

Allergy Antidotes™

BASIC MANUAL – THE ENERGY PSYCHOLOGY TREATMENT OF ALLERGY-LIKE REACTIONS

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“If I can stop one heart from breaking I shall not live in vain...

If I can ease one life, the aching
or cool one pain

Or, help one fainting robin unto his nest again
I shall not live in vain.”

Emily Dickinson

Dedicated to:

My dad, who always taught me to make this world a better place
for having lived here.

My mom, who always believed in me.

My husband, Bob Radomski, who has inspired my interest in energy work
and has led the way, always seeking better ways to help others.

Jaymie, courageous and hardworking, who taught me that it is possible to
overcome any obstacle.

And Beth Scheinfeld and Bonnie Neubauer, my technical support team
who held my hand.

Disclaimer

This manual is presented to healthcare providers for educational and research purposes. It is not intended to replace medical care. There is no guarantee that these treatments will eliminate all sensitivity reactions. Negative side effects of these treatments are not documented. However, there is no assurance that there will be no negative side effects for your patients. Patients who have severe allergic reactions need to stay away from the allergens following treatment unless given permission by their physician. Any consequences of the use of these techniques are the responsibility of the individual. The procedures presented are not intended to diagnose, treat or prevent any disease.

Allergy Antidotes™

A MANUAL FOR THE ENERGY PSYCHOLOGY TREATMENT OF SUBSTANCE SENSITIVITIES

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INTRODUCTION

My involvement in treating food, environmental sensitivities and allergy-like reactions began in a very personal way. My husband, Bob, had been suffering from ear pain for several years. He is a Chiropractor and certified in Applied Kinesiology. He had tried to heal his ear pain with both alternative and traditional medicine. The pain persisted but was manageable.

In the fall of 1995, we went to Florida to attend a chiropractic seminar. Bob began to have excruciating ear pain. He became very anxious with the pain. I had just completed my diagnostic T.F.T. training with Dr. Roger Callahan, so I tried tapping sequences to no avail. I called Dr. Callahan for a consult over the telephone. Using his voice technology, he tested Bob for a reaction to his sweatshirt. It was found that he had an allergic response to the sweatshirt. Removing it lessened his ear pain. After taking off the sweatshirt, he was given a tapping sequence that worked beautifully to calm his anxiety.

It was significant that we now knew for the first time that Bob's pain was due to allergic reactions. We began to test everything. He was allergic to the detergent I had been using so he needed to stay away from all the clothes we had brought. He was reactive to books, ink, pens, pencils, and dyes, as well as coffee, wheat and other foods. He was so sensitive that his ear pain increased when we sat on a bench and he reacted to a newspaper in a nearby trashcan.

Our hypothesis was that the increased pesticides in Florida had caused the "rain barrel effect" in which his body could no longer manage various substances.

Now we knew what he had to avoid; however, it would be difficult to live and practice his profession with such limitations. Therefore, we sought ways to treat the reactions. We used auricular (ear) acupuncture and then N.A.E.T. (Nambudripad's Allergy Elimination Technique). Since then we have learned other treatments and developed our own techniques.

Bob's ear pain is virtually gone now. It only recurs slightly when we travel and are exposed to new substances. We then treat the problem and he is fine.

I am pleased to be sharing with you information I have learned about using Energy Psychology techniques to identify and treat food and environmental sensitivities. I have been working with allergy-like reactions for approximately five years and find it very satisfying, both professionally and personally.

My background includes a Master's Degree in Counseling and Guidance, a Master's Degree in Social Work and a Doctorate in Naturopathy. I have been working with Energy Psychology techniques for over ten years. Prior to working with Energy Psychology, I worked in various medical settings. I was a clinical instructor in the Medical School at the University of Wisconsin for ten years. I worked with pain and injury patients for eight years, worked in Neurology and conducted research in psychoneuroimmunology.

Treating food and environmental sensitivities has allowed me to combine my medical background with my Energy Psychology techniques and also my love of detective work. Working with allergy-like reactions is very much like detective work.

In her book, *Allergies and Your Family*, Dr. Doris Rapp states that, "an allergy is an abnormal response to a food, drug or something in our environment which usually does not cause symptoms in most people." In this manual the words *allergy*, *allergy-like reactions*, *sensitivity*, and *energy toxins* are used interchangeably. Essentially they are anything that weakens the body's energy system.

Allergy-like reactions take the form of both physical and emotional symptoms. These reactions can be responsible for a myriad of symptoms including A.D.D., anxiety, depression, arthritis, respiratory problems, digestive problems, chronic fatigue, brain fog and panic attacks.

Any substance can cause an allergy-like reaction, and running the gamut from toxic chemicals such as petrochemicals to non-toxic substances such as eggs and perfume, which would be harmless to most people. These reactive substances can be easily identified using non-invasive muscle testing. This version of muscle testing, adapted from Applied Kinesiology, has the patient hold different substances while consistent pressure is applied to their outstretched arm. If the arm weakens or "gives way," it is an indication that the substance being held is weakening the person's energy system.

Since substance sensitivities cause an imbalance in the body's energy system, Energy Psychology techniques can then be used to balance the body in relation to the offending substances. The nervous system is reprogrammed to no longer react negatively to exposure to the substance.

I am greatly indebted to Dr. Devi Nambudripad, author of *Say Goodbye to Illness*, who developed N.A.E.T. (Nambudripad's Allergy Elimination Technique). She created a totally new paradigm for treating sensitivity reactions. Much of this manual is based on her work. I feel that Dr. Devi offers the most comprehensive training available. For years I referred people to her classes to learn how to treat food and environmental sensitivities. Unfortunately, Dr. Devi no longer allows psychologists, psychotherapists, counselors or social workers into her classes. However, we are still confronted daily with patients who need

help resolving allergy-like symptoms. My mission is to offer therapists a way to assist these people.

I have had the privilege of pursuing significant training in treating sensitivities, coupled with many years of extensive experience. In addition to learning Energy Psychology techniques, my training includes numerous chiropractic and acupuncture techniques. This background gives me a foot in both disciplines and has made for an easy leap to put them together. I feel it is my responsibility and honor to share this information. Many techniques are very effective in resolving allergy-like reactions. My goal is to give the reader a framework in which to work.

This manual is divided into three sections. The first section is an overview of allergy-like reactions including ways to conceptualize and think about them so that you can decide whether food or environmental sensitivities are contributing to the patient's symptoms. The second section deals with methods of identifying sensitivities and where to begin looking for offending substances. The third section shows several Energy Psychology treatments that can be used on their own or in combination to negate the sensitivity reactions to the given substances. The beginning of each section has a short outline of the contents.

My goal is for this manual to be user friendly. My hope is that it is useful and readily understandable to those who have taken my seminars, as well as those who have not. As we are confronted with more and more offensive chemicals in our food, air and products, our body systems are becoming overloaded and thereby succumbing to negative reactions. These reactions take the form of both physical and emotional symptoms. It is our responsibility to use this information to combat these reactions and allow more people to live healthy, productive lives.

Learning this work can help your family, friends and clients at several levels depending on the extent of your knowledge. Just opening the awareness that sensitivities may be an issue can be a wonderful service in and of itself. Merely seeing an allergy-like reaction as a possible option allows one to begin to monitor and view symptoms differently. If you learn how to identify the offending substances, you will have given those you care about incredible information on how to better their lives since they now know what to avoid. Once you learn the treatment modalities presented in this manual, you will have the skills to eliminate the person's disturbing symptoms. Therefore, you will truly change people's lives.

My goal in this manual and my trainings is to cement the foundation of knowledge surrounding sensitivities. From that foundation, some of you will feel secure in using the techniques as presented. Others will use the information as a catalyst to try new and varied combinations that work for you to help your clients.

Sandi Radomski, N.D., L.C.S.W., M.S.S.W.
October 2000

WORD USE INTERCHANGEABILITY

In this manual, the words: *allergy*, *allergy-like reaction*, *sensitivity*, and *energy toxin* are used interchangeably.

Essentially these words represent anything that weakens our body's energy system.

I. OVERVIEW OF ALLERGY-LIKE REACTIONS

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A. Increase In Food And Environmental Sensitivities

The incidence of allergy-like reactions has increased exponentially in our society. As soon as I began treating sensitivities, patients seemed to come out of the woodwork. There has been a great increase in asthma, especially in children. More and more patients with environmental illnesses or multiple chemical sensitivities come to see me with masks and oxygen tanks. These people have a hard time coping with the chemicals of our modern society. More and more churches and offices are becoming perfume and scent free to accommodate people with allergies. There is an increase in buildings being designated as “sick” due to chemical toxicity. Recently, a seven-story office building owned by DuPont in Wilmington, Delaware was completely evacuated and closed.

I am also seeing an increase in patients who are unable to tolerate their prescribed medications. I work in a physician’s office one day a week where patients will often refuse to fill their prescriptions until I muscle test them to determine whether their body can handle the medication.

There are many reasons for the increase in food and environmental sensitivities. The most obvious reason is that we are being exposed daily to more and more chemicals and substances that our bodies were never exposed to during evolution. Through thousands of years of evolution our immune systems learned to determine what substances were good for our bodies and which were poisonous. On a daily basis, we are inhaling and ingesting chemicals whose names we can’t even pronounce, yet assume our bodies will be able to determine if they are healthy for us.

Even our food sources are not as pure as they used to be. For example, soybean plants are now being crossed with almond plants to make the soybeans hardier. It seems reasonable that soybeans may get some of the characteristics of the almond. As we know, nut allergies can be one of the most serious. Therefore, tofu or miso may develop more negative characteristics. Also, in order to prevent salmonella our meats have recently begun to be injected with 39 “harmless bacteria”. As we know, bacteria can easily mutate and then present a danger.

Indoor inhalant allergies have increased in buildings constructed after the 1970 fuel crisis. The buildings are now more airtight to conserve fuel, but are also trapping in more chemicals and molds.

Substance sensitivities increase after traumas. Therefore as our culture continues to have traumas and stress, we will continue to have an increase in allergy-like reactions. Allergy-like reactions can arise when a person is traumatized while being exposed to a specific food or chemical. One of my patients came to me complaining that she could no longer eat most foods without getting very ill. She was getting thinner and thinner and was very worried. While working together she realized that her negative reactions to food began following a gourmet meal she had in Germany many years ago. She had numerous courses with all types of food, spices, wines, and desserts. Following the meal she found out the United States had just bombed Libya. In her mind she believed her son, who was of draft age, would die in that conflict. Her knees buckled and she fell to

the floor. Her food reactions began soon after. She had been traumatized while having all types of food in her system that later became conditioned to the trauma.

This type of association of food with trauma follows the findings of Dr. Robert Ader, who coined the term psychoneuroimmunology. He did the first study of how our body can quickly become conditioned to associate whatever is going on with the foods they are eating. Dr. Ader gave mice an immune suppressant drug in a saccharine solution. A month later, he gave the mice just the saccharine solution. In response to the taste, the immune system function of the mice decreased. The immune suppression had been conditioned to the taste of the saccharine just as a trauma is conditioned to a certain food or smell. Dr. Ader felt this was highly significant for humans. For example, if you have pistachio ice cream for the first time when you have the flu and are immune compromised, whenever you eat pistachio ice cream your immune system function will decrease. The implications are endless.

As most people are aware, allergies tend to run in families. There seems to be a genetic component that predisposes some people to having allergies. It is the tendency to have allergies that are inherited rather than necessarily having the same type of allergic reaction. For example, someone with allergic respiratory symptoms may have a child with digestive problems brought on by certain foods. When determining whether there is an allergic component to a patient's problem, always ask if there tend to be allergies in the family.

Another important reason for increase in sensitivity reactions is the "rain barrel effect". The immune system is continually processing information to determine the safety of certain foods and chemicals and continually adjusting its internal environment in order to maintain homeostasis in relationship to those substances. Sometimes the rain barrel becomes full. The immune system can no longer continue to adjust to the chemicals to which it is being exposed. It gives up. The rain barrel overflows and the person begins to experience reactions in relationship to those substances.

B. Definition Of Allergies, Energy Toxins And Allergy-Like Reactions

I first became aware of the importance of food and environmental sensitivities through the work of Dr. Roger Callahan, the founder of Thought Field Therapy. Even though T.F.T. is highly successful, Dr. Callahan wanted to know why some people can not be successfully treated and others can lose their treatment and have the negative emotions return. He discovered that when certain people are exposed to particular substances they go into psychological reversal and return to their symptoms. He called these substances energy toxins since they are toxic to or weaken the energy system of the body. In the manual, I call this weakening of the body's energy system an allergy. When I refer to allergies, it is, therefore, not in the strict medical definition of allergy involving a histamine reaction.

Dr. Doris Rapp states in her book *Allergies and Your Family*, that, "an allergy is an abnormal response to a food, drug or something in our environment which usually does not cause symptoms in most people." It is not known why some people develop these abnormal responses and others do not. Substances that cause allergies are called allergens. Allergens can run the gamut from non-toxic substances like food or pollen to toxic substances such as petrochemicals or auto exhaust fumes. The sensitive person reacts to quantities that are harmless to most people.

In her book *Winning the War Against Asthmas and Allergies*, Ellen Cutler, D.C. states that in allergic persons the "immune system mistakenly identifies harmless substances as dangerous invaders and activates antibodies to defend the body." Dr. Cutler takes the "wider view of an allergy as any negative or abnormal response in the immune system." She believes, for instance, that there is no such thing as a simple cold. Rather, the cold is the response of a compromised immune system, whether from attack by a pollen, food or virus. Since a virus can also be seen as an allergen, Dr. Cutler treats a cold like an allergy with excellent results.

Dr. Cutler's conceptual view of an allergy as anything that weakens the immune system allows us to expand our ideas about what is triggering symptoms. Suddenly, infectants like bacteria, viruses, and parasites, as well as hormones and bodily organs, and injectants such as immunizations become available for our testing and treatment techniques.

It is important to note the purpose of these Energy Psychology treatments for allergy-like reactions. As Jimmy Scott, Ph.D. states in his book *Energy and Allergy*, "treatment means that it is the *energy disturbance* which is being treated, not the psychological or physical symptoms." He continues that, "if the energy balance is regained then any symptom which may have developed will now be eliminated by the body itself." Therefore it is clear why Energy Psychology techniques work so well with sensitivity reactions. The reactive substances cause an imbalance in the body's energy system. The Energy Psychology treatments balance the body's energy in relationship to

that substance. As the body's energy system flows freely again, the symptoms no longer exist.

An intimate connection exists between many of the Energy Psychology treatment protocols and substance sensitivities. The "sore spots" on the chest used to correct psychological reversals in T.F.T. are actually neurolymphatic drainage areas. Rubbing them helps to drain toxins from the body. These spots are sorer if you are exposed to more reactive substances. Exposure to energy toxins causes psychological reversals and the treatment for reversals physiologically is helping drain toxins from the body.

**Allergy Antidotes™ focuses on treating
the energy disturbance, not the symptoms.**

C. Any Symptom Can Be From Food And Environmental Sensitivities

Besides the familiar respiratory disorders, allergy-like reactions can cause a myriad of other symptoms. Essentially, any symptom can actually be caused by food and environmental sensitivities. Therefore, regardless of presenting complaints, it is useful to ask questions to determine whether allergy-like reactions are a possible cause. The following is a partial list of symptoms caused by sensitivities:

- Headaches
- Respiratory problems
- Sore throats
- Chronic cough
- Frequent colds
- Eye irritation
- Fatigue
- Dizziness
- Memory lapses
- Depression
- Anxiety
- Mental foginess
- Muscle aches and pains
- Arthritis
- Digestive problems
- Learning disabilities
- Weight Gain
- Hyperactivity

Here are a few unusual examples I have seen in my practice:

<u>SYMPTOM</u>		<u>CAUSE</u>
Ear pain	→	Putting pencil behind ears
Sneezing	→	Unscented Puffs™ facial tissues
Finger pain	→	Tuna fish
Night cough	→	Wheat
Anxiety/Depression	→	Detergent on clothes
Dizziness, inability to concentrate	→	Fluorescent lights
Eye irritation	→	Implanted lens after cataracts

D. Is This Symptom From Allergies?

Our society has been unaccustomed to viewing symptoms other than the traditional respiratory problems or rashes as being caused by a sensitivity reaction. In fact, if a person has an unusual symptom that cannot be diagnosed, the person will often be told it is “all in their head.” Especially if the symptom is emotional in nature, people will ascribe solely psychological causation even though panic attacks, agoraphobia, depression, anxiety or brain fog can all occur upon contact with certain foods, smells, or materials.

It seems easy to ascribe psychological motivation to our symptoms. Even though the anger, fear or anxiety can come “out of the blue,” we seem to always trace it to something someone said or did to us then or in the past. What if the propensity for this emotional reaction was triggered instead by a substance sensitivity? The treatment would then certainly be different. The patients’ perception of themselves would be different and their connection with people in their environment would be different.

Dr. Roger Callahan is a strong advocate of energy toxins being very responsible for negative emotions and pathologies. He stated during his diagnostic training seminar that the more energy toxins a person has, the more severe the pathology. He believed that people with the most sensitivities would be found in mental institutions.

An interview with Dr. Richard G. Jaeckle, M.D., called “Yeast-Related Mental Disturbances,” brings data to this hypothesis. The author documents psychotic episodes being triggered directly by exposure to certain common yeasts. A 12 year-old girl went from normalcy to needing to be restrained to prevent biting, hitting and totally uncontrolled behavior after exposure to trichophyton, monilia, and epidermophyton yeasts. She returned to appropriate demeanor following injections of benedryl to counteract the reaction.

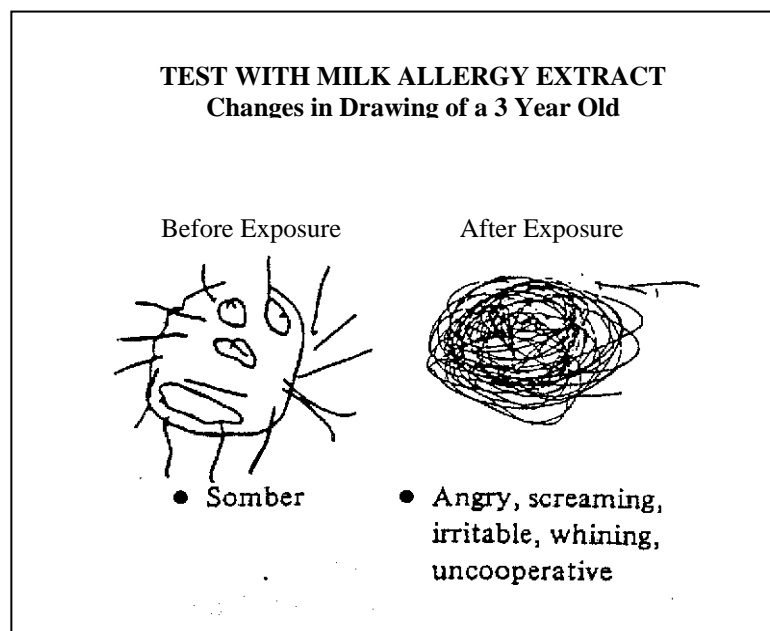
A less severe example was exhibited by one of my very bright, educated patients who had become very aware of the effect of sensitivities on her body. She was feeling fine when she began grocery shopping. Upon walking down an aisle, she became aware of the scent of potpourri. By the time she reached the end of the aisle, she reported feeling anxious and scared. She was aware enough to check her body and realized she was having a reaction to the scent. As she left the area, her body and her emotions returned to normal. How easy it would have been to attach the sensitivity induced emotion to some random event in her life. How easy it would be to become angry at or fearful of a person or an event that coincided with contact to the substance and further, how easy it would be to begin avoiding situations where this scent may occur.

I have another patient who is a bright, responsible registered nurse. She has been in and out of mental hospitals her entire life. We have found her admissions coincide with having dental work done. She tested very reactive to fluoride and had always been given fluoride treatments. We cleared it; however, I advised her to avoid further fluoride treatments. She has had several mouth infections and yeast problems with her dentures that occur just prior to her mental regressions.

We can always devise a “psychological cause” for problem emotions. It is time to look at physical causes, especially allergy-like reactions, as contributing to emotional reactions.

E. Examples Of Allergic Reactions From *The Impossible Child*, by Dr. Doris Rapp

Dr. Doris Rapp, a Pediatric allergist, has done extensive work in the identification and treatment of allergies in children. The following examples from her book *The Impossible Child*, show how children are affected by exposure to common, everyday substances. The children's writing and drawing, as well as behavior, deteriorates when exposed to mold, egg, corn, house dust or school air.



From *The Impossible Child*
By Dr. Doris Rapp

TEST WITH EGG ALLERGY EXTRACT
Handwriting Changes in 4 Year Old Joel

Before Exposure



• Normal activity

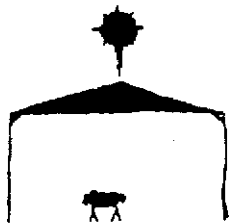
After Exposure



• Very red earlobes, ■ hyperactive

TEST WITH CORN ALLERGY EXTRACT
Drawing Changes in 11 Year Old Jill

Before Exposure



• Normal activity

After Exposure



• Giddy, made chicken sounds, and acted inappropriately

From *The Impossible Child*
By Dr. Doris Rapp

TEST WITH SCHOOL AIR ALLERGY EXTRACT
11 Year Old Boy

Before Exposure

After Exposure



- Pleasant and cooperative



- Vulgar, overactive and aggressive

TEST WITH MITE (HOUSE DUST) ALLERGY EXTRACT
Handwriting Changes in 8 Year Old Don

Before Exposure

After Exposure

The word "Don" is written in a simple, clear, and legible cursive script.

- Quiet and calm



- Rocking in seat, kicking on floor, earlobes red

• Would it be a surprise if a dusty auditorium, Don caused his behavior to change?

From *The Impossible Child*
By Dr. Doris Rapp

F. How To Recognize Allergic Symptoms In Children

In her book, *The Impossible Child*, Dr. Doris Rapp suggests ways to assess whether a child's behavior or learning problems are caused by allergies.

◆ **Look for a child who:**

Has typical allergies or allergic relatives.
Acts like "Dr. Jekyll – Mr. Hyde."
Earns "A's" one day, "F's" the next.
Cannot write, draw or do math, at times.
Has poor school grades in relation to I.Q.
Craves certain foods or odors.
Is too tired, hyper, irritable, depressed or vulgar.
Never seems to feel well.

◆ **Look for:**

Red earlobes or cheeks.
Dark eye circles.
Puffy bags under the eyes.
Eye wrinkles.
Glassy, glazed eyes.
Nose rubbing or nose wrinkle.

◆ **Is the cause inside school or home? Ask if the child is:**

Better outside than inside?
Better if camping, vacationing, or in a hospital?
Worse in certain school or home rooms?
Worse from any indoor chemical odor?

◆ **Is the cause outside school or home? Ask if the child is:**

Better when indoors?
Worse when outside?
Worse during pollen season?
Worse from any outside pollution?
Worse when it is damp?
Worse from outside chemicals?

◆ **Is the cause a food? Ask if the child is:**

Too fond of a particular food or beverage?
Better if not eating?
Worse after certain foods, snacks, parties?
The same, inside, outside, at home, on vacation?
Reacting to a food that caused problems in infancy?

- From Dr. Doris Rapp, *The Impossible Child*

G. Toxic Sensitivity And Weight Retention

I have been convinced for many years that the cause of weight gain and the difficulty in weight loss is due to eating foods to which one is sensitive. It is always difficult to convince people that the wheat, grains and fruits on the current AMA approved low-fat diet may be contributing to their failures to lose weight. I am happy to report that Elsen Haas, M.D. has written a wonderful book, *The False Fat Diet*, which offers scientific documentation for how food reactions cause added weight and sabotage weight loss strategies.

This information gives a great deal of insight into the significance of working to reduce food reactions. Dr. Haas reports that, “more than one hundred people die each year from food allergies, making food allergies a more common cause of death than bee stings”. Although the title of his book implies simply dealing with excess weight, Dr. Haas reports sensitivity reactions that have grave implications for major body systems, hormones and the function of body organs. Sensitivity reactions are implicated in arthritis, fibromyalgia, chronic fatigue syndrome, cardiovascular disease, hypoglycemia, depression, ADD and ADHD and lowered levels of serotonin.

Dr. Haas describes the difficulty of attributing many of our disturbing symptoms to food reactions. Only 2% of food reactions follow the classic form of immediate symptoms noted in pollen or environmental sensitivities. The majority of food reactions take three different forms, all of which take longer to notice the symptoms and produce generalized symptoms. The most common form of food sensitivity is called a delayed food reaction, which is mediated by the immunoglobulin IgG found only in the bloodstream. Therefore, it takes time for the food molecules to reach the blood and for the reaction to occur. Delayed food reactions can take up to three days for symptoms to manifest. The IgG causes a generalized reaction that again, is not an obvious link to an ingested food. It causes systemic swelling, “like a bee sting to the whole body”.

These delayed food reactions are initiated by food molecules, which leak from the gut into the bloodstream. As I will discuss later, Energy Psychology techniques will first help eliminate the reaction to the specific foods. Energy Psychology will also assist your body to better use your digestive enzymes to digest your food. Well-digested food is less likely to leak into the bloodstream.

Haas points out very clearly that added weight and bloating can be caused by more than just what one eats. “Weight control is not as simple as ‘you are what you eat’. Your weight is also influenced by what you breathe, what you do, what you drink and even what you think. For example, toxins that congest the liver deter the liver from emulsifying fat; therefore, the toxic additives in a

synthetic non-fat food might cause a greater weight gain than ingestion of a similar full fat natural food”.

Haas gives six reasons why food reactions cause weight gain and bloating:

1. Food reactions cause fluid to surround invading food particles.
2. Food reactions release hormones that cause fluid retention.
3. Food reactions make intestinal membranes swell.
4. Food reactions disrupt cell chemistry, causing fluid storage.
5. Food reactions cause capillaries to leak fluids.
6. Food reactions cause gas production.

Food reactions cause cravings that can be as powerful as a drug addiction. If you are not aware of this you may think you are neurotic or at least weak-willed.

Haas reports the first symptom of a food reaction is thirst. Food reactions cause one to store water. If you eat something and soon notice thirst, you are probably having a food reaction.

Haas states that, the “only way to overcome this phenomenon (weight gain and bloating from certain foods) permanently is to avoid ingesting the reactive foods or to overcome your reaction to them.” Energy Psychology treatments offer methods to overcome these reactions. These techniques offer relief not previously available.

A CASE STUDY

Mark Matloff, Ph.D., of Dewitt, NY, presented a case study that shows how eating foods you are allergic to can sabotage weight loss.

Bob W. came in for an appointment in November 1995. His problem was unique. He had had a massive weight gain following a heart transplant in 1991. His current weight was over 350 pounds. He believed that his past weight gain and current weight retention were due to his having been “overdosed” (his term) on life-sustaining medication used during his medical treatment. Bob was “desperate to lose weight,” having been informed by his physicians that he would die within a year if he did not lose at least 100 pounds. He was frustrated in his attempts to take the weight off - it seemed that while he was doing all of the right things (i.e., maintaining a spartan diet which consisted of all the “correct” foods in the recommended quantities), it simply was not working. In fact, nothing had worked since his transplant. He had even followed his doctors’ recommendations and tried fasting for several days at a time, with no effect. The weight was not coming off, and the clock was ticking.

It was obvious that this was an unusual case. If Bob was reporting his situation accurately, he was describing a typical anxiety-addiction connection that could be treated. The usual T.F.T. approach to treating weight problems is to target food cravings and remove the underlying disturbance with algorithmic or individually diagnosed sequences, as supplemented by treatment for reversal(s). The problem here was that Bob was unable to articulate any ongoing food cravings or binge situations. He wasn't bingeing - it's just that his weight was not coming off.

Since we didn't have the luxury of an unlimited time frame in which to achieve results, I immediately called Dr. Callahan for a consultation. He hypothesized that Bob's weight retention might be due to toxic sensitivities. After an initial telephone diagnostic consultation with Dr. Callahan (and Bob), followed by a series of individual diagnostic sessions in my office, we discovered that Bob was most likely having toxic reactions to some pretty innocuous substances: Equal (a sugar substitute), pepper, corn, chicken, chocolate, etc. Interestingly, his diet consisted largely of chicken, pepper, corn, Equal, etc. – all the “right stuff!” for weight loss, according to conventional wisdom, but possibly the “wrong stuff” as far as his energy system was concerned. He agreed to perform an experiment, namely to remove the suspect foods and spices from his diet, and to monitor results for the next week. The results were dramatic – a rapid and sustained (to date) weight loss of 35 pounds (20 of which came off in the first five days) so far, along with a side helping of surprise and joy for Bob – who has hope for the first time in four years.

