

Tips & Ideas Archives

ALLERGY RESCUE

by Yvette Eastman

I. BRAIN INTEGRATION

As winter ends and the flu season seems to be ending, the sniffles begin again as people react to all sorts of air born particles that are our spring gifts.



The following corrections are aimed at relieving or reducing any allergy. I would not use these methods for serious anaphylactic shock allergies such as peanut, corn and fish allergies I WOULD NOT START EATING THOSE FOODS.

1) In any allergy (or actually in any concern you have over anything) part of you wants to get rid of the problem, and part of you wants to hold on to it. If not, there would be no problem. The purpose of the following exercise is to get all parts of your brain to agree.

Think of your allergies (or something that is causing you stress that you would like to overcome). Be specific.

Now, imagine that you are placing one side of your brain in one hand, and the other in the other hand, (it does not matter which is which), and extend your hands out to the side. In a moment you will close your eyes so that you shut out anything but your self and your issue and your brainpower.



2) You will now allow all the reasons *why you want to get rid of your allergies* to go into one hand, and all the reasons *why you want to stay just the way you are*, in the other hand. Although a few reasons will surface into your conscious awareness, most of your thought will be subconscious and you will *not* know what they are. You will think you are going blank. Realize that

some reasons for keeping allergies might be, "I get attention." I am special." "I don't have to mow the lawn." And denial of those concepts may be on line.

Continue to let concepts flow into your hands even though you are not conscious of what they are. Your eyes should be closed.

3) Wait quietly and you will experience the phenomena of integration. Your hands will begin to move toward each other – perhaps swiftly, perhaps at a snail's pace – perhaps individually, one at a time, perhaps both simultaneously! They will seem to have their own volition, moving only when they are ready. You are not making them do this, they are doing it by themselves! Moving steadily toward each other. The more you are integrating the positive and negative qualities, the more they move. At one point they will touch. Allow them to touch and then clasp them.



This will mean that both sides of your brain are agreeing to integrate and to work with the issue you have chosen, with intention and focus. Bring your clasped hands in toward your chest and **wait** until your eyes open automatically. **Your eyes will open when you are integrated.**

This is a powerful correction that can be used by anyone toward any issue you may have. Once you are integrated, solutions will become easy or, you will naturally direct yourself toward the best outcomes. After you are integrated, you can perform other corrections.

II. CANDIDA YEAST

I find that people who have many allergies often, have Candida Yeast problems as well. My first suggestion for most people is to cut out sugar to see if there is a change. Then I would investigate a Candida diet and begin using probiotics. While you are preparing to do this cleanse, there is an excellent exercise that normalizes the functions of the body that relate to allergies.

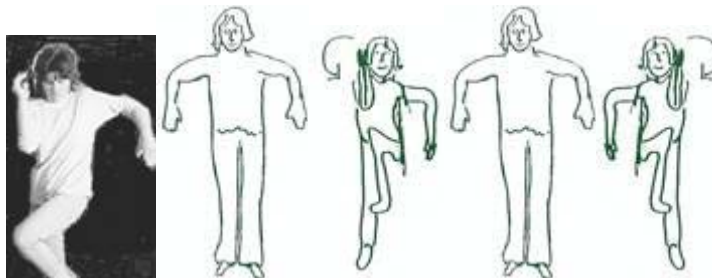
My second suggestion consists of a two-part exercise to affect the entire system.

- 1) Bend your arms at the elbows, keeping them close to your sides. Your legs are at shoulder width for good balance. Now, extend one elbow out, still bent, away from your side, and at the same time, extend the opposite leg out to the side. Repeat this on the other side, alternating. Start slowly, and come up to 10 reps.

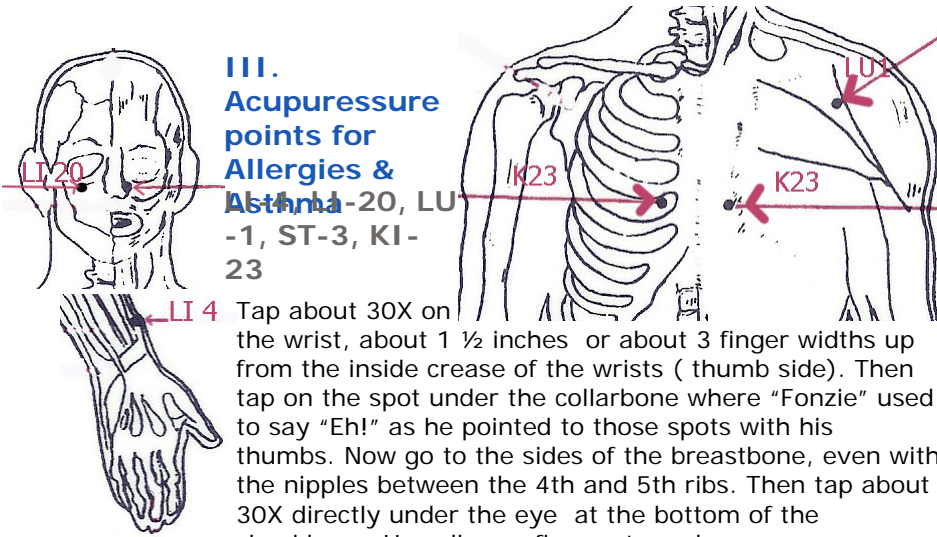
These actions will affect your circulation, your liver and your lungs, since they are using muscles that communicate with those functions.



