever wondered whether there are other testing methods available? I thought I’d



take the opportunity now to go over the different types of tests with you, but before I do that, I need to talk about antibodies...

To understand testing, you first need to understand antibodies or what we test for.

IgE – located in mucous of respiratory and digestive tracts and it makes up 1% of antibodies

IgG – made by White Blood Cells located in the bloodstream and it makes up 75% of antibodies

IgA – located in saliva, tears, blood stream and digestive system, depleted with frequent over consumption of trigger substances

While there are additional antibodies, they are still in the process of being fully defined.

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Let's review the traditional testing methods first:

- RAST – A blood test for identifying IgE responses. It's good for airborne but a little pricy.
- Scratch or skin test tests for IgE and it works best for environmental allergens although it often will miss 50% of foods
- Cytotoxic test takes living white blood cells, red blood cells and platelets, exposes them to food or chemicals and watches how the cells react,
- ELISA test is a blood test that looks at IgG & IgE antibodies. It looks for the presence of antibodies and abnormal white blood cell reactions to food. The great thing about this one is that it picks up delayed reactions! The majority of food reactions fit into this category. It's very common to experience a reaction 3 to 4 days after consumption.
- The other old fashioned stand-bye is the elimination diet. Obviously this works for foods and not environmental! With this method, you go to a basic diet of non-offending foods and then slowly reintroduce

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one at a time and see if any type of symptom happens. This is a slow process but teaches you to listen to your body!

There's still another type of test available as well and it is the method we use. Some of you may already be familiar with it and others may not. It's known by several names; such as, applied kinesiology, bio-feedback or muscle testing. The terms are completely interchangeable! To keep things simple, let's use the term muscle testing.

With muscle testing, the key point to remember is that when your body is exposed to a substance it has an issue with, your body will become stressed and the muscle we've isolated for testing (usually your hand or arm) will weaken. It's basically a stress response test. I know it sounds incredibly simple but it works. This test is capable of finding sensitivities that involve your immune system as well as those that do not. We don't need to test 'antibodies.' Moreover, it is non-invasive, doesn't use needles, is painless, and is completely safe for children. Additionally, this test has been validated in double blind studies.

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While basic muscle testing is effective, muscle testing continues to evolve and now includes approaches such as electro-dermal screening or Vega testing. These methods use a computer device to perform the test instead of isolating a muscle. Often a computer report is generated listing the problematic substances.

To discover the simplicity and ease with which No Allergies Please can identify your allergens, we recommend you book a FREE 1 hour consultation. One of the additional benefits of working with us is you can also bring what you suspect might be an allergen and we can test the substance for you. For example, bring us your supplements, your face cream, or your laundry detergent. I have even had people bring us their favourite beer and wine to ensure they aren't causing reactions. Additionally, if you suspect you might be allergic to a family pet, come see us and we can explain how this can be tested for and, if necessary, how the allergy can be cleared.

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What We Do To Help Those Suffering

Knowing what you're allergic to is one thing, but what happens after you find out what you're sensitive to? Are you supposed to live with it? What if you're fed up and frustrated? What if you want to keep your pet? What if you want a pet? What if you want to go for a walk without suffering from the tree pollen or ragweed in the fall! What if you really want to eat that brussel sprout! This is where I get to tell you how No Allergies Please may be of service to you. We have a special allergy relief technique that is:



- Non-invasive (no needles)
- Painless
- Safe for children
- Immediate /accurate test results
- Safe and natural

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When there are blockages in these meridian channels symptoms appear. Our process helps your body to remove those blockages.

Using a laser pen we transmit a low electronic frequency directly to various acupuncture points on your body. This stimulates and clears any blockages in energy (also known in Traditional Chinese Medicine as Qi). In essence, the procedure helps your body to rebalance itself for the offending substance. It is helpful to note that during this procedure, you are NOT exposed to the substance.

While the blockages are clearing, the body's cells are communicating to each other and are reprogramming to recognize the energy frequency of the substance. When this non-invasive and painless procedure is complete, your body will no longer become stressed when exposed to the substance, and you will no longer have any allergic symptoms.

As an example, let's say your computer has locked or become 'hung'. You have to reboot it in order for it to function properly again. In an extreme example, you may have to remove a virus and reformat the hard drive before it works properly

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again. This is, basically what we are doing through the realignment of energy in your body.

While at No Allergies Please we can work with foods and environmental items, we can also be helpful with items like:

- Pesticides
- Vitamins & Minerals
- Chemicals & Toxins
- Pets
- Antibiotics
- Heavy Metals
- Smoke & Perfumes
- Migraines/Headaches
- Mold and dust
- And more

If you are experiencing symptoms that have not been diagnosed effectively or that are having an impact on your quality of life, ask us about what we can do. **We routinely find solutions to problems that have not responded to conventional medicine.**

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Other Possible Allergy Symptoms

Acid alkaline imbalance

Acne, especially pimples on the chin or around the mouth

Anemia

Arthritis

Asthma

Bed wetting

Chest and shoulder pains

Colitis

Conjunctivitis

Cough

Dark circles under eyes or puffy eyes

Depression

Diarrhea

Digestive disorders

Dizzy spells and floating sensations

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Fatigue

Fluid retention

Food cravings

Headaches

Hearing loss

Hemorrhoids

Hyperactivity

Insomnia

Intestinal problems

Itching

Learning disabilities

Muscle disorders

Nasal congestion or chronic runny nose

Noises in ear

Obesity

Phobias

Poor memory and concentration

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Rash or hives

Rectal itching

Red circles on cheeks as if wearing rouge (Rosacea)

Repeated colds or ear infections; especially in children

Recurrence of any illness despite treatment

Sensitivity to light

Severe menstrual symptoms

Sinus problems

Sneezing (multiple)

Swollen fingers and cold hands

Tickle in throat or "catchy" throat

Ulcers

Unusual body odour

Varicose veins

Watery itchy red eyes

What We Do During an Allergy Rebalancing Session

Well, you are probably reading this 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, I too suffered from allergies, mine were 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 I was, tissue paper in hand, with my nose running and itchy eyes watering. This lasted for two months! I'll say it again, two months, before the symptoms would subside. I remember that I couldn't even go outside to enjoy the backyard because my allergies were just so bad. I 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 my worst time of the year. It was so bad that in the winter months I was already thinking about the allergy season that was fast approaching us.

