



**No
Allergies
Please**

Sleep Disorders

*What we do during a sleep disorder
rebalancing session*

By John Ng

1556 Stationmaster Lane • Oakville • Ontario • L6M 3A9

www.noallergiesplease.com

© No Allergies Please™ | All rights reserved.

What we do during a sleep disorder rebalancing session

“Before taking such supplements you have to get them checked and rebalanced.”

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

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. We are so confident the process works, that we are willing to guarantee the results.

“The testing, the rebalancing and the confirmation!”

Step 1: The testing.

Using a sophisticated computer system, we are able to test you for an infinite variety of items. The information (finger prints) 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 responses and we print the results. Next it's on to step 2.

CONTENTS:

What we do during a sleep disorder rebalancing session.....	2
The testing, the rebalancing and the confirmation.....	2



www.noallergiesplease.com

Step 2: Verification.

Based on the results we've obtained from step 1, we select from the computer the items to rebalance. After all items have been selected, we imprint a glass vial, filled with water and alcohol, with all of the items. With this vial, we are able to confirm your body's sensitivity to the items via a simple muscle test. By putting the test vial, let's say it contains pollens, up against your arm and then holding your ring finger and thumb together tightly (see Figure 1), we will test your allergic reaction to the substance contained in the test vial. In this test, the vial is held up against your forearm and we will try



Figure 1

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.

Step 3: The elimination.

Connected to the computer is a special laser pen. We use this laser 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 our laser. It is a painless procedure and is even safe for children! Also note that your body is doing the rebalancing—we're just the facilitator, helping to get things started and your body does the rest. The entire process takes approximately 15 minutes. Once completed, we 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 30 to 45 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 an allergic reaction 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 symptoms, you can always find our telephone number by visiting our website at www.noallergiesplease.com.

If they do separate, then you have an issue with the substance, otherwise, you do not! It's that simple.



www.noallergiesplease.com