

CURE YOUR OWN ALLERGIES IN MINUTES

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This material is extracted from my book, *Cure Your Own Allergies in Minutes*, which will be published later this year (English, French, and German editions). Obviously, I cannot explain everything in only a short presentation, but I will demonstrate these Key Concepts:

1. Meridian Energy Balancing
2. Allergy Testing and Correction
3. Tolerance Testing and Increase

The original definition of allergy is "altered reaction." My definition of allergy is "when meridian energy is altered by exposure to a substance" (thereby weakening an indicator muscle). However, only those muscles connected to the specific affected meridians will weaken, necessitating the laborious testing of muscles on all meridians or the use of special reflexes (the best of which, that I have found, is described below).

In 1981, as an extra benefit of the Psychological work I was developing for Health Kinesiology, I discovered a procedure which could correct 100% of allergies in a matter of 2 to 20 minutes. I call this procedure **Symbiotic Energy Transformation™ (SET)**. Not only could every allergy be corrected, but, by using proper extracts, all could be simultaneously corrected. ('Corrected' means, of course, that the meridian energy alteration could be completely balanced even while the person is still exposed to the substance.)

The sometimes dramatic results of such a procedure limits it to 'professional' users, so I have developed a somewhat less powerful method (90% effective) which is extremely rapid (only a minute or two), which can be used by anyone. The procedure described below is only the core of the new method, leaving the many "What if ...'s" unaddressed. As with all Health Kinesiology

procedures, the effect is very robust, requiring no re-applications of the process, strengthening procedures, or homework exercises. As far as can be determined now, the results are permanent. Persons balanced with SET have been retested after more than 4 years with no loss of effect. Although people can experience reactions from over-loading (exceeding their tolerance) with a substance, no one yet had become re-allergic.

As you will see below, reliable allergy testing and effective correction can be very simple and easy. After you have done it only a time or two, you will have it, and need not remember elaborate procedures or have to use instruction sheets. I find that the most powerful techniques generally are simple and easy to remember. Additionally, once you learn the fundamental Health Kinesiology methodology, you are always able to recreate any procedure you might have forgotten.

MERIDIAN ENERGY BALANCING

Before any Kinesiology testing is done, you must be certain that the indicator muscles are properly indicating. One of the most effective ways to do this is through meridian energy balancing. This balancing may be done with many different methods, including TFH. However, there are some very fast methods which are very effective (thought not always as effective as a full balancing procedure). In my Health Kinesiology workshops one of the methods I teach is the following, which is more than 99% effective (e.g. more than 99% of the time this method will completely meridian energy balance the person).

The collarbones meet the sternum (breastbone) to form a 'v' shape at the base of the neck. About 2 inches below this 'v' there is usually a small

bump on the bone where the second ribs join the sternum (directly over the thymus area). Imagine a 3-inch diameter circle centered around this area. Going in a counter-clockwise direction (as the tester sees the subject), tap around the circle several times for about 30 seconds (perhaps 100 taps, using one or two fingers). Tap firmly but gently and be careful with the fingernails. Pretend you are tapping an eggshell without breaking it. You may tap either yourself or the other person.

Find a strong indicator muscle. Place a hand (either yours or the subject's) over the navel area and test the indicator muscle. If the indicator remains strong, the subject is adequately balanced for allergy/tolerance testing. If the muscle is weak, further balancing is needed (beyond the scope here, although the full procedure includes three more fast procedures which virtually never fail). The navel test works because of the presence of reflexes to all the major meridians.

ALLERGY TESTING

As with any allergy test, the person must be exposed to the substance while simultaneously being muscle tested. Only a small amount of test substance is needed. This can be any food, a chemical, pollens, samples of fungus or mold, dust animal hair, or anything else in the environment (including *Candida albicans* extracts.) Keep it as simple as possible to be sure what is weakening the person.

Place the test substance over CV6, just below the navel. Simultaneously touch TW-21, in front of the ear just above the level of the ear canal (either you or the subject can touch this point) and test the indicator muscle.