Now, as I said, I 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,

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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

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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

A traditional allergist, e.g. 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. From there, in order to experience any relief, the choices would be taking anti-histamines, allergy shots, or even the use of an Epipen. Sometimes, you are told you'll need all three.

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 – A 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 it is that you are allergic to. I am so confident the process works, that I am willing to guarantee the results.

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Testing, Rebalancing and Confirmation

Step 1: Testing.

We are able to test you for an infinite variety of items. The information (energetic fingerprint) of each item is digitally stored on our 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 responses and we can provide you with a printout of the results.

Step 2: Verification.

Based on the results obtained from the testing, we select, from the computer database, the items to rebalance. After all the items have been selected, these are imprinted in a glass vial, which is filled with water and alcohol. Using this vial, we confirm your body's sensitivity to the items via a simple muscle test. For example, a test vial containing pollens, is placed against your arm. You then hold your ring finger and thumb together tightly, and I will try to separate your finger and thumb. If they do separate, then you have an issue with the substance. Otherwise, you do not. It's that simple and, as mentioned earlier, medical researchers have

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validated the results gained through this method in double blind testing.

Step 3: Elimination.



Connected to the computer is a special laser pen. Using this laser to transmit the information of each allergen to your body using various acupuncture points, we eliminate your body's need to react. Note that there is no penetration of the skin by our laser. It is a painless procedure and is safe even for children. Also note that your body is doing the rebalancing. The entire "clearing" process takes approximately 15 minutes. Once completed, we confirm that the clearing has been effective.

Step 4: Confirmation.

In this step, we repeat step 2. Using the muscle test, your body should now test "strong" during the re-test. The entire process for new clients runs around one and a half to two hours. Returning clients' appointments are often 30 to 45 minutes.

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So What Are YOU Going To Do?

The average person has 40 allergy symptoms with or without being aware of it. If you are ready to go one step further and want to rebalance your body and alleviate your allergy symptoms, start by visiting our website at www.noallergiesplease.com.



18 Allergies

Here are 18 allergies that you probably do have but you did not think were allergies:

1. “A runny nose, itchy eyes and stuffiness seasonally or year round”

At around the age of 7, I was a young boy who came to Canada. I was so ecstatic with arriving at a new country that it was difficult to contain my excitement. Everything was going well, and then at the age of 13 came my first sniffle. Then came my first full blown



sneeze, and again, and again. My parents, not knowing any better, had surmised that this must be allergies and not a cold, especially for the amount of time that it lasted for – two months!!! Now, the non-drowsy formulas didn't do anything for me and the drowsy formulas, oh they worked all right, they put me right out. The sneezing and itchy eyes got so bad that I wouldn't go outside for the months of

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May and June, two of the most beautiful months, which were also my worst months. And my parents, not knowing what to do, just kept on with the allergy tablets. Every year my sneezing and itchy eyes got worse, not better, to the point where I would have to get up and excuse myself from company meetings and I even had to take days off of work because the allergy symptoms were that bad. I thought that this would be a matter of life living in Canada, that is, until my wife got a hold of this allergy symptom removal program. I latched on to this program and it has changed my life. No longer do I hide out during the months of May and June, but instead, I enjoy the fresh breeze outside.

2. “Animals”



If you are like me, bringing a dog or cat into the family makes them a part of the family. I would tough it out even if I had allergy symptoms. The only time I would even consider giving the pet back is if my children were allergic to it. If you were ever in that position and I do not envy anybody who has been, you know how you feel when you have to give that pet back. I mean, think of how the dog or cat must feel. They do not understand what is going on. Just as they feel more comfortable with their family, they are sent away. It really breaks my heart whenever I hear of this.

I implore you to listen to what I have to say. If any of you exhibit allergy symptoms towards any of your animals, just comb the hair at the back of the neck, above the tailbone and underneath the belly. You do not need a lot of hair either. You just need hair the size of a quarter. Then bring that hair into me and I will test it and potentially rebalance it from the family member(s).

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As a further example, there was this man who all through his life could not be around dogs. His family wanted a dog so bad but he had to say no. Even going over to a friend's house, who owned dogs, would cause him to sniffle. His wife came in to see us first, for a totally unrelated issue, but it worked on her. So, after inquiring about our services, she decided to bring her husband in to see us regarding his dog allergies. After two sessions with us, he went back to that friend's house but this time with astonishing results. No sniffing, no sneezing, nothing at all.

3. “Insect bites”



Do mosquito bites cause a golf-ball size swelling in your arm?
Do bee stings cause your throat to close?
Do ant bites cause you to itch that spot for a

week?

Well, if you answered “yes” to any of the above questions, chances are that you have an allergic reaction to one or more of them.

As a little boy, growing up in Canada, I never, ever suspected that it was an allergic reaction that I was getting. The mosquito bites were my worse reaction. Not only did they cause golf-ball size welts in my arms or legs, but the itching! My Lord, the itching would literally go on for two weeks straight. I would scratch and scratch until they bled, then I would not scratch them anymore. Until the healing started, which would cause them to get extremely itchy again. So, I would scratch and scratch until the scab broke off and I would still

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scratch the open wound until it would grow a little bit bigger!

And to all parents out there, it really does not matter whether you tell your child to leave it alone, “Do not scratch it otherwise it will just make it worse!” I am telling this to all parents, the scratchy feeling is so great that we cannot help but to scratch it. It is like putting candy beside a child and telling her that she is not allowed to take it. We all know what will happen to that candy. It is the same thing that happens with mosquito bites.

That was then and this is now. I have been rebalanced for these mosquito bites and low and behold I do not get those golf-ball size lumps anymore. In fact, they are just mini-bumps that last all but half a day. To all those insect bite sufferers out there, including those that suffer horribly due to a bee sting and those who suffer the same consequences as I did due to ant bites, I want you to know that there is a better life out there.

