



# Energetic Treatment of Allergies

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Allergies are a bother or worse!  
And most people have one or several  
which are a nuisance to life threatening.  
Fortunately, they are usually very treatable  
with an energy therapy approach.

**T**ypically, allergens are seen as a **hypersensitivity to something that does not bother most people**. Western medicine looks at an allergen as **something that gives an immune system response**, causing a histamine reaction, etc., with symptoms of runny nose, rash, and so forth. **Allergies are very common**--one in five Americans have allergies. They are a common cause or factor in chronic and autoimmune diseases, such as asthma, sinus infections, irritable bowel, arthritis, fibromyalgia, Attention Deficit Disorder (ADD), depression, etc. Even some conditions which we normally do not think are allergy caused.

**Energetically, allergens are seen as electromagnetic vibrational substances that cause a disruption in the body's energy system**, causing symptoms depending where that imbalance occurs. They have been called **energy toxins**. They can be food, environmental substances or chemicals, body organs, chemicals in our bodies, animals, people, or even emotions or traumatic events. **They can be treated by making the vibration of the allergen compatible with the person's energy vibrations**, that is by doing an energy balance in the presence of the allergen. Then the person will energetically think of the allergen as a friendly vibration, and will no longer need to defend against it with physical symptoms, such as the runny nose, rash, upset stomach, etc.

Allergens can be any ingestant, contactant, inhalant, injectant, or infectious agent. **Allergens can be exogenous** (something outside the body), or **endogenous** or **autoimmune** (something inside the body like body tissue, body parts, fluids, chemicals, digestive enzymes, and neurotransmitters like serotonin and dopamine).

**Common food allergens** are wheat, dairy, eggs, soy, corn, citrus, nuts (peanuts and tree nuts) and sugar--or whatever a person craves.

**Common environmental allergens** are household chemicals, pesticides, heavy metals, pollen, weeds, and parasites, medicines and supplements.

**Absolutely anything can cause an allergic reaction!**

**Almost any symptom can be an allergic reaction:** anxiety, depression, hyperactivity, arthritis, digestive problems, dizziness, fatigue, headaches, brain fog, respiratory problems, sinus congestion, skin rashes, muscle aches, chronic cough, or weight gain.

**Allergens can have a hereditary base**, being passed on from parents through the DNA. Children can manifest the allergic tendency in a different way than their parents. Allergies can come from inter-uterine or past life events (or be karmic). They can develop like any other problem to serve the client's unconscious



