There is a part of my being that already knows how to be focused, present and ready to learn.

That part of my being is willing to inform the rest of me now.

It is doing so now with grace and ease.

My mind, body and spirit are receiving this information.

The information transfer is now complete.
Traditional Concept of Allergies

• Primarily Respiratory
• Medical Doctor for Shots
• Years of Treatment
Many of your vague, undiagnosed and untreated symptoms are from what you are eating, smelling and touching.
“Allergies do not do everything, but they can do anything.”

*The Impossible Child*, Doris Rapp, MD.
Why should we as psychotherapists learn about allergies?

- Emotional or physical symptoms
- Allergies have increased exponentially.
- Third leading cause of death in US
- Important need to be filled.
Use of Antihistamines for Schizophrenic

- Study from Finland
- High doses of antihistamine quickly reduce symptoms in schizophrenic patients that were otherwise not treatable.
Allergy Work in a Nutshell

- Allergies are learned
- Association of a trauma and a substance
- Body needs new information
Allergy = Phobia

• We acquire allergies the same way we acquire phobias

• Phobias stored at the emotional level

• Allergies stored at physical level
Body needs to know:

- Trauma is over
- You are safe
- Your immune system can let down its guard and relax
Definition of Allergy

“An allergy is an abnormal response to a food, drug or something in our environment which usually does not cause symptoms in most people.”

Source: Rapp, Doris, The Impossible Child. Published by Practical Allergy Research Foundation, Buffalo, NY 1989
My Definition of Allergy

An allergy is a mistake of the immune system caused by trauma.
✔ An allergy is a metaphor for fear

✔ Allergies are PTSD on a cellular level

✔ Allergy is a phobic reaction on body level

✔ Immune system says: “I will kill you before you kill me.”
Our bodies are always trying to protect us. 

Sometimes misguided - attack what is good for us.

Our job is to let the body know that substance is good.
Stored Traumatic Memory

The **sights, sounds, tastes, smells, textures** present in brain become part of the memory.

Later exposure to those **sights, sounds, tastes, smells, textures** can trigger a reaction.
The body’s only way to deal with fear is an inflammatory immune system response.
An inflammatory immune system response is an allergy.

Runny nose, congestion, tearing eyes
Brain fog, fatigue, anger, depression, anxiety
Body is wrongly identifying substance as a danger to its existence.

Body wages immune attack to destroy substance.
Allergies Often Learned

Allergies happen when exposed to a substance during a trauma or stress.

That substance gets associated with the trauma.
Allergies Can Be Unlearned

Your body needs new information that the substance is safe.

You are safe in the presence of the substance.
Your Body Needs to Know

- Trauma is over.
- You are safe.
- Your immune system can let down its guard and relax.
FEAR to SAFE

False Evidence Appearing Real
Secure Attitude Facing Everything
Fear to Safe
Allergy Antidotes

• How began - ear pain

• How integrated into Energy Psych
  - blood pressure medications

• Mission
Major Allergic Symptoms

RED CHEEKS
Major Allergic Symptoms

EYE WRINKLES
Major Allergic Symptoms

EYE CIRCLES
Major Allergic Symptoms

AGGRESSION
Major Allergic Symptoms

LACK OF ALERTNESS
Case Examples

- Detergent
- Basil Allergy
- Lactose intolerance
- Mycoplasma Pneumonia
Allergy Statistics

• Allergies increased 400%
• As many as 15 million people have food allergies (US)
• 20% of all children some type of allergy
  (1/3 of all American children)
• Asthma increased by 300%
  (Asthma deaths increase 56%)

Healing the New Childhood Epidemics
Kenneth Birch, MD and Cameron Stanth, 2008
Autism Statistics

1 in 10,000 children in 1999

1 in 68 children - CDC

1 in 45 children - Autism Speaks

29,000 parents of children with autism reported that allergy treatment made the most improvement with least negative effects. (DAN)
Allergy Antidotes

Uses energy techniques to eliminate the emotional and physical symptoms caused by allergic reactions.
3 Ways to Give Your Body New Information about a Substance

1. Spinal Release

2. Meridian Laser Technique

3. Ask & Receive
   - Simple & Muscle test
Allergy Antidotes Basic Concept –
Same as other Energy Psychology Techniques

- Problem substance causes disruption in energy field.
- Energy Psychology Techniques balances the system in relation to substance.
- Problem with substance is eliminated.
Allergy Antidotes 3 Step Process

1. Open to possibility that substance sensitivities are a cause of symptoms.

2. Identify specific reactive substances.

3. Reprogram body to no longer react to negative substances.
Identify Allergic Substance

Avoid

Reprogram body to no longer react negatively

Difficult to avoid
Impossible to avoid
Dangerous to avoid
Want to eat, use, or be around

When?
2 Important Concepts

- Psychoneuroimmunology
- Rain Barrel Effect
Psychoneuroimmunology
- Dr. Robert Ader

- Immune suppressant drugs in saccharine solution

- Later, saccharine solution alone causes immune suppression
Rain Barrel Effect

• Exposure to diesel exhaust particles can lower threshold for an allergic reaction.

• After exposure to diesel fuel, only 1/5 of the amount of dust mite allergen is needed to invoke clinical symptoms.

• One environmental allergen can increase susceptibility to others.

*Journal of Allergy and Clinical Immunology 2000; 106: 1140-1146*
Rain Barrel gets filled up with...