We had a 12 year old boy who loved white water rafting. I mean, this was just about all he did during the summer months. When he was rafting, he would often get bitten by mosquitoes. Just like me, his bumps would swell up and he would scratch them

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for about a week. His mother heard about what I could do about mosquito bites and immediately checked him in. After only one session with me, he was able to enjoy the white water rafting again as his mosquito bites would not itch and they would last him about an hour!

4. “Gas”

You are invited over at a friend’s house for dinner. So, you and your wife both get the house in order, make sure that the dog has been walked, make sure you both look presentable, and it is off you go. It is just a twenty minute car ride and you and your wife are both in a jovial state. Then you both arrive at your friend’s house where you are greeted by them in a most welcoming way.

You are first offered a glass of red wine, which you gladly accept. Good times are had by all as the conversation is light and the atmosphere is so comfortable as you both have known these friends for about ten years. Soon it is time that you take your places around the dinner table. Ah... it is a pork roast sweetened with a mango chutney sauce served with potatoes and rice. You offer a toast to all to live this life merrily and begin mowing down on the food, to which you have not had in years!

After dinner, you help clean up by taking the dishes to the kitchen sink. Then it is time for dessert! A strawberry-rhubarb pie topped off with vanilla ice cream and whipped cream. Boy oh boy, you think to

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yourself that you shouldn't but what the heck, it is only for one night!

Soon it is time to leave and you promise them that the next time will be over at your house. As you both get into the car, you both wave goodbyes to them and off you go. It is not even five minutes when you let off the longest fart you have had in years. "Oh... wind down the windows!" your wife exclaims as she cannot bear that overcoming smell that you have emanated. "I've been holding on to that one ever since dinner came!" you reply almost defensively. And for the rest of the night you are passing gas like crazy.

It is pretty embarrassing! Especially if you are a girl! Having gas, I thought, was just one of those things in life. Never did I suspect that it was food allergy that I had. Once you get those substances rebalanced, it will no longer be an issue for you.

5. “Constipation or diarrhea”



I usually went once a day to the washroom to do number two. Pretty good don't you think? Well, it was not until I studied more into the subject that I found that you should be going at least twice a day. “Twice a day!” I exclaimed. I always went once a day and the second visit would not be coming unless I forced it out. But did you know that we should be going about as often as a baby does. That is, we should be going two to three times a day, without forcing it out, and we should be going fifteen minutes after eating a meal.

I don't know whether you watch the series “Survivor”. Well, a few seasons back, there was this older Chinese man. He was an excellent player, well respected by the other players. But boy was he ever constipated. I can't remember the exact number but it was a number of days that he had not gone to do number two. In the end, the host of the show had to

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pay him a visit and he was to be boated off the show.

Stories like his are not that uncommon. I have had numerous clients who either have been constipated for a number of days or who have had diarrhea. Constipation or diarrhea is both allergic reactions to me. It isn't until we can rebalance the foods that cause the constipation or diarrhea that they will continue to make life miserable for you.

We have rebalanced many people from their food allergies. And once we have rebalanced the set of foods that the individuals ate that originally caused the constipation or diarrhea, there would be no longer any occurrence of this.

6. “Always having food cravings”

Did you know that food cravings are just an allergy symptom reaction? Whether it is sweet or salty, if you have a food craving, you have an allergy symptom. Once we clear the offending food item, it will clear up as well. For example, there was this one lady who craved milk but she knew that whenever she drank some, she would pay for it the next day. From loose stools to her stomach churning, it would last her a few days before the symptoms would subside. Once cleared, she had a big glass of milk. No reaction! But she found that she no longer craved the milk she drank. It was just there.

My cravings were for sugar! I mean, I would do anything for that piece of candy, that moist cake or that apple pie topped with vanilla ice cream. I was obsessed. And there is not a single word that anyone could say to me either. It is an overpowering desire for that sugar-fix that keeps me coming back for more.

I guess it's been a problem for me ever since I was little. From when I was a little boy I can remember that I always liked sweet things but little did I know

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it was an allergy to sugar that caused me to crave it. Now that I have been rebalanced for sugar, although I still like it, I do not crave sugar anymore. It is just there.

7. “Having trouble falling to staying asleep and don’t wake rested”

Sleep disorders affect many of us especially those aged 35 and up. They can range from insomnia to depression to restless leg syndrome. However, it



is a melatonin imbalance in your body that can cause you to not get to sleep. And it is a serotonin imbalance in your body coupled with a blood sugar imbalance that can cause you to wake up in the middle of the night and not fall back a sleep for at least half an hour if not longer.

No matter how much melatonin you take, if your body is intolerant to it, the body will simply reject it. The same thing goes with serotonin or blood sugar. Before taking such supplements you have to get them checked and rebalanced.

My problem was not so much getting to sleep but staying asleep. I would wake up without fail at 3:00 am in the morning and I would be up for a couple of hours after that. Well, after having my blood sugar

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rebalanced and taking the blood sugar supplement, I have slept through my usual wake up time of 3:00 am and wake up at 6:30-7:00 am. In fact, if I got up in the middle of the night due to urination, instead of my being up for a couple hours, I would go straight to bed and be snoozing again within 15 minutes.

For example, we had this one client who two to three times a week would take an hour to get to bed and she would wake up in the middle of the night and she would stay up for one to two hours! After rebalancing her for melatonin, serotonin and blood sugar, we then had her take a melatonin supplement and a blood sugar supplement. She has been falling asleep and staying asleep just fine now!

The nice thing about our system is that you will not be on the melatonin and blood sugar supplements forever. Just until such time that they rebalance themselves in your body. How much time that will be will be dependent on your body and how fast it will no longer require the supplements?

Remember that sleep is of utmost importance for your health. Ignoring sleep problems and disorders can lead to poor health, accidents, impaired job performance, and relationship stress. If you want to

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feel your best, stay healthy, and perform up to your potential, sleep is a necessity, not a luxury.