NOTE: In my own practice, I have seen many people who finally are able to lose weight once they identify and then eliminate the foods to which they are allergic. One very overweight patient was very slowly losing weight through Weight Watchers™. She would barely lose ½ pound each week. She tested weak to many foods including wheat, corn, spices and dairy. She was only willing to eliminate wheat. Her weight began to drop quickly and she lost 80 pounds in several months.

II. IDENTIFICATION OF SENSITIVITIES

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A. Use of Muscle Testing to Identify Substance Sensitivities

Now that you have determined that allergy-like reactions may be an issue in the presenting symptoms, you need to know how to go about identifying which substances are causing problems.

As already discussed, any symptom can be caused by allergy-like reactions. In the same way, any substance can cause allergy-like reactions. The identification of sensitivities entails detective work to determine which substances are causing negative reactions. Muscle testing, developed by Dr. George Goodheart in Applied Kinesiology, is used as the diagnostic tool to determine which substances produce a sensitivity reaction.

In the 1960's, Dr. George Goodheart, the first chiropractor on the U.S. Olympic medical team, discovered that he could distinguish normal and abnormal body functions by testing the strength of specific muscles. Muscle testing as used in Applied Kinesiology can be very complex. We will be using a simplified version of muscle testing advocated by Roger Callahan, Ph.D. and John Diamond, M.D. This form of muscle testing primarily uses the deltoid muscle. It is based on the premise that under certain circumstances, the deltoid will hold strong or weak when tested or pushed down by someone else. It is not a function of strength. It is a way to discover if something is good or congruent with one's body, or if it is bad or incongruent with one's body.

Muscle testing is a very efficient tool to identify substances that are causing allergy-like reactions. Muscle testing identifies substances that negatively affect the body's energy system. The muscle test clearly identifies to both practitioner and patient, which substances weaken the patient's body. The distinction between substances is dramatic and clear cut.

Traditional medical allergy testing has been extremely deficient in testing for foods or toxic chemicals. Skin tests can't be depended on to diagnose food allergies since food is changed in the intestines to a chemical form different from food injected into the skin. It is unlikely that a physician would skin test toxic substances such as car exhaust or cleaning chemicals to determine their reaction. Muscle testing is a non-invasive tool for determining how any food or substance affects the energy system of a person's body.

B. Muscle Testing Research

Dr. Daniel Monti, psychiatrist at Jefferson University Hospital in Philadelphia, Pennsylvania, conducted the first scientific study that showed that true and untrue statements produce significantly different results in muscle testing. True statements require greater force for longer periods of time to cause muscle “give-way” or weakening. The muscle can withstand more force for a longer period of time significant to the $p < .001$ for true or congruent statements than for false or non-congruent statements.

This study, “Muscle Test Comparisons of Congruent and Incongruent Self-Referential Statements,” verifies the accuracy of muscle testing verbal statements. This basic empirical foundation was necessary prior to achieving scientific documentation of the Energy Psychology techniques that use muscle testing such as T.F.T., TAT, Matrix, EdxTM, NET, BSFF and Allergy Identification and Treatment.

The study investigated differences in values of manual muscle tests each time the subject uttered either a true (congruent) statement or false (incongruent) one. College students were asked to repeat two true and two false statements. The statements were 1) My name is _____ (subject’s real name or preferred nickname); 2) My name is _____ (if male, Alice, and, if female, Ralph); 3) I am an American citizen; and 4) I am a Russian citizen. (Only American citizens were included in the study.)

The muscle testing in this research study was performed with sophisticated equipment that objectively measured the student’s ability to exert muscle resistance after each statement. The results demonstrated that the students had a significantly stronger muscle test when they made congruent statements than when they made incongruent statements.

Dr. Monti was testing the validity of using muscle testing to check semantic or verbal statements. Energy Psychology treatments often use muscle testing to check a person’s congruence with certain statements. For example, T.F.T. checks “I want to be happy” and “I want to be miserable.” Matrix work checks “I give permission for my soul to be healed.” TAT asks if it is okay to do TAT, if step 1 is complete and if we should do step 2. Allergy Identification and Treatment tests “this treatment is now complete” and “I need to stay away from this substance.” EdxTM checks psychological reversals using verbal muscle testing.

C. Muscle Testing Procedure

1. Explanation of muscle testing.

Say to the client, “I need to get information from your body, not just your mind. The way to get information is with a muscle test. I am going to ask you to put your arm up and I am going to push on it with two fingers. I won’t push hard. Your job is to have just enough strength in your arm to hold it up when I push on it. But, I do not want you to fight me. Sometimes your arm is going to want to go down and if it wants to, I want you to let it go down. It will become more obvious what I mean when we do it.

2. Subject will either sit or stand to be tested.
 - a. If standing, tester also stands.
 - b. If sitting, tester can sit or stand depending on height.
3. Tester is in front of and on side of the subject. Do not make eye contact.
4. Subject extends arm out to side or front, parallel to shoulder.
 - a. Check to be sure there are no arm or shoulder problems on that side.
 - b. Tester will be testing the strength of the deltoid muscle.

MUSCLE TESTING PROCEDURE

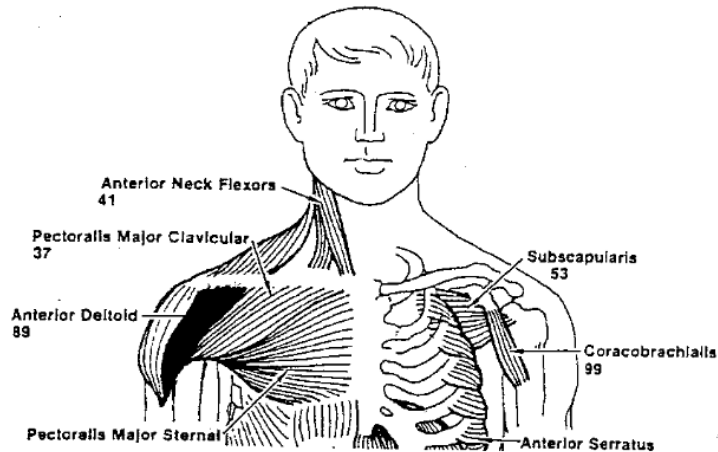


5. Tester will place one hand on the wrist of the outstretched arm and the other hand on the subject's shoulder. Be sure elbow is straight.
6. Use 2 fingers, 2 seconds, 2 pounds of pressure.
7. Use consistent pressure.
8. Have objective attitude – keep mind clear of expectations.
9. Not a fighting match.
10. The initial muscle testing preparation is done to enable the tester to determine how that person's arm responds. Some people's arms drop completely to their sides while others merely move slightly. Tester is looking for either a locking (strength) or weakening (give way) at the shoulder.

MUSCLE TEST PREPARATION

- a. Say, "My name is _____." (should test strong)
(use correct name)
Say, "My name is Benjamin Franklin." (should test weak)
 - b. Think of something wonderful that has happened in your life.
(should test strong)
Think of something terrible that has happened in your life.
(should test weak)
 - c. Think of someone you love. (should test strong)
Think of someone you are annoyed, or upset with. (should test weak)
 - d. Say "Yes" (should test strong)
Say "No" (should test weak)
11. If you are having trouble muscle testing, you can use the spindle cell technique to assist you. If muscles are either too weak or too strong, stimulate the spindle cells in the muscle. Use the thumb and side of the index finger to push together the cells in the body of the deltoid muscle to "turn off" the muscle and thereby weaken the arm. Conversely, you can pull apart the spindle cells using the thumb and side of the index finger to "turn on" the deltoid and therefore strengthen the muscle. Continue to "turn off" and "turn on" the muscle several times and then return to muscle testing. While doing this procedure, I tell clients I am letting their muscles know that they can be both strong and weak.

DELTOID MUSCLE



From: *Applied Kinesiology – Synopsis*, by D.S. Walther

12. Testing of reactive substances

- a. Hold substance, or
- b. Hold tube containing energetic signature of the substance, or
- c. Hold piece of paper with name of substance, or
- d. Say and/or think about substance.

If muscle weakens or gives way, the body is showing sensitivity.

13. Surrogate testing

Use with small children, animals, the elderly, and the physically incapacitated. Have the surrogate touch the skin of person being tested while the person holds the substance. Muscle test the surrogate's arm.

D. Where To Begin Testing

Once you have determined that sensitivity reactions to various ingestants, inhalants, contactants or injectants may be a contributing cause to the presenting symptoms, you need to begin testing various substances to pinpoint the specific allergy-like reactions.

Everyone is unique. People come to me stating they eat only organic foods, or take only the best supplements or wear only cotton. The implication is that they would not possibly have a problem with these apparently healthy substances. Unfortunately, people can be sensitive to anything. A carrot is a carrot. It can be grown by Tibetan monks on hallowed land in the mountains away from any city. However, if you have a problem with beta-carotene, you will have a problem with that carrot.

Knowing what to treat is as important as knowing how to treat. People sometimes know what is giving them problems. Others have vague, persistent symptoms that have no clear trigger. Careful history taking is important. When and where the symptoms appear is significant. For example, a child whose outbursts at school always occurred in the morning tested sensitive to his typical breakfast of waffles. If the symptoms occur during the night or upon awakening in the morning, it can often be due to detergent used on one's sheets. If symptoms are connected with a menstrual period, check the patient's hormonal system.

As therapists we are perfect for detective work since we are used to listening carefully for clues. Therapists can use the same "listening" skills that allow them to identify various "aspects" of the problem. One example is my patient who had tearing eyes for many years. She had been to many doctors to no avail. During our discussion, she offhandedly mentioned that following an auto accident 20 years ago, her socket (on the affected eye) had been replaced with a plastic implant and her cheek was structured with metal wire. Treating her for plastic and surgical steel stopped her long-standing tearing eyes.

As therapists familiar with Energy Psychology techniques, we have the history taking skills, very often the muscle testing skills, and also the treatment skills to make a major contribution. If all you do is help people decide what substances to avoid so they feel physically better, you have assisted in their health and well-being. I have had several people who have eliminated persistent, chronic symptoms merely by avoiding wheat in their diet. For example, severe abdominal pain and debilitating night coughs subsided which previously had been unsuccessfully treated with extensive medication and numerous and costly medical tests.

I do not believe there is one set protocol for which items to start testing and treating. I am presenting many different lists of possible reactive substances in order to give you several options and to spark your creativity. I feel that clinical judgment dictates where to go in treatment.

1. Be a Detective – History Taking for Leads

It will be important to use your skills in case history taking to pinpoint specific items that may be causing symptoms. You need to ask the person:

- a. When reactions occur – time of day/month/year
- b. When symptoms began
- c. When feeling good
- d. Where – inside, outside, home, office, which room(s)
- e. What – foods eaten, chemicals used, smells
- f. What – likes to eat
- g. What – likes to do
- h. What – likes to wear
- i. Past history – childhood, work and environmental exposure

2. Test for Allergy Antidotes™ Tubes Core Collection

The Allergy Antidotes™ Tubes Core Collection consists of:

- a. Egg/chicken
- b. Calcium/milk
- c. Vitamin C
- d. B complex vitamins
- e. Sugar mix
- f. Minerals including iron
- g. Heavy metals
- h. Chemicals
- i. Petrochemicals
- j. Pesticides
- k. Vaccines

What to test first? Dr. Devi Nambudripad, a forerunner in eliminating sensitivities, always begins by testing and treating foods since we are actually ingesting them into our bodies.

She begins with testing her first ten basic allergens (egg mix, calcium mix, vitamin C mix, B complex mix, sugar mix, iron, vitamin A, minerals, salt mix, and chloride mix). These foods represent nutrients that are important to the proper functioning of the body.

Dr. Callahan concurs with Dr. Nambudripad. He feels the most troublesome allergies are from foods and from what is in our body from the waist level up (i.e. laundry detergent, dry cleaning fluid, make-up, shampoo).

The **Allergy Antidotes**[™] Core Collection represents a combination of some of Dr. Devi's basic allergens and other substances I have found to be clinically significant. They represent heavy metals, chemicals and other toxins that weaken the system and make it susceptible to allergy-like reactions.

Dr. Devi feels her basic foods need to be treated first in order for the body to then be strong enough to clear the other, more individually specific substance sensitivities. Many symptoms are alleviated merely by treating the basic items. For example, egg/chicken represents protein that is most similar to the protein in our bodies. If we are reactive to egg/chicken, we may be sensitive to the protein in our body. In turn, calcium, as we all know, is very important for our bones. However, if we are reactive to calcium we will not be absorbing it into our bodies. Many women increase their calcium intake to deter osteoporosis. However, I find when I test most women, they are sensitive to it, which means their increased calcium intake is then in vain. The third basic nutrient to be tested is vitamin C. As we know, vitamin C is crucial to the proper functioning of one's immune system. Again, if one is reactive to vitamin C they will not be getting any of the positive effects of the supplement. Vitamin B complex is significant in brain and nervous system health. Sugar mix is then listed since sugar is important for brain function and there are so many reactions to sugar. Some doctors are now attributing the increase in childhood allergies to the increase in sugar in our diets.

Besides the above foods from Dr. Devi's Basics, the Core Collection also includes substances that weaken the body's energy system and make it susceptible to sensitivity reactions. Exposure to heavy metals, toxic chemicals, petrochemicals, vaccines and pesticides weakens the body's immune system. They set the stage for bacteria, viruses, parasites, molds, and allergies to thrive.

These toxic substances have grave implications in the increase of various diseases such as autism. California reported a dramatic increase of 273% of autistic children receiving services between 1987 and 1999. There is an increase of 500% in the autism rate in Maryland. It had been reported that autism occurred in about fifteen out every 10,000 children. It is now estimated to affect one in five hundred. It affects 1 in 149 births in Bricktown, NJ. Patricia Omiecinski, ND, a specialist in autism, feels that the consensus of clinical data points to autism being triggered by an immune disorder. "The origin is linked to heavy metals, chemicals, xenobiotics (environmental substances) or vaccines." (6th Annual NAET Symposium)

In addition, Dr. Ann McCombs, D.O., at a recent NAET Symposium, reported findings that implicated toxins as a major cause of cancer. Dr. Combs stated that upon biopsy, 86% of tumors were found to contain toxins in their core.

Heavy metals are found in our foods, water, cooking utensils, and dental amalgams. The **Allergy Antidotes**[™] toxic chemical tube consists of the top six toxins found in human fat tissue. The toxic chemical tube also includes formaldehyde and plastics. Formaldehyde is pervasive in all produced materials from carpets to pressboard furniture to tampons. Plastics are also omnipresent, from telephones to computer keyboards. For example, one of my patients is

reactive to the plastic tubing on the oxygen tank she wears 24 hours a day. Pesticides are essentially poisons. They are used extensively and come into this country on food produced in other countries. Petrochemicals cover the numerous substances that pollute our air such as gasoline, diesel fuel, heating oil and car exhaust. We are only just beginning to discover the long-term repercussions of vaccines given routinely to us as children. For example, it is now estimated that 20% of children are affected by childhood vaccines, with symptoms ranging from autism to learning disabilities.

After testing and treating for the Core Collection, I use the patient's history and current environmental influences to determine where to go next.

The following diagram illustrates my Conceptual Framework of the **Allergy Antidotes™** system. I believe that the first primary cause is our genetic make-up since many reactive tendencies are inherited. Next, our immune systems are weakened by events in our lives. We are exposed to toxins such as heavy metals, toxic chemicals, petrochemicals and pesticides. We are also immunized with various vaccines that permanently affect our bodies. Traumas in our lives can be linked with the foods, smells, and materials present at the time of the occurrence. As traumas are locked into our energy system, so is a negative reaction to the items that surround them. Our immune system is also weakened by the lack of essential nutrients to produce homeostasis in the body. When we have a negative reaction to vitamins, minerals, fats, and other important nutrients we are unable to adequately absorb and utilize them.

Genetics and a weakened immune system can lead to a sensitivity reaction to certain triggers present in the environment. A person may then react to items that would be harmless to most people.

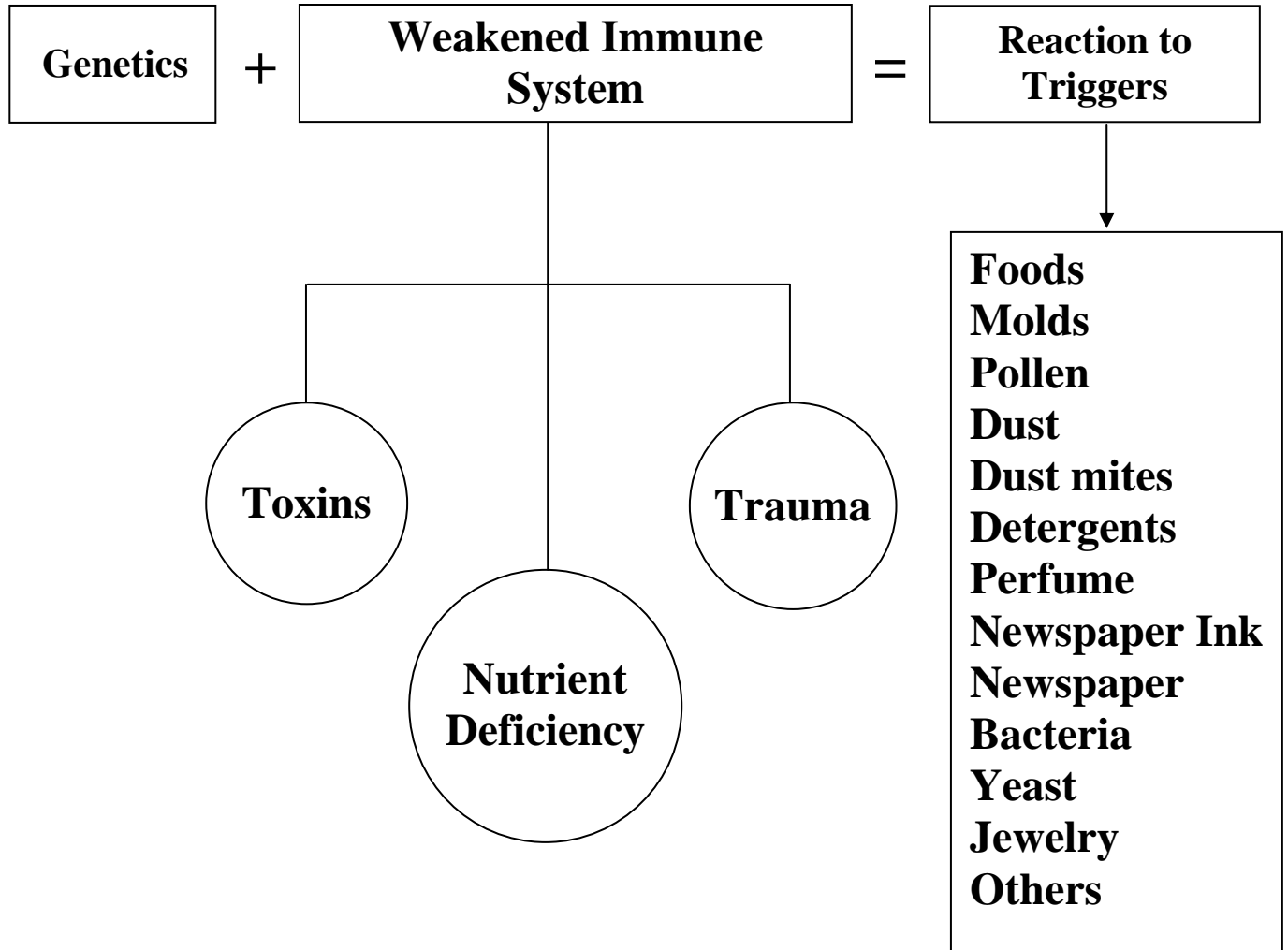
The Conceptual Framework for the **Allergy Antidotes™** system is supported by Dr. Ellen Cutler in her book *Winning the War Against Asthma and Allergies*. Dr. Cutler states that “the growing incidence of asthma reflects an increase of chemical pollutants in our environment and food, a decline in adequate nutrition caused in large measure by poor absorption of vitamins, minerals, and other nutrients, and an exponential rise in the use of pharmaceutical drugs that weaken and suppress the immune system.”

Haas reports that, “food reactions are, in a sense, toxic reactions. When you eat a reactive food, your body thinks that it has been attacked by a toxic invader, such as a bacteria. Your body tries to isolate and deactivate the presented toxin, partly by surrounding the reactive food molecules with water, which results in swelling. Sometimes the reactive food molecules are quickly eliminated and sometimes they become lodged in tissues and cells.”

This same phenomenon holds true for other toxic chemicals, heavy metals, vaccines, etc. Since some of the toxic molecules become stuck in tissues and cells of the body, the immune system may continue to respond to them for a long time after the exposure. My hypothesis is that the more sensitive a substance is for a person the more likely the body has stored some of it away in cells, tissues and organs. I feel it is the body's attempt to more quickly get the toxins out of the bloodstream. It is a short-term survival mechanism that can lead to long-term consequences.

Allergy Antidotes™

CONCEPTUAL FRAMEWORK



Allergy Antidotes™

CORE COLLECTION

1. **Egg/Chicken mix:**
Egg yolk, egg white, chicken, tetracycline.
2. **Calcium mix/milk:**
Cal-carbonate, cal-gluconate, cal-ascorbate, cal-citrate, cow's milk, goat's mix, milk casein, milk-albumin.
3. **Vitamin C mix:**
Ascorbic acid, oxalic acid, citrus mix, berry mix, fruit mix, vegetable mix, vinegar mix, chlorophyll, hesperin, rutin, bioflavonoids.
4. **B-Complex mix:**
B-1, 2, 3, 4, 5, 6, 12, 13, 15, 17, paba, inositol, choline, biotin, folic acid.
5. **Sugar mix:**
Cane sugar, beet sugar, brown sugar, corn sugar, rice sugar, maple sugar, molasses, honey, fruit sugar, sucrose, glucose, dextrose, maltose, lactose, date sugar, grape sugar.
6. **Mineral mix including iron:**
Magnesium, manganese, phosphorus, selenium, zinc, copper, cobalt, chromium, trace minerals, gold, fluoride, iron.
7. **Heavy metals:**
Mercury, lead, cadmium, aluminum, arsenic, copper, gold, silver, vanadium, titanium, zinc, surgical steel.
8. **Chemicals:**
Styrene, 1,4-dichlorobenzene, OCDD (dioxin), HxCDD (dioxin), xylene, benzene, formaldehyde, plastic.
9. **Petrochemicals:**
Petroleum, motor oil, diesel fuel, car exhaust, asbestos, acetone, chlorine, ether, paint, turpentine, hydrocarbons, heating fuel.
10. **Pesticides:**
DDT, DDE, malathion, chlordane, paraquat, diazinon, atrazine.
11. **Vaccines:**
MMR, MMR2, DPT, Tetanus, Smallpox, Polio (Salk), Polio (Sabin), Flu 1999.

3. Foods Eaten

I always check all the food a person eats on the first visit. We list everything the patient eats regularly and muscle test for those substances. This way, a person can make a decision to avoid offending foods while in the process of clearing different substances. Be sure to check spices, condiments and beverages since they can cause significant sensitivities. For example, I had a patient who thought she was allergic to crab, when she was actually bothered by the Old Bay seasoning. You may also need to check quantity of food ingested.

Unfortunately, we are often reactive to many of the foods we choose to eat. In fact, we are usually sensitive to those foods to which we are addicted or crave the most.

Even Dr. Atkins, in his “Dr. Atkins New Diet Revolution,” states that “the first and most basic principle of food allergy is that: “the foods you eat and love the most are usually part of your problem.” He goes on to report that Mexicans are often found to be allergic to corn and Asians are allergic to rice. He describes the common phenomena that we often become addicted to the foods that we are intolerant of which unbalance our energy system. He explains that those foods that make us ill actually make us feel better for a short time after they are ingested. It is the classic addiction pattern: the alcoholic, the drug addict, the “carbohydrate addict”, all initially feel better when using their drug of choice. However, they all also feel worse later. If someone claims there is a food that they feel unable to live without, it is probably a food to which they are allergic. Steven Rochlitz, in his book *Allergies and Candida*, goes as far as to say that a food should be considered an allergy-addiction if it is eaten more than three times a week. He believes that people eat the foods they are sensitive to every day in order to avoid the effects of withdrawal. Rocklitz also states that if you eat a meal and then crave sweets, some food in the meal has lowered your blood sugar, presumably by an allergic response affecting your pancreas.

Many people are, at first, discouraged when they become aware of the number of foods and substances that weaken their system. **Allergy Antidotes™** offers both a way to identify problem substances and a method of resolving the problems.

The role of food allergies in A.D.H.D. is beginning to be acknowledged by mainstream medicine. The Center for Science in the Public Interest evaluated 23 studies, 17 of which indicated improvement in behavior due to diet modification. The National Institute of Health suggests that the food industry refrain from using suspect additives and that the government “consider banning synthetic dyes in foods and other products widely consumed by children.” Some research has shown that children who also have asthma, hives or eczema are most likely to benefit. “The substances that have most been linked to worsening A.D.H.D. symptoms include artificial colors and flavors; foods that naturally contain salicylates, like apricots, berries and tomatoes, and foods that sometimes cause allergic reactions, like milk, wheat and corn. Some children may also react to chocolate.” (New York Times, 11/2/99, p. D8)

4. Medications

Our bodies can often be sensitive to medications that are prescribed for specific medical conditions. Although they are designed to help us, they are also causing negative reactions. In fact, our bodies can actually become addicted to the medications and continue to ensure that the body has symptoms in order to get more of the medication. This phenomenon is seen with asthma medication.

Therefore, it is necessary to test all of the person's daily medications. Monitoring the negative effects from medications is very important since reactions to properly prescribed medications are now the third leading cause of death after cancer and heart disease in this country. I have found that almost universally, people are weakened by their insulin, synthroid and diuretics. Any problem medications need to be identified and then treated. Since they are being ingested daily, these medications should often be treated daily by using the self-treatment techniques discussed in a later section.

5. Supplements, Vitamins, Herbs and Homeopathy

People can be sensitive to supplements, vitamins, herbs and homeopathic remedies just as easily as they are reactive to prescribed medication. Even though a product is natural and is touted as the newest miracle, it can still cause allergy-like reactions. Also, if a supplement tests weak, your body will not absorb the nutrient. This fact is particularly significant regarding vitamins such as calcium. Most women are choosing to take extra calcium to prevent osteoporosis. Unfortunately, as previously mentioned, most of the women I test are sensitive to calcium and are not reaping the benefits of the pills. This same problem applies to other vitamins such as vitamin C and vitamin B complex. People often bring in supplements for testing. Most of them are exactly what their body needs; however, their body needs the supplements precisely because they are not absorbing that nutrient from their food. Once they are successfully treated for the vitamin or supplement, they can absorb it and get the benefits.

It is also important to test for how many supplements someone should be taking. Sometimes one's body can handle only a certain amount of a substance. In order to test, put one pill in the person's hand and muscle test. If strong, continue adding one pill at a time. When the arm weakens, reduce dosage in hand by one for the correct, daily amount.

6. Personal Care Products

Dr. Callahan believes that most energy toxins are ingested or are on the body from the waist up, since the person's system is constantly bombarded by the problem. Many personal care products have a scent that causes reactions in sensitive people. They also are on the body or close to the face. Detergents should always be tested. Detergents can especially be the culprits when the symptoms occur at night or upon awakening in the morning. The person is reacting to having their head on the detergent on the pillowcase. Fabric softeners and dryer sheets are almost always problematic. Dr. Newsum, who developed Biokinetics, uses Downey™ fabric softener as a universal reactor. He finds everyone weakens when holding it.

Shampoos, conditioners, hair spray, perfume, shaving cream, skin lotions, soap and makeup can also cause sensitivities. I worked with someone whose lips would itch from her lipstick. Another of my patients went into psychological reversal whenever wearing Clinique™ clarifying lotion.

7. School and Office Products

It is very common for both adults and children to be sensitive to books, newspapers, photocopied papers, and computer printouts. The problem is often the toner or ink and is sometimes compounded by the type of paper used. Coarser, less expensive paperback paper seems to cause the most problems. The reactions can extend to pens and pencils. When my husband was having his severe ear pain, he had to stay away from all pens and pencils in addition to books and photocopy paper. One of my patients had increased ear pain whenever she put a pencil behind her ear at her job at a farmer's market.