- Toxins
- Traumas
- Negative Emotions
- Fear
Any symptom can be from food and environmental sensitivities.
Common Allergy-like Reactions

- Anxiety
- Arthritis
- Chronic cough
- Depression
- Digestive problems
- Dizziness
- Eye irritation
- Fatigue
- Frequent colds
- Headaches
- Hyperactivity
- Learning disabilities
- Memory lapses
- Mental fogginess
- Muscle aches and pains
- Respiratory problems
- Sore throats
- Weight gain
Any Substance Can Cause an Allergic Reaction
Top 7 Reactive Foods

1. Wheat
2. Milk
3. Sugar
4. Soy
5. Peanuts
6. Corn
7. Eggs

Test What the Person is Eating, Smelling and Touching in their Life
If you test weak on a nutrient, your body is not absorbing it.
If you are addicted to a food, you are probably allergic to it.
½ Hour Muscle Test Session

- 20 Top Nutrients
- 30 Foods Chosen
- 30 Supplements, Meds and Environmental Substances Chosen
Pattern of Reactivity

- Water
- Sulfur
- Magnesium
- Essential Fatty Acids
Water

- **Discovery**
- **Associated with traumas from pre-birth and birth**
Percent of Water in Body

- Conception - 99%
- Birth - 90%
- Adult - 70%
- Death - Less than 50%
Sway Test

1. Stand with feet together and eyes closed.
2. Hold substance on your chest.
3. Sway forward = Yes.
4. Sway backward = No.
Water
Sulfur
Magnesium
Essential Fatty Acids

Omega-3

Omega-6

Essential Fatty Acids

Salmon, nuts, fish oil, salmon fillet
Dairy Products
EGGS
Chocolate
Money
If body weakens or sways back to a substance, it perceives it as dangerous.

Body will push it away as a way to protect you.
ASK & RECEIVE PROTOCOL

“There is part of my being that already knows _______”
“That part of my being is willing to inform the rest of me now.”
“It is doing so now with grace and ease.”
“My mind, body and spirit are receiving the information”
“Information transfer is now complete.”

1. How to heal and release any trauma associated with ______
2. How to unhook and clear any negative associations with ____.
3. How to instruct my immune system that _____ is safe for me.
4. My immune system no longer needs to have an inflammatory reaction to ____.
5. How to absorb and use ______properly.
6. It is safe to absorb and use __________ properly
7. How to use ______to promote my health.
8. That ______ loves, supports, sustains and energizes me.
9. How to ingest ____________ and feel safe and comfortable. (food/supplement)
10. How to safely detox ______________ out of my body. (toxin)
11. The trauma with _______________ is over. I am safe.
   My immune system can let down its guard and relax.
Group Teleclearing

Simple Ask & Receive for Sensitivities
Retest with Sway Test
Common Theme: Energy Treatments for Sensitivities

- Put substance in energy field.
- Muscle test to detect imbalance in energy system.
- Continue to hold substance in energy field.
- Use treatment technique to balance energy system in relation to the reactive substance.
Testing of Allergens

- Hold substance
- Hold tube containing energetic signature of the substance
- Hold piece of paper with name of substance
- Say or think about substance
- If muscle weakens or gives way, the body is showing sensitivity
Demonstration of Spinal Release
Demonstration of Laser Spray and Laser Meridian Technique
3 Ways To Do Ask & Receive

- Simple
- Muscle Test
- Felt Sense
Muscle Test Guided
Ask & Receive for Sensitivities
Goal is to be in alignment with the positive statement.
When you are in alignment with the positive statement, the positive is more likely to happen.
Unhook from any traumas or limited beliefs associated with substance.
Muscle Test Ask & Receive for Physical or Emotional Issues
Use same protocol for any physical or emotional issue.

- Muscle test positive goal statement.
- MT-There is a trauma blocking this goal.
- Identify blocking trauma and resulting emotions.
- Use A&R for blocking trauma and resulting emotions.
- Re-Muscle test goal statement.
- MT-There is a limiting belief blocking this goal.
- Do A&R for limiting belief until statement is strong.
Positive Statement

If strong: Complete

If weak: MT

There is a **Trauma** blocking this.

Yes

MT

There is a **Limiting Belief** blocking this.

No

MT

Age of **Trauma**

What is happening?

How did you feel?

↓

A & R

No longer need to feel ___like I did ___.

Safe * Possible * Deserving ..until strong

↓

A & R

No longer need to let that feeling run my life.

When strong, retest Positive Statement
**Muscle Test Calibration**

*Say:* “My name is ____________” → Strong
*Say:* “My name is Ben Franklin” → Weak
*Think:* of something wonderful → Strong
*Think:* of something terrible → Weak
*Think:* of someone you love → Strong
*Think:* of someone who upsets you → Weak
*Say:* “yes” → Strong
*Say:* “no” → Weak
I. Muscle Test Your Positive Statement

If strong you are in alignment, nothing needs to be done.

If weak, need to muscle test for what is blocking you.

- (I absorb and use __________ properly.)
- (_________ is safe for me.)
- (I ingest __________ and feel safe and comfortable.)
Muscle test what is blocking congruence with Positive Statement

The two aspects we test for:

- There is a trauma blocking this statement
- There is a limiting belief blocking this statement

Always start with the trauma!
New Online Training

Become a
Trained Allergy Antidotes Practitioner

TAAP
Allergy Antidotes™

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