8. “Difficulties remembering things”

Two important vitamins to take are B6 and B-Complex, which are two memory enhancing vitamins. But you must get tested by us on these two and several other items because if you are allergic to vitamin B6, for example, it doesn't matter how many B6's you take, it will just enter your mouth and get flushed out through the colon or urinary track.

As an example, dreams are often a good indication of how good your memory is. The more you remember your dreams, the better your memory is. I did not remember a single dream for twenty-five years! Twenty-five years!!! I did not think that I had any dreams until I read in a book that you dream about seven times a night. What? Seven times a night? Well, they obviously skipped me during that test!

I had also read that taking B6 and B-Complex would enhance your memory making you dream more. So, off I went stockpiling on B6 and B-Complex like there was no tomorrow. I would religiously take them every morning and every

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evening. I just knew that it must work. Why would they have so confidently written about it if it did not work? So, there I was taking these pills and waiting. One month, two months and one year later. Did I remember my dreams? No.

That was before I was rebalanced of B6 and B-Complex and now do I ever remember my dreams. I even recall two or three dreams a night if I am not stressed. And it was all because of this intolerance to B6 and B-Complex. It could hit you at any point in your life too. If you feel that your memory has been lapsing. Even if you have had an excellent memory in the past but you feel that it has worsened a bit then you should be checked and rebalanced for B6 and B-Complex.

9. “Frequently sick”



Do you get sick more than once a year? If so, then it is your immune system that is compromised. Once we clear that from your body it will have reset itself and you should be getting sick way less. The immune system, because of its changing nature, is not guaranteed to be forever cleared. But, as an example, we had this one guy who after taking a round of antibiotics, which severely depresses the immune system, had been catching cold after cold. Since clearing him from the immune system, his body has been reset and catching a cold is now a thing of the past for him.

Because cold and flu season occurs in the winter months, it is imperative that you have your immune system boosted every November or December. I used to get the cold and the flu every winter without fail. Gosh it must have been 30 years that I had these irritating and nagging symptoms. Well, since being cleared from these immune systems as well as

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changing my diet 180 degrees, I have not been sick for five years! It is a miracle!!!

10. “Headaches and migraines”

I could not believe it! I was at a networking meeting and I asked twenty people there “Who got migraines?” You know what the response was? Twelve out of the twenty people responded with a “Yes”. That was an eye opener to me! I mean, I expected two to three responses but twelve!



That illustrates just how unspoken a headache or migraine sufferer is. I remember when I last got my migraine. It was about 10 years ago and I get a split vision down the middle that slightly distorts the images from both sides of the split vision. There is no pain for at least an hour. Everything seems fine except for this split vision. But having three migraines in the past, with all of them having the same effect, I drove home immediately. By the time I got home my head was already beginning to throb. Then it came. It is like no headache I’ve ever had before. It’s so bad that the pain relief medication that I have taken does not do a thing. And I am so sensitive to the light that I have to close all the

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windows. All that I can do is suffer through the pain, which is a whole day affair.

I know that different people have different accounts of their migraine headaches. But do I ever empathize with you! There are two types of migraine headaches that we handle here. Ones that are food related and ones that are geopathic stressor related.

Geopathic stressors include barometric pressure, humidity, precipitation, hot and cold and, in total, thirty of these items related to shifts in the environment. We have rebalanced so many people of these geopathic stressors and they report no more migraines.

Case in point. We had this one lady who complained to me that she would get a migraine once every two weeks! And she would get them because of these geopathic stressors. So, I rebalanced her of the geopathic stressors and she has not received a single migraine ever since. That was three years ago.

11. “Exposed to Wi-Fi”



Everyone is exposed to Wi-Fi these days. There have been an inordinate number of patients checking into Hospitals that have been complaining of pain in their ear. As an example, there was this nine year old kid living in Australia who was given a cell phone by her grandparents. Against her father’s preferences, he let it go and graciously accepted the cell phone. Well, she later died that same year with a brain tumour on the exact same side of the head where she wore the cell phone and the exact location of the antenna on the cell phone. So, the father just knew it was the cell phone that caused this tragedy.

We have two ways to handle Wi-Fi. These are Earthcalm and our radiation kit. The first one, Earthcalm, is absolutely necessary for us to protect our bodies from cell phones to computers. There are three forms of it that I would absolutely recommend to any individual. The Nova Scalar Resonator provides a layer of round-the-clock full spectrum

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protection against all sources of radiation in the environment. EarthCalm's proprietary circuits are integrated into a sterling silver pendant or into a sterling silver mounting adorned with Black Onyx or Rose Quartz gemstone 18 mm in diameter. All resonators include sterling silver chains. The Quantum Cell Protector affixes to the cell phone or base of the cordless phone system to modulate EarthCalm's grounding patterns into the EMF microwave field generated by the cell phone and cordless phone system. The Omega Wi-Fi protector plugs into the Ethernet or USB port, to modulate EarthCalm's grounding patterns into the EMF microwave field generated by the router or laptop. I have tested various solutions and the one that we have arrived at is Earthcalm. Not only does it protect from Wi-Fi signals but it does so permanently. So, it may be regarded as a one-time only investment.

The second one, the radiation kit, is necessary to protect anyone especially those who are flying. Did you know that they are pointing the cell phone towers up towards the sky affecting anyone in airplanes? For example, I had this one lady who worked for the airlines as a stewardess. Every time she went on board she would get a headache,

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migraines or a nausea feeling. That is because the cell towers bounce their signals off the sky, severely affecting the planes. Well, since clearing her from this radiation kit, she no longer reacts with any migraines or nausea feelings when she boards a plane. She only gets a headache once in a while and even that headache is much duller than it used to be.

12. “Weight issues”

If you are having weight issues, we suggest the Physica, Isagenix or Nature’s Sunshine systems to reset your body and infuse the necessary nutrients into your body. They all have a 30 day cleanse system that we suggest you start with.



Generally, January or February is the best times of the year to do this just because there isn’t too much going on in those two months. The Physica, Isagenix and Nature’s Sunshine systems, we classify as a gentle, medium and a deep cleanse. Whichever one that you choose should be dependent on your lifestyle and commitment to the system.

