

WHAT YOU NEED TO KNOW BEFORE, DURING AND AFTER AN ALLERGY CLEARING SESSION

BEFORE:

- It is helpful to have a current list of known items that you react to. The more specific the list, the more efficient your sessions will be. Please make a list of foods/substances that are known to cause reactions or that you are not sure of.
- If you are not certain of what you are reacting to you can do a 7 day food journal and evaluation through our office. The cost for this is \$50 and should be submitted 1 week before your first session.
- If you have had allergy testing done through a RAST test or an ALCAT test, please bring a copy of the result with you to your initial Allergy Clearing Session.
- In your first session we will go through a "body parts checklist". This is essentially making sure that all parts of the digestive and respiratory tracts are all registered by the body. If you have had any surgeries to remove body parts (i.e. tonsils, gallbladder, portions of the colon, or teeth) please make a note of it and bring it to your first session.

DURING YOUR ALLERGY CLEARING SESSIONS:

- We use an Occipital Drop Check to get a physiological response from your body using various questions to find out what will enable the food or substance in question to be recognized as beneficial and helpful. Essentially the sessions are helping the body convert a perceived "enemy" to a "friend".
- We will use an instrument called an arthrostim to gently tap different locations on your body that are associated with how your body has over-reacted to the allergens. These stimulation points may be tapped or held manually. They may be anywhere on the body. Generally they are painless taps, however some points of contact may be tender. These are not chiropractic adjustments but stimulation points that cause the body to reset itself.

AFTER THE ALLERGY CLEARING SESSION:

- The goal of these sessions is to allow you to get back to eating and drinking what you would like without a reaction.
- Immediately after your clearing session you may test the food or substance to see if the allergy response is cleared. Make careful notes of how you feel and how your body responds before and after sessions. Most people will find that they can immediately eat, touch or smell the items that we have addressed at the session without any negative response. For others there will be an improvement and additional sessions may be needed to clear the allergy.
- **If you have had anaphylactic allergic responses to specific allergens, please do not test the clearing by yourself but in the presence of a medical doctor. Always use extreme caution and common sense when exposing your body to anything that could cause a significant, or life threatening reaction.**
- For some, the fear that comes from avoiding a certain food or substance will also need to be addressed before the allergy will clear completely.
- Doing the Allergy Clearing does not guarantee that your allergies will be gone. We have seen great results but we also understand that there is a great variation in human physiology and perhaps there are other underlying issues that would prevent the body from being able to reset itself.
- The number of sessions you will need is dependent on the number of allergic responses your body registers. We endeavor to be as efficient as possible to cover as many allergies as possible in each session.
- Share your success!! So many people struggle with allergies and they need to know there is hope!