- 2) Start with your legs together, and your arms bent downward, in a peculiar fashion, like a scarecrow. Now simultaneously rotate the entire upper body, bringing your shoulder forward and bending the fore-arm up at the elbow, (as if to say "hi") AND lift the opposite knee, twisting it inward, so it goes across the midline. Note the twisting motion in the photograph. Do it like a dance step and it becomes easy. Repeat the swing, twist, arm raised and knee up and across the midline on the other side. Do at least 10 reps alternating right and left.



This action affects the heart, lungs, small intestine, circulation and the abdominal cavity functions of the body.



III. Acupressure points for Allergies & Asthma -20, LU -1, ST-3, KI-23

Tap about 30X on the wrist, about 1 ½ inches or about 3 finger widths up from the inside crease of the wrists (thumb side). Then tap on the spot under the collarbone where “Fonzie” used to say “Eh!” as he pointed to those spots with his thumbs. Now go to the sides of the breastbone, even with the nipples between the 4th and 5th ribs. Then tap about 30X directly under the eye at the bottom of the cheekbone. Use all your fingers to make sure you are tapping on the right spot. Now go down to the side of each nostril, tapping 30X there.

IV. EMOTIONAL FREEDOM PROCEDURE

That leaves my favourite addition to my work, **EFT – Emotional Freedom Technique**. The Emotional Freedom Technique consists of tapping on meridian beginnings or endings, on face, hands and body, while repeating simple, credible affirmations in a way that the body/mind can accept them. It takes just a few moments to defuse long-held, yet useless beliefs. You can change your life radically with a new feeling of "I am really OK, just the way I am, and I can make new choices that are effective and benefit me and my world."



1) Tap on the “karate chop” part of your hand –(either hand) with at least 2 fingers as you repeat one of these sentences (or use one that is appropriate for your allergy. Always start with “Even though ,,,.”:

- “Even though I have this congestion.... ”
- “Even though _____ makes me itch all over ...”_____
- “Even though my nose and eyes run and itch (or burn) when I am near ...”
- “Even though I’m all stiff and afraid....”
- “Even though I’m scared because I can’t breathe....”
- “Even though I feel choked ...”
- “Even though I am sensitive to this _____”
- Make up your own “even though “

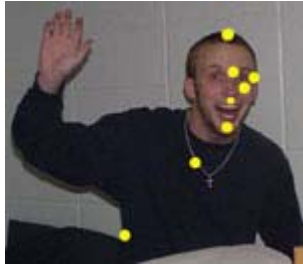
2) Now finish the sentence with what you would like to see happen – with the result you want, with what you choose to believe instead, as you keep tapping on the side of your hand.

"I ask my body to accept it and be safe and healthy."
 "I ask my body to accept these gold (or old) fillings (or whatever) as safe and healthy."
 "I deeply and completely love and accept myself."
 "I know that I can overcome this easily."
 "I choose to let go of these allergies."

My favourite is c. "I deeply and completely love and accept myself just as I am". I use that affirmation the most..

3) Now you are going to tap about 7X on each of the following spots. If you make a mistake and miss one, that is OK.

a) 1st round, say, as you tap, "this allergy" or "this itch" or "this congestion, this runny nose, use one of the words from the "even though" statement as you tap 7X or so.

