

# ALLERGY CLEARING TECHNIQUE

The basic concept behind this Allergy Clearing Technique work is finding what the body is currently seeing as an enemy and enabling the body to recognize that same substance as a friend. Various questions are asked of the body to find out what will allow this beneficial switch to occur. These questions are asked using the Occipital Drop check that is also utilized in KST. This work also involves making sure that all of the components necessary from the entire digestive tract, and the respiratory tract, are recognized and interacting with the body properly.

**"ALLERGIES" "SENSITIVITIES" "REACTIVITIES" "INTOLERANCE" - THEY ARE ALL ALLERGY**

## COST:

The cost for **Allergy Clearing Technique** is **\$100 for the initial 15 minute session** (includes a 7-day Food Journal evaluation or other allergy testing evaluation) and then **\$50 per five minute follow-up session**. These appointments are scheduled separate from regular chiropractic appointments but can be scheduled back-to-back with a chiropractic adjustment. **The costs for Allergy Clearing Technique visits are not included in regular KST chiropractic office visits and cannot be paid for with any chiropractic pre-paid plan.** This work is **not** covered by insurance. **No** insurance receipts will be generated for this work.

Initial\_\_\_\_\_

## APPOINTMENT TIME:

The **five minute appointment** will be strictly adhered to, enabling as many of the Allergy Clearing Technique timeslots as possible into the normal office day.

Initial\_\_\_\_\_

## HOW MANY VISITS?

The more allergies you have or the more complex the issues your body presents with, the more sessions you will need. For some people it may only take one or two visits, for others it may take many more. Our current research indicates the Allergy Clearing Technique benefits can last 7 months or longer. You will need to be rechecked if your symptoms begin to return.

Initial\_\_\_\_\_

## SAFETY DISCLAIMER:

Persons with anaphylactic allergies need to take special precautions. You must check and see if you are cleared from your allergies under strict medical care to test and see how your body responds after clearing. **Doing the Allergy Clearing Technique does not guarantee that your allergies will be gone.** We have seen great results but we also understand there is a great variation in human physiology and perhaps other underlying issues that would prevent the body from being able to reset itself.

Initial\_\_\_\_\_

## ALLERGY AWARENESS:

Many people have very obvious known reactions to certain foods or substances. If you are not certain of what your specific allergies are there are several ways to look at that. One way is to do a complete blood test through RAST test or preferably an ALCAT test. Another way to begin looking at allergies is to do a 7-day Food Evaluation through our office. This involves writing down everything that goes in and on you for seven days in as much detail as possible. We include this (\$50) charge with your initial visit for the evaluation of the food journal using the KST procedure. Forms are available at the front desk and need to be submitted prior to your first clearing session.

Initial \_\_\_\_\_

## ALLERGY SYMPTOMS:

### Obvious strong allergic reactions:

**Mouth** - Itching, swelling of lips and/or tongue  
**Lungs** - Shortness of breath, coughing, wheezing  
**Heart** - Weak pulse, dizziness, passing out  
**Skin** - Itching, hives, redness, swelling  
**Throat** - Itching, tightness/closure, coughing  
**Stomach** - Vomiting, nausea, diarrhea, cramps

### Other less obvious signs of allergy:

Change of behavior after eating certain foods  
Excitable or grumpy  
GERD, Bowel inflammation, Bloating, loss of appetite  
Headaches, "foggy" brain  
Chronic body aches  
Bags under eyes, dark circles around the eyes  
Chronic runny nose (nose starts to run after eating)  
Red ears on a child  
Eczema

Some of the things we have seen cleared so far:

- A dairy allergy that would cause severe diarrhea completely cleared out. The person is able to eat dairy without getting diarrhea. (Mind you, I still believe that there is no need to consume dairy as it is not a necessary nutrient. However, this work has allowed this person to consume dairy without reaction.)
- Red food dye exposure that caused headaches .. cleared.
- A child with reaction to peanut butter. If it touched their body they would get a welt. They are now able to eat peanut butter without a reaction.
- Gluten allergy completely cleared out.
- Reactions to Band-Aid adhesive .. cleared out.
- Citrus allergy that caused sores inside the mouth completely cleared out. Able to consume citrus again.
- Reactions to colognes and perfumes that caused headaches .. cleared out.
- Reaction in throat to eating avocado cleared with no reaction.
- Shellfish allergy
- Latex allergy

These are just some examples of the types of things we have seen so far doing Allergy Clearing Technique work. We are excited to see what your story is ... and we are excited to continue introducing Allergy Clearing Technique to the community!

**NAME** \_\_\_\_\_ **DATE** \_\_\_\_\_