It is easy to test by having the patient hold the book, paper, pens, etc. If their arm remains strong, test again having the patient smell the book, paper or pen. Be sure to have the person bring in newly printed papers from their computer or photocopier to accurately assess their daily exposure.

I have also found many students and teachers are reactive to chalk. The pens for chalkless boards are even worse. Many people are surrounded by electromagnetic energy at work and at home. To mimic this electromagnetic charge, I use a hair dryer in my office. The person holds the hair dryer with the motor on and is muscle tested. They hold the hair dryer, keeping the motor on for the entire treatment.

8. Home Products

New chemicals in our furniture and home products are causing increased allergies. The problem of chemicals is compounded because offices and homes have been built more airtight since the 1970's. Formaldehyde is used in new furniture and rugs. Varnish and paint can also be problems. Even different types of interior wood can cause sensitivities. Cleaning products can be very toxic. Health food stores offer a variety of less dangerous cleaning alternatives. I have seen many people with multiple chemical sensitivities whose symptoms that developed after remodeling their homes.

9. Toxic Metals and Chemicals

We are confronted daily by numerous toxins in our environment. How our bodies handle detoxification determines our ability to rid our systems of poisons. If, for some reason, we have a sluggish system for cleansing our internal body, we can become overloaded with toxic residue. These toxins are often responsible for the maintenance of candida, other yeasts, parasites, viruses and bacteria in our systems. In turn, the overgrowth of toxins and pathogens sets the stage for allergic reactions when our immune system is overwhelmed.

Treating these toxins as an allergy-like reaction allows the body to recognize what substance needs to be attacked and eliminated. Especially

important are toxic metals and chemicals. Each metal and chemical can be muscle tested to determine whether it is contributing to a problem.

I am currently researching the effects of metal which has been surgically inserted in someone's body. I noticed that several of my most allergic and sickest patients had titanium markers put in their bodies following operations. In every case their problems began following the surgeries. I have also found other reactions to the surgical steel put in to support broken bones or for internal sutures.

Chemicals, metals and toxins have all become pervasive in our modern society. Fewer than 5% of the 100,000 synthetic chemicals now in use have been evaluated comprehensively for long-term human health. Environmental toxins come into the body by the air, food and absorption through the eyes and skin.

In 1991, it was reported that approximately 1/4 of the American population experiences adverse effects from exposure to heavy metals. The five most toxic trace metals are cadmium, mercury, lead, beryllium and antimony. The most common sources of heavy metals are from dental amalgams, lead from tin cans, pesticide sprays, cooking utensils, cadmium and lead from cigarette smoke, contaminated fish, cosmetics, aluminum cookware and antacids.

Pesticides, herbicides and fungicides are found in lawn fertilizers, applied to golf courses, sprayed on fresh foods and along streets, city parks and schoolyards. Although DDT is banned in the U.S., it still enters this country on produce from South America.

As I began asking patients about their prior experiences, I discovered that many of them had been exposed to chemicals and pesticides. For example, many people from the New Jersey shore grew up where pesticides were sprayed from airplanes and trucks and covered everything in the area with residue.

The following chart shows the top six toxins found in adipose tissue in humans.

TOP SIX TOXINS	
EPA: NATIONAL ADIPOSE TISSUE SURVEY	
Compound	Source
Styrene	disposable cups, carpet backing
1,4-dichlorobenzene	mothballs, house deodorizers
OCDD (dioxin)	herbicides, auto exhaust
HxCDD (dioxin)	wood treatment, herbicides
Xylene	gasoline, paints
Benzene	gasoline
National Human Adipose Tissue Survey FY82, US Environmental Protection Agency. Vos. I-V, EPA-560/5-86-039, Dec. 1986	

Metals and toxic chemicals follows.

PETROCHEMICALS	PESTICIDES	HEAVY METALS
Acetone	Atrazine	Aluminum
Asbestos	Chlordane	Antimony
Car exhaust	DDE	Arsenic
Chlorine	DDT	Beryllium
Diesel oil	Diazinon	Cadmium
Ether	Malathion	Copper
Heating fuel	Paraquat	Gold
Hydrocarbons		Lead
Motor oil		Mercury
Paints		Silver
Petroleum		Surgical steel
Turpentine		Titanium
		Vanadium
		Zinc

10. Animals

People tend to be sensitive to the hair, dander and epithelial cells of their pets. It is important, especially with cats, to check their saliva, urine and kitty litter. I have people bring in samples from their own animals whenever possible. When treating for horses I use hair from the curry brush plus a mixture of hay from the stall. There is a specific treatment protocol for animals in Section III of this manual. Animal vaccines can be significant for both pets and their owners. When a pet is immunized, their saliva contains the vaccine which can be easily passed on to people in their environment.

11. Accessories

People can be sensitive to anything. I often find people are reactive to their jewelry. I test for jewelry early on in treatment, especially if someone always wears a great deal of jewelry of the same type of metal (i.e. gold and silver). As with foods, we are often drawn to the type of metal to which we are sensitive. Eyeglasses can also be a problem. Metal glasses are especially problematic. Even contact lenses, since they are made of plastic, can be an allergen. I had a patient who had a lens permanently inserted in her eye after cataract surgery. It gave her continual discomfort and irritation. I had her touch her eye and some plastic to test and then to treat.

12. Molds and Fungus

Molds and fungus can cause significant problems. We have molds in our environment and also systemically in our bodies. In order to determine whether a person is reacting to molds in their environment, they need to gather samples of molds from their surroundings for testing. Place an open jar half filled with distilled water in a suspicious area such as the basement, under the sink or in the bathroom. Leave the jar open for approximately 8 hours. Then close the bottle and muscle test. You will be checking the mold spores or other contaminants that dropped into the water or are in the air in the top of the jar. Moldy areas such as heating and air conditioning ducts can also be wiped with a tissue and tested. Dust mites and dust are also being tested. A list of common molds and fungus are given in the Infectant section.

Leaf mold is very prevalent in the fall. Leaves from a specific vicinity can be gathered and tested.

13. Outdoor Environment

Pollens, trees, grasses and flowers are the most common allergens tested by traditional medical skin tests. Actual samples can be gathered and tested. Outdoor air samples can be prepared using the same procedure as for molds.

14. Bodily Fluids

As strange as it sounds, people can often have allergic-like reactions to their own body fluids. I have worked with many people who are sensitive to their urine, feces, blood, tears, sweat and saliva. One patient came in with bladder pain. After treating her urine sample, her pain went away. After treating another person's sweat, her skin rashes went away.

Blood and saliva are very important since they contain any infectants that are in the body. In fact, Dr. Veltheim, founder of Body Talk, stated that soon doctors will be able to use saliva for all the tests now done with blood. Saliva is especially useful for treating bacteria or viruses that are attacking the body. At the first sign of flu, cold or sore throat, test a saliva sample in a cup or tissue. If weak, treat saliva sample. Self-treatments can be repeated frequently to more clearly identify the infectant to the immune system.

Actual specimens of these body fluids can be tested on tissues. Otherwise, the patient can say, think, or write on paper: my blood, my urine, my feces, my sweat, or my saliva.

15. Common Infectants

I consider the common infectants to be bacteria, viruses, mold/fungus and parasites. The following pages list the most prevalent types of each of the infectants. Each one can be muscle tested to determine whether the person is currently weakened by that infectant.

You can also use the Body Wisdom Technique to determine whether an infectant or pathogen is causing a presenting complaint. See treatment section III for details.

Clearing an infection will help eliminate presenting symptoms. Dr. Devi Nambudripad also believes that if you are strong on an infectant, you will be less likely to contract the disease. For example, if someone is strong or is treated for Lyme disease, they are less likely to be infected.

It may be important to test and treat our patients for the new and insidious viruses that are currently plaguing our society. For example, treating West Nile virus, Stealth virus, Lyme disease and the HIV virus may prevent future infection.

COMMON INFECTANTS

Bacteria	Viruses
Bacteria Morgan	Adeno Virus
Bacteria Proteus	Chicken Pox
Brucella Abortus (Bang)	Cholera
Campylobacter Jejuni	CMV
Campylobacter Pylori	Coxsackie VA7
Clostridium Innocuum	Coxsackie VB1
Corynebacteria Anaerobis	Coxsackie VB2
Enterococcinum	Coxsackie VB3
Hemophilus Vaginal	Coxsackie VB5
Klebsiella	Coxsackie VB6
Medorrhinum	Echo Virus
Mycoplasma Pneumoniae	Enteric R.R. Virus
Pittsburgh Pneumonia Agent	Hepatitis A
Propionibacterium Acnes	Hepatitis B
Peptococc./Micrococc	Hepatitis C
Staphylococcus Abominalis	Hepatitis New
Staphylococcus Aureus	Hepatitis Non A Non B
Streptococcus Faecalis	Herpes Progenitalis
Streptococcus Pneumoniae	Herpes Simplex
Streptococcus Pyogenes	Herpes Zoster
Streptococcus Viridans	HPV
Thermibacterium Bifidus	Lyssinum
Tuberculinum Avis	Measles
Tuberculinum Dents	MMR
Tuberculinum Koch	Newcastle Dis. V
Tuberculinum Residuum	Poliomyelitis
Tuberculinum Rosen	Respiratory Syncytial
Tuberculin Marmoreck	Rhino Virus
Ureaplasma	Rubella
Yersinia Enterocolitica	Small Pox
Common Bacteria:	
Streptococcus	
Staphylococcus	

From: The Vial Connection, by Jaffee-Mellor Assoc.

COMMON INFECTANTS (Continued)

Parasites	Mold/Fungus
Amoeba Liver Abscess	Absidia Corymbifera
Ancylostoma Caninum	Aflatoxin
Ancylostoma Duodenale	Alternaria Tenuis
Ascaris Lumbricoides	Aspergillus Niger
Ascaris & Trichuris Eggs	Candida Albicans
Blastocystis Hominis	Candida Pseudotropicalis
Clonorchis Sinensis	Candida Rugosa
Dientamoeba Fragilis	Candida Tropicalis
Entamoeba Coli Cysts	Cephalosporium
Endolimax Nana Cysts	Cunninghamella Elegans
Endolimax Nana Trophozoites	Cladosporium Fulvum
Entamoeba Coli Trophozoites	Epicoccum Purpurascens
Entamoeba Histolytica	Fusarium Oxysporum
Giardia Lamblia	Gliocladium Fimbriatum
Giardia Lamblia Cysts	Helminthosporium Sativum
Heterophyes Heterophyes	Mucor Circinelloides
Human Helminth Eggs	Rhodotorula Glutinis
Necator Americanus Eggs	Schimmelpilz I & II
Onchocerca Volvulus	Scopulariopsis
Opisthorchiasis Felineus	Sporobolomyces Salmonicolor
Paragonimus Eggs	Stemphylium Botryosum
Pneumocystis Carni	Trichoderma Viride
Schistosoma Haematobium	Trichophyton Tonsurans
Schistosoma Japonicum	Trichophyton Violaceum
Taenia	Trichophyton Sp.
Toxoplasma Gondii	Penicillium Expansum
Trichinella Spiralia	Penicillium Roqueforti
Trichuris Trichiura, Adult	Verticillium Albo
Trichuris Trichiura, Eggs	
Trypanosoma Rhodesiense	

From: The Vial Connection, by Jaffee-Mellor Assoc.

16. Hormones

As with other bodily fluids, people can be reactive to their own hormones. It is especially important to test women who are taking hormone replacement therapy (HRT). You need to test each person's specific type of HRT, since there can be great variations in type, strength and delivery system. I test each hormone (i.e. estrogen, progesterone, testosterone) separately and then as a combination since they work together in the body.

It is essential to test hormonal balance. I commonly check women on the balance of estrogen, progesterone and testosterone (even women have a small amount of testosterone).

- Have patient hold energy frequency tubes or write on a piece of paper.
- Muscle test estrogen. If weak, treat.
- Muscle test progesterone. If weak, treat.
- Muscle test testosterone. If weak, treat.
- Muscle test the combination of estrogen, progesterone and testosterone. If weak, treat.

17. Organs, Body Systems

People can have problems with their own body organs that trigger symptoms.

Although Dr. Devi Nambudripad advocates beginning with testing specific basic components of foods, Dr. Ellen Cutler feels it is most important to first test a person's reactions to their own organs and body system. Specifically, her protocol is to begin with blood, organs, body systems, glands, and immune system.

18. Vaccines

Vaccinations have been implicated as the cause of many diseases ranging from A.D.D. to endometriosis. Sandra Denton, M.D. reports in *Say Goodbye to ADD and ADHD*, that she has "not seen a single child with ADHD who did not have [a reaction] to DPT" immunization. She also often finds weakening to MMR or polio.

Dr. Victor Frank, who developed Total Body Modification, feels that smallpox vaccine causes endometriosis and other female disorders. My husband gave a chiropractic treatment to a woman with a cancerous tumor of her left ovary. After two treatments to clear smallpox vaccine, her tumors were gone.

VACCINE COLLECTION	
1. MMR/MMR2 vaccine	7. Measles vaccine
2. DPT vaccine	8. Polio vaccine
3. Diphtheria vaccine	9. Flu vaccine 1999
4. Pertussis vaccine	10. Feline Leukemia Vaccine
5. Smallpox vaccine	11. Cat Vaccines
6. Tetanus vaccine	12. Dog Vaccines

19. Digestive Enzymes

It is important to check people on their reaction to digestive enzymes. We are born with a certain amount of digestive enzymes and our supply is replenished in raw fruits and vegetables. Digestive enzymes are needed for proper digestion. Many enzymes are very specific. For example, protease digests protein, lipase digests fats, lactase digests milk sugar, etc.

When foods are not fully digested, molecules are more likely to leak into the bloodstream. As discussed earlier, 98% of food reactions are from these molecules getting into the bloodstream and stimulating an IgG reaction. It is logical that proper food digestion will decrease the amount of molecules that enter the blood and, therefore, will eliminate the immune system reaction. Therefore, I test people on each of the digestive enzymes. The weakness indicates the body is not able to fully utilize that enzyme, setting the stage for delayed food reactions in the bloodstream.

When a person muscle tests strong on their digestive enzymes, I check to see if their body requires digestive enzyme supplements. The treatment allows their body to better utilize both their own enzymes as well as supplemental enzymes.

DIGESTIVE ENZYMES	
Amylase	Maltase
Bromelain	Pancreatin
Cellulase	Papain
Chymotrysin	Pepsin
HCL	Protease
Lactase	Potassium Bi-Carbonate
Lipase	Ptyalin
	Trypsin

20. Neurotransmitters

Neurotransmitters are directly responsible for much of the body's functions, especially in terms of mental and emotional processes. For instance, the neurotransmitter serotonin, is implicated in depression. If the body is not handling serotonin properly, I suggest treating it as a reactive substance. Patients with mental or emotional symptoms such as depression, ADD, ADHD, autism, etc., can be checked for each of the neurotransmitters. It can also be useful to check the neurotransmitters to specific parts of the brain. Hold the tube or paper with the neurotransmitter written on it and place it on specific parts of the brain to test. If weak, treat in the same position.

NEUROTRANSMITTERS	
Acetylcholine	Histamine
Cholinesterase	Malvin
Dopamine	Melanin
Epinephrine	Melatonin
Gaba	Norepinephrine
Glutamic acid	Phenylalanine
Histadine	Serotonin
	Taurine

21. Persons or Places

Traditionally we assume that specific substances in our food, air or bodies are the prime candidates for being energy toxins. However, other less obvious aspects of our environment can also weaken our energy systems. We can also be reactive to the electromagnetic frequency of other persons or places. Even Dr. Devi tests people for their reaction to family members and others in their lives. Have the patient either hold the skin of the person or say the name and then muscle test. Treat while continuing to hold the person or think or say their name.

My colleague Marilyn Deak, Ph.D., describes her successful experiences with this technique:

“...not only substances can be toxic for us. I’ve been using the various eTox treatments on my patients, for people who are toxic to them, and we’ve been having a lot of fun. There’s a light-hearted element to treating someone who is causing disruption/pain/grief in one’s life, as an allergy or eTox, so we start off with an improved mood. I muscle test myself for which treatment modality to use (usually use more than one) and then off we go. This morning I treated a patient for the toxicity of her ex-husband. Over the course of the spinal release and ear spray, he changed from the image of a grizzly bear to a two year old throwing a tantrum, and the patient started to laugh. I worked on another patient for toxic relationship with her mother-in-law. We started out with the patient only being able to focus on the image of her mother-in-law’s face – she could not come up with words or thoughts. By the end of the treatments, she could no longer see the face, only a white light.

Another case highlights the issue that when we heal the energetic relationship from one side, it seems to heal the other side also. I treated a middle-aged woman for the toxicity of her mother. This cleared fairly easily, with the patient releasing her anger and discomfort. Within the week, her mother called her (a first in more than 20 years) and was pleasant on the phone.”

Another colleague, Kalie Marino, LSW reports a sensitivity reaction to a place. She was feeling off-center both physically and emotionally after the trip to Las Vegas for the last Energy Psychology conference. She kept testing to find the cause. Finally she just said ‘Las Vegas’ and it was the key. After treating ‘Las Vegas’ she returned to normal.

22. Checking that Body Functions are in Balance

a. Acid/Base Balance

At a recent NAET Symposium, Dr. Ann McCombs reported a very important fact to help direct energy toxin treatment. She said that in order for the body to detox properly, its acid and base functions need to be balanced. Detoxing the body is important since the toxic substances set the body up for further problems.

- Have patient hold energy frequency tubes or write on a piece of paper.
- Muscle test acid. If weak, treat.
- Muscle test base. If weak, treat.
- Muscle test acid and base together. If weak, treat.

b. Sympathetic/Parasympathetic Balance

The sympathetic and parasympathetic parts of the autonomic nervous system also need to be functioning in balance. As in the previous example, test each part of the nervous system individually and then together.

23. Unusual items to test for allergy-like reactions

- | | |
|--------------------------------|-------------------------|
| 1. Chalk | 11. Herbal teas |
| 2. Metal in underwire bras | 12. Detergents |
| 3. Hair dyes and permanents | 13. Fabric softener |
| 4. Jewelry | 14. Dryer sheets |
| 5. Facial tissues | 15. Dry cleaning fluids |
| 6. Dyes in medicines | 16. Soy sauce |
| 7. Fillings in teeth | 17. Fluoride |
| 8. Teeth braces | 18. Fetus |
| 9. Water (tap, bottled brands) | 19. Sweat |
| 10. Nylon in any form | 20. Oxygen |

E. Checklist For Allergy-Like Reactions

1. Remember:
 - √ Anything that exists can cause an allergy-like reaction.
 - √ Any symptom can be caused by an allergy-like reaction.
2. Be a detective – note when symptoms occur and when patient feels fine.
3. Begin with the **Allergy Antidotes™** Core Collection.
4. Check all of the patient’s medications.
5. Check all of the patient’s supplements:
 - √ If weak, treat. If strong, put pills in hand in one pill increments. When arm weakens, subtract one pill to find correct daily dosage.
6. If problem is always worse in the morning, check reaction to patient’s detergents (linens).
7. Check shampoos, soap, make-up, hairspray, deodorant, etc.
8. If problem is in certain rooms or certain environments, check air. Put distilled water in glass jar and leave open for approximately 8 hours and then close jar and muscle test.
9. Check jewelry, glasses, etc.
10. If patient has asthma, any type of respiratory infection, flu symptoms or sore throat, etc., check saliva. If weak, treat.
11. Children clear their sensitivities faster than adults. The youngest child I have worked on is 8 months old. I have also worked with pregnant women. One woman weakened on “my baby” each visit.
12. When someone gets an infection, their weakened immune system may cause some of their reaction to temporarily return. After the infection is resolved, the sensitivities also go away.

F. Lists of Primary Reactive Substances

The following lists many categories of substances that various authors have presented as primary reactive substances. I suggest you use your clinical judgment to determine the logical order for testing. At the end of this section I present my **Allergy Antidotes™** Tube Collections. These are groupings of substances I have found to be clinically important.

Throughout this manual, I provide numerous groupings of reactive substances. I do this for a very specific purpose: as a place to begin muscle testing to find reactive substances and as a way to start the detective work required to uncover all possible reactive substances. Since the Energy Frequency Tubes represent only a small proportion of reactive substances, you can muscle test the items in these lists to identify more esoteric reactions.

Dr. Devi Nambudripad - N.A.E.T. – *Say Good-bye to Illness*

Basic Allergies

- | | |
|--------------------------|--------------------------|
| 1. Egg/Chicken mix | 6. Iron mix |
| 2. Calcium mix | 7. Vitamin A mix |
| 3. Vitamin C mix | 8. Mineral mix |
| 4. Vitamin B complex mix | 9. Salt mix/Chloride mix |
| 5. Sugar mix | |

Dr. Ellen Cutler – *Winning the War Against Asthma and Allergies*

Most Common Food Allergies

1. Milk
2. Eggs
3. Wheat
4. Peanuts*
5. Soy
6. Tree nut*
7. Fish*

* Usually causes most severe and dangerous reactions

Most Common Allergens

1. Pollen
2. Dust
3. Dust mites
4. Animal dander (skin, saliva, hair or fur)
5. Feathers
6. Cosmetics
7. Molds
8. Insect venom
9. Certain chemicals
10. Drugs
11. Medicines (especially penicillin)
12. Foods

Gary Craig – *Emotional Freedom Technique*

Main Energy Toxins

- | | |
|------------------|--------------|
| 1. Perfume | 7. Tea |
| 2. Herbs | 8. Caffeine |
| 3. Wheat | 9. Alcohol |
| 4. Corn | 10. Nicotine |
| 5. Refined sugar | 11. Pepper |
| 6. Coffee | |

John Veltheim
- *Body Talk*

David Rousseau - *Healthy By Design*
- Indoor Pollution

Most Common Allergies

1. Egg
2. Yeast
3. Calcium
4. Vitamin C
5. Milk
6. Sugar
7. Corn
8. Sulfur
9. Iron
10. Vitamin B complex
11. Animal fat
12. Artificial sweetener
13. DNA
14. RNA
15. Food coloring
16. Soybeans
17. Mold mix
18. Grass pollen
19. Ragweed
20. Coffee
21. Caffeine
22. Chocolate
23. Lactose
24. Gluten
25. Sulfite
26. Food Additives
27. Salicylates
28. MSG

Inside air pollution 2 to 5 times (or more)
higher than outdoors

1. Pets
2. Plants
3. Tobacco smoke (43 known carcinogens)
4. Fireplaces
5. Carpets
6. Draperies
7. Paneling
8. Cabinets
9. Insulation
10. Cleaning products
11. Cosmetics
12. Gas Appliances
13. Paint
14. Hobby supplies
15. Pesticides

Elson M. Haas
– *The False Fat Diet*

Most Commonly Reactive Foods
– **The Sensitive Seven**

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

The Other Usual Suspects

1. Gluten (present in wheat, rye, barley, oats, spelt and kamut)
2. Rye
3. Oats
4. Shrimp and other shellfish (crab)
5. Citrus fruits
6. Chocolate
7. Yeast
8. Tomatoes
9. Potatoes
10. Aspartame
11. Coffee
12. Monosodium Glutamate (MSG)
13. Additives including dyes, sulfites and other preservatives
14. Beer and wine
15. Cocktail mixes such as margaritas

FOOD ADDITIVES THAT CAN CAUSE REACTIONS

Some people may think they are reactive to certain foods, when in reality they are reacting to the additives in these foods.

Additive:

Nitrites and nitrates
Sulfites

Sorbic acid
Dyes (especially yellow dye #5)
Parabens
Benzoic acid
Monosodium glutamate (MSG).
MSG may also be present in glutamate, hydrolyzed protein, sodium caseinate, calcium caseinate, or yeast extract.
EDTA

Aspartame
Propyl gallate
Alginates

Bromates

Found in:

Bacon, hot dogs, sausage, bologna
Dried fruits, fresh fruits and vegetables, lettuce, pre-packaged foods and restaurant foods
Cheese, frosting, dried fruit, dips
Hundreds of processed colored foods
Jelly, soda pop, pastry, beer, cake, salad dressing
Soda pop, fruit juice, margarine, apple cider
Bouillon, Chinese restaurant dishes, chicken broth or flavoring, canned soups, soup mixes, and many other foods

Margarine, salad dressing, frozen dinners, and other processed foods
Artificially sweetened foods, sodas
Frozen dinners, gravy mix, turkey sausage
Ice cream, salad dressing, cheese spread, frozen dinners

Baked goods, bread crumbs, refrigerated dough

THE MOST COMMON ALLERGENIC CHEMICALS

The following are chemicals that most frequently cause allergy-like reactions. Exposure to these substances can also increase vulnerability to food reactions.