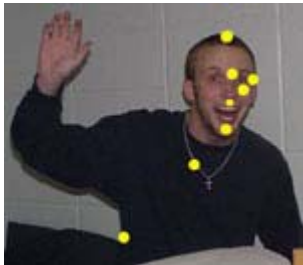


1st round

- inside eye
- outside eye
- under eye
- under nose
- under lip
- collar bone
- under arm

b) 2nd round Repeat the tapping but alternate the 1st affirmation where you tapped using a short statement about the issue with a positive short statement.

c) 3rd round of tapping is only the positive statement



2nd round

3rd round

- | | |
|-------------------------|-------------|
| Congestion inner eye | love myself |
| Love myself outer eye | love myself |
| Congestion under eye | love myself |
| Love myself under nose | love myself |
| Congestion under lip | love myself |
| Love myself collar bone | love myself |
| Congestion under arm | love myself |
| Love myself top of head | love myself |

4) For bad allergies I would add another round.

a) If possible, place the substance(s) that one is allergic to in one of your hands, having the ring finger and thumb touching thus forming an "O" ring with the allergen in one's hand. (Using the "O" ring technique

seems to bring up to the brain just those emotions that are associated with the substances in the hand.) Yes, food, cats, pollen, all evoke emotions.

b) With your other hand tap the EFT points on the face and collar bone torso and head one more time using the words: "this substance", or speaking the words below:

" Although I have a reaction to this substance(s) in my hand, I deeply and profoundly accept myself and I choose to have my body disconnect any and all **associations** it has made - in any way, shape, or form, - whether mental, physical, physiological, self generated or acquired - in each and every cell, tissue, and organ of my body - to the substance(s) in my hand."

"Although I have all **these emotions** associated with this substance(s) I hold in my hand, I choose to have my body disconnect each and every one of **these emotions** in each and every cell, tissue, and organ of the body."

5) If possible, have someone tap down your spine about 1 1/2 inches out from the vertebrae, on each side, or tap both sides simultaneously.. Tap each point about 7 times.

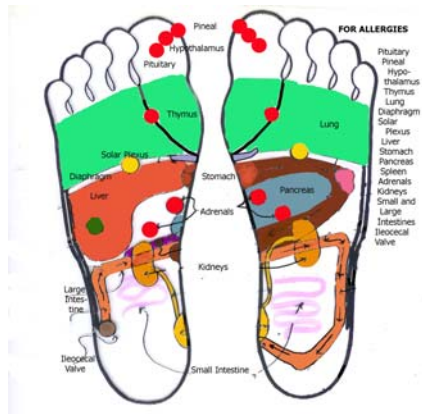
6) Think of your allergy as you look down to the ground. Breathe in slowly and slowly raise your eyes to the ceiling.

V. REFLEXOLOGY TO THE RESCUE

There are quite a few reflexes to work on. Some are for the areas affected so that your symptoms may improve, such as tearing eyes, dripping or stuffed nose, coughing, sinuses, hives, etc. Use a gentle compression hooking technique on each of those reflexes. The next step is to work on the areas that are causative.

Reflexes to:

Hypothalamus. Pituitary, Lungs, Thymus gland, Liver, Adrenal glands, Stomach, Spleen, Pancreas, Solar Plexus, Gall BLadder, Kidneys, Bladder, Small and Large Intestines, Ileo-Cecal Valve. All of these contribute in some way to the cause of your allergies or to their correction by improving their functions.



AND NOW FOR THE "WINGY" STUFF!

CORRECTIONS FOR THE IMMUNE SYSTEM

REPROGRAMMING THE PINEAL GLAND



1. Pineal Gland

Left – Tripod (thumb and index and middle finger) on nerve plexus just above occiput (back of head)

Right – Tripod between the eyes (third eye).

Pituitary Gland

Left – Tripod on nerve plexus indentation just above occiput.

Right – Tripod on apex (crest) of the rear suture lined up with the hole in the ears (usually the bald spot on the top of the skull).

2. Thymus Gland

Left – Spread tripod – thumb index and middle fingers on either side of 1st thoracic vertebrae (the big bone between the neck and upper back).

Right – Spread tripod on breastbone, just left of centre, above heart.

Thyroid and Parathyroid Glands

Left and Right – Tripod on either side of the windpipe.

Thalamus and hypothalamus

Left and right – Tripod in soft indentation at the base of the mastoid process, (bone behind the ear).

With your tripod homing in at the pineal gland, use a mental dental floss to cleanse then program the crystal in the pineal gland with a clear intention to do whatever you ask it to do - i.e. – a person with food allergies will program it to accept and safely eat any consumable food. Although the success rate of these methods is amazing, even if you are successful, I would not expose myself to the allergen daily. Once every four days is sufficient and won't activate your protective immune system.

There you go! Enjoy the correction and E-mail me your results.

Warmly,

Yvette

* Disclaimer: These “tips” do not imply that similar results will happen with your use of these corrections.. We have no competent or reliable scientific evidence to suggest that our positive experience is due to the use of our techniques. This article is not intended to recommend any concept as remedial or as a diagnosis for specific illnesses or conditions, nor as a method of eliminating diseases or other medical conditions or complications. We make no medical claims as to the benefits of any of our products, concepts, programs or articles to improve medical conditions.