A strong muscle means that this person is not allergic to this substance.

A weak muscle means that this person is allergic to this substance.

This procedure allows the use of any indicator muscle to show a reaction in any meridian. The test is extremely sensitive, allowing even the use

of homeopathic extracts - which most tests cannot utilize. Please note that if *Candida albicans* weakens the indicator muscle that this does not diagnose a *Candida* infection, but only that the person is allergic to *Candida*. To be sure, many times the person may have an infection, or overgrowth, of *Candida*, but this test alone is not sufficient to determine that, any more than if the person is allergic to penicillin means that he has an infection of the mold which produces it. On the other hand, if the person does have a *Candida* infection and the correction is made and that person's immune system is given proper metabolic support, then the person's body should be able to overcome the infection.

...AND CORRECTION

There is a test to determine whether this Quick Allergy Correction will work in any given case (about 90% of the time it will), but that is beyond the scope here. However, since the correction takes so little time it is easy enough to do the procedure and then retest the allergy to see if it worked. If it has not, then the SET procedure can be used.

To make energy corrections, again place the allergenic substance on CV6. While exposed to the test substance tap the following points (left and right sides): B1, K27, St1, Sp21. Sometimes it may be necessary to also tap B67, K1, St45, Sp1. Tapping is done in the manner described above, and can be done in any order, using any finger(s).

Retest the substance, and you will (usually) see that the person no longer tests allergic to it.

TOLERANCE TESTING ...

Because a person is not allergic to a substance does not mean that he will not react to it. The concept of tolerance is very important. In my Energy and Allergy book I have described 14 different ways people can be intolerant to a substance without being allergic to it. Indeed, for most people their tolerance to substances is far more important than any allergy they might have.

Place a specific amount of a substance over CV6. Touch the **atlas-axis** junction at the top of the neck/base of the skull (either right or left side will do). Test the indicator muscle.

If **strong**, this person **can** tolerate this amount of the test substance. Increase the amount until the indicator tests weak. The amount just below this is the person's tolerance level.

If **weak**, this person **cannot** tolerate this amount of the test substance. Decrease the amount and repeat until the just tolerated amount is determined. This is the person's tolerance level.

... AND INCREASE

With the 'long' SET method, tolerance increase can be obtained only about 20% of the time (and the Quick Method nearly as much). The major reason is that tolerance is primarily a function of metabolic and biochemical balance. The most effective way to increase tolerance, therefore, is to improve the body's general level of functioning. However, the method described below sometimes can improve a person's tolerance enough so that they can function in an environment which otherwise they could not. Again, there is a test for whether this tolerance increase will work in the given instance, but that is beyond the scope here.

Place some amount of the substance on the usual substance placement area, CV6. While exposed to the test substance tap the

following points (left and right sides): B1 and K27 while the subject holds one hand over the navel area (the neurolymphatic areas for both B and K Meridians). Sometimes it may also be necessary to tap B67 and K1. Then have the person hold his hand (the right hand is easier) over the left rib cage (covering both the stomach and spleen neuro-lymphatics for those meridians) while St1 and Sp21 are tapped. Sometimes it may also be necessary to tap St45 and Sp1. Tapping is done in the manner described above, and can be done in any order, using any finger(s).

When tolerance can be increased by this method it usually is by a factor of 2 to 6 times. The amount of increase can be determined by repeating the tolerance level check described above.

This tolerance testing may be the most important concept of all. By making regular use of the test on yourself you can determine how much food to eat at every meal, how much make-up not to exceed, whether you are overexposed to substances in the workplace, and so on. If you never expose your body, internally or externally, to more than it wants to tolerate, your stress levels will drop, your body will function better, and you will become healthier. By learning how to test one of the several muscles you can use for self-testing, you need never overexpose your body to anything. It will repay you many times over. ■

1. J. Scott, *Energy and Allergy*, 1984, 100 pages, \$13.95. Available from the author.

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