<u>Chemical:</u>	<u>Source:</u>
Petrochemicals	car exhaust, gas or oil furnaces
Formaldehyde	new articles including: clothing, carpets, paint, cars, or houses; hair gel, wood smoke, some decaffeinated coffee, sanitary napkins and tampons
Chlorine	tap water, swimming pools and hot tubs, bleach, household cleaners
Phenol	perfumes colognes, newspapers, glue, wood smoke
Ethanol	car exhaust, perfume, household cleaners, wood smoke
Fluoride	tap water, toothpaste, fluoride treatments
Benzyl alcohol	solvents, perfume, artificial flavors
Glycerin	make-up, soap, lotion, furniture polish

Dr. Devi Nambudripad's Top Allergies

1) Egg Mix	41) Vitamin E	81) Chicken	121) Red Wine
2) Calcium Mix	42) Vitamin K	82) Bioflavonoids	122) White Wine
3) Vitamin C Mix	43) Vitamin F	83) Citrus Mix	123) MSG
4) B Complex Mix	44) Vitamin T	84) Berry Mix	124) Malathion
5) Sugar Mix	45) RNA	85) Fruit Mix	125) Plastics
6) Iron Mix	46) DNA	86) Vinegar Mix	126) Formaldehyde
7) Vitamin A Mix	47) Acid	87) Choline	127) Crude Oil
8) Mineral Mix	48) Base	88) Inositol	128) Animal EPI
9) Salt Mix	49) Food Coloring	89) PABA	129) Animal Dander
10) Chlorides	50) Food Additive	90) Biotin	130) Fabric Mix
11) Sweeteners	51) Chromium	91) B1	131) Insect Mix
12) Corn Mix	52) Cobalt	92) B2	132) Grass Mix
13) Grain Mix	53) Copper	93) B3	133) Pollen Mix
14) Coffee Mix	54) Geranium	94) B4	134) Tree Mix
15) Chocolate	55) Gold	95) B5	135) Weed Mix
16) Caffeine	56) Iodine	96) B6	136) Mold Mix
17) Nut Mix 1	57) Lead	97) B12	137) Dust Mix
18) Nut Mix 2	58) Magnesium	98) B13	138) Fungus
19) Spices 1	59) Manganese	99) B15	139) Newspaper
20) Spices 2	60) Phosphorus	100) B17	140) Newspaper Ink
21) Animal Fat	61) Potassium	101) Folic Acid	141) Mercury
22) Vegetable Fat	62) Selenium	102) Cane Sugar	142) Wool
23) Amino Acid 1	63) Silver	103) Beet Sugar	143) Meat Mix
24) Amino Acid 2	64) Sulphur	104) Date Sugar	144) Flower Mix
25) Fish Mix	65) Zinc	105) Dextrose	145) Freon
26) Shell Fish	66) Soybean	106) Glucose	146) Radiation
27) Yeast	67) Lecithin	107) Fructose	147) Chemicals
28) Yogurt	68) Milk Mix	108) Maltose	148) Virus Mix
29) Whey	69) Cheese Mix	109) Brown Sugar	149) Bacteria Mix
30) Dried Bean Mix	70) Potato Mix	110) Corn Sugar	150) ID
31) Turkey	71) Tomato Mix	111) Rice Sugar	151) Hormones
32) Whiten All	72) Onion Mix	112) Honey	152) Smoking
33) Fluoride	73) Pepper Mix	113) Lactose	153) Perfume Mix
34) Gelatin	74) Wheat Mix	114) Maple Sugar	154) Wood Mix
35) Alcohols	75) Melon Mix	115) Sorbitol	155) Pesticides
36) Baking Powder	76) Cucumber Mix	116) Serotonin	156) Parasite Mix
37) Baking Soda	77) Modified Starch	117) Saccharine	157) _____
38) Gum Mix	78) Vanadium	118) Sweet n Low	158) _____
39) Vegetable Mix	79) Egg White	119) Equal	159) _____
40) Vitamin D	80) Egg Yolk	120) Aspartame	160) _____

COMMON NON-FOOD ALLERGENS TO CHECK

Dander – Cat	Industrial Chemicals	Parasites – Trichomonas	Pharm.- Acetaminophen
Dander – Dog	Household Chemicals	Parasites – Amoebas	Pharm.- Acne Prep’s
Dander – Horse	Laundry Detergent	Parasites – Malarial	Pharm.- Allergy Relief
Epithelia – Cat Hair	Tobacco	Parasites – Lice	Pharm.- Anesthetics
Epithelia – Dog Hair	Cigarette Paper	Parasites – Scabies	Pharm.- Antacids
Epithelia – Horse Hair	Cigarette Smoke	Bites – Spider	Pharm.- Anticoagulants
Cat Saliva	Cigarette Ashes	Bites – Wasp	Pharm.- Antidepressants
Cat Urine	Cigar Smoke	Bites – Fleas	Pharm.- Antihypertensives
Feathers – Chicken	Pipe Smoke	Bites – Bee	Pharm.- Anti-Inflamm.
Feathers – Chicken Down	Perfume	Bites – Mosquito	Pharm.- Anti-Parasitic Med.
Feathers – Goose	Computer Paper	Bites – Fly	Pharm.- Arrhythmia Med.
Feathers – Goose Down	Newspaper	Bites – Tick	Pharm.- Arthritis Med.
Mold Mix	N. Paper Ink	Hormone – Estrogen	Pharm.- Aspirin
Dust Mix	Sunscreens	Hormone – Estriol	Pharm.- Beta Blockers
Dust Mites	Infant Formula	Hormone – Progesterone	Pharm.- Bronchial Dial.
Flower Mix	Mouthwashes	Hormone – Leutinizing H.	Pharm.- Contraceptives
Weed Mix	Toothpaste	Hormone – Fol. Stim. H.	Pharm.- Cortisone
Pollen Mix	Deodorants/Antipers.	Hormone – H.C.G.	Pharm.- Cough/Cold Med.
Wood Mix	Amalgum	Hormone – Oxytocin	Pharm.- Cough Syrup
Tree Mix	Pesticides Mix	Hormone – Prolactin	Pharm.- Dandruff Med.
Fabric – Cotton	Pesticides – Malathion	Hormone – Vasopressin	Pharm.- Decongestants
Fabric – Foam	Pesticides – Paraquat	Hormone – Corticosteroid	Pharm.- Diuretics
Fabric – Rayon	Pesticides – Diazinon	Hormone – Cortisone	Pharm.- Ibuprofen
Fabric – Sheep Wool	Pesticides – Hexachl.	Hormone – Testosterone	Pharm.- Insulin
Fabric – Spandex	Pesticides – Atrazine	Hormone – Gonadotrphn	Pharm.- Laxatives
Fabric – Orlon	Bacteria Mix	Hormone – Thyrotropic H.	Pharm.- Muscle Relax.
Fabric Polyester	Bacteria – Gonorrhea	Hormone – Thy. Rel. Fctr.	Pharm.- Novocaine
Fabric – Silk	Bacteria – Streptococcus	Hormone – Parathyroid	Pharm.- Nitrous Oxide
Fabric – Fleece	Bacteria – Staphylococcus	Hormone – Adrenaline	Pharm.- NSAIDS
Fabric – Acrylic	Virus Mix	Hormone – Insulin	Pharm.- Penicillin
Fabric – Nylon	Virus – Epstein-Barr	Hormone – Glucogen	Pharm.- Premarin
Crude Oil	Virus – Lymes Disease	Hormone – A.C.T.H.	Pharm.- Sedatives
Ethanol	Virus – Herpes I	Hormone – Growth H.	Pharm.- Tetracycline
Gasoline	Virus – Herpes II	Hormone – RNA/DNA	Pharm.- Tranquilizers
Motor Oil	Virus – H.I.V.	Drugs – L.S.D.	Pharm.- Vasodialators
Solvents	Parasite Mix	Drugs – Marijuana	Pharm.- Wart Remvrs.
Paint – Oil Base	Parasites – Roundworm	Drugs – Opium	Pharm.- X-ray Cont.Media
Paint – Water Base	Parasites – Pinworm	Drugs – Heroin	Pharm.- Xylocaine
Varnish	Parasites – Hookworm	Drugs – Cocaine	Immunization – D.P.T.
Wood Stain	Parasites – Tapeworm	Drugs – Amphetamines	Immunization – Measles
Auto Exhaust	Parasites – Threadworm	Drugs – Barbiturates	Immunization – Tetanus
Plastics	Parasites – Schistosomes	Drugs – Quaaludes	Immunization – Polio
Resin	Parasites – Spirochetes	Drugs – Peyote	Immunization – Small Pox
Styrofoam	Parasites – Whipworm		Immunization – Chicken Pox

Dr. Ellen Cutler's Bioset Treatment Protocol (From Reggi Norton)

BLOOD

Disorders

ORGANS

Brain
Lung
Heart
Blood Vessels
Liver
Gallbladder
Spleen
Pancreas
Stomach
Small Intestine
Colon
Colon, Ascending
Colon, Transverse
Colon, Descending
Colon, Sigmoid
Kidney
Bladder
Prostate
Uterus
Skin

BODY SYSTEMS

Nervous System
Central N.S.
Autonomic N.S.
Parasympathetic N.S.
Sympathetic N.S.
Peripheral N.S.
Cardiovascular
Circulatory
Cytochrome Transport
Digestive
Endocrine
Exocrine
Extrapyramidal Motor
Extrapyramidal Sensory
Genital
Hematopoietic
Immune
Integumentary
Lymphatic
Lymphoreticular
Musculoskeletal
Reproductive
Renal
Respiratory
Reticuloendothelial
Sensory
Urinary
Vascular
Vasomotor

ENDOCRINE GLANDS

Adrenal Gland
Adrenal Cortex
Adrenal Medulla
Gonads
Male Genitals
Female Genitals
Hypothalamus
Parathyroid
Pancreas/Islet Cells
Pineal
Pituitary Gland
Pituitary, Anterior
Pituitary, Posterior
Thymus
Thyroid

EXOCRINE GLANDS

Lacrymal
Mammary
Mucosa
Parotid
Prostate
Sweat Glands

IMMUNE SYSTEM

Humoral Immune System Immunoglobulins
IgA
IgM
IgG
IgE
Complementary Immune System
Cellular Immune System
Lymphocytes
T Cells
Cytokines
Interleukin
Interferon
B Cells
Prostaglandins
Leukotriene
Bone Marrow
Basophils
CIC – Circ. Immune Complexes
Eosinophils
Lymph
Kupffer Cells
Macrophages
Monocytes
Neutrophils
Stem Cells
RNA
DNA

Dr. Ellen Cutler's Bioset Treatment Protocol (From Reggi Norton) continued

DIGESTIVE ENZYMES – Internal

Amylase
Carboxypeptidase
Catalase
Chymotrypsin
Elastase
Enterokinase
Esterase
Glutathione Peroxidase
HCL
Insulin
Lactase
Lipase
Maltase
Pancreatin
Pancrelipase
Pepsin
Phospholipase
Protease
Ptyalin
Ribonuclease
Sucrase
Trypsin

HORMONES

Adrenalin
ACTH
Adrenocorticotrophic Hormone
Aldosterone
Bradykinin
Calcitonin
Cholecystokinin
Cholesterol
Chorionic Gonadotropin
Corticosterone
Cortison
DHEA
Epinephrine
Epogen
Estrogen
Estradiol
Estriol
Estrone
Etiocholanolone
FSH
Glucagon
Gonadotropin
Growth Hormone
Hydrocortisone

NEUROTRANSMITTERS (clearing these helps w/ADD/ADHD and Mental Disorders

Endorphin, alpha
Endorphin, beta
Epinephrine
Norepinephrine
Dopamine
Serotonin
L-Dopa
GABA
Kryptopyrrole
Nitric Oxide
Phenylethylamine
Vitamin B6 Pyridoxine

Insulin
Lactogenic Hormone
Lepsin
Luteinizing Hormone
Melatonin
Neurotensin
Olytocin
Parathyroid Hormone
Progesterone
Prolactin
T3 – Triiodothyronine
T4 – Thyroxine
TSH
Testosterone
Thyrotropic Hormone
Thyrotropin Releasing H.
Vasoactive Intestinal H.
Vasopressin

G. **Allergy Antidotes™** - Energy Frequency Tubes

The **Allergy Antidotes™** are energy frequency tubes used for sensitivity testing and treatment. They are filled with water and alcohol embedded with the electro-magnetic energy of the desired substance. They are produced by a Remedy Information Transfer Unit manufactured in Germany by the Med-tronic Company. The tubes are held by the patient to put the substance in their energy field. Their body's reaction to the substance can then be muscle tested. Tubes are amplified 10 times the intensity of the original substance in order to uncover hidden sensitivities and more permanently clear the patient of any negative reactions. Once the substance causing the sensitivity is identified, various treatments can be utilized.

The tubes can be purchased individually or in collections that are groupings of related substances. The Core Collection represents basic substances that are important to clear initially. The other collections include the *Expanded* Core Collection, Basic Body Collection, Foods Collection, Emotion Collection, and Neurotransmitters and Digestive Enzymes Collection. Other collections are continually being added. Collections can be customized by ordering individual tubes listed in the current catalog.

Due to their higher amplification of their energetic frequency, weaknesses are more easily assessed with muscle testing. Treating with the higher intensity substances assures stronger clearing.

I wish to make it clear that energy frequency tubes are not completely necessary for testing and treating. Even though I have over 1,000 tubes in my office, I don't have all the tubes that will meet my patients' needs. There are always times that I resort to writing the substance on a plain piece of paper for testing and treatment. (It is important to use paper with no other writing on it.) Also, many times my patients bring in actual samples of the substances. However, I find that the tubes help to bring the substance into the person's energy field and also help the patient focus. Patients are more confident that something significant is being done when there is a tangible object to hold and test.

These stronger energy tubes are especially effective for treating more difficult reactions. I have a recent example from my own household. My daughter Jaymie was recently exposed to bacterial meningitis while riding to school each day with a girl that later died from the disorder. As a precaution, Jaymie and others on the bus were given a strong antibiotic. When she began to itch and have a rash, we began to treat her. We first treated her using the actual antibiotic and she still itched. We then created a 10x amplification tube of the antibiotic. After the same treatment, the itching was gone.

The following excerpt, from an email from Mary E. Stafford, psychotherapist, describes the use of the Energy Frequency Tubes:

"I thank you again for doing this work. I was able to help a lady with chronic asthma with the aid of your tubes. She was experiencing chronic coughing that her medicines did not help. I tested her double-blind with your Basic Collection and the vial she was weakest on was newspaper/newspaper ink. She said, 'Oh, yes. I read the paper and do the crossword puzzle first thing in the morning and cough the whole time. I used to do some things around the house afterwards but for the last couple of months I have been so tired after reading the paper and doing the crossword puzzle that I have had to take a nap.' The next day this woman reported having had no coughing and much more energy than she had had in months. It gives me great joy to be able to help people this much."

The **Allergy Antidotes™** system is comprised of five collections at this time.

A. Expanded Core Collection

As discussed in detail earlier, the *Expanded Core Collections* contains the eleven Core Collection substances that need to be tested and treated initially. The rest of the *Expanded Core Collection* is comprised of substances that I have found to be clinically significant in eliminating reactive symptoms.

EXPANDED CORE COLLECTION

1. Egg/Chicken
2. Calcium/Milk Mix
3. Vitamin C Mix
4. B-Complex Mix
5. Sugar Mix
6. Mineral Mix w/Iron
7. Heavy Metal Mix
8. Toxic Chemical Mix
9. Petrochemical Mix
10. Pesticide Mix
11. Vaccine Mix
12. Enhancer
13. Blood
14. Candida Mix
15. Chocolate/Caffeine/Coffee
16. Cleaning Chemical Mix
17. Dust/Dust Mites
18. Formaldehyde
19. Hormone Mix
20. Mold Mix
21. Neurotransmitter Mix
22. Newspaper/Newspaper Ink
23. Perfume Mix
24. Pollen/Weeds/Grass/Trees
25. RNA/DNA
26. Smoking/Tobacco
27. Staphylococcus/Streptococcus
28. Titanium/Surgical Steel
29. Virus Mix
30. Vitamins A,E,D,K

EXPANDED CORE COLLECTION* INGREDIENTS

1. **Egg/Chicken Mix:** egg yolk, egg white, chicken, tetracycline.
2. **Calcium/Milk Mix:** cal-carbonate, cal-glutinate, cal-ascorbate, cal-citrate, cow's milk, goat's mix, milk casein, milk-albumin.
3. **Vitamin C Mix:** ascorbic acid, oxalic acid, citrus mix, berry mix, fruit mix, vegetable mix, vinegar mix, chlorophyll, hesparin, rutin, bioflavonoids.
4. **B-Complex Mix:** B-1, 2, 3, 4, 5, 6, 12, 13, 15, 17, paba, inositol, choline, biotin, folic acid.
5. **Sugar Mix:** cane sugar, beet sugar, brown sugar, corn sugar, rice sugar, maple sugar, molasses, honey, fruit sugar, sucrose, glucose, dextrose, maltose, lactose, date sugar, grape sugar.
6. **Mineral Mix:** magnesium, manganese, phosphorus, selenium, zinc, copper, cobalt, chromium, trace minerals, gold, fluoride, iron.
7. **Heavy Metal Mix:** mercury, lead, cadmium, aluminum, arsenic, copper, gold, silver, vanadium, titanium, zinc, surgical steel, antimony, beryllium.
8. **Toxic Chemical Mix:** styrene, 1,2-dichlorobenzene, OCDD (dioxin), HxCDD (dioxin), xylene, benzene, formaldehyde, plastic.
9. **Petrochemical Mix:** petroleum, motor oil, diesel oil, car exhaust, asbestos, acetone, chlorine, ether, paint, turpentine, hydrocarbons, heating fuel.
10. **Pesticide Mix:** DDT, DDE, malathion, chlordane, paraquat, diazinon, atrazine.
11. **Vaccine Mix:** MMR, MMR2, DPT, tetanus, smallpox, polio (Salk), polio (Sabin), flu 1999.
12. **Enhancer:** RNA/DNA, acid/base, blood, immune system, sympathetic/parasympathetic systems
13. **Blood**
14. **Candida Mix:** candida albicans, candida rugosa, candida tropicalis, candida pseudotropicalis, candida parapsiliosis, candida lusitaniae, candida guilliermondi.
15. **Chocolate/Caffeine/Coffee**
16. **Cleaning Chemical Mix:** soaps, detergents, cleansing chemicals, chlorine, clorox, bleach.
17. **Dust/Dust Mites**
18. **Formaldehyde**
19. **Hormone Mix:** estrogen, progesterone, testosterone
20. **Mold Mix:** absidia cornymbipera, aflatoxin, alternaria tenius, asperillus fumigatus, aspergillis niger, cephalosporium, helminthosporium satium, penicillum roquefort, trichophyton mix
21. **Neurotransmitters:** serotonin, dopamine, histidine, histamines, acetylchlorine, cholinesterase, norepinephrine, phenyalaline, pentamydine
22. **Newspaper/Newspaper Ink**
23. **Perfume Mix**
24. **Pollen/Weeds/Grass/Trees**
25. **RNA/DNA**
26. **Smoking/Tobacco**
27. **Staphylococcus/Streptococcus**
28. **Titanium/surgical steel**
29. **Virus Mix:** E.B.V., C.M.V., hepatitis 1,2,6, herpes zoster, influenza, enterovirus, lyme disease
30. **Vitamins A, E, D, K**

* Items 1-11 make up the Core Collection

B. Basic Body Collection

The Basic Body Collection contains important organs, systems and hormones. Negative reactions to one’s own body organs and secretions can weaken the system to permit sensitivity reactions to occur. The Basic Body Collection is used with the Body Sensitivity Treatment as well as on its own.

BASIC BODY COLLECTION	
1. Acid	16. Pancreas
2. Base	17. Pituitary/Pineal/Hypothalamus
3. Endocrine System	18. Prostate
4. Immune System	19. Small Intestine
5. Limbic System	20. Spleen
6. Adrenals	21. Stomach
7. Bladder	22. Thymus
8. Blood/Lymph	23. Thyroid/Parathyroid
9. Brain/Nervous System	24. Uterus/Ovary
10. Gallbladder	25. Saliva/Mucus
11. Heart	26. Sweat/Urine/Lubricant
12. Kidney	27. Tears
13. Large intestine	28. Estrogen
14. Liver	29. Progesterone
15. Lungs	30. Testosterone

C. Foods Collection

The Foods Collection contains foods that commonly cause sensitivity reactions. Since we ingest foods into our body, they are very significant in affecting our entire system. Dr. Devi’s NAET began primarily as a treatment for food reactions. She feels that food reactions are the basis of most sensitivity symptoms.

The order of the Food Collection is based on Dr. Haas’s book, *The False Fat Diet*. The first seven foods identified by Dr. Haas as the “sensitive seven” are the foods most often found to cause reactions. The rest of the collection is an alphabetical listing of the next most reactive foods.

FOODS COLLECTION	
1. Dairy Products	16. Essential Fatty Acids
2. Wheat	17. Food Additives
3. Corn	18. Food Coloring
4. Eggs	19. Garlic
5. Soy	20. Gluten
6. Peanuts	21. Green and Red Peppers
7. Sugar	22. MSG
8. Asparagus	23. Nuts
9. Bananas	24. Oats
10. Beer and Wine	25. Onions
11. Berries	26. Potatoes
12. Black Pepper	27. Rye
13. Chicken	28. Shrimp and Other Shellfish
14. Citrus Fruits	29. Tomatoes
15. Digestive Enzymes	30. Yeast

D. Emotion Collection

The Emotion Collection contains 30 of the most common emotions that we can experience. These tubes are produced using an SE-5 machine and a Biomeridian machine. As with the other tubes I then magnify the electromagnetic frequency using the Medtronic machine. I primarily use the emotion tubes in conjunction with the Emotional Sensitivity Treatment. When a person is weak on a substance, I contact the emotional points on their forehead. If the person's arm strengthens, I assume there is an emotional component to the reaction. After muscle testing to determine which emotion or emotions are involved in the reaction, I treat the substance in combination with the emotion tube.

The use of the emotion tubes is fairly new territory. The way I think of it is that if someone is weak on an emotion, their body is not compatible with that feeling. The emotion causes a disruption in one's energy field, with several implications. Since we are often addicted to those things to which we are sensitive, people may also be drawn to the emotions to which they are reactive. Also, since we are confronted with many varied emotions, we need to be able to be around them without disrupting our body's energy system. It is similar to treating for petrochemicals. They are not good to be around, but since you are, you want to be able to handle them without adversely affecting your body.

I am certain that other people will come up with many additional uses for the emotion tubes.

EMOTION COLLECTION	
1. Abandonment	16. Frustration
2. Anger	17. Grief
3. Anxiety	18. Guilt
4. Apathy	19. Hatred
5. Betrayal	20. Helplessness
6. Confusion	21. Hopelessness
7. Depression	22. Jealousy
8. Deprivation	23. Joy
9. Despair	24. Panic
10. Disappointment	25. Rage
11. Discouragement	26. Rejection
12. Disgust	27. Resentment
13. Disillusionment	28. Sadness
14. Envy	29. Shame
15. Fear	30. Terror

E. Neurotransmitters/Digestive Enzymes Collection

The Neurotransmitters/Digestive Enzymes Collection contains fifteen neurotransmitters and fifteen digestive enzymes. Neurotransmitters are significant in any mental or emotional symptoms. I use them especially when working with patients with depression, ADD or autism.

Digestion depends on enzymes to completely dissolve our food. If we are reactive to them we cannot digest food properly. When undigested food molecules enter the bloodstream they cause an immune reaction involving IgG immunoglobulins. It takes precious energy from the immune system to attack these food molecules as foreign invaders. This unnecessary reaction of the immune system keeps it from the more important task of attacking true invaders such as bacteria, viruses and parasites.

I test and treat people on all of the individual digestive enzymes. Each enzyme is designed to break down a particular type of food. Once they are clear, I may put the patient on supplements of digestive enzymes to assist digestion. The enzyme supplements do not work prior to treatment since the body is sensitive to them and are not able to properly utilize them.

NEUROTRANSMITTERS AND DIGESTIVE ENZYMES COLLECTION	
<u>Neurotransmitters:</u>	<u>Digestive Enzymes:</u>
Acetylcholine	Amylase
Cholinesterase	Bromelain
Dopamine	Cellulase
Epinephrine	Chymotrysin
Gaba	HCL
Glutamic acid	Lactase
Histamine	Lipase
Histidine	Maltase
Malvin	Pancreatin
Melanin	Papain
Melatonin	Pepsin
Norepinephrine	Protease
Phenylalanine	Potassium Bi-carbonate
Serotonin	Ptyalin
Taurine	Trypsin

If you are interested in other Energy Frequency Tube Collections or individual tubes, please inquire. Here is a sample of available collections. Any tube listed can be ordered individually.

INFECTIONS	MEDICATIONS	VACCINES
<ol style="list-style-type: none"> 1. Lyme disease 2. HIV virus 3. West Nile virus 4. Epstein-Barr virus 5. Tuberculosis 6. Mononucleosis 7. Hepatitis (all) 8. Herpes (all) 9. Adenovirus 36 10. Polio virus 11. Stealth virus 12. Parasites (all) 13. Bacteria (all) 	<ol style="list-style-type: none"> 1. Antibiotics 2. Anesthesia 3. Estrogen 4. Progesterone 5. Aspirin (Salicylates) 6. Antifungal mix 7. Prozac 8. Zoloft 9. Tegretol 10. Penicillin 11. Ampicillin 12. Prednisone 13. Synthroid 14. Insulin 	<ol style="list-style-type: none"> 1. MMR/MMR2 vaccine 2. DPT vaccine 3. Diphtheria vaccine 4. Pertussis vaccine 5. Smallpox vaccine 6. Tetanus vaccine 7. Measles vaccine 8. Polio vaccine 9. Flu vaccine 1999 10. Feline Leukemia Vaccine 11. Cat Vaccines 12. Dog Vaccines
ENVIRONMENTAL	OFFICE/SCHOOL	PESTICIDES
<ol style="list-style-type: none"> 1. Pollen 2. Trees 3. Flowers 4. Grass 5. Weeds 6. Leaf mold 7. Smoking tobacco 8. Detergents/Fabric softeners 9. Ragweed 10. Poison Ivy 	<ol style="list-style-type: none"> 1. Computer printout/photocopying/toner 2. Chalk/crayons 3. White-out 4. Plastics 5. Electromagnetic radiation 6. Fluorescent lights 	<ol style="list-style-type: none"> 1. DDT 2. DDE 3. Malathion 4. Chlordane 5. Paraquat 6. Diazinon 7. Atrazine
PETROCHEMICALS	TOXIC CHEMICALS	HEAVY METALS
<ol style="list-style-type: none"> 1. Petroleum 2. Motor oil 3. Diesel oil 4. Car exhaust 5. Asbestos 6. Acetone 7. Chlorine 8. Ether 9. Turpentine 10. Heating fuel 11. Paints 12. Hydrocarbons 	<ol style="list-style-type: none"> 1. Styrene 2. OCDD (Dioxin) 3. HxCDD (Dioxin) 4. Xylene 5. Benzene 6. 1,4 Dichlorobenzene 	<ol style="list-style-type: none"> 1. Mercury 2. Lead 3. Cadmium 4. Aluminum 5. Arsenic 6. Copper 7. Gold 8. Silver 9. Vanadium 10. Titanium 11. Zinc 12. Surgical Steel

BODY SYSTEM

1. Musculoskeletal system
2. Circulatory system
3. Respiratory system
4. Endocrine system
5. Integumentary system
6. Reproductive system
7. Immune system
8. Parasympathetic nervous system
9. Sympathetic nervous system
10. Central nervous system
11. Genitourinary system
12. Hepatic system
13. Biliary system
14. Cerebro-vascular system
15. ATP/ADP system
16. Vestibular system

CHAKRAS

1. Crown chakra
2. Brow chakra
3. Throat chakra
4. Heart chakra
5. Solar Plexus chakra
6. Sacral Plexus chakra
7. Root chakra

MERIDIANS

1. Lung meridian
2. Bladder meridian
3. Small intestine meridian
4. Large intestine meridian
5. Liver meridian
6. Kidney meridian
7. Spleen meridian
8. Heart meridian
9. Gallbladder meridian
10. Pericardium meridian (circulation-sex)
11. Triple heater meridian
12. Stomach meridian
13. Central vessel meridian
14. Governing vessel meridian

H. Advanced Muscle Testing

1. WAYS TO DETECT HIDDEN SENSITIVITIES

- **Add name of person being tested**

Muscle testing is a truly amazing technique that allows us to gather information that has never before been available to us. Sometimes, however, reactive substances are resistant to discovery. An easy way to increase your ability to find a weak muscle when testing is to pair the name of the substance with the person's name. For instance, you might say John Doe and calcium or Jane Doe and vaccines. You will often find a weak muscle response when previously the arm had remained strong. You now have identified another piece of the puzzle.

- **Place tube on the problem area**

The muscle testing can also become more accurate by placing the tube on the place on the person's body that is experiencing the problem. For example, for irritable bowel syndrome, hold the tube on the colon area and for knee pain due to a knee replacement place the tube on the specific area of knee pain.

- **Test substances in combinations/filters**

There are also ways to use the tubes in combinations to uncover problems occurring in the body's natural state. Everything we eat is in combinations and every part of our body works in conjunction with the other parts. An important tube to use in combination is the Blood tube, since it represents our blood, the blueprint of our bodily processes. Blood becomes an important filter to discover hidden sensitivities. For example, a person's arm will remain strong holding a tube but weakens when tested in combination with the blood tube.

Another important tube is the RNA/DNA tube that represents our genetic makeup. If a tube weakens in combination with the RNA/DNA tube, I hypothesize that there is a genetic component to the problem.

This type of testing is open to your creativity. Use your knowledge and hunches. For example, it may be good to try neurotransmitters and B complex vitamins together because both are involved in nervous system function. I often test groups of tubes to represent many aspects of the problem; perhaps combining the organs involved, with RNA/DNA for genetics, blood and a specific environmental allergen. The material in this manual is merely a format for testing and treating energy toxins. You will adapt this information to fit your own style to best help your clients.

- **Enhancers**

Some of these combinations of substances are used extensively for picking up hidden sensitivities. Asha Clinton in Matrix Work calls these substances enhancers. Examples of these enhancers are:

- RNA/DNA
- Blood
- Acid/Base
- Immune System
- Sympathetic/Parasympathetic Nervous System

The **Allergy Antidotes™** *Expanded* Core Collection now includes an enhancer tube that contains all the above substances in combination. You can use it in conjunction with other substances for testing and treatment.

- **Add word “FUNCTION” to substance**

We may need to test the function of the substance in our own body. Therefore, saying the word function in conjunction with the substance often unlocks hidden sensitivities. For example, use “vitamin C function” or “mold function”.

- **Potentize the substance**

Allergy Antidotes™ Energy Frequency Tubes are amplified 10 times to uncover hidden problems. You can use the same concept when saying or writing the name of the substance on paper for checking. For example, use calcium 10x, 100x, etc. to test for reaction to substances.

2. WAYS TO IDENTIFY SEVERITY OF SENSITIVITY

There are often times when it is important to be aware of how severe a particular reaction is in relation to other substances. It is clearly more important to treat the severe reactions prior to spending time treating substances that may only cause a mild reaction.

Knowing the severity of a sensitivity is also a way to track progress in treatment. A substance may first cause a severe reaction. On retest, it may still weaken the system but only as a mild reaction. Both you and the patient can be clear on the progress being made.

Hand signals can be used to distinguish the severity of the reaction.



HAND SIGNALS FOR SEVERITY

Touching 4th finger to your palm	• Severe reaction
Touching middle finger to your palm	• Moderate reaction
Touching index finger to your palm	• Mild reaction
Open hand	• Very mild reaction

Procedure: Muscle test to find a weak muscle response when holding or saying substance.

Severe: Muscle test again as patient touches 4th finger to palm.

If weak, the substance causes a severe reaction.
If the muscle test is now strong, it is not a severe reaction.

Moderate: Muscle test again as patient touches middle finger to palm.

If muscle test is weak, the substance causes a moderate reaction.
If muscle test is strong, it is not a moderate reaction.

Mild: Muscle test again as patient touches index finger to palm.
If muscle test is weak, the substance causes a mild reaction.
If muscle test is strong, it is not a mild reaction.

Very Mild: Muscle test again as patient opens hand completely.
If muscle test is weak, the substance causes a very mild reaction.