The Physica² system is the gentlest of the three and includes seven products that reset your body. Though there are no formal dietary restrictions, it is upon the individual to eat sensibly. For those who

² Physica is a Canadian based professional, natural remedy company providing pure, effective and sustainable, hand crafted, natural products.

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have been following the latest breakthroughs in biology and nutrition, it is clear that cellular communication is absolutely vital when it comes to establishing and maintaining a healthy body, mind and heart. According to cellular biologists, cellular communication happens by way of receptor cell membranes, confirming that proper cellular communication only occurs when cell membranes are clear of “obstacles to cure”.

The workings of a suitable environment for cells has occupied the European medical tradition since the early part of the 20th century. Cellular pathologists and biochemists have long sought to map networks of cell communication and microcirculation in the ECM.

The Isagenix³ system is deemed a medium cleanse. No matter how much they grow, their commitment to the quality of their products and ingredients is one thing that will never change. Product quality and your health is their highest priority. Isagenix stands for great health. High-quality ingredients in dosages backed by science are their standard. They take an evidence-based approach to make sure every ingredient they use is pure, potent and health

³ Isagenix – Their products, solutions and culture redefine the health and wellness industry.

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promoting. They also focus on sourcing ingredients from suppliers that value sustainability. It is a standard that is healthy for you, for us and for the planet.

They never compromise on safety. In addition to plenty of caution and care exercised by their formulators and researchers, they are proud to say that their quality control processes are second to none. Every time you reach for an Isagenix product, you can be confident that you're reaching for a safe product that has been thoroughly tested by third-party laboratories for a variety of heavy metals, pesticides and microbial activity.

Isagenix exists to transform lives. They are changing lives around the world by formulating products that work, and work well. To create products that make a real difference in your health and vitality, they stay on the cutting edge of nutritional science and constantly work to get the most out of nature's fine ingredients.

The Nature's Sunshine⁴ system is our deepest cleanse. It is essential for all embarking on a cleansing or a nutritional program to understand and

⁴ Nature's Sunshine offers only the finest-quality herbal supplements.

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recognize what a *healing crisis* is. Firstly, the road that we travel on over the years is the same road that we travel back on as we regain our health. For this reason, many are surprised when the herbs, vitamins or minerals they are consuming are not helping them to feel better. In fact, they often appear to be getting sick after embarking on such a program. This is actually a good sign not a bad one. The body is merely re-experiencing the same symptoms; temporarily, as it now returns on the uphill road, throwing off and eliminating toxic wastes as it goes.

Your body is now experiencing a healing crisis not a sickness crisis. There is a world of difference between the two. When the odd headache, sore throat, tired or lethargic feeling or other miscellaneous aches and pains appear often with an "off - food" feeling -- (sometimes even nausea and vomiting), be relieved. Your investment including time and effort is now beginning to payoff. An organ usually takes 4 to 6 months to detoxify and rebuild itself to the point where it will function properly. However, depending on the severity of the condition, the organ(s) may require 1 month's treatment for every 1 year the problem existed. Chronic conditions may take longer than a year to

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heal, and those who are patient and persevere to the end are the ones who will see results.

It is important not to force food on the body when you're not hungry. It should not be kept busy coping with heavy food while in its healing activity. Your body is capable to remove almost any sickness, disease, or foreign matter that enters it. In order to assist the process, we should preferably eat raw vegetables, fruit and seeds with occasional nuts and 6-8 ounce glasses (2 litres) of water a day if the crisis is extended. We do not need to eat concentrated foods such as, meats, grain, eggs, dairy products, peanuts and sugar (the last item should be treated like the plague at all times).

Healing crisis only occurs when:

- a) The body is cleansed naturally, with or without fasting (depending on the program) with correct nutrition and supplementation.
- b) The body has the strength and vitality to stand the accelerated healing process. Therefore there is no need to be anxious or to take any special measures. The body will take care of itself without any outside assistance. Aspirins etc. will interfere with the healing process.

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- c) A person feels good.

The healing process can start within 3 days in some cases, (depending on the Intensity of the recovery program one uses) or up to 3 months. Generally most herb books claim 3 months. A healing crisis may last from 1 day up to 28 days. By eating correctly or even fasting etc., the body may eliminate wastes a little at a time, or may never experience a healing crisis at all.

Disease crisis only occurs when:

- a) The body is dangerously full of mucus or catarrh.
- b) Enough germs and bacteria are present and multiplying.
- c) The body's strength and vitality is low.
- d) There is a danger to the body when the eliminative organs are clogged (it generally lasts longer in more serious cases such as cancer etc).

The above conditions do not all have to be present together. In a disease crisis, the body will only cleanse itself to the point where it can tolerate the toxic wastes and won't completely eliminate them.

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This is precisely why sicknesses may often reoccur. It is for the reasons noted above that people should adopt this cleanse.

The following diet is designed to rebalance the body. It should be very strict for 30 days, however, a longer duration is sometimes necessary.

Foods you are allowed to eat:

Proteins:

Whole eggs (soft centered yolks), chicken, turkey, fish/seafood, “Rice Slice” (simulated cheese slices)

Beverages:

Chlorophyll and water, rice milk, almond milk or coconut milk

Grains:

Spelt bread (sour dough – **no yeast**), brown rice, spelt or brown rice pasta, millet, buckwheat, quinoa, amaranth

Vegetables & Legumes:

All vegetables and legumes, (steamed or stir fried – no salads)

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Oils:

Butter, coconut oil or “*Earth Balance*” spread, extra virgin olive oil (cold pressed), almond butter

Seasonings:

Onions, garlic, salt (preferably Himalayan sea salt), “Braggs” all-purpose seasoning the diet for a longer duration.

Snacks:

Hot air popcorn, organic guacamole dip, raw almonds, organic corn chips, brown rice cakes (plain)

“NO” to the following:

NO raw foods, NO fruit, NO dairy products, NO wheat, NO bread (except spelt bread), NO mushrooms, NO potatoes, NO tea or herbal teas, NO coffee, NO alcohol

REMEMBER: If it is not listed, you can’t have it and if you cheat once during phase 1, you should start over again at day #1.

