

Allergies

The Health Kinesiology Perspective

By Jimmy Scott, Ph.D.

Abstract: Many practitioners work with "allergies." How many of them use the same definition of allergy? Some prefer not to use the word "allergy" preferring instead to call it "substance sensitivity." However, substance sensitivity is vague and does not distinguish between "allergy" and "tolerance," two processes which are entirely different, both energetically and physically. Clearly, comparing techniques which use differing definitions clarifies little. Likewise, claiming Technique A is better than Technique B because the "cause" is addressed, or that Technique C works better than Technique D because it works on a "deeper level" makes no sense without a thorough theoretical and practical analysis and understanding. The major point here is that without a deep understanding of the energy system, whatever one does in Kinesiology may not be as it seems. As an example of this, a discussion and demonstration of the differences between allergy and (in)tolerance will be used. I will show that clarifying these concepts will allow more precise and accurate kinesiology work to be accomplished. I will show that the same results can be accomplished by using more than one technique, by clear understanding of the body's energy system.

Allergy and Intolerance Testing

I have observed many times, and it is easy to demonstrate, that *both* the client and the kinesiologist must be properly meridian energy balanced (MEB) before doing any muscle testing. If someone is "allergy tested," for instance, and then the practitioner gets balanced, the test results are likely to be different. At least part of the reason is obvious. Suppose the client had over energy in the large intestine meridian (LI). Being exposed to apple, for example, affects only the LI meridian, by reducing its energy level — from over to normal energy. Apple "allergy" will not show up. MEB'ing the client will immediately change the test result.

Since the practitioner's energy interacts with that of the client, any energy imbalance on the part of either will change the test result. (This is true for all kinesiology, not just allergy testing.) Note also that the practitioner MUST

test the LI energy, in this case, because no other meridian will be affected. Any stressor (allergy or otherwise) might affect only one small aspect of the energy system, so unless that one small aspect is specifically tested, no stress will be indicated. If you test 13 muscles, that 14th one may be the one!

What is "Allergy?" In Healthy Kinesiology we use what is called an *Operational Definition*. What this means is that when a series of steps are taken, if a particular outcome is achieved then *allergy is* present. These steps are:

1. Meridian Energy Balance both client and practitioner.
2. Obtain both Conscious Permission from the client and Energy Permission to do the work.
3. Place the test substance near Central Vessel 6 (CV6).
4. Touch Triple Warmer 21 (TW21).
5. Test an indicator muscle.

6. An unlocked muscle indicates allergy; a locked muscle indicates no allergy.

The TW21 point is an allergy reflex, so that if energy is disturbed in any part of the energy system the indicator muscle will react accordingly (meaning that it is not necessary to test all muscles). This process has been used over 15 years by thousands of kinesiologists. I have found no one who has described any procedure which is simpler or more reliable and sensitive.

This procedure is so sensitive that even homeo-pathic substances can be used. The overall energy patterns are tested, including the carrier material, so if the person is not allergic to that carrier material, then the homeopathic substance is being tested. In other words, with this procedure if the person reacts ("weakens") to the substance, *however small the amount*, they are allergic. The person is reacting to the actual energy pattern of the substance, not the amount.

In HK we make the careful distinction between *allergy* and (*in*)*tolerance*. With tolerance the amount of the material is critical. How much of the material the person can tolerate is precisely what is being tested. If they are allergic the tolerance will be zero, but they can have a zero tolerance and still not be allergic. (If you just drank two liters of very good water you might now have zero tolerance for more, but not be allergic to it.) After determining there is no allergy to a substance, the steps for tolerance testing are:

1. Meridian Energy Balance both client and practitioner.
2. Obtain both Conscious Permission from the client and Energy Permission to do the work.
3. Place a specific amount of the test substance near Central Vessel 6 (CV6).

4. Touch the atlas / axis junction on the side of the neck at the base of the skull,
5. Test an indicator muscle.
6. An unlocked muscle indicates intolerance to that specific amount; a locked muscle indicates no tolerance to that specific amount.
7. Start over at Step 3, changing the amount of the substance. The idea is to determine the amount they can tolerate which is just a little bit below the amount they cannot tolerate.

Use the above procedure to demonstrate that the atlas / atlas test is *not* an allergy test. Take anything the client 1) is not allergic to by the TW21 procedure above, and 2) tests strong by the atlas / axis test. For a specific amount of substance you will find the atlas / axis test strong. Now increase the amount of substance. If one apple is strong, try two...six...twenty-five. Eventually there will be a weak muscle, indicating the person cannot tolerate that specific amount. However, with the TW21 test, no amount of the substance will weaken the muscle. Allergy is the inability for the body to process a specific energy pattern. Tolerance is the body's ability to handle large amounts of that energy pattern / physical substance.

The implications are clear. If the person is allergic, as HK defines allergy, then they should totally avoid the material (until the allergies are energy corrected). With tolerance, the person can be exposed to a certain amount of the substance, but should not exceed that exposure (until the tolerance is improved through changes in energy and / or metabolic functioning). Confusing the two concepts can make a dramatic difference in the lives of some clients — totally avoiding something versus limiting their exposure.

Allergy Correction & Tolerance Improvement

Since allergy is only an energy disturbance, it is very easy to correct. Tolerance, however, is a combination of energy and metabolic / biochemical functioning in the person, thereby requiring changes in both systems in order to effect the most significant tolerance improvement. I do not include the actual procedures here because they are readily available elsewhere. (Health Kinesiology Stage 1 and 2 classes and in *Cure Your Own Allergies in Minutes*. They have also been published in the Proceedings of the ASKUS meeting, 1996.)

In the early 1980's I published a "Generalized Method for Balancing Energies," in which I pointed out that energy corrections require that the stressor be present. If the person's energy is stressed, by anything, the nature of the energy disturbance can be assessed and then appropriate corrections applied. That is why we expose the person to the food we are testing for, or have them think of their exam, or of a Goal, or have them touch their toes, etc. We recreate the stress so we can correct it. Once we affect the energy system with a stressor, we may correct that imbalance in a number of ways. Actually, any way which works will be OK, in the general sense. In practice, however, we find that some ways are superior in the sense that the correction is more robust — resistant to breaking down again. Further complication arises when different methods of allergy testing are used. An insensitive method may indicate "correction" when a better method still shows reaction. As in the example above of the LI meridian reacting: if the anterior deltoid (GB meridian) is tested, "no allergy" will be indicated, whereas the use of TW21 would indicate allergy. Remember, reduction or elimination of physical symptoms is not the

same as allergy elimination — the person could just be reacting in a different way or different place in the body. Besides, allergies are far from being solely physical, they can affect the mind or spirit equally significantly.

So, assuming adequate testing procedures, then anything which will permanently effect the necessary energy change will correct the allergy. This could be the HK allergy correction, either Tapping or SET, psychological corrections, standing on your head whistling "Dixie," incantations by your favorite witch (-doctor), or anything else. Our job as energy kinesiology professionals is to evaluate objectively and thoroughly the available procedures, or invent new ones if needed, and to use the most appropriate, powerful, and effective techniques with our clients. Anything less is unprofessional, and I believe, unethical. Our unwillingness to do so will prevent progress in our field and acceptance of our profession.

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