3. PRIMARY VS. SECONDARY SENSITIVITIES

People will often test weak on numerous substances. When someone is reactive to substance after substance, I question the primary cause that is weakening their body. I want to identify the initial primary problem that is causing the body to be so reactive.

Don Elium, MA, MFT, founder of the Energy Toxin Research list, has discovered ways to identify the priority substance sensitivities as compared to the sensitivities that have developed as compensation to the initial problem.



HAND SIGNALS FOR PRIORITY VS. COMPENSATION

Touch ring finger (next to the little finger) to the middle inside of thumb.

Procedure: Muscle test to find a weak muscle response when holding or saying substance.

Test again using above hand signal. If tests weak again it is a compensation reaction for some more priority issue.

If tests strong, that means this substance is a priority.

4. CHECKING FOR SUBSTANCES WITHIN MIXES

Many of the **Allergy Antidotes™** tubes represent mixes of substances. These combinations allow one to clear several substances at the same time. However, at times one can be clear on the mix but still have a problem with one or more of the components of the mixture. For example, someone can test okay on vitamin B complex, but still be reactive to one or more of the individual B vitamins. Also, someone may test strong on the neurotransmitters but still be sensitive to serotonin or dopamine. Therefore, it is important to test for each of the components listed on the ingredients of the mix. The testing can be done verbally or with writing on paper. For a stronger test you can individually order tubes for any of the ingredients listed. For instance, individual ingredients of the neurotransmitters and B vitamins become especially important for treatment of ADD and other mental and brain disorders. Therefore, whenever you treat groups of tubes or substances, retest each individual tube separately as well.

The same procedure is true when treating a food or supplement that has many ingredients. Check each item listed on the label.

III. TREATMENT OF SENSITIVITY REACTIONS

Contents

- A. Energy Psychology Treatments for Substance Sensitivities**
- B. Example of the Discovery of Dr. Devi Nambudripad**
- C. Research Documentation of Allergy Elimination Techniques**
- D. Treatment Guidelines**
- E. Basic Treatment Techniques**
 - 1. Spinal Release (S.R.)**
 - a. Target Point Treatment**
 - b. Imagined Spinal Release (imSR)**
 - 2. Laser Ear Spray (L.E.S.)**
 - a. Laser Spray to hands**
 - b. Laser Spray to feet**
 - 3. Body Talk**
 - 4. Emotional Freedom Technique (E.F.T.)**
 - 5. Holloway Technique**
- F. Advanced Protocols**
 - 1. Animal protocol (multiple sensory)**
 - 2. Food combinations**
 - 3. Medication/supplement combinations**
- G. Specialized Treatments**
 - 1. Emotional Sensitivity Treatment**
 - 2. Body Sensitivity Treatment**
 - 3. Trauma Sensitivity Treatment**
 - 4. Body Wisdom technique to identify pathogens**
 - 5. Treatment techniques for emotional issues**
- H. Self-treatments**
 - 1. Self-testing**
 - 2. Self-treatment**
- I. Diets for Reducing Allergy-like Reactions**
- J. Case Studies**

A. Energy Psychology Treatment For Substance Sensitivities

Once sensitivity to a substance is identified, that substance can be avoided. For example, someone could easily avoid eating tuna fish. However, it is often difficult or impossible to avoid a reactive substance, for example, pollen or dust that is always in the air. Some people have surgical steel implanted in their bodies that clearly cannot be avoided. Other allergens are dangerous to avoid. Many people have reactions to vitamins or calcium that are needed for health. There are other substances that a person simply desires to be in contact with such as their dog or cat. In each of the above cases, it will be necessary to reprogram the person's body to no longer respond negatively to the substance.

There are many noninvasive, energy-based treatments for food and environmental sensitivities. There is a common conceptual basis for these treatment protocols.

All of the treatments are done with the patient focused on the reactive substance. The focus can be holding the substance, holding a tube with the energetic signature of the substance, holding a piece of paper with the name of the substance, or saying or thinking of the substance. Once the substance is in the person's energy field, we can muscle test to identify whether the substance causes an imbalance in the body's energy system. The treatment of stimulating acupuncture points eliminates the energy imbalance in relation to that substance and thereby ends the body's negative reaction. The body has been reprogrammed to accept the substance.

For those of you familiar with other Energy Psychology treatments, it is easy to see that the treatments for allergy-like reactions are clearly analogous to the T.F.T. and E.F.T. treatments for negative emotions. The substance causes changes in the body's energy system similar to the disruption in the energy field caused by a negative emotion, thought or scene. The energy system is then balanced in relation to the substance by stimulating specific acupuncture points as is done in T.F.T. and E.F.T. Other treatment modalities utilize chakras or other points of the body to again balance the body in relation to the offending substance.

The following is a partial list in alphabetical order of energy-based treatments for food and environmental sensitivities:

1. Biokinetics
2. BioSet
3. Body Talk
4. Edx™ (Energy Diagnostics and Treatment Methods)
5. Emotional Freedom Technique (E.F.T.)
6. Health Kinesiology
7. L.E.S. (Laser Ear Spray)
8. Matrix work
9. N.A.E.T. (Nambudripad's Allergy Elimination Technique)
10. Resonance tuning
11. Rochlitz, the Physicist's Rapid Solution
12. S.R. (Spinal Release)

13. T.A.T. (Tapas Acupressure Technique)
14. T.B.M. (Total Body Modification)
15. T.F.T. and Elimination of Energy Toxins (Thought Field Therapy)

Some of the techniques listed above for eliminating the effects of substance sensitivities fall under the heading of Energy Psychology. For example, **Tapas Acupuncture Technique** was initially developed by Tapas Fleming as a treatment for allergy-like reactions. It grew out of her acupuncture work and experience in NAET when, during the clearings, emotional issues came to the surface. Her work then expanded to deal with a full range of psychological blocks.

Matrix work, developed by Asha Clinton, PhD, LCSW, has a significant component that deals with energy toxins. Matrix work offers deep psychotherapeutic treatment. Dr. Clinton was influenced by her NAET training.

Alan Handlesman has created **Resonance Tuners** that balance a person's energy system in relation to the reactive substance.

Fred Gallo, PhD, in **Edx™** (Energy Diagnostics and Treatment Methods), uses diagnostic procedures to identify specific acupuncture points that negate the body's response to the reactive substance.

Emotional Freedom Technique, developed by Gary Craig, is a cornerstone of the Energy Psychology movement. I will discuss using EFT for the relief of substance sensitivities later in this manual.

I suggest you investigate these and other techniques for treating allergy-like reactions. The more ways you have to clear sensitivities, the more successful you will be with your patients. In the Appendix, I list how to get more information about these techniques.

In this manual, I will present several of the above techniques that I find the easiest and most permissible to share. The basic treatments I will present are Spinal Release, Laser Spray, Modified Body Talk, Emotional Freedom Technique, and Holloway Technique. These techniques can be used alone or in combination. The specialized treatments consist of advanced uses of the basic treatment protocols. They include the Emotional Sensitivity Treatment, Body Sensitivity Treatment, Trauma Sensitivity Treatment and Body Wisdom Technique. The more techniques you know, the more you have in your bag of tricks. Different techniques work better for different people or for the same person at different times. You will probably begin to focus on your treatment of choice. Knowing the other techniques allows you to fall back on them when the treatment is not holding. I will also present three self-treatments: E.F.T., Body Talk, Holloway Technique, and Gate Point Treatment, for patients to use on their own between sessions.

B. Example Of The Discovery Of Dr. Devi Nambudripad

A good example of the concept of treating substance sensitivities with energy work is Dr. Devi Nambudripad's own discovery of her technique. She had been a very sickly woman for many years. Her reactions produced symptoms of bronchitis, arthritis, brain fog, dizziness, constant aches and pains, digestive problems, etc. She kept getting more educated so that she might find a way to heal herself. She is a Chiropractor, Acupuncturist, R.N. and Ph.D. in nutrition. Even with this training, she was only able to eat broccoli and white rice for three and a half years before her discovery. Other foods would cause her to faint.

Dr. Nambudripad tells the story of one day when she was absentmindedly eating some pieces of carrot while making dinner for her family. She realized she was about to faint so she called for her husband to get her acupuncture needles which she would use to keep her from going unconscious. She went to her bedroom, put in the acupuncture needles and fell asleep. She woke up forty-five minutes later and she realized that she felt better than she had felt in months. When she got up she found that somehow the bunch of carrots was with her and she had been resting on them while she inserted the acupuncture needles. She reasoned that having the carrots in her energy field when she had the acupuncture treatment balanced her body in relationship to the carrots. The body was reprogrammed to accept carrots as being good for her energy system. She then developed an entire protocol based on this finding.

C. Research Documentation of Allergy Elimination Techniques

The principle research studies on treating food and environmental sensitivities have been conducted using Nambudripad's Allergy Elimination Technique (N.A.E.T.). This technique is conceptually similar to all of the other substance sensitivity treatments. It is most similar in practical detail to the Spinal Release (S.R.) treatment also presented in this manual.

A recent study by Dr. Margaret Ayers and Dr. Penny Montgomery documented EEG changes in the brain due to substance sensitivities. The study also showed that, following N.A.E.T. treatment, the EEG returned to normal. These findings are the first brain scan documentation of sensitivity reactions. It also scientifically shows that energy-based techniques eliminate the negative EEG findings. The EEG returns to normal following treatment.

This study utilized the real time EEG machine developed by Dr. Margaret Ayers. Traditional EEG findings could not detect the reactive signature since they give data of brain waves in segments averaged over time. Only the real time EEG gives the information needed to detect the reaction.

Dr. Montgomery was using a real time EEG recording to evaluate a 10 year-old boy for Attention Deficit Disorder. She noticed slight evidence of a sensitivity pattern in the recording and asked the parents if they thought he might be reacting to anything. The parents thought the boy might be sensitive to sugar or chocolate. They conducted an experiment and gave him a couple of Hershey™ bars and brought him in two hours later. His EEG readings were severely affected with *high frequency spikes*. These findings persisted in a modified form in a reading done two days later. However, following N.A.E.T. treatment for chocolate, the EEG recording returned to normal and the child was able to sit still for longer periods of time. We now have scientific, objective data to document the effectiveness of using energy treatments to treat allergy-like reactions.

This study also discovered that while N.A.E.T. is very effective for most patients, head trauma or brain damage due to a viral infection blocks the treatment. Ayres and Montgomery have a way to treat the brain lesions that allows N.A.E.T. to work. Drs. Ayres and Montgomery will be releasing this information in a book in the near future. This Ayres/Montgomery study truly is groundbreaking. It is significant research that should change the way substance sensitivities are treated in the future.

I believe that many of the other sensitivity treatments would produce the same findings; however, at this time N.A.E.T. is the most widely used and has an extensive research organization.

Dr. Ayers and Dr. Montgomery have even more recently conducted another study to validate the effectiveness of the NAET treatment. In the previous case study, the boy ate actual chocolate bars prior to showing EEG changes. NAET uses energy frequency tubes for testing and treatment. Therefore, it is important to determine whether merely holding one of the tubes will produce the same brain wave changes.

In fact, Dr. Ayers knew that she was extremely sensitive to black pepper. As soon as she ingested even a small amount of black pepper, she experienced the rapid onset of dramatic digestive symptoms, complete with vomiting and subsequent diarrhea for several days. She held the tube for black pepper and her brain waves showed the increase in spikes and wave frequency that is consistent with a sensitivity reaction. This brain wave signature was eliminated following NAET treatment. This study validates the use of energy frequency tubes in the testing and treatment of substance sensitivities.

There has also been a study on the effects of N.A.E.T. treatments on A.D.D./A.D.H.D. patients that is presented in Dr. Nambudripad's book, *Say Goodbye to ADD and ADHD*. This statistical study included 138 people (120 males, or 86.9% of the total; and 18 females, or 13.1% of the total). Subjects were between 4-46 years of age. After 13-55 N.A.E.T. treatments over a five-year period the findings showed:

- 94.2% of subjects were completely drug free - 130 people were symptom free and off all medication.
- 4.3% reported 70% or better improvement of their symptoms. These 6 people suffer from other mental disorders and have to take a low dose of medication.
- 1.5% reported 30-50% improvement overall. These 2 people still take some form of medication due to mental disorders but still reported an overall feeling of well being. They were initially allergic to drugs that caused violent behavior. After treatment for these drugs, they were able to take them to reduce or control other symptoms.

D. Treatment Guidelines

The protocols on the following pages are designed to treat food, chemical and environmental sensitivities. They are deceptively simple, yet extremely powerful. During and following the treatment, the patient's body is being asked to reprogram its electromagnetic energy system to no longer react negatively to that substance.

- Put the reactive substance in patient's energy field in order to create the energy imbalance.
 1. Hold substance; or
 2. Hold tube with energetic frequency of substance; or
 3. Write name of substance on paper; or
 4. Say name of substance; or
 5. Think of substance.
- Use Energy Psychology treatments to balance the energy system in relation to the substance (alone or in combination). Muscle test to determine the best treatment modality. Muscle test to determine the number of cycles of each treatment modality. See next sections for procedures.
 1. **Spinal Release (S.R.)**
Stimulate associated points on bladder meridian that refer to the meridians in the body.
 2. **Laser Ear Spray (L.E.S.) and Laser Spray to Hands and Feet**
Stimulate all parts of both ears, hands and feet that refer to all the acupuncture points on the body.
 3. **Body Talk**
Stimulate both brain hemispheres and heart center.
 4. **Emotional Freedom Technique**
Stimulate endpoints of all 14 meridians.
 5. **Holloway Technique**
Stimulate axillary line on the side of body with breathing cycle.
- If there is a specific body area with the symptom – put the energy tube on that part of the body for testing and treatment.
- Following treatment – muscle test.
 1. This treatment is complete.
 2. This treatment is complete 100%.
 3. This treatment is complete 100% in the future.
 4. This treatment is complete forever.
- If any of the above statements are weak – re-treat.

- If all of above statements are strong – muscle test.
 1. You need to hold this.
If yes – muscle test 1 minute, 2 minutes, 3 minutes, etc.
- Following holding – muscle test.
 1. You need to avoid substance.
If yes, muscle test 1 hour, 2 hours, 3 hour...24 hours.
 2. You can be in contact with the substance.
- Following a treatment, it is important to muscle test.
 1. It is okay to clear another substance.
 2. It is safe to clear another substance.

You may be able to treat a number of substances during a single time period. However, it is necessary to ask the body. I tend to clear 2-3 in a session, especially if the person is highly reactive.

If too many substances are treated in a session, some of the treatments may fail because the body is overloaded with information. Also, there is a possibility that the patient may become overwhelmed and extremely fatigued.

- After treatment, it is important to record what substances were cleared so they can be retested to be sure that the treatments have held. You need to wait 24 hours or longer before retesting. If the substance still weakens the body, it needs to be retreated. Usually, the treatments will hold on the first treatment. However, sometimes, the treatments need to be redone, especially with a severe reaction. Again, check these treatments in more than 24 hours.
- **Treatment of Toxic Substances**
A common question regarding these treatments is what it actually means to treat a reaction to a known toxic substance. For example, if sensitivity to mercury is cleared (i.e. arm is strong when muscle tested) does that mean that it is then safe to keep one's dental fillings?

I believe our bodies are designed to detox or eliminate the effects of toxic substances. When one tests weak on mercury, I feel that the body is not handling the substance properly. I see the treatment as a wake up call to the immune system to do what it needs to do with this toxic substance. Obviously, we would not choose at this point to put mercury permanently in our mouths. However, if the body is able to handle it, there are less likely to be adverse side effects. It is similar to my work with titanium markers, surgical steel or plastic embedded in the body (see Case Studies). The foreign substances are still there and they are not good but the symptoms are gone and the body is stronger.

- **Treatment Precautions**

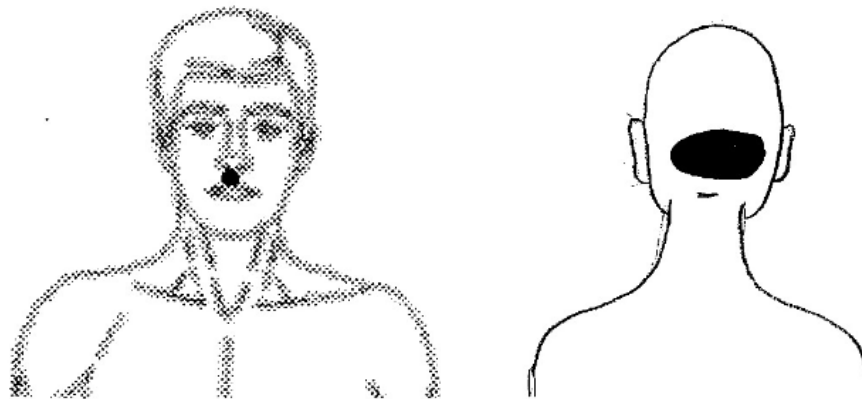
As I have said, these techniques are simple but deceptively powerful. A small number of patients, especially those who are environmentally ill, may have reactions to these treatments. The main reaction I have seen is fatigue. If a patient experiences tiredness, dizziness, a sense of overwhelm or other negative reaction from the treatment, they can touch their resuscitation points for relief. Have the patient put 2 fingers under their nose (governing meridian) and the other hand on the back of their head. Hold for several minutes until feeling better.

These techniques are extremely simple in format but they represent major changes in the body. The sicker the patient is, the more careful you must be. Always ask the body through muscle testing what needs to be done next and if the person's body can safely handle the treatment.

The possibility of reaction is one of the reasons that I advocate doing a limited number of clearings at one time. It is why I muscle test to see if it is safe to clear another substance. People with multiple chemical sensitivities are most likely to have negative reactions.

People can even have a negative reaction to holding one of the frequency tubes. If so, immediately remove the tube. If desired, treat the patient looking at the tube from across the room. As we see sicker and sicker patients, we need to proceed with caution and be aware that negative responses to the testing and treatment are possible. Along with the fun of doing this energy toxin work comes a great deal of responsibility.

RESUSCITATION POINTS



- **Preparation for Treatment**

It is important to be sure a patient's body is open to getting well prior to starting treatment. EFT, TFT and Edx™ test for reversals that would sabotage the treatment. BSFF and Matrix test alignment with the basic desire to get well. Body Talk uses a similar preparation based on the Matrix format.

The following is another way to be sure the patient is ready for the treatment.

- **100% Willing Treatment**

At a recent symposium for NAET, Dr. Robert Sampon, MD presented the 100% Willing Technique, developed by Joan and Bruce Dewe. It is a simple, 3 question format to assess a patient's current willingness to get better. I share it with you since it is simple and to the point.

The practitioner tests the patient with muscle testing regarding three statements:

1. I am 100% willing to give up the need for the problem/pain/blockage, etc.
2. I am 100% willing to accept the positive benefits of this change.
3. I am 100% willing to be free of the problem/pain/blockage here and now.

Clearly, it is important that the body is completely aligned behind all of these statements prior to treatment. If someone tests weak on any of these statements, the correction can easily be done using any of the many Energy Psychology techniques such as correcting for reversal or doing EFT.

My husband Bob Radomski is using an even simpler version that works quite well. He asks whether or not:

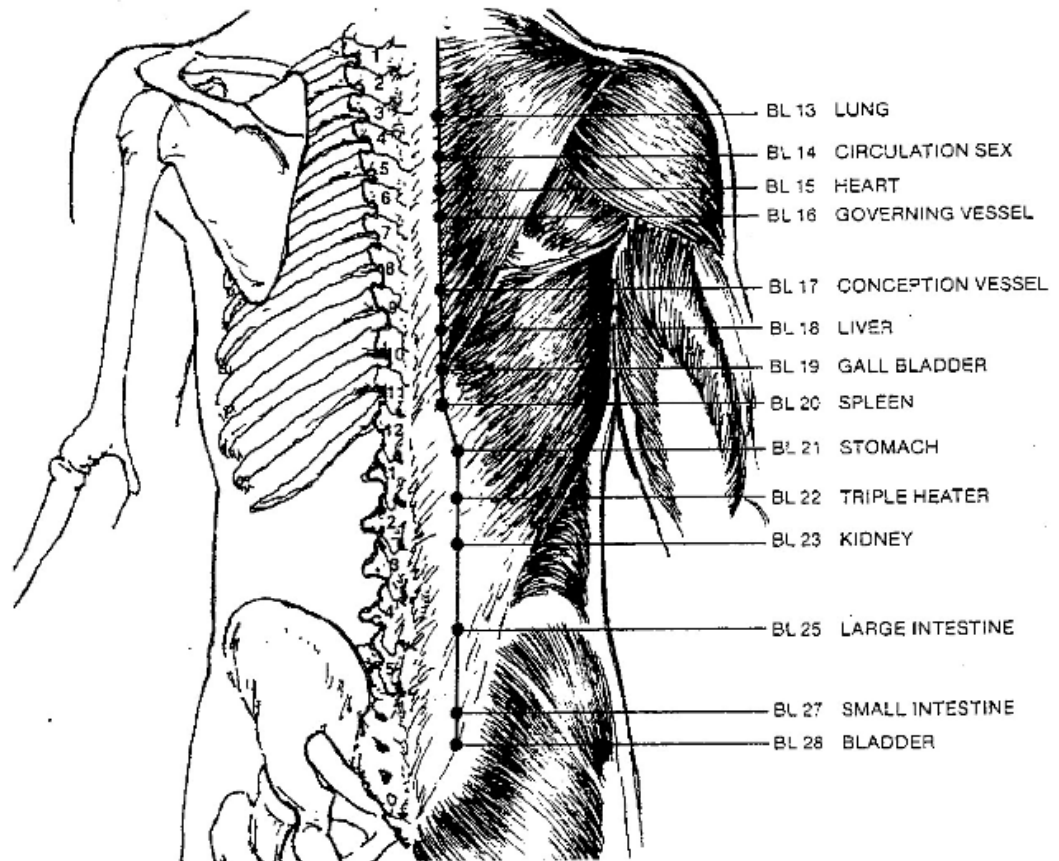
1. You give me permission to treat you.
2. You give yourself permission to get well.
3. You give yourself permission to accept this treatment.

E. Basic Treatments Techniques

1. SPINAL RELEASE (S.R.)

Spinal release (S.R.) is a treatment I adapted based on stimulating the associated points for the energy system of the body. There are associated points for each of the 12 meridians and for the governing and central vessels. They are located on the bladder meridian that runs along each side of the spine. When a meridian is out of balance, its associated point will be affected. Stimulating an associated point near the spine will in turn balance the energy in that meridian. Therefore, stimulating all of the associated points while holding or thinking of a reactive substance will balance all of the meridians in relationship to the identified substance. The substance will no longer weaken the body.

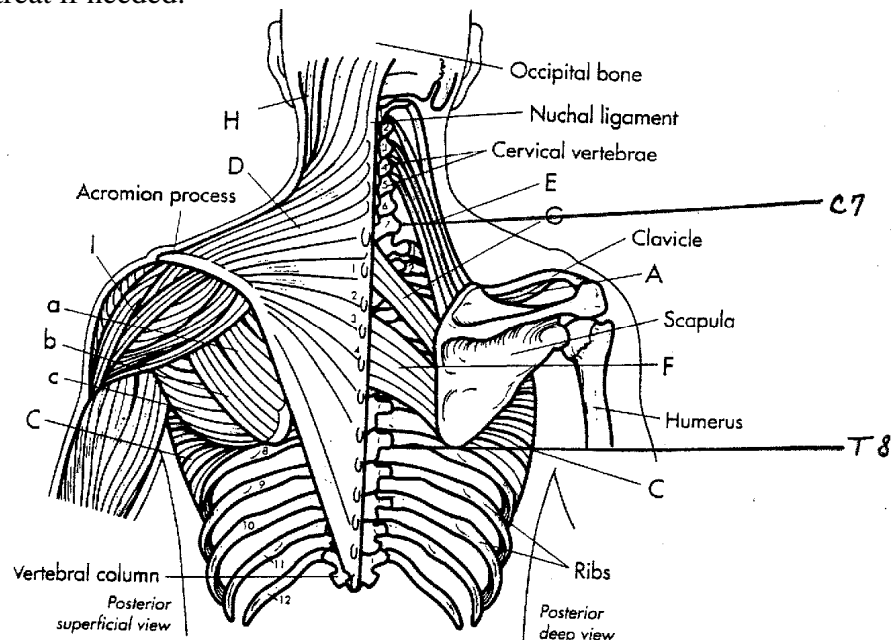
ASSOCIATED POINTS ON THE BLADDER MERIDIAN



From: Walther, D.S., Applied Kinesiology – Synopsis, Systems DC, Pueblo, CO, 1988

Spinal Release (S.R.) Procedure

1. Hold substance, hold tube with energetic frequency, write it on paper or think about it.
2. Muscle test.
3. If weak, tap on either side of spine, using knuckles (using middle finger knuckles of fist).
From C7 – bump on back of neck to T8 – bottom of shoulder blades.
While you tap on back each cycle, have patient:
 - a) breathe in – holding breath
 - b) breathe out – refrain from breathing
 - c) hyperventilate
 - d) relaxed normal breathing
 - e) eyes circle clockwise
 - f) eyes circle counterclockwise
 - g) close eyes
 - h) eyes closed, eyes circle clockwise
 - i) eyes closed, eyes circle counterclockwise
4. Muscle test.
5. If strong – muscle test – This treatment is now complete. It is complete 100%. It is complete 100% in the future.
6. If weak – re-do treatment.
7. When strong – muscle test – You need to hold it.
8. If yes – muscle test 1 min., 2 min., 3 min., etc.
9. Hold designated time.
10. Muscle test – You need to stay away from substance.
11. If yes – muscle test 1 hour, 2 hours, 3 hours, etc.
12. Retest in more than 24 hours to check if treatment has held.
13. Retreat if needed.



From: Walther, D.S., Applied Kinesiology, Vol. I, Basic Procedures and Muscle Testing, Systems DC, Pueblo, CO, 1988

1A. Target Point Treatment

Target Point Treatment can be used alone or to strengthen Spinal Release. Once the Spinal Release treatment is done, specific associated points on the bladder meridian can be identified that will increase the strength of the treatment and reduce any need for re-treatment. Muscle test to find the specific point on the spine. Use one hand to run down spine while the other arm is muscle testing the patient. The hand on the spine touches very lightly.

Once a weak point is identified, put pressure on that point until it muscle tests strong. Check for other points until all associated points on the spine are cleared. This system identifies the specific meridians that are imbalanced by the substance. It is going for a direct hit rather than the hit or miss approach.

Target Point Treatment can also be done independently or in combination with any of the other treatments.

1B. Imagined Spinal Release (imSR)

I have discovered that Spinal Release can be successful when used in imagination. That is, you can think or hold the problem substance and then imagine the points on the spine being stimulated. Imagined Spinal Release, or imSR, can be a useful self-treatment after one has experienced enough treatments so that the body is conditioned to the changes being made and the person is easily able to focus on the points.

2A. Laser Ear Spray (L.E.S.)

Laser Ear Spray was developed by my husband Bob Radomski, DC. Prior to learning N.A.E.T. to eliminate allergy-like reactions, we had been using ear acupuncture to reduce symptoms. However, this practice was based on using very specific points in complicated patterns. Bob went to a seminar in which the presenter stimulated all the acupuncture points in the body by waving a larger, cold laser over the entire body. Bob reasoned we could achieve the same results by using the ear points. In E.F.T., Gary Craig decided that it is fine to stimulate all endpoints of meridians rather than using Callahan's complex diagnostic procedure. In the same way, Laser Ear Spray stimulates all ear acupuncture points without diagnosis. Acupuncture points on the ear represent all of the other areas of the body. The ear, like the foot and hand, is a hologram of the entire body. The ear points have the strongest response in the body followed by the foot and then the hand.

Holding or thinking about a reactive substance creates an imbalance in the body's energy system and stimulating the ear points will balance the body's energy system in relation to that thought or substance. Use a red laser pen light with a 630-670 nm frequency that reaches 1,200 feet in range.