After the initial ten days you can start to reintroduce other healthy foods into your diet.

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You may now eat fresh fruit and raw vegetables (limit the amount of fruit intake due to the high sugar content). Salads may be eaten however avoid salad dressings and condiments as they contain vinegar (vinegar is made with yeast.) Fresh lemon juice and olive oil is very good on salads. You may also use all spices, sauces, meats and other (yeast free) breads as desired.

Remember to always speak to an authorized acupuncturist who specializes in this field. Under no circumstances are you to ingest or inhale any of the products found here. As a key factor, there has not been any mention of which additional substances (in pill form) should be taken. Please call us to find the best time, which we can see you.

13.“Rectal itching or teeth grinding”

By now you’ve probably already figured it out! Outside of the “regular” allergies that I rebalance within your body, there are numerous other health conditions that could have allergies as the root cause.

This could be a problem with parasites. Parasites do indeed exist in about 95% of the clients that I see but once in a while these parasites do come to the surface where they present themselves as one or more of the symptoms mentioned above. It is only when they come to the surface that they present a problem and it is only when they present a problem that we need to rebalance the individual.

For example, we had this one client whose mouth would get inflamed. He was also a VP of a company, which meant that he gave presentations quite often. He really could not afford to have this embarrassment. He heard about us from a friend and he was desperate so he decided to check us out. After having asked him a few questions and his diet had not changed, I concluded that it must be parasites. Well, ever since clearing him from the

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inflammation and parasites kits he has not had an episode since.

14. “Stressed, worried or anxious”

In this day and age, everyone is stressed, worried or anxious to some degree. Especially with both parents working, job or family pressures increase the level of stress that you are feeling.

How stressed are you if you were to rate it on a scale from 1-10, 10 being high? Well, we do have two ways to combat stress and anxiety, through a stress formula and adrenal support tablets and a stress and anxiety protocol for you to be put through. The stress and anxiety protocol takes several steps to complete and by the end of it, if your stress levels were up to here, it will not lower your stress but round out the corners to that you can better deal with the stress.

For example, we had this one guy who came to me all stressed out. It was mainly his job pressures that caused him this stress. It was to a point where his employees were scared of getting close to him because they were afraid of being yelled at. Well, after applying the stress protocol on him, his stress levels had gone down considerably. It was to the point where his employees actually commented on what a changed man he seems to be.

15. “Don’t drink water”



Did you know that for every 20 pounds you weigh you should be drinking one cup of water, which represents the total number of 250 ml glasses that you should be drinking a day? It would make me extremely happy if you could replace just one coffee/ tea/ juice/ pop with a glass of water.

For example, we had this one lady who drank at most one cup of water a day. She just could not stand the taste of water. Knowing this I just had to test her for water and sure enough she was allergic to it. So, I cleared water from her and the taste of water is now much better. To the point where she would drink four to five cups of water a day not only because of what I told her but because she actually enjoyed water now.

16. “Generally weak or have low energy”

Do you feel weak or tired between 2-4 pm in the afternoon? Do you wake up feeling absolutely sluggish? Do you need coffee to wake up? Do you often do your best work late at



night? Those are just some of the questions relating to adrenal fatigue and there are two ways we can combat this: 1) Through a stress formula and adrenal support tablets and 2) Resetting your body through the Physica, Isagenix or Nature’s Sunshine cleanse.

For example, I used to get tired between 2-4 pm in the afternoon all the time! I would often fall asleep if I was not working in the afternoon. Well, after resetting my body through steps one and two, I no longer get that afternoon blues feeling.

As another example, we had this one lady who was tired every day and was especially tired between 2-4 pm. Since taking our adrenal support and being

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cleared of adrenals, 6 months later, she can now say that she does not get tired any longer.

There are so many people who are exhausted due to stress in our lives, that it makes the adrenals a critical point to get rebalanced.

17. “Muscle aches and pains”



There are two ways where we can handle muscle aches and pains. The first is through acupuncture and the second is through seal oil that we discovered. To tell you the truth, it is the second option that I would try first. Ordinary fish oil is 33 percent absorbable by the human body whereas seal oil is 100 percent absorbable by the human body.

I was introduced to Auum and I benefitted in three ways. One was my knee, which I had to acupuncture every month but since being on the Auum oil, I have had to acupuncture my knee only twice in the last two years. Two, my lower back use to give out on me about once every three months and last for three or four days but has only given out on me once this entire two year period and it only lasted for half a day. And, finally, three, I have not raised weights that I had been lifting for the past 15 years during my workout. But, all of a sudden, I found myself getting stronger and increased my weight! Later that month I met with the founder of

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Auum and he indicated to me that that was one of the benefits of being on Auum in you get stronger naturally.

18. "Motion sickness"

Motion sickness? What has that got to do with allergies? Everything. This one is probably the most obscure of them all. While you



probably would not think of motion sickness as an allergy and while you probably would not associate motion sickness to our repertoire, I would like to say how dead wrong you are!

I have rebalanced numerous individuals. For example, there was this one lady who told me that she would get sea sick whenever she boarded a cruise ship and wouldn't you know it, she won a cruise! Well, she came to me to be cleared of the motion sickness and she went on the cruise without an incident of motion sickness. I also had this one kid who complained of motion sickness whenever he was in the backseat of a car. His mother had heard of what I do and immediately checked her son in to see me. After only one session with me she noticed that he was not complaining any more while in the backseat of her car.

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I, too, was feeling not too good while on a boat. And taking a drug that was supposed to help me with my motion sickness knocked me right out. It was not until my wife cleared me from this motion sickness that I can go on cruise ships with the roughest of waves and I do not feel a thing!

Testimonials

"Some time ago my son, who is now 12 years old, was rushed to the hospital emergency department and required treatment for an anaphylactic reaction to brazil nuts after eating some cookies. Since then he was required to carry an Epipen with him all the time to school, etc. He was recently tested by his medical allergist, after having completed four sessions, and found to have no reaction to brazil nuts. You can imagine what a great sense of relief we now have thanks to the sessions carried out at 'No Allergies Please'."

