



Energetic Treatment of Allergies

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Allergies are a bother or worse!
And most people have one or several
which are a nuisance to life threatening.
Fortunately, they are usually very treatable
with an energy therapy approach.

Typically, allergens are seen as a **hypersensitivity to something that does not bother most people**. Western medicine looks at an allergen as **something that gives an immune system response**, causing a histamine reaction, etc., with symptoms of runny nose, rash, and so forth. **Allergies are very common**--one in five Americans have allergies. They are a common cause or factor in chronic and autoimmune diseases, such as asthma, sinus infections, irritable bowel, arthritis, fibromyalgia, Attention Deficit Disorder (ADD), depression, etc. Even some conditions which we normally do not think are allergy caused.

Energetically, allergens are seen as electromagnetic vibrational substances that cause a disruption in the body's energy system, causing symptoms depending where that imbalance occurs. They have been called **energy toxins**. They can be food, environmental substances or chemicals, body organs, chemicals in our bodies, animals, people, or even emotions or traumatic events. **They can be treated by making the vibration of the allergen compatible with the person's energy vibrations**, that is by doing an energy balance in the presence of the allergen. Then the person will energetically think of the allergen as a friendly vibration, and will no longer need to defend against it with physical symptoms, such as the runny nose, rash, upset stomach, etc.

Allergens can be any ingestant, contactant, inhalant, injectant, or infectious agent. **Allergens can be exogenous** (something outside the body), or **endogenous** or **autoimmune** (something inside the body like body tissue, body parts, fluids, chemicals, digestive enzymes, and neurotransmitters like serotonin and dopamine).

Common food allergens are wheat, dairy, eggs, soy, corn, citrus, nuts (peanuts and tree nuts) and sugar--or whatever a person craves.

Common environmental allergens are household chemicals, pesticides, heavy metals, pollen, weeds, and parasites, medicines and supplements.

Absolutely anything can cause an allergic reaction!

Almost any symptom can be an allergic reaction: anxiety, depression, hyperactivity, arthritis, digestive problems, dizziness, fatigue, headaches, brain fog, respiratory problems, sinus congestion, skin rashes, muscle aches, chronic cough, or weight gain.

Allergens can have a hereditary base, being passed on from parents through the DNA. Children can manifest the allergic tendency in a different way than their parents. Allergies can come from inter-uterine or past life events (or be karmic). They can develop like any other problem to serve the client's unconscious



need. (Example: developing an allergy to pine to avoid camping.)

Allergies get worse with stress and after a trauma. They can be like the “last straw” that causes the whole system to collapse. **They can be an emotional or stress reaction** to something--like a Pavlovian response, (such as whatever you eat when immune depressed, like with the flu, or after hearing bad news, or fighting with family). Traumas themselves can also be cleared like allergens.

An example of this was my grandchildren whose mother was trying so hard to make them eat large amounts of healthy foods that meals became a



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battleground. As a result the kids developed reactions to those foods. Energetically, their energy fields weakened with contact to those foods. After their loving mother relaxed about food, I was able to balance those foods with the children's energy fields using various energetic allergy therapies, resulting in most of the “allergies” disappearing.

One of my clients had a severe cat allergy. We discovered that it started as a child when her parents got a divorce and she moved into an apartment, necessitating giving up her new precious kitty. After we successfully energetically treated the trauma and allergen, she no longer reacted to cats. She was thrilled!

By the way, animals have allergies, also, and these techniques work very well with them, as well.

Seasonal pollen allergies can be treated by using a wet paper towel to wipe the windshield of your

client's car (it picks up the pollen that is flying around the neighborhood), then balancing her/his energy system to it using Healing Touch, acupuncture points, sound therapy, or other energetic balancing treatments.

Have you ever experienced someone who seems to bother and imbalance you? Or who negatively affects your energy? (Such as a spouse, relative, friend, boss, etc). Think of that as a “**person to person allergy.**” Since allergens can be thought of as an energy imbalance, you can help that situation with energy allergy work!

Besides balancing (having a healer balance your energy system while you think of being with that person),

it is often important to balance the other person to you, as well. (Even though it seems amazing that you could ever energetically imbalance another, it happens!) There is a specific energy technique that works exceptionally well with this that I modified from my studies with Dr. Devi Nambudripad, PhD, RN, and acupuncturist who developed the NAET (Nambudripad Allergy Elimination Techniques) allergy work.

I treated one client with this who had been married for over 40 years and felt that much of the joy had gone out of the relationship. I treated her with her husband, then balanced him with her. When she returned home from being out-of-town, she wrote that the fun and kindness had returned to the marriage and it was like the good times again!

This allergy work is helpful for you to do on yourself as well, harmonizing a suspected allergen with your own energy system. I was thinking of giving up water aerobics because I was itchy for two days afterwards, in spite of showering and lathering with lotion. Finally I thought about treating myself (duh!) and collected a bottle of water from the pool and hot tub.



Then I held it and balanced myself. (Most any technique works.) Now I do not itch any more after water aerobics--no excuses about not going any more!

I have been studying and practicing energetic approaches for allergies for 9 years. First, NAET with Dr. Nambudripad for two levels, then Allergy Antidotes with Sandi Radomski, ND, LCSW, in person and with her books, tapes, audio courses, plus constant reading and experimenting. The techniques draw from many energetic healing disciplines and can be **adapted to Healing Touch, or other healing modalities, because they work so well in most energy practices.** Usually allergic imbalances clear very easily and quickly, but other times they can be more challenging.

I have been teaching this approach for over five years as a one-day class, and also incorporated it into my three-day Anatomy for Healers® Level 2 class. I show many powerful energetic ways to clear allergies or sensitivities. It is an important addition to any healing practice, as well as, for using on yourself, family, friends, and pets. €