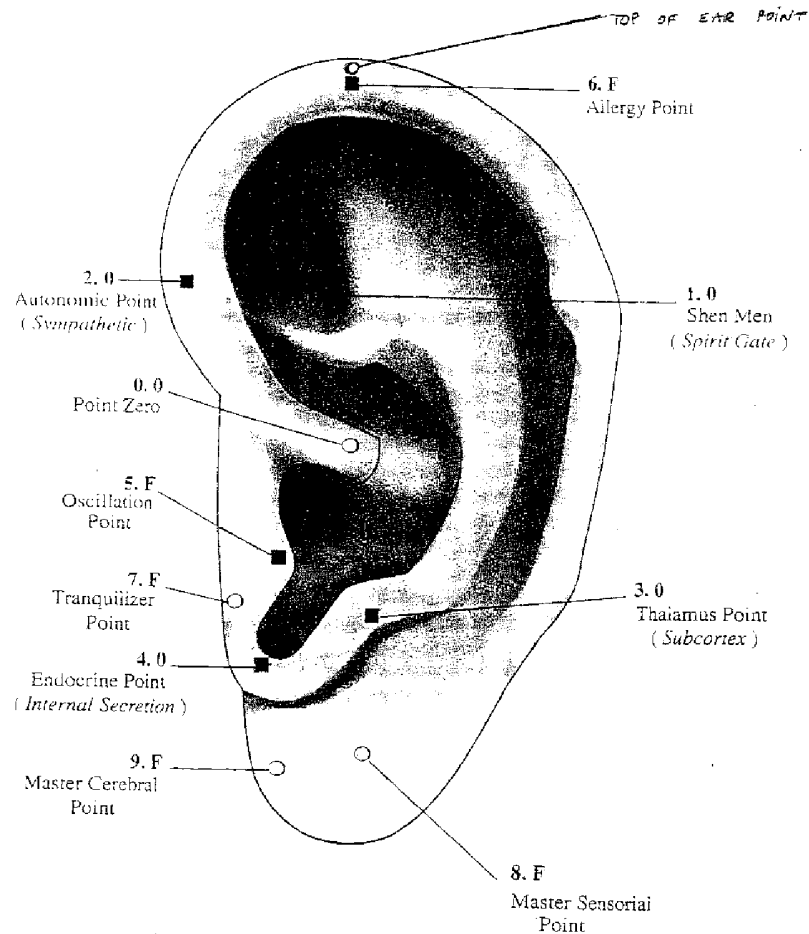
I use the laser beam approximately one-half inch away from the ear. I begin by outlining the ear and then coloring it in with the laser light on all parts of the ear, both front and back and inside every crevice. I then focus for several seconds on the special points listed below. I follow the procedure for both ears, spending about 30 seconds to 1 minute for ear. Some therapists report success using up to 4 minutes per ear or body part. If treatment is not complete, I just repeat the process.

For treatment of food or environmental sensitivities:

1. Hold substance, hold tube with energetic frequency (or think or write on paper).
2. Muscle test.
3. If weak, use laser pen light to stimulate ear acupuncture points on both ears.
 - a) Stimulate (spray) entire ear – front and back
 - b) Allergy point (optional)
 - c) Top of ear point (optional)
 - d) Shen Men point (optional)
 - e) Zero point (optional)
4. Repeat muscle test.
5. If strong, muscle test – Treatment is now complete. It is complete 100%.
It is complete 100% in the future.
6. If weak, re-do treatment.
7. If strong, muscle test – You need to hold it.
8. If yes, muscle test 1 min., 2 min., 3 min., etc.
9. Hold for designated time.
10. Muscle test – You need to stay away from substance.
11. If yes, muscle test 1 hour, 2 hours, 3 hours, etc.
12. Retest in more than 24 hours to check if treatment has held.
13. Retreat if needed.

Laser Ear Spray can easily be used in conjunction with the other treatments to strengthen the work.

Ear Acupuncture Points For Laser Ear Spray (L.E.S.)



Raised Ear Point: Regions of the ear that are elevated ridges or are flat surface protrusions.
Represented by *Open Circle* shaped symbols. ○

Deeper Ear Point: Regions that are lower in the ear, like a groove or depression.
Represented by *Solid Circle* shaped symbols. ●

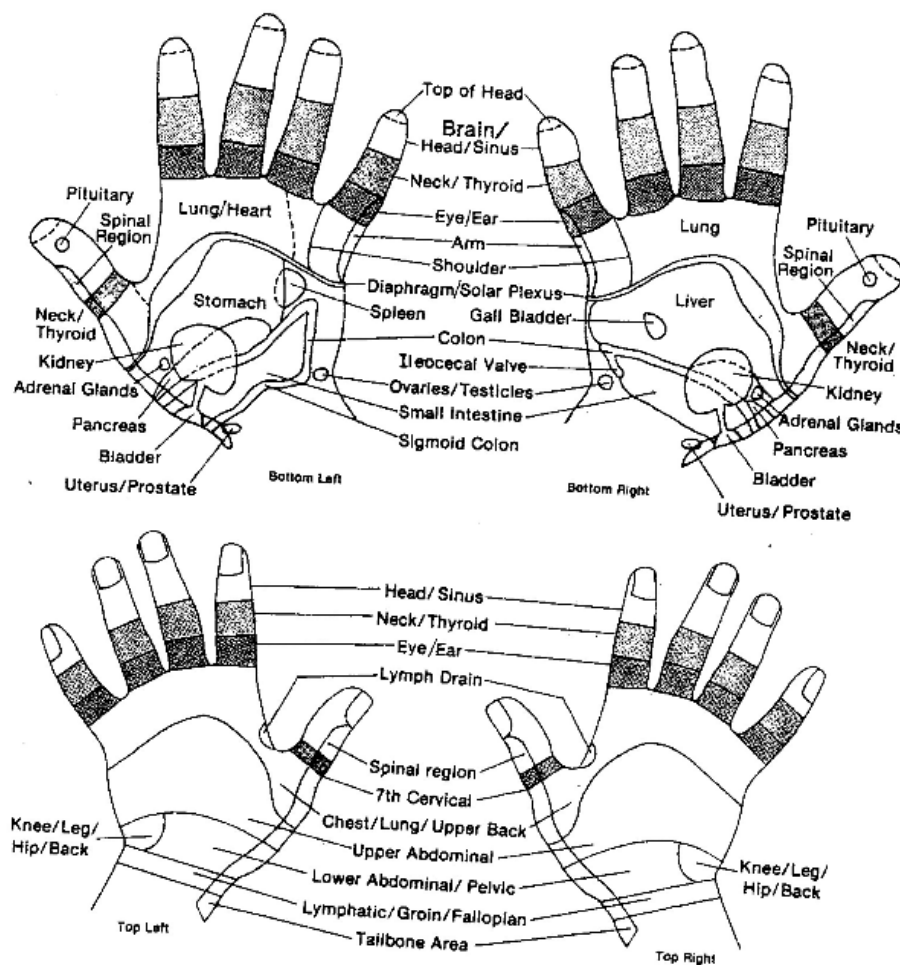
Hidden Ear Point: Regions of the ear that are hidden from view because they are perpendicular to the deeper, auricular, surface regions or they are on the internal, underside of the auricle.
Represented by the *Solid Square* shaped symbols. ■

From: Oleson, Terry, *Auricular Therapy Manual: Chinese and Western Systems of Ear Acupuncture*, Health Care Alternatives, Los Angeles, 1996.

a. **Laser Spray to Hands**

Laser Spray Technique was developed using stimulation of the acupuncture points on the ear. One of the true pleasures of presenting this work is to see the many and numerous variations and improvements created by people using these techniques. Don Elium, founder of the eTox Research Discussion List (<http://members.aol.com/doneliu/etox.html>) began to experiment by also stimulating points on the hands and feet with the laser pen light. You perform Laser Spray to hands by slowly spraying the laser light over the hand reflex point to balance the body in relation to the reactive substance. The advantage of using hand and feet points is the ease of self-treatment. It has been very useful clinically to use these additional points. As with the ear points, hand and feet points can be used to eliminate negative reactions to substances, beliefs, concepts, people or situations. The use of Laser Spray or any of the other techniques are limited only by the bounds of your creativity.

HAND REFLEXOLOGY CHARTS

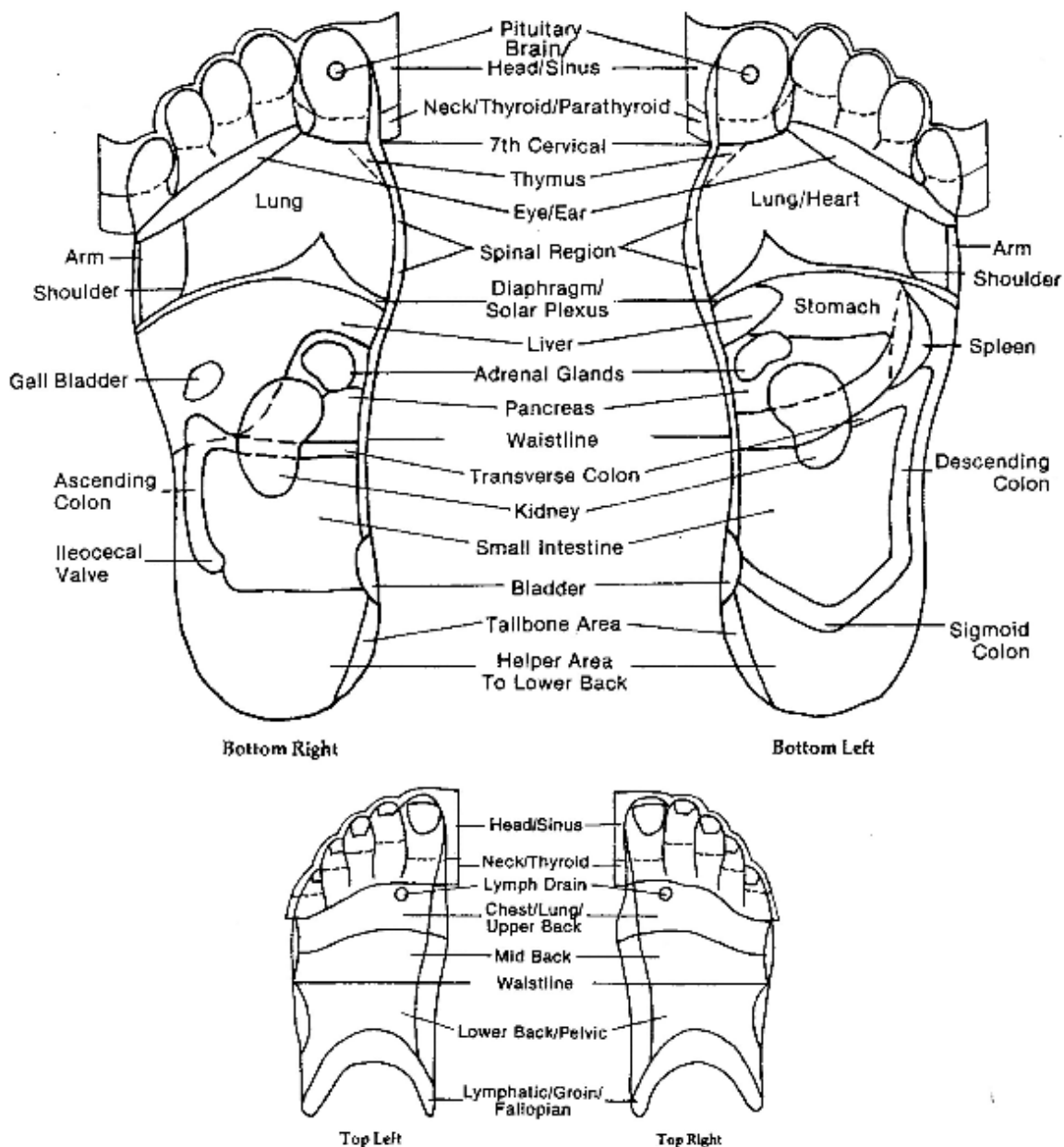


From: *Hand and Foot Reflexology – A Self-Help Guide*, Kevin and Barbara Kunz, A Fireside Book, Simon & Shuster, 1984.

b. Laser Spray to Feet

Laser Spray to Feet is also done to balance the body's energy system in relation to the reactive substance. The laser light is sprayed slowly over the foot reflex point. See Laser Spray to Hand for more information.

FOOT REFLEXOLOGY CHARTS



From: *Hand and Foot Reflexology – A Self-Help Guide*, Kevin and Barbara Kunz, A Firstside Book, Simon & Shuster, 1984.

3. Body Talk

The Body Talk System is an extensive treatment program developed by Dr. John Veltheim, a chiropractor, acupuncturist and Reiki master. This system re-establishes communication between all parts of the body in order to restore health. It deals with structure, emotions, cellular repair and body chemistry. The body chemistry section treats people for allergies, toxins, bacteria, viruses and parasites. Muscle testing is used to identify the particular problem that is a priority at that time. The main treatment modality is tapping the head and tapping the sternum. The tapping procedure is very light with the practitioner barely touching the head and sternum. It is important that the fingers are spread so that there is contact on both hemispheres of the brain. Fingers should be on either side of the midline of the brain. The tapping on the sternum is also very light and represents the heart energy. The tapping is done for several full breath cycles, alternating between the head and heart.

The Body Talk Treatment for substance sensitivities is to wet a piece of tissue with the patient's saliva and put it in their navel. The patient rubs their gums to pick up any microscopic blood molecules. Placing the tissue in the navel puts the saliva and blood in contact with a very important energy point in the body. Ellen Cutler advocates testing substances in conjunction with a person's blood. Having microscopic blood on the tissue avoids having to draw blood from the patient. The saliva itself carries important information. Dr. John Veltheim states that soon physicians will be able to use saliva tests to get the same data now available only through blood tests. If it is impossible or inappropriate to put the saliva tissue in the patient's navel, you can have them put it in their left ear.

Proper preparation for Body Talk ensures the patient is totally ready and aligned with the treatment.

PREPARATION FOR BODY TALK TREATMENT

1. Muscle test the following statements:
 - a. My body gives you permission to heal my sensitivities.
 - b. My conscious mind gives you permission to heal my sensitivities.
 - c. My subconscious mind gives you permission to heal my sensitivities.
 - d. My soul gives you permission to heal my sensitivities.

2. If any statement is weak:
 - a. Have patient write statement on piece of paper.
 - b. Put paper on navel or continue to read statement.
 - c. Lightly tap cortex and sternum with several full breath cycles of exaggerated breathing.

Body Talk Procedure

1. Put patient's saliva on tissue in navel (rub gum area).
2. Hold substance, hold tube with energetic frequency (or think or write on paper).
3. Muscle test.
4. If weak, put index finger and middle finger of each hand on both sphenoids (indentation on side of eyes used in T.F.T. and E.F.T. tapping).
5. Alternate gently tapping head and sternum with patient breathing through an exaggerated full breathing cycle.
 - a. Put fingers on either side of mid-line of brain for head tap
 - b. Tap lightly on sternum
 - c. Continuous full breath in and full breath out
6. Repeat several times.
7. Repeat muscle test.
8. If strong, muscle test – This treatment is now complete. It is complete 100%. It is complete 100% in the future.
9. If weak, redo treatment.
10. When strong, muscle test – You need to hold it.
11. If yes, muscle test 1 min., 2 min., 3 min., etc.
12. Hold for designated time.
13. Muscle test – You need to stay away from substance.
14. If yes, muscle test 1 hour, 2 hours, 3 hours, etc.
15. Retest in more than 24 hours to check if treatment has held.
16. Retreat if necessary.

Modified Body Talk:

If using Body Talk in combination, you may omit steps 1 and 4. Merely hold substance and tap on head and sternum.



From: Veltheim, John, *The Body Talk™ System*, PaRama, Inc., 1999

4. Emotional Freedom Technique (E.F.T.)

My use of the Emotional Freedom Technique for treating allergy-like reactions began as a matter of necessity. Late on a Tuesday evening I was driving home from one of my offices in Pennsylvania when I called mother in Chicago. I was leaving the next morning for San Francisco to attend Gary Craig's Ultimate Therapist Seminar. My mother was to have cataract surgery the next Monday morning. She told me at this time that she was still having a persistent, severe cough especially in the morning. This cough was caused by her blood pressure medicine, which she was required to take. She was also told it would be very dangerous to cough following the cataract surgery. I knew there was no way for me to travel to Chicago to treat her using N.A.E.T. Techniques.

Necessity being the mother of invention coupled with Gary Craig saying you can try E.F.T. for anything, I felt E.F.T. was the only treatment I could do for my mother over the car phone. I asked her to get her blood pressure medicine. I had her rub the sore spots on her chest and say 3 times, "Even though I have a bad reaction to _____, I deeply and profoundly accept myself." I then led her through the E.F.T. tapping sequence using the reminder phrase "bad reaction to _____" at each point. I had her repeat the sequence several times. She wrote down the procedure and I told her to do it several times a day. We said goodbye and I hoped for the best.

When I spoke to my mother from San Francisco, I was pleased that her coughing was greatly diminished. She continued the E.F.T. tapping. By the time of the surgery, the coughing was gone and she did fine.

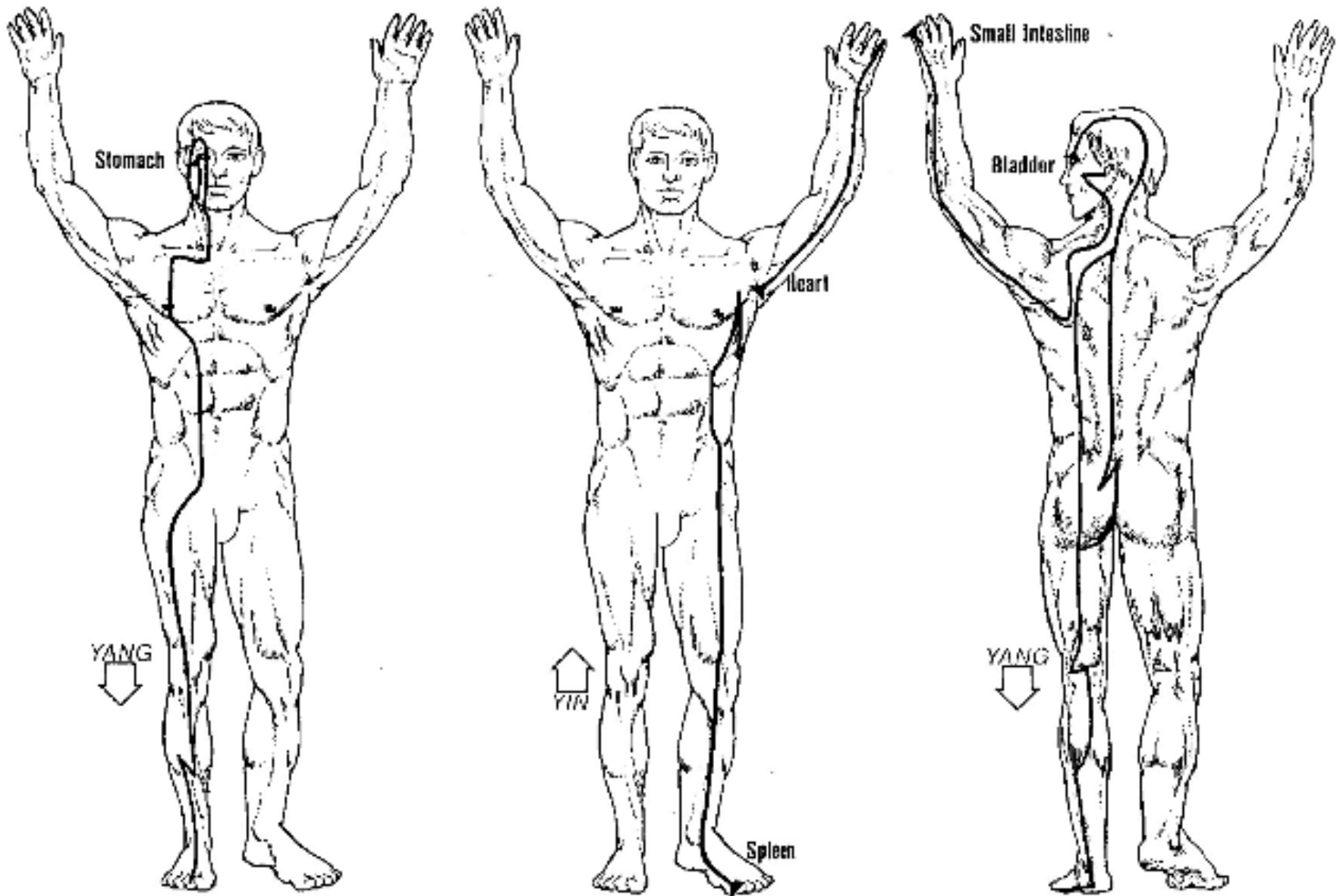
I told Gary Craig about what happened and he had me present the information during the Ultimate Therapist Seminar. It can be seen on tape #11 and on page 154 in his transcript (copyright 1998). Gary comments in the transcript that, "after the seminar concluded, and after Sandi and I talked, of course, I tried it myself on a couple of substances with various clients and it worked like a charm".

For those of you familiar with E.F.T., you will notice that I use all 14 meridians when using E.F.T. for allergy-like reactions. I have added the liver meridian since the liver is so important in clearing the body of toxins. I also include the gamut point in the tapping sequence since I no longer routinely do the gamut procedure.

I find it fascinating that the sore spots on the chest used in the set-up to clear the psychological reversal are in reality neurolymphatic drainage points. These drainage areas are useful for helping the body rid itself of toxins. Therefore, there is an intricate relationship between toxins and psychological reversals.

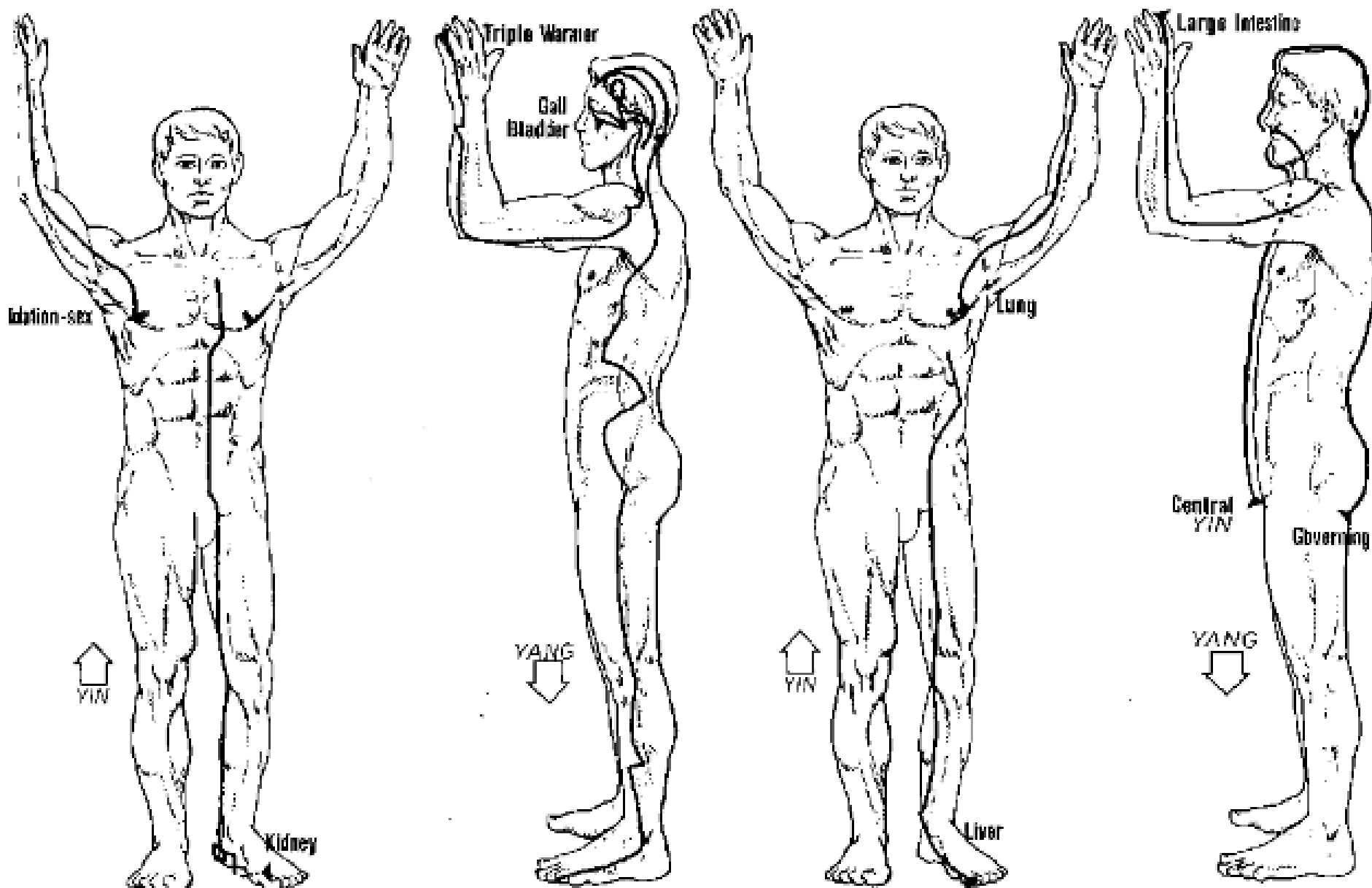
The following two pages show the pathways of all 14 meridians. The tapping points in T.F.T. and E.F.T. represent either endpoint on each of the meridians.

Acupuncture Meridians (1)



From: *Touch for Health*, John F. Thie, DC, Touch for Health Foundation

Acupuncture Meridians (2)



From: *Touch for Health*, John F. Thie, DC, Touch for Health Foundation

Eliminating Energy Toxicity Using E.F.T.

- Hold substance, hold tube with energetic frequency of substance, write it on paper or think about it.
- Muscle test. If weak – treat.
- **Correct psychological reversal:**
While holding substance, patient rubs sore spot(s) on chest and says: “Even though I have a bad reaction to _____, I deeply and profoundly accept myself, honor and respect myself, love and forgive myself and forgive myself for any part I might have played in this problem and I forgive anyone else for any part they played in this problem.”
- **Treatment:**
While holding substance, tap each point while saying “my bad reaction to _____” at each point.
- **Sequence:**

EB – Beginning of eyebrow	(Bladder meridian)
SE – Side of eye	(Gallbladder meridian)
UE – Under eye	(Stomach meridian)
UN – Under nose	(Governing meridian)
CH – Center of chin	(Central meridian)
CB – Collarbone	(Kidney meridian)
UA – Under arm	(Spleen meridian)
T – Outside of thumbnail	(Lung meridian)
IF – Corner of index fingernail	(Large intestine meridian)
MF – Corner of middle fingernail	(Circulation/sex)
LF – Corner of little fingernail	(Heart meridian)
KC – Karate chop – on side of hand	(Small intestine meridian)
TH – Top of hand between 4th finger and little finger	(Triple heater meridian)
L – Under breast	(Liver meridian)
- Re-muscle test. If weak – repeat treatment rubbing sore spots, using:
“Even though I still have some bad reaction to _____”, I deeply and profoundly accept myself.”
- At each point, say “remaining bad reaction to _____.”
- If strong – treatment is complete.
- Following treatment – muscle test:
 1. This treatment is complete.
 2. This treatment is complete 100%.
 3. This treatment is complete 100% in the future.If any of the above is weak – retreat.
- If all of the above statements are strong – muscle test:
 1. You need to hold this.
If yes – muscle test 1 minute, 2 minutes, 3 minutes, etc.

- Following holding – muscle test:
 1. You need to avoid substance.
If yes, muscle test 1 hour, 2 hours, 3 hours...25 hours.
 2. You can be in contact with the substance.

- **Other aspects:**

As you can see, I begin with E.F.T. on the reactive substance. Of course, additional aspects of the sensitivity can be tapped on as is common in E.F.T. work. Other aspects to tap on are:

1. The symptoms caused by the substance: runny eyes, skin rash, mental fogginess
2. The symptom and the substance: milk and stomach pain, air in room and brain fog
3. Trauma at the time of the exposure to the substance: trauma of surgery, when titanium marker was implanted, trauma of severe illness when reactive medication was given
4. Emotions connected with the negative reaction: anger and frustration about having runny eyes, hopelessness of ever getting better.

Case Examples

The following is a case example of using EFT for an allergic reaction where I never knew the cause of the symptoms.

I was at the ice skating rink with my daughter, a competitive skater, when one of the other skaters began to have a severe asthma attack. Her inhaler wasn't working, her color had become abnormal and her eyes were glazed. Her frantic mother turned to me to see if I could help. I immediately began doing EFT on the child. I was doing the tapping on her and saying "difficulty breathing". I did quite a few rounds, repeating the reversal phrase after every other sequence. The girl became aware of her surroundings and her color got better. When we stopped, her mother reported that her daughter had responded quicker than if she had gotten epinephrine at the hospital. In this case, despite not knowing the trigger of the allergic asthmatic reaction, EFT still worked quickly and easily.