- John D.

"I had never heard of this procedure but was willing to try anything for my daughter's many allergies. None of her allergies are life-threatening but have made spring, summer and fall difficult times. She has also suffered from not being able to eat most fresh fruits and vegetables. We tried allergy shots but her reaction was strong enough that we gave it up. After five or six appointments with No Allergies Please, she can now eat anything without worry! She is most excited to be eating apples again."

- Karen G.

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"My son Cruz suffered from a corn allergy and since No Allergies Please's session, he has been able to eat corn without resulting in any skin irritations!"

- Meaghen D.

"My mouth use to get really itchy whenever I ate certain raw vegetables. After two sessions, I can have raw carrots in my lunch again, and I've gotten to like coleslaw with shredded carrot in it."

- Makenna H.

"I have suffered with asthma, allergies and sinuses my whole life. As an adult I now suffer digestive issues as well. I have tried everything, western medicine, chiropractic and generally leading a healthy lifestyle but nothing has worked. No Allergies Please was the only company to give me some relief! I would refer them and have referred their services to those whom have suffered like myself. Be open minded and try, it will work for you as it has for me!"

- Christine Y.

"I had ongoing bowel issues that was interfering with my life as I always had to plan to have access to a washroom quickly. This had been happening for

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over a year when I came to see No Allergies Please. I had already seen specialists and had the traditional tests done and had been told there was no explanation for my problem. I had two sessions and saw a huge improvement. After four sessions I have almost no symptoms. Amazing!"

- Jayne R.

"I came in a skeptic and left a believer. Allergies came later to me but No Allergies Please was able to quickly identify and solve the issues. The best part was being able to drop the drugs and rely on my body's natural immune system. Then with Isagenix I was off to a better life style and healthier and longer sleeps. Thanks No Allergies Please!"

- Nick F.

"I have had the pleasure of working with No Allergies Please for the past two years. My son who is now nine, was fraught with food sensitivities and environmental allergies ever since he was an infant and being married to a physician I naturally turned to traditional medicine for answers. Traditional medicine was helpful with respect to certain tests and some treatment options. However, I found that the benefits of pharmaceutical remedies were short lived and tended to treat the symptoms instead of

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the root cause of my son's illness. Also, traditional drug treatments did not treat the individual as a whole. Through desperation, many years of research and basically trial and error, I learned more about energy medicine. Subsequently, I was fortunate enough to be referred to No Allergies Please. In the past two years my son has been able to add about fifteen foods to his diet, has gained more than twenty-five pounds (placing him in the "average" range of the growth chart rather than "failure to thrive.") Most importantly, he has gone from "learning disabled" and at one point borderline autistic to the top of his class. I am not saying that the road you are about to embark upon is an easy one. Often times when the body has become so frail from the simultaneous breakdown of a multitude of systems within the body, it becomes extremely difficult to distinguish between secondary reactions and the root cause of disease. No Allergies Please has taken that journey with me and my son with the help of energy clearings, acupuncture, nutritional counselling, nutritional supplements and has helped sort through the myriad of symptoms and causes. Our lives, and more importantly our quality of life have improved tremendously. So though our journey was a bumpy one, it was a necessary one. No Allergies Please is a viable and effective

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alternative health treatment option for those from mildest of cases to the more extreme and complex, like my son's."

- Susan S.

"For years on end, I've had problems with sea salt, and because of the health fanatic that I am, many of my preferred foods would be made from it; whether it being wheat free breads, snacks, or pasta. Upon eating anything with sea salt, my stomach would be unsettled and I would get gassy for days. After receiving one acupuncture session with No Allergies Please, I've been enjoying my world of freedom; consuming foods which are complemented by sea salt. I have always envied people when they would use sea salt as their primary source of salt, but now I am one step closer to my health pursuit. I have a few more foods that are lined up for me to get cleared from, and I'm looking forward to reaping more benefits. Thank you, No Allergies Please!"

- Paula M.

"I met No Allergies Please at a local home show. I had many food allergies that I knew of so I put them to the test. He asked me what I was allergic to. Being a skeptic I politely declined to tell him, I

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simply responded 'you tell me' this was my test. After a few minutes he identified it spot on, Milk, Banana's, egg's and even a few others that I had not even realized I had sensitivities to until he pointed them out.

My test was dairy. Every time I consumed dairy I got itchy hives on my wrists and ankles. I was skeptical that 'No Allergies Please' could help. After my first session I was eating cheese without side effects. Because of the severity they were honest and said I would need 2 sessions. After the second session I am able to eat not only cheese but a whole host of dairy products I thought I would never be able to enjoy, yogurt, sour cream, and best of all ice cream!

Since then I have been seeing No Allergies Please at least once a month for a whole host of sessions and have never felt better."

- Heli I.

"Let me make clear that I am a skeptic when it comes to trying new health so called 'cures'. Having lived with allergies for almost 40 years you learn to almost accept this is how life is! Going the sneezing, watery eyes, scratchy pallet, staying indoors or even in the car longer to benefit from the

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air conditioning. This all changed when No Allergies Please cleared me of my pollen allergy symptoms. I will forever be appreciative of the tremendous benefit this has provided me. Whether watching the kids play soccer, playing golf, going for bike rides in the woods or even mowing the lawn. Please visit No Allergies Please because I know it will change your life to the extent it has changed mine!"

- Rod S.

"Having lived with allergies for most of my life, I have learned to almost accept that my daily life would consist of sneezing, a stuffy nose and itchy eyes. I regularly use and depend on allergy tablets to get me through the day, especially in the springtime. However this has all changed now that No Allergies Please has cleared me of my environmental allergy symptoms. Thank you!"

- Doreen L.

"I am so lucky to have you clearing me. I no longer have motion sickness and I was born with that. This year is one of the worst for allergies and I am free and clear thanks to you. Then there is my migraines, which no one has ever been able to conquer. Because you cleared me for barometric pressure I

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might get one migraine a month. My norm was always 3 - 5 per week. Thank you so much for making me healthier!"