Rosemarie Hazen, therapist, reports success in using EFT for a negative reaction to her glasses.

Several weeks before I got your manual I got a new pair of glasses – progressive lenses and some corrections that were a challenge to accommodate. The doctor told me it would take several weeks for my brain to adjust to all these corrections. My brain wouldn't adjust and I felt nauseated and very dizzy every time I tried to wear them. I finally gave up and was ready to change to bifocals when I got your manual and tubes. When I read the case studies regarding titanium toxicity, I remembered my eyeglass

frames were titanium so I muscle tested them for toxicity and sure enough, they were toxic for me. It took me one round of EFT to clear them and I was able to immediately wear them without any symptoms. A large percentage of the frames sold now are titanium and I've been curious about how many people are having unexplainable symptoms as a result of wearing these frames.

Another common source of titanium is batteries, usually tucked away and unseen in all sorts of cameras, toys, games, etc.”

Cross-Tapping Using E.F.T.

Lately, I have been using Cross-Tapping, an alternative method of stimulating acupuncture points using the Emotional Freedom Technique sequence. In Cross-Tapping, the points are stimulated bilaterally using hands in a crossed position. That is, the hands cross the midline to stimulate points on the opposite side of the body. The crossed arm position is used for both rubbing sore spots on chest to correct psychological reversal as well as for stimulating endpoints of the acupuncture meridians.

Cross-Tapping can be effective for emotional issues as well as for treating sensitivities. I find it lowers SUDs (Subjective Unit of Discomfort) levels even more quickly in some people than regular tapping. My hypothesis is that Cross-Tapping integrates the two brain hemispheres to reinforce balancing the energy system in relation to the problem. Brain Gym, One Brain, Body Talk, and Cook's Hook-Up all utilize crossing the midline and cross-crawl patterns to balance the brain. I find it especially useful for people with A.D.D. or other conditions of neurological disorganization.

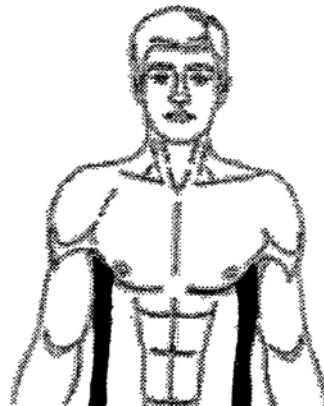
5. Holloway Technique

The Holloway Technique was developed by Dr. George Holloway, M.D., an anesthesiologist trained in NAET. Dr. Holloway wanted to find a technique that can be used for self-treatment. It can also be used by the practitioner on the patient.

The Holloway Technique uses the same breathing cycles as in Spinal Release. The tapping is done with a whole, flat hand. The points that are stimulated are on the posterior and anterior axillary area from under the armpit along the side of the body to the waist.

1. Hold substance, hold tube with energetic frequency, write it on paper or think about it.
2. Muscle test.
3. If weak, slap with full hand under armpit to waist on side of body. While you slap on one or both sides have patient:
1st cycle: breathe in and hold breath.
2nd cycle: breathe out – refrain from breathing.
3rd cycle: hyperventilate.
4th cycle: normal, relaxed breathing.
4. Muscle test.
5. If strong, muscle test – Treatment is now complete. Treatment is complete 100%.
6. If weak, re-do treatment.
7. When strong, muscle test – You need to hold it.
8. If yes, muscle test 1 min., 2 min., 3 min., etc.
9. Hold for designated time.
10. Muscle test – You need to stay away from the substance.
11. If yes, muscle test 1 hour, 2 hours, 3 hours, etc.
12. Retest in more than 24 hours to check if treatment has held.
13. Retreat if needed.

Holloway Technique can be used bilaterally or unilaterally by either the patient or the practitioner. It constitutes an easy self-treatment technique. Practitioner can stand behind patient during treatment.



F. Advanced Protocols

These combination protocols are used to treat more complex substance reactions.

1. Animal Protocol (combined sensory)

In order to customize their treatment, I have patients bring in hair samples of the dogs, cats, horses or other animals they want to be around. First, I do any of the presented treatments while the person holds the bag containing the sample. The second treatment is done with the person smelling the hair sample. The third treatment is done with the person touching the hair. The same procedure is followed for kitty litter.

2. Food Combinations

As Dr. Devi Nambudripad reports, sometimes a person's sensitivity is due to the combination of different foods rather than just one individual type of food. A meal rarely consists entirely of one specific food. Food is usually eaten in combination even if it is only with spices. Everything eaten at a meal or throughout the day can be put in a napkin or a glass jar and tested. If weak, it can be treated. Someone can automatically use self-treatments following every meal at home to be certain all food combination are cleared.

3. Medication/Supplement Combinations

As with foods, medications and supplements are often taken in combination. All medications or supplements taken daily are held in the hand and then tested and/or treated. Daily self-treatments at home can be done while holding pills prior to ingesting.

G. Specialized Treatments

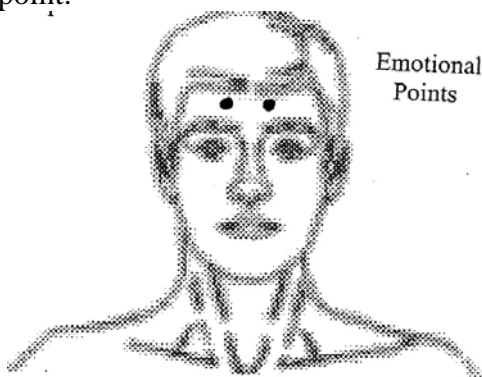
The preceding treatments are usually sufficient by themselves, to bring about significant reduction of symptoms. At times, however, a substance is resistant to being cleared during a session or continues to weaken the system on subsequent visits. In these cases, the Emotional Sensitivity Treatment as well as the following Trauma Sensitivity Treatments can be used to clear the energy imbalance. Both of these treatments utilize contacting the emotional points on the forehead. I developed both of these techniques to address the emotional and trauma aspects connected to the reactions. When an emotion is not implicated in the reaction, test for the Body Sensitivity Treatment to determine whether the substance needs to be treated in relation to a body part.

1. Emotional Sensitivity Treatment

1. Hold substance, write on paper or think about it.
2. Muscle test.
3. If weak - is a sensitivity.
4. Hold emotional points on forehead - if arm strengthens, then there is an emotional component to the reaction.
5. You may test the emotions in the **Allergy Antidotes™** Emotion Collection Energy Frequency Tubes to identify a more precise emotion that is blocking the treatment.

EMOTION COLLECTION			
•Abandonment	•Despair	•Grief	•Rage
•Anger	•Disappointment	•Guilt	•Rejection
•Anxiety	•Discouragement	•Hatred	•Resentment
•Apathy	•Disgust	•Helplessness	•Sadness
•Betrayal	•Disillusionment	•Hopelessness	•Shame
•Confusion	•Envy	•Jealousy	•Terror
•Depression	•Fear	•Joy	
•Deprivation	•Frustration	•Panic	

6. Muscle test age at which emotional situation affecting the reaction took place, i.e. conception to birth, birth to 10 years, 10-20 years, 20-30 years, up to present age, then narrow to specific age.
7. Identify situation at the age that has that emotional component.
8. Think of the emotion or hold emotion tube related to that situation while holding the substance. Treat using any treatment while patient holds emotional point.



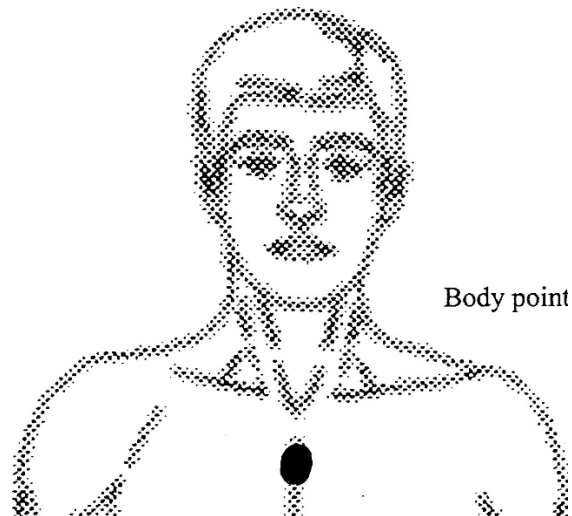
2. Body Sensitivity Treatment

The preceding Emotional Sensitivity Treatment addresses situations in which an emotion is blocking a treatment. The Body Sensitivity Treatment is used when a problem with a body organ, system, hormone or fluid is influencing a sensitivity reaction. Once a weak muscle test is found to a substance, either the practitioner or the patient contacts the Body point on the sternum with their fingertips. If the weak arm then becomes strong, a body component is involved in the sensitivity reaction.

Muscle test the body part either verbally or using the **Allergy Antidotes™** tubes in the Basic Body Collection.

BASIC BODY COLLECTION	
• Acid	• Pancreas
• Base	• Pituitary/Pineal/Hypothalamus
• Endocrine System	• Prostate
• Immune System	• Small Intestine
• Limbic System	• Spleen
• Adrenals	• Stomach
• Bladder	• Thymus
• Blood/Lymph	• Thyroid/Parathyroid
• Brain/Nervous System	• Uterus/Ovary
• Gallbladder	• Saliva/Mucus
• Heart	• Sweat/Urine/Lubricant
• Kidney	• Tears
• Large intestine	• Estrogen
• Liver	• Progesterone
• Lungs	• Testosterone

Once the body component is identified, hold the **Allergy Antidotes™** tube or hold a paper with the name of the body part in addition to the original reactive substance. Treat patient while holding both items and touching the body point.



3. Trauma Sensitivity Treatment

In Trauma Sensitivity Treatment, the patient focuses on the emotional trauma associated in time with the onset of the reaction or contact with the substance. The patient holds their hand across their forehead to contact their emotional points. The practitioner then utilizes any of the treatment choices.

Case Examples:

a. I treated someone for pain in her eye from an implanted plastic lens due to cataract surgery. She touched her eye with a tube of the energetic frequency of plastic, put her hand across her forehead and focused on the extreme eye pain after the procedure and her severe allergic reaction to the painkiller administered at that time. Therefore, she had a severe allergic reactions associated in time with the insertion of the plastic lens. Following the precepts of psychoneuroimmunology, it is understandable that the insertion of the plastic lens paired with a severe allergic reaction and upset could cause the development of a sensitivity to the plastic.

b. Another patient had a titanium plate and bolts put in her ankle following a severe break. During the treatment, she held her forehead, touched an energy tube of titanium to her ankle, and focused on the helplessness and anger of severely breaking her ankle in a foreign country. She had been unable to speak the language and had serious allergic reactions to the chemicals in the hospital. Again, the insertion of the titanium paired with the upset and allergic reactions led to her allergy to titanium.

c. When treating people for anesthesia, I have them focus on the trauma of the surgery and their fears of the outcome.

d. I treated a patient for her negative reaction to tetanus vaccine. She had had a severe allergic reaction to the tetanus shot she received after being thrown and dragged by a horse at summer camp. She had hives over her entire body while recovering from her stitches and felt lonely, friendless and lost. She focused on those emotions with her hand on her forehead while holding the tetanus vaccine tube, the specific emotion tube and receiving treatment.

4. Body Wisdom Technique to Identify Infectants

The Body Wisdom Technique uses muscle testing to access information concerning the cause of symptoms and/or diseases. It assesses whether infectants are responsible for the presenting symptoms.

First, it is important to be sure the entire person is aligned with the goal of identifying the cause of the problem. Use Preparation for Body Talk Treatment, below.

PREPARATION

Muscle test:

1. My body gives you permission to heal my _____.
2. My conscious mind gives you permission to heal my _____.
3. My subconscious mind gives you permission to heal my _____.
4. My spirit/soul gives you permission to heal my _____.

If the patient's arm weakens on any of the above statements, have the patient write the statement on a piece of paper. Patient continues to read piece of paper while the practitioner uses Spinal Release, Body Talk, Laser Ear Spray, rubs Psychological Reversal sore spots on chest, or uses Emotional Freedom Technique, stating "even though my _____ doesn't want you to heal my _____", and repeating at each acupuncture point.

Re-muscle test preparation statement.

IDENTIFICATION OF CAUSE

Muscle test:

1. My subconscious knows the cause of my (state symptom or disease).
2. If yes (strong) – muscle test:
- An infectant is causing my _____.
If no (weak) – go to #8.
3. If yes (strong) – muscle test:
- A bacteria is causing my _____.
- A virus is causing my _____.
- A mold/fungus is causing my _____.
- A parasite is causing my _____.
4. Go to the specific list (bacteria, virus, mold/fungus, parasite) of the identified type of infectant (see Section II, Infectants).
5. Muscle test each pathogen on the list to determine the specific culprit.
6. Write name of infectant on paper (or use **Allergy Antidotes™** tubes).

7. Patient will hold and read paper or hold **Allergy Antidotes™** tube for infectant while practitioner treats using any of the presented treatment modalities.
8. If no (weak) – muscle test:
 - A sensitivity is causing my _____.
 - A toxin is causing my _____.
 - An emotion is causing my _____.
9. If a toxin is causing the problem, muscle test possible toxins from the Metal, Chemicals and Pesticide lists (Section II). Also, use your clinical skills to uncover toxins that have affected the person in their work, home environment or childhood.
10. If a sensitivity is causing the problem, use the lists of Primary Reactive Substances given in Section II.
11. If an emotion is causing the problem, use Emotional Sensitivity Treatment (Section III) to identify.

CASE STUDIES

1. I used the Body Wisdom Technique on a patient complaining of bleeding gums, a particular problem for several years. Her dentist was very concerned and she had performed the usual treatments.

The muscle testing indicated that a pathogen was causing the bleeding gums. The next muscle testing indicated that a bacteria was causing the bleeding. I muscle tested verbally each bacteria on list. Tuberculum Residium was shown to be the cause of the problem.

I wrote Tuberculum Residium on a piece of paper and treated her while she continued to read the name. After two separate treatments, her gums have completely stopped bleeding.

2. I used this technique on another patient and it showed polio virus as the problem. I was perplexed since he had no polio symptoms. I asked if he had ever been exposed to polio and he said his four uncles all had polio and he would spend his summers as a child living with them.

5. Use of Treatment Techniques for Emotional Issues

I have presented five basic treatment techniques for eliminating the effects of reactive substances: Spinal Release, Laser Spray, Body Talk, Emotional Freedom Technique, and the Holloway Technique. It is significant that all of these techniques can also be used to eliminate emotional issues. Obviously, EFT was originally developed to work on emotions. The other treatments merely offer alternative ways to balance the energy system in relation to a negative thoughts, trauma, anxiety, etc.

For example, I recently used Laser techniques with a woman with constant flashbacks of her mother's mastectomy scars coupled with fear of getting breast cancer. E.F.T., along with Laser Spray to ears and hands, reduced the images and fears more completely than the E.F.T. alone. Previously, I had used E.F.T. singly on her other persistent images.

The following is a message from Willem Lammers, Ph.D, Psychologist, concerning the use of Laser treatment on a trauma.

"Today I saw a Turkish woman for the first time. She had been jailed for three years and systematically tortured by the military that took over Turkey in 1980, for more than 100 days. She was a teacher and worked in a union that had criticized the school system. That's all 20 years ago now, but the torturers said at the time that although they wouldn't kill her, she would wish each day for the rest of her life that she had been killed her. This nasty prophecy came true, and she suffers seriously from intrusive images. I'll spare you the details.

It was very encouraging to learn that she was able to react immediately and very positively to Laser Ear Spray treatment. As soon as she got into intense emotions in telling her story, I treated her with the laser and after a minute she breathed deeply and let go of the images. She had never had this experience before in telling the story – it usually got worse and she couldn't get out. For me, the results looked similar to working with EMDR and tapping, with the difference that she didn't have to do anything herself, which was very supporting and made it easier for her to stay with the memories to be processed."

A later message continues:

"Yesterday I saw my Turkish client with the torture history again. She had had no further intrusive images of the torture scenes we had treated in the first session. She felt much quieter and had slept well. This time, she reported one more torture scene and two incidents from her childhood in which she was molested. She hadn't been able to talk about this as a kid, because to do so in her culture would have meant that her father must kill the men involved and would have gone to prison.

She said that these incidents were responsible for 70% of her emotional problems. It was the first time she talked about these incidents, and again she went through in only a few minutes with the laser treatment. At the end of the session she broadly smiled, something she told me she hadn't done for 20 years. I had never seen anything like this, and it was only the second session!

In the third session she showed some symptoms again, but with less intensity. Laser treatment again took off the sharp edge of the experience."

William Lammers, Ph.D.
Psychologist
Certified Trauma Specialist, ATSS

For instilling positive beliefs and actions:

I use both Spinal Release and Laser techniques to instill positive beliefs and actions. I write a positive statement of how or what a person chooses to feel or do. I then muscle test the person holding and reading the statement aloud. If the person's arm weakens, I hypothesize it is as though they have a sensitivity reaction to the statement. I then use either Spinal Release down their back or Laser technique or a combination of both while they continue to read the statement. The statement is then repeated for muscle testing.

1. Write positive statement of how person chooses to feel or do.
2. Patient reads statement. Muscle test.
3. If weak, use laser pen light to (stimulate) spray entire ear (front and back) and hands or Spinal Release tapping while patient continues to read positive statement out loud or to self.
4. Muscle test.
5. If still weak,
 - a) Repeat treatment.
 - b) Break down positive statement into smaller parts.

H. Self-treatments

1. Self Testing

It is often very useful for patients to be able to be treated at home since they will often be confronted with symptoms outside of your office. In order to identify the offending substance, family members can be trained in muscle testing. It is especially important to train parents to identify negative substances for their children. Families can test foods, clothing and personal care products prior to purchase.

It is also helpful for everyone to have a way to muscle test themselves in order to determine whether a particular substance is weakening their energy system. Patients can use a finger test or an o-ring test depending on their preference. I find that my patients feel most comfortable using the Standing Sway test.

Standing Sway Test:

Stand up straight with feet together. Hold the suspected substance to the center of your chest with both hands crossed (one hand over the other). Close your eyes. Be objective and non-judgmental. In a few moments your body will either sway forward or backward. If the substance you are holding is good for you, you will sway forward. If the substance you are holding is bad for you, you will sway backwards.

2. Self-Treatment

These at home treatments are used to:

- a. Support treatments done in the office on hard to clear substances.
- b. Assist patient when experiencing symptoms at that time (i.e. think about air in room and do treatment).
- c. Treat saliva when patient begins to experience the first signs of cold, sore throat or flu.

I routinely train spouses, children or friends to perform treatments since it is difficult to do some treatments on oneself. When others are not available there are several self-treatments you can do for yourself.

Any of these self-treatment techniques can be used in various situations. They can be used to reinforce treatments done in the office for hard to clear substances. They can easily be used on specific substances when a person realizes they are having a reaction. It is also very useful to perform daily on food combinations. Often there is a problem with the combination of foods eaten at a particular meal rather than the individual items. As foods are digested and changed in the body by enzymes, the components rearrange themselves and create new chemical combinations that may cause

reactions. A person can put a sample of all of the foods eaten at a meal or the entire day in a napkin and do the self-treatments.

Self-treatments can be very useful to treat medications and supplements. Often people are very reactive to medications that their physician has prescribed. In order to reinforce treatments daily, the person can hold all of the medications in their hand and then proceed with the treatment. This procedure has been very effective with psychotherapeutic medications and especially with insulin. It is very important to me that my patients become independent. Early in treatment, I teach patients to self-treat and self-diagnose.

In my practice I have a Remedy Information Transfer Unit and a Biopet machine that transfer the energetic frequency from any substance or tube into another tube. I am currently creating a personalized energy frequency tube for each person based on treatments conducted during a session. Patients can then self-treat at home to bolster the work. Self-treatment is used for difficult to clear items, items in the body or environment, or for compromised patients with very weak bodies.

The four main self-treatments that I teach my patients to use are E.F.T., Modified Body Talk, Holloway Technique and Gate Point treatments from Dr. Devi Nambudripad as described by Ellen Cutler in her book *Winning the War Against Asthma and Allergies*.

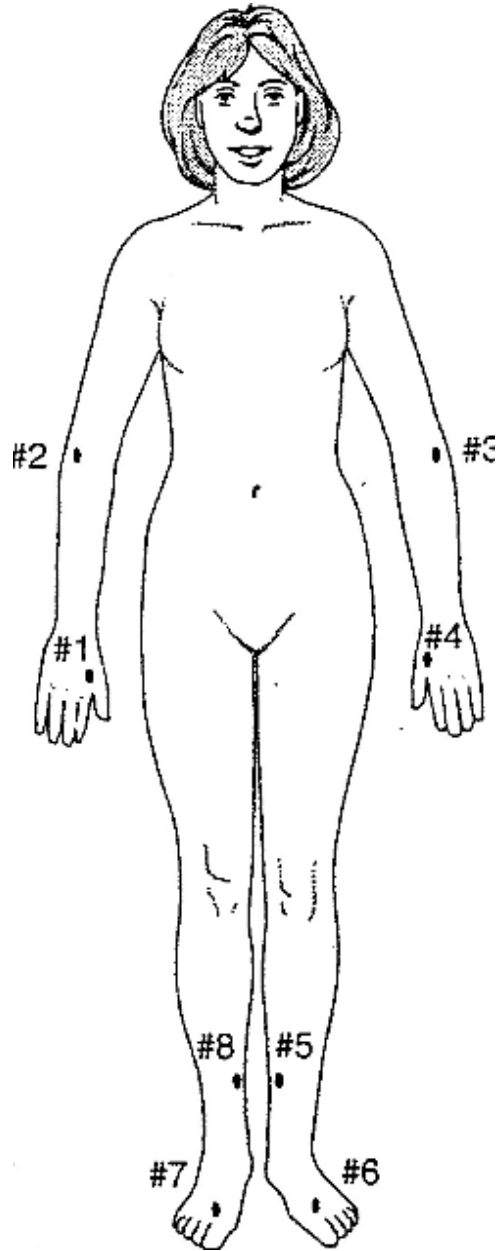
E.F.T.: Tapping endpoints of acupuncture meridians as shown in See Section III, E.4.

Holloway Technique: Slapping either side of the body with breathing cycle. See Section III, E.5.

Body Talk: Hold substance while tapping head and sternum several times with increased breathing. See Section III, E.3.

Gate Point Treatment: Gate Point is presented in Ellen Cutler's *Winning the War Against Allergies* book. In Gate Point Treatment, the person holds the allergic substances in their hand while they rub each of the acupuncture points in a specific circular order. As shown in the following figure, always start at point #1 on the right hand on the web between the thumb and index finger. Rub this and each other point for approximately one minute. Then go on to point #2, an indentation slightly below the right elbow. Point #3 is the same point on the left elbow and point #4 is the web between the thumb and index finger on the left hand. Next, move on the left leg at point #5, 4 finger widths above the ankle bone on the inside of the leg. This point is often very sore. Point #6 is between the big toe and next toe on the left foot. Then rub the corresponding point #7 on the right foot. Point #8 is 4 finger widths from the anklebone on the inside of the right leg. Then return to point #1 on the web between the thumb and index finger on the right hand to complete the circuit.

GATE POINTS



From: Ellen Cutler, *Winning the War Against Asthma and Allergies*, Delmar Publishers, 1997.

I. Diets For Reducing Allergy-like Reactions

I decided to major in Psychology in college because I wanted to help people with weight loss. I had been the fattest (as well as the shortest) kid in school. Everyone in my family was severely overweight. From the time I was in eighth grade, I maintained a reasonable weight with quite unreasonable dieting. I could eat no more than 650 calories a day to maintain my weight. More than 1,000 calories a day would cause me to gain weight. This restrictive dieting was necessary even though I took dance classes several times weekly, bicycled and worked out at the gym. I decided my weight problem was an unavoidable combination of fate and genetics.

About six years ago, I made an exciting discovery when a physician I was working with asked me to teach a class with him on improving cardiac health. The technique was based on Dean Ornish's book, *Dr. Dean Ornish's Program for Reversing Heart Disease*, which advocated a vegetarian, less than 10% fat diet. In order to prepare for the class, I went on the diet plan so I could devise easy ways to follow it and tricks to make it more fun. The results were appalling! Within one month I had gained 10 pounds and felt bloated and miserable. I hadn't deviated one mouthful from the diet, eating brown rice, plain oatmeal, steamed vegetables and plain bagels. I had given up fruit early in the diet since I was already gaining weight.

One of my friends suggested that I might have had systemic candida. I was desperate and willing to try anything. Following Crook's *Yeast Connection Diet*, I went from the austere vegetarian diet to eating eggs fried in butter, prime rib and avocado. Amazingly, I lost 5 pounds in 2 days and 9 pounds in 11 days. I could actually feel my arms getting thinner. I was losing a great deal of water weight. By eating protein and low starch vegetables, I was able to eat many more calories a day, maintain my weight and feel much healthier.

Several years later I began to work with sensitivity reactions. I realized that what I had been doing was avoiding my sensitive foods. When I ate foods I was reactive to – pasta, brown rice or bagels – I would hold water weight in order to dilute the poisonous effects on my body. My immune system would then attack the enemy and I experienced inflammatory responses such as bloating, gas and tiredness.

As soon as I began working with food reactions, I had my patients list the foods they ate daily along with the foods they would like to eat. Through muscle testing we discovered their reactive foods and, by avoiding these foods, learned that we could reduce or eliminate presenting symptoms. Wheat is an especially reactive food for almost everyone. One patient with a persistent cough that interfered with her sleep had tried numerous medications, to no avail. After merely avoiding wheat she was able to sleep through the night. Another patient was having severe abdominal cramping and was awaiting invasive biopsies of his intestines. Before the surgery, we discovered his negative reaction to wheat. Avoiding wheat completely eliminated his severe abdominal cramping and pain.

A recent patient has been especially rewarding. She is a bright woman in her early twenties who cried almost continually for two weeks prior to her period. Physicians wanted to put her on Prozac. I treated her for estrogen and progesterone with some relief. The main improvement came when she stopped eating wheat. Her crying stopped and she felt happy throughout the month.

I muscle test everything a person eats or wants to eat. Some people choose to refrain from these foods while we are systematically working on treating their reactivity. The foods that I find most often to be reactive are grains, dairy products and fruits. Some foods, particularly wheat and dairy products, tend to be difficult to treat.

As I have mentioned previously, Dr. Elson Haas documented how food reactions cause bloating and weight gain. Since he does not use muscle testing he has several other ways to determine a diet to reduce weight loss and prevent allergy-like reactions. One of his diets recommends avoiding what he terms the “Sensitive Seven” foods, which he has found to be the most reactive for most people. These foods include: dairy products, wheat, corn, eggs, soy, peanuts and sugar. Dr. Haas feels that avoiding these foods will enable one to avoid the bulk of one’s allergy-like reaction.

Dr. Haas’s most restrictive diet limits food intake to the foods he finds to be the *least* reactive for people. They include: lamb, pears, apples, walnuts, salmon, lima beans and steamed chard or kale.

Even with this list, each food should be muscle tested. Many people have reactions even to this limited group of foods. I muscle test for foods in several different ways. I have energy frequency tubes for many foods (see Foods Collection). Foods can be written on paper or voice tested. People often bring in food to be muscle tested directly.

I have found that with severely reactive patients, I need to test how much and how often food can be ingested. A food may test strong but only be able to be tolerated every other day or every third day. Following treatment the foods can safely be eaten more frequently. The same pattern holds true for the amount of food eaten. For example, one of my patients could initially tolerate only one banana every 4 days. Now he can eat several bananas a day without a sensitivity problem. Check if your patient can have a ½ cup, a full cup or more of a food. The treatments will increase the frequency and amount of food that can be tolerated.

Dr. George Goodheart, D.C. advocates a proper food-combining diet (see following pages) as a way to prevent allergic reactions, aid with digestion and promote health. At 82 years of age he has a full time chiropractic practice, teaches many weekend seminars, and plays tennis avidly. He must be doing something right. This diet allows you to eat all foods. However, it restricts the eating of certain foods at the same time. It is based on the fact that one’s body uses different enzymes to digest various types of foods. By separating certain foods, the body is less confused and more able to completely digest each substance. Meals are divided into protein meals consisting of

proteins, fats and low carbohydrate vegetables and carbohydrate meals that include high and low carbohydrate foods.

Since this diet helps your body digest food more easily, it is less likely to have leaky gut syndrome in which undigested food leaves the digestive tract, enters the bloodstream and is attacked as foreign material by the immune system. If the immune system is distracted from its primary task because it is busy digesting food, it is also unable to protect the body from other toxic substances and pathogens. The immune system becomes overloaded and symptoms occur.

In his book *Dr. Atkins' New Diet Revolution*, Dr. Atkins suggests that his low carbohydrate diet is a way to lose weight and to also clear up annoying symptoms, from headaches to diarrhea, caused by sensitivity reactions to certain foods. His diet automatically keeps one away from many of the worst allergic foods such as wheat, rice, corn, potatoes, sugar, tomatoes, coffee, chocolate, citrus fruits and yeast.

Ellen Cutler, D.C., author of *Winning the War Against Asthma and Allergies*, states that the fastest way to give your patients' relief from symptoms is to go on her candida diet which restricts intake of sugar, wheat, grains, fruits, condiments, dairy and high starch vegetables.

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SUGGESTED DIETARIES

THE PREDOMINANTLY PROTEIN TYPE OF BREAKFAST:

- Raw egg or eggs beaten up in 5 or 6 ounces of orange juice makes a very efficient breakfast;

Or if you prefer a more formal breakfast, then:

- Coffee or tea with cream but no sugar
- Citrus juice
- Eggs with butter, eggs with bacon, bacon or ham, or an omelet
(Fish or meats may be substituted for eggs)

(No toast, no bread or crackers, no cereals, no sweets. At first I found this strange but after the habit was broken, I enjoyed my breakfast more than ever.)

THE PREDOMINANTLY CARBOHYDRATE TYPE OF BREAKFAST:

- Any whole fruit but not citrus juice. (The reason for this is that oranges or grapefruits may be taken with the carbohydrate meal, but not their juices. This is because when the whole fruit is eaten, chewing tends to in salivate and partially neutralizes the acid; but when the fruit is drunk, too much of the free acid reaches the stomach as such. Many people have found that fruit acids and starch produce the so-called “acid or sour stomach.”)
- Cereal, preferably whole grain, with milk, not cream.
- Toast or bread or crackers, preferably whole grain, with jam, marmalade or honey, not butter.
- Sweet milk or tea or coffee, with sugar if wanted but no cream.

(No fats, no acid solutions, no high protein)

THE PREDOMINANTLY PROTEIN TYPE LUNCHEON OR DINNER:

- Any thin soup or broth
- Meat, fish or eggs (poultry comes under the heading of meats).
- Liver, kidneys, sweetbreads, brains, tripe
- Leafy vegetables (as cabbage, spinach, brussel sprouts, asparagus, dandelion or beet greens – see list of 5% and 10% vegetables)
- Oil and vinegar for dressing
- Dessert limited to the three following:
 - Cheese
 - Gelatin with cream
 - Citrus Fruit or other low starch fruit
- Buttermilk, being acid, may be taken with meal (but not sweet milk)
- Tea or coffee with cream but no sugar (if desired had better be taken before eating)
- No high starches, no sweets

THE PREDOMINANTLY CARBOHYDRATE TYPE OF LUNCHEON OR DINNER:

Any of the following foods may be eaten at the same meal:

- Thick or thin soup (meat soup, thin soup, may be taken with protein or carbohydrate type meals, since the broth of meat is principally the mineral extractives of the meat)
- Any vegetables (including high starch vegetables such as potatoes)
- Baked beans
- Macaroni or spaghetti (a cheese sauce, or tomato, may be used for flavoring if you insist)
- Any vegetable or fruit salad (when eaten plain and well chewed, it develops a wonderful flavor – adding salt and pepper is all right and a little Russian dressing won't hurt you)
- Any sweet or starch dessert (here is your chance to eat pie and strawberry short cake – BUT NO WHIPPED CREAM!!)
- Milk (sweet) or coffee or tea with sugar but no cream (No fats, no acid solutions, no high protein)
- A low-fat ice cream and ices are permissible
- A cocktail, highball, wine or beer is quite permissible if you want it

AVOID THESE COMBINATIONS: (You will be surprised how easily this is done)

- Bread with butter (use jams or preserves instead – put the butter on the proteins)
- Potatoes with butter (good potatoes need no butter – use pepper and salt)
- Rolls or toast with bacon (substitute any 5% vegetable, fried tomatoes or mushrooms)
- Cereals with cream (use a little milk and sugar or honey)
- Meat with potatoes and bread (the old reliable standby and one of the worst of all combinations)

- Rolls and frankfurters (except when you go to Coney Island)
- Hard sauce (you are better off without it, diet or no diet)
- Rich ice cream (if made with much sugar and pure cream – call it a vice)
- Whipped cream – or any cream – or starchy desserts (use jam or preserves – they taste better anyway)
- Pork with baked beans (pork may be cooked with baked beans, for flavoring only)
- Vinegar and oil dressings with starchy meals (very good, however, with protein meals)

THESE COMBINATIONS MAY BE EATEN FREELY:

- Butter } with meat, fish or eggs
- Cream } with meat, fish or eggs
- Bacon }

- Buttermilk } with meat, fish or eggs
- Vinegar and oil } with meat, fish or eggs
- Citrus fruit juices }

- Jam sandwiches (also jelly, preserves or honey sandwiches)
- Tomato and lettuce sandwiches
- Cereals with milk and sugar
- Breads with milk

ALLERGIC QUALITIES OF FRUITS

I have muscle tested many people for food reactions and have been amazed that fruits are often very reactive and at times difficult to clear. The following lists demonstrate why certain fruits cause sensitivities. People who are sensitive to salicylates (aspirin), ragweed, or poison ivy can be adversely affected.

Fruits and nuts containing salicylates (aspirin)

- Apples
- Apricots
- Blackberries
- Blueberries
- Cherries
- Currants
- Grapes
- Nectarines
- Oranges
- Peaches
- Plums
- Prunes
- Raisins
- Raspberries
- Strawberries
- Almonds

Fruits in Ragweed Family

- Bananas
- Cantaloupe
- Casaba
- Watermelon

Fruits and Nuts in Poison Ivy Family

- Mango
- Cashews

Fruit and Nuts in Birch Pollen Family

- Pear
- Filbert nut
- Walnuts

Citrus Fruits Causing Allergic Headaches and Bedwetting

- Grapefruit
- Lemons
- Limes
- Oranges
- Pumelos
- Tangerines

J. Case Studies

The following Case Studies represent a small sampling of the type of patients I treat in my office. My goal is to give you an idea of a system for identifying possible reactive substances. Treatment is simple - finding the substances that cause the symptoms not only allows, but also requires, that you act creatively.

Case Study #1 - F.P. – Multiple Sclerosis, An Example of Diagnostic Detective Work

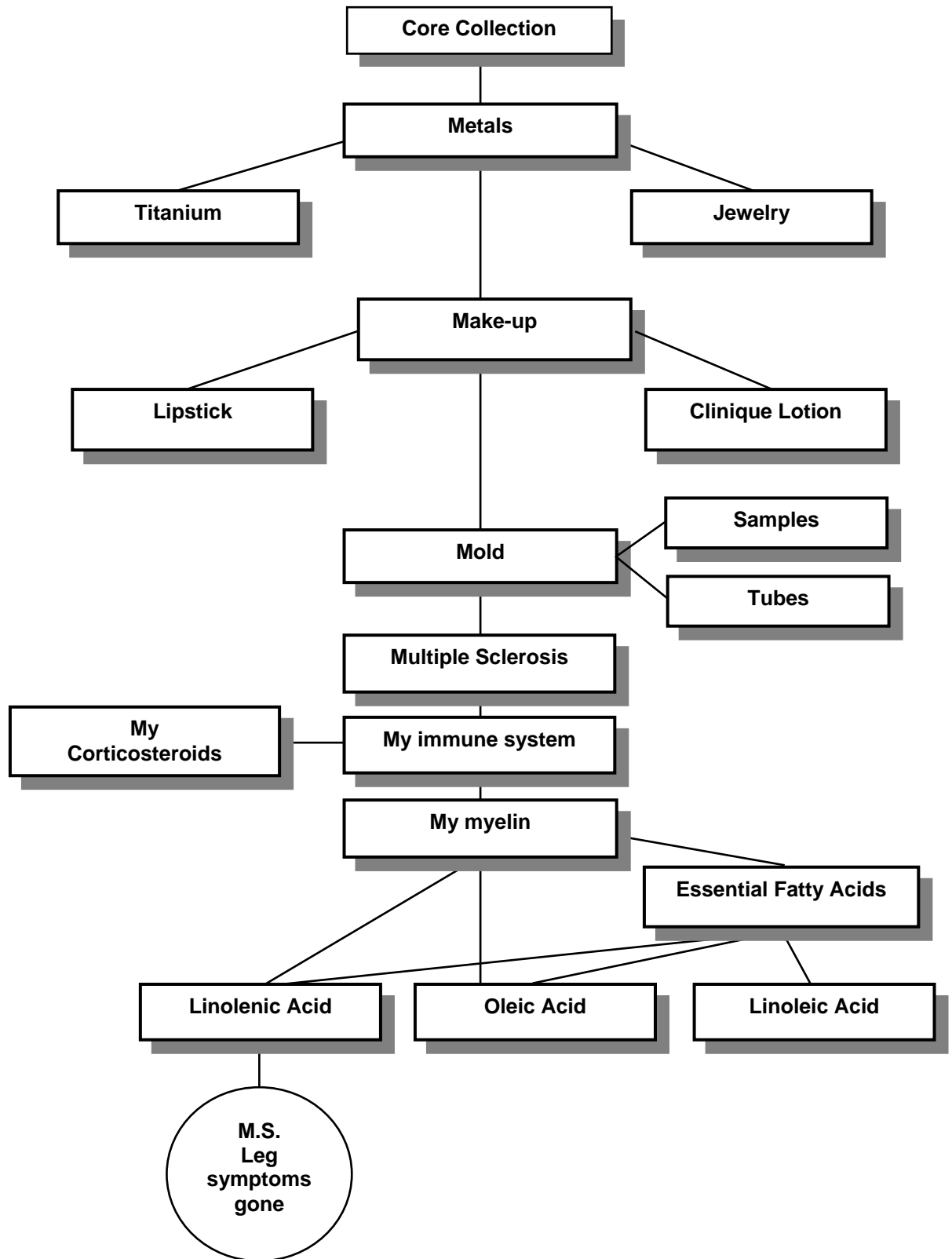
F.P. presented with symptoms of Multiple Sclerosis including leg tingling especially in hot weather. She was first tested and treated on all of the **Allergy Antidotes™** Core Collection substances. Then she was treated for her jewelry, which weakened her. We also treated her for titanium since she weakened on a titanium clip put in her body upon removal of her gallbladder. She correctly suspected that she was weakened by her lipstick and her Clinque™ lotion she used on her face. Her meridians were continually going out of balance until we cleared and she avoided the Clinque™ lotion. Even though we cleared the make-up, she chose to stay away from these products. We then tested and treated molds that she brought in with air samples, moldy leaves and names of molds that she weakened on.

We then directly attacked the Multiple Sclerosis testing and treating her on her immune system and her corticosteroids. I then hypothesized that since Multiple Sclerosis attacked the myelin sheath surrounding her spinal cord, we needed to check her on her myelin. She weakened on it and was treated. However, she was unable to hold the treatment after three attempts over three weeks. I reasoned that there must be something within the myelin sheath that needed to be cleared in order for the treatment of myelin to hold.

I found out that myelin was made up of essential fatty acids, which she tested weak on. I then found that the primary essential fatty acids were linolenic acid, oleic acid and linoleic acid. She tested weak for linolenic acid. After she was successfully treated for linolenic acid on one trial, the treatment for myelin was able to hold. Also, following the treatment for linolenic acid her Multiple Sclerosis symptoms of leg tingling were eliminated. Tingling has now been gone for several years, even in the summer.

I have also used this treatment protocol with another Multiple Sclerosis patient. After treating her for linoleic acid (another essential fatty acid) the contraction of her tongue due to M.S. was eliminated. The treatment allowed her to continue to sing which was her profession.

F.P. – Multiple Sclerosis Patient Treatment Protocol



Case Study #2 – F.S. – Severe Asthmatic Reaction to Dogs and Cats Using Combined Sensory Desensitization

F.S. presented with severe asthmatic reaction to dogs and cats. Her reactions were so serious that she once needed to be hospitalized following a ride in a car that a dog had been in briefly the day before. With her normal asthma medication as well as special medication just for animals, she could still be around pets for only about one hour before her eyes would swell shut.

Her normal behavior was to simply avoid being near animals. However, this avoidance kept her from visiting friends and especially her son in Kansas who had two dogs and two cats and her daughter in Atlanta who had three cats.

She wanted to visit her children and stay in their homes. To accomplish this task, we treated her for animal dander, animal epithelial, cat urine, cat saliva and kitty litter. She then had her son and daughter send her hair samples of all of the animals. First she was treated holding the envelope containing the hair. Then she was treated smelling the animal hair from the opened envelope. Then finally she was treated while holding the hair. We repeated these treatments on several weekly visits.

During her trip she was able to stay at her son's house for four days and four nights without any asthma problems. She was sleeping in a room that was freely accessible to the dogs and cats. At her daughter's home she was able to play and interact with the three cats.

Case Study #3 – A.S. – Respiratory Symptoms, Rash, Finger Pain as a Result of Sick Building Syndrome

A.S. presented with a myriad of respiratory symptoms such as tearing and burning eyes and nasal congestion in response to perfumes, molds and chemical odors. She had a constant rash on her hands and she knew that she would get finger pain upon eating tuna fish. She had been taking allergy shots for years.

A.S. stopped her allergy shots as soon as we started the treatments. We cleared her on many of the Core Collection substances. Her rash became better when she refrained from using certain cleaning products that weakened her system. The rash completely vanished after treating for eggs and cheese.

During our time of our treatments, A.S. had a flood from water pipes in her office building that caused the ceiling to cave in. Throughout the repairs, she worked for many months surrounded by mold, dust, new paint, new wallpaper, new ceiling tiles, new rugs and caulking material. As soon as the incident occurred she began bringing in all of the materials that she had to cope with including air samples from the office. Since her job position placed her in charge of the remodeling she was involved daily with all of the work. Her co-workers were totally amazed that she could function with no ill effects from all of the offensive chemicals. They all knew that only minor odors before had caused her respiratory symptoms.

Case Study #4 – S.L. – Weeping Eyes, An Example of Inquiring about Past Medical History

S.L. came to me complaining of constantly tearing and running eyes, which had been occurring for years. She had gone to many doctors. Her only diagnosis was a small tear duct that one doctor wanted to surgically repair. She was unable to wear makeup due to the running eyes. Her eyes always looked bloodshot and swollen. During her first visit I treated her for egg/chicken mix and vitamin C. She reported some reduction in tearing from that treatment. During the second visit, she happened to mention that 20 years previously, she had been in a serious automobile accident. Due to her injuries, she had to have much of the left side of her face reconstructed. Her left eye socket was made of plastic and her left cheek was formed over a mesh of metal wires. Her left eye was the main culprit in the tearing.

No one previously had mentioned that the plastic or the metals could in any way affect her symptoms. She had been tested by many physicians, including an allergist, using extensive allergy tests. She tested very weak on plastic and surgical steel. After one treatment for plastic she no longer woke up with her left eye glued shut. After 3 treatments, she had tearing only slightly on one day within a 14-day period. Further treatments eliminated the weeping eyes completely.

Case Study #5 – J.K. – Extended Morning Sickness Due to Sensitivity to Her Fetus

I am now treating a woman in her second pregnancy. During both pregnancies we have been able to reduce morning sickness by treating “my baby” as a reactive substance. “My baby” written on a piece of paper was weak most weeks when she was treated, probably because the fetus was growing and changing daily. Her body was identifying the baby as a foreign object and was reacting to it. This finding is aligned with Dr. Devi Nambudripad’s statement that many miscarriages are caused by a mother’s allergic reaction to the fetus.

Rosemarie Hazen, therapist, was nice enough to share with me her use of these treatment protocols in the following excerpt.

“I want to share a story with you about being allergic to one’s fetus, a particularly profound case history for me. I had morning sickness with my first son right through the day I delivered him. It was the pregnancy from hell for a lot of reasons and I always assumed the morning sickness was due to all of what was creating the hell. I muscle tested and found that I was allergic to the fetus, so cleared that, and that I was still allergic to him – so cleared that. He’s 34 and we have had a difficult relationship. I’ve done a lot of work to heal it and things are vastly improved. He was in town briefly this weekend and we spent a few hours together. It was, by far, the most relaxed I’ve been with him and he with me. Some edge seemed to have been softened. My heart thanks you, too.”

Case Study #6 – Titanium Research Study Including Data from Five Patients

As mentioned in Section II on Heavy Metals, metal toxicity can be very dangerous. I realized one day that two of my sickest patients had each had titanium markers permanently implanted into their bodies following surgery. I had noticed a similarity in their extreme weakness, fatigue, reactivity to almost anything and difficulty in holding treatments. Both were short in stature and so weak it seemed a chore even to open a door. It is significant that their titanium markers predated their multiple chemical sensitivities. Although both patients had seen numerous doctors, both traditional and alternative, no one had ever paid much attention to the titanium.

To date, I have identified at least 5 patients with implanted titanium. Three of these patients have multiple chemical sensitivities. The others have significant autoimmune diseases, including asthma, multiple sclerosis and Hashimoto's Thyroiditis, and Sjogren's disease.

All of these patients were very weak when muscle tested for titanium. I treated all of them. I had each of these patients hold the energy frequency tube for titanium on the location of the titanium implant while I treated the reaction. I used Spinal Release and Laser Ear Spray while focusing on the trauma of the surgery, injury or disease that caused the problem.

The most significant immediate reaction to this treatment was a nun with a titanium and surgical steel knee replacement. During treatment, I had her hold the titanium and surgical steel tube on her knee. After treatment, she was able to kneel comfortably for the first time in years.

Since the surgeons that implant the titanium are not the doctors that follow up years later on the patients' odd reactions and symptoms, no one is truly monitoring the effects of the implants.

Case Study #7 – K.D. – Digestive Problems and Back Pain

K.D. presented with severe digestive problems and back pain. Her back pain was located in one specific, small part of her lower back. She had just spent several hundred dollars for gastrointestinal testing. The doctor's only response to the G.I. testing was to put her on Prilosec. She was unsure if the Prilosec was making any improvement in her symptoms.

K.D. reported having an increase in symptoms at the beginning of the year when she had also begun taking progesterone. We tested her progesterone. She was weak so I treated her using Spinal Release. She stated that her back pain went away during the time I was tapping near her spine.

During the next session K.D. said that she just realized that the time of her symptoms also coincided with her taking Lamisil, an anti-fungal agent to reduce her toenail fungus. Since I was working in a physician's office that day, I was able to get a sample of that medication. After the first treatment, she was significantly improved. Next, we retreated Lamisil since it still showed some weakness. Her digestive symptoms then completely disappeared. She felt strong and energetic.

Case Study #8 – Mosquito Bites and Sun Rash – Treat What is Problematic in Your Life

These techniques can be used for your continual advancement. Gary Craig suggests using E.F.T. for everything. The treatment techniques presented in this manual can also be used with any reaction problem that arises. For example, on a recent vacation trip I started having my traditional rash and systemic reaction to sun exposure. I thought of my rash and reaction to the sun while my husband Bob treated me with Spinal Release plus Target Point Treatment. Moments later the intense itch and agitation were gone, contrary to numerous past struggles to quell the reaction with various medications. The next day my husband got approximately 15 mosquito bites. He thought about the mosquito bites while I did the Spinal Release plus Target Point Treatment. His itch immediately reached a tolerable level and was completely gone in 15 minutes.

Case Study #9 – T.W. – Fatigue, Menstrual Difficulties Due to Hormones and Digestive Enzymes

T.W. is a 26 year old female who came to my office complaining of fatigue and digestive problems. Her daily fatigue worsened the week before her period, leaving her nearly bedridden during that week. Given the relationship to her menstrual cycle, I checked her reaction to hormones. She was weak on all the estrogens and progesterone. While we were then talking, she remembered that she had had a severe reaction to a type of estrogen called estrase that she had taken 2 years before. I tested and treated her for estrogen, estriol, estradiol, estrone, progesterone and estrase. Her energy is now high, she no longer has fatigue before her periods and her cramps have gone away.

T.W. also had digestive discomfort and diarrhea after eating most foods. She had to be careful of driving long distances out of reach of a restroom. Cheese, wheat, onions, garlic, and peppers were among the foods that caused distress. We began by testing and treating the digestive enzymes. She initially tested weak on all of the digestive enzymes. T.W. described a noticeable change when she was tested strong on these enzymes. Her digestion improved 70%. We then treated individual foods using energy frequency tubes or foods and food combinations she brought to my office. She reports complete recovery.

Case Study #10 – D.K. – Migraine Headaches

D.K. was an 11 year old boy with intractable migraine headaches, at least once a month and often more, that lasted for approximately ten days. This pattern had been occurring for several years. After treating the Core Collection, spices, specific foods he brought in, and his dog's hair, his migraines stopped for several months. He had one recurrence when he ate a great deal of peanut butter. We had not treated peanuts since he was not interested in them at the time of our sessions. He had been told by an allergist to avoid peanuts and they had not been part of his diet in years. After our treatments, he felt so healthy that he forgot the doctor's warning and began to eat peanuts. D.K. returned for another session where we cleared him of peanuts and his headache went away.

A few months later he had a headache after swimming. His mother treated him using Spinal Release for chlorine and he is once again headache free.

Case Study #11 – A.B. – Inappropriate Sexual Stimulation/ Dysfunction Due to Food Reactions

This patient presented with extreme sexual stimulation that occurred frequently during the day. The discomfort, agitation and need to relieve the stimulation made it difficult to work and have any type of social life. He was very thin, weighed only 120 pounds and was afraid of eating. His reactions always happened 1 1/2 to 2 hours after eating. He was nearly at the point of suicide prior to treatment.

I treated A.B. for the Core Collection nutrients, many vitamins and minerals, many foods and infectants. He began to be able to eat more foods with fewer reactions. However, he was still unable to do more than make it to work and home. The real breakthrough occurred when we began to test and treat the digestive enzymes. He was weak on almost all of the 16 digestive enzymes. Several of the enzymes required multiple clearings.

Once the digestive enzymes were cleared, A.B.'s body required supplementation of these enzymes. He had tried taking these supplements in the past but they had made his condition worse. After treatment, his body could handle and utilize the enzymes. He can eat almost everything including wine, beer, desserts, blue cheese dressing, bread, dairy products, etc. All of these foods had previously been problematic. In the past even lettuce had been a problem. He now travels, eats in restaurants and has become engaged to be married.

Case Study #12 – Formaldehyde Reactions

The following is a case study done by Kalie Marino, LCSW that demonstrates the effectiveness of using muscle testing to identify reactive substances. It also demonstrates that you can use various treatments to eliminate the negative reactions.

“I have been treating energy toxins since Sandi’s training in Las Vegas and have had wonderful results. The results amaze me every day and prove once again that we are not just bodies, but energetic beings.

My first experience was with a woman who had completed the Matrix Work with me. She first came to me with multiple allergies and was disabled with illness. She had become healthier and I wondered if her allergies had changed, because she often referred to her allergies as permanent structures. When I muscle tested her with the Core Collection, she was amazed to find that most of her allergies were gone. She still identified herself as having them, because they had always been with her.

Then her arm dropped like a rock on formaldehyde. She reminded me that her parents were morticians, so she was exposed to formaldehyde even before she was born. “I was pickled in it.” Being trained in NET, I checked to see if there were any emotional components involved. Then I asked if there were any traumas involved, expecting that there might be a few. Much to my surprise, there were 95 traumas involved and Soul and Deepest Wisdom said that they could all be cleared at the same time. What we discovered was that the formaldehyde was like the glue that held together many of her other illnesses, like asthma, so it was responsible for numerous trips to the hospital and scary episodes in which she couldn’t breathe. She missed so much school one year that she had to be held back a year even though she is a brilliant woman.

First, I treated for the formaldehyde using my own version of the spinal technique that I call “Angel Taps.” Then, I used my training from HBLU – Healing from the Body Level UP – to treat the traumas involved. My client is very energy sensitive and could feel major changes happening as we were doing it and then was very tired and slept a lot for the next two days. Then she felt wonderful. When she saw her nutritionist, she only had to be treated for one thing instead of her usual 16 bottles of supplements. Evidently, the formaldehyde was affecting her systemically.

Two weeks later, I had a second woman respond to formaldehyde. She was married to a mortician for 10 years. She had made great progress in recovering from a lifetime of depression and her presenting complaint on this day was that she couldn’t shake a heavy feeling that she had carried with her for years. During treatment, she could feel major changes happening. After treatment, the heaviness was gone for the first time in years. She is concerned for her son who was raised in this environment, and wants him to be cleared next.”

Case Study #13 – A.B. and C.M. – Autism

I would like to present my current work and progress with two autistic boys. First I want to caution you that both of these patients have strong reactions to the treatments as their bodies go through significant changes. At times after the treatments, both have been very tired.

1. A.B. is a 17 year old, 6'2", 220 pounds, non-verbal and physically violent young man who was reactive to the DPT vaccination he received as a child. I cleared him specifically of the diphtheria and the tetanus parts of the DPT injection. Both times he calmed down completely to the point of yawning and looking dazed. He slept more during the week. He took a 5 hour nap on Saturday for the first time in his life. His body seemed to literally try to rid itself of the toxins. The first visit he had to go to the bathroom and had diarrhea and the second visit he kept bringing up reflux from his stomach.

I also treated him for secretin, a substance produced in the stomach that affects the pancreas. It is being espoused as an answer to autism.

After only three visits, A.B.'s teachers saw a marked improvement in his behavior. He is using his words more appropriately and his eye contact has improved considerably. His mother reports his eye contact during our sessions is the best he has ever had. We cleared him of all the B vitamins, and after a period of screaming and kicking, he calmed down and announced to his mother "Go go car." His mother was overjoyed, as this was the first time A.B. had spoken more than a single word in many years. He continues to use additional three word sentences.

2. C.M is 7 years old. He had been cleared of many basic items before coming to see me. Clearing the neurotransmitters and digestive enzymes individually helped him to focus better.

At one visit he came in extremely active. He was doing somersaults, running and throwing himself around. His mother reported his being this over reactive for days. After clearing for prostate and then testosterone, he laid back in my lap peacefully for the rest of the session.

C.M. has always had a reaction to molds. I tested him for the 30 individual mold tubes. He was reactive to all but 5 tubes. I decided to treat the most reactive molds. I identified two penicillin molds and epicoccum purpurascens. I later discovered that these 3 molds were included in the 5 molds targeted by his physician through blood testing. Therefore the muscle testing had pinpointed the same molds that were found on traditional medical tests.

When we were treating the penicillin, his mother recalled that she had taken penicillin during her pregnancy with him. She had then gotten a yeast infection from the

penicillin. Also, she was aware that her son was particularly reactive to the mold on bread.

C.M. had a strong reaction to the penicillin and epicoccum purpurascens treatment. He slept the whole next day. I rechecked and his treatment had not completely cleared but had gone from a severe to a mild reaction. He had a fever from flu and when I put the tubes in his sock to put in his energy field, red circles under his eyes and red ears appeared. I began with E.F.T. treatment since he was asleep in his mother's lap. The fever receded from his feet upward. His circles under his eyes and his red ears disappeared. I then finished the treatment with Spinal Release. He then tested strong on the penicillin tubes but was still completely lethargic and uninterested in moving. I added penicillin "function" and he responded weak again. As I treated for penicillin function, he woke up, got off the couch, and began playing his GameBoy. The next day his teachers praised his behavior in school. They were amazed by the change in his behavior.

C.M. continued to lose his treatment for water. I decided to test him on the components of water. He was very weak on oxygen and hydrogen. Following the oxygen treatment he was more focused.

Recently, C.M. went to his neurologist for his 6-month check-up. His muscle tone had improved dramatically. He is able to copy 5 sentences from the board when previously he could only print one letter at a time before putting his pencil down. In addition, he is now able to function, with an aide, in a regular classroom.

Case Study #14 – S.H. – Skin Rash from Pesticides and Sweat

S.H. presented with a severe rash covering her hands and wrists. Her past history includes sensitivity reactions to almost everything. She can currently eat only five foods without vomiting. She reported becoming very sick at 38 years of age. Her large intestines became completely ulcerated and she lay listless on the couch for ten years. The cause of the problem was never identified.

Her rash followed the pattern of a glove. I asked if she wore gloves for anything. Since she reacted to water and chemicals, she would wear a cotton glove covered by a hypoallergenic rubber glove for washing her hair and taking a bath. She was slightly reactive to the cotton glove but was fine with the rubber glove. I reasoned that two gloves could