- Dale S.

"I have been seeing No Allergies Please for approximately 4 months. I have suffered from chronic nasal congestion most of my life, and saw many physicians as well as complementary and alternative medicine practitioners. However, my symptoms did not improve significantly. With No Allergies Please treatments, my symptoms have improved considerably. I am happy to recommend them to other allergy sufferers."

- Dr. Adnan Bin J.

"My allergies were bad and I needed relief. I have been a sufferer for years and it was getting ridiculously worst as I got older. Reactine, Claritin, Aerius.. I tried them all and nothing gave me the relief I seeked. So, I turned to alternative medicine. Let me tell you, I was very, very skeptical and cautious. How could years of suffering just disappear in a few visits? Well it did. I can now take long walks in the park, go on picnics, walk my dogs in fields filled with grass and trees. It's wonderful. It's as if I was blind for all these years

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and now I can see!!! Anyone reading this that suffers from allergies, of any kind, try this method. It will be money well spent. Thanks No Allergies Please for your help."

- Nadine H.

"My sinuses were cleared and it helped so much when teaching yoga. Breath is very important; I thank you so much for helping me breathe again!"

- Theresa R.

"For the first time in my life I am going through summer without sneezing, or scratching my eyes. Thank you so much!"

- Carol H.

"I can breathe! I don't even carry tissues around with me anymore. The best part is not sneezing uncontrollably for hours and never being able to clear my nose."

- Eric H.

"All my life I've been dependant on allergy tablets all year long, especially during summer when I can barely leave my house. This summer I've only had

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to take medication twice! No Allergies Please has been life changing!"

- Jennifer M.

"When I made my appointment with "No Allergies Please", I must admit I was a little leery about what I was getting myself into as I had never heard of this type of service, but was hopeful that they could help me with my reactions to my dog. After just one session, I went home, pet my dog and even tried to rub my hands in my face to test the results. Much to my surprise, I had no reaction. No itching, no tearing, no sneezing. I am very thankful to 'No Allergies Please' for helping me. It makes pet owning much more pleasurable. I would recommend this service to anyone who is suffering from a reaction to their pet."

- Suzie F.

"For as long as I can remember I've wanted a dog, but petting dogs (and even being in the same room as a dog!) made my nose sneezy and stuffy, and my eyes itchy and watery. I would have to take medication before visiting friends and family with dogs and be very careful not to touch them. But after visiting No Allergies Please and receiving a very simple and swift non-invasive application of

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laser acupuncture (no needles!), I am able to cuddle and play with my brother's pet dog without being bothered. Not only do I not have to take allergy medication before I go visit him, I am now considering finally getting my own dog! It's truly unbelievable!"

- Laura H.

"My son has long dealt with allergies, especially dog allergies. As a family, we decided to try our luck and get a dog, a hypoallergenic dog, a cute little Shi Tzu named Gibbs. Well, despite this being one the best breeds for allergy sufferers, it was obvious from Zach's sneezing and watery eyes that Gibbs was going to be a problem. I just knew in my heart there had to be help out there for people with allergies! So, off I went to the internet highway.... which led me to No Allergies Please. I am fascinated and amazed at what they are doing to help people with allergies. After Zach's initial appointment with No Allergies Please, he is NO LONGER ALLERGIC to dogs. There is no more sneezing, watery eyes, and wheezing. And no medication! Zach, who is only 10, really enjoyed the session... and is now looking forward to seeing them again to deal with a few food allergies, such as wheat and dairy. It really is as close to a miracle as

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I've seen. If you have allergies, go see No Allergies Please!!!"

- Sherri D.

"I am 45 years old and have suffered from severe allergies all my life. I was referred to "No Allergies Please" by a friend and told to give it a try. I immediately looked them up online and learned a little more about what they had to offer a person with allergies like myself. The main allergy that both my husband and son wanted me to try and get rid of was dog allergy. Up until that point I was unable to visit a house with a dog without suffering from a running nose, itchy eyes, and difficulty breathing. Having this allergy completely affected my life and limited my ability to go to such places with dogs. I would constantly leave these places completely congested and itchy, and once home, I would immediately have a shower to try and get the dog hair off me. Usually these incidences would also involve me taking my asthma medication numerous times because I couldn't breathe. Fortunately for me, after 2 sessions with No Allergies Please, I was rebalanced of my dog allergy and the symptoms which I once suffered from. To this day, I am able to stay at houses with dogs and interact with them without having any

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reactions whatsoever. I am so thankful to No Allergies Please; my only regret is that I didn't find them sooner. I completely stand by their product and have recommended their services to many people that I know could benefit from their help."

- Lisa L.

"After the sessions I walked into the house and felt an instant sense of relief, I was no longer reacting to the cats. The best part, the cat could sense the change and came to see me and love me rather than stay away from me , which was awesome!"

- Stephen M.

"I suffered with cat allergies for years, and since being treated by No Allergies Please, we now have a wonderful cat addition to our family! No Allergies Please also treated my seasonal allergies, which I had not suffered from prior to this year. So far the results have been amazing!"

- Jessie G.

"We got a cat knowing full well I was allergic. After two clearings no more hives, watery eyes or runny nose. Bert and I are good!"

- Claire L.

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“I remember it just like it was yesterday! From the trees budding to that freshly cut lawn, my allergies were going through the roof! I would have to barricade myself inside the house. Not a single window was to be left open. It was just awful! From the sneezing to the runny nose to that overcoming feeling of itchiness in my eyes, it was not good. Even closing the windows were not much help. I remember going into work one morning and the allergies were so bad that I had put a wet paper towel over my eyes just to stop the itching. It didn’t help much!

It was about this time that my wife had been learning about nutrition that she got a hold of someone giving a talk on allergy elimination. She thought, ‘What the heck! Anything to relieve my poor husband of another allergy attack.’ She implemented it on me at a time when I was still suffering from allergies and I could feel the allergies lifting up and off of my body while she was performing the procedure. Needless to say, I’m a changed man because of it and now I don’t want to do anything other than clear other people of their allergies symptoms!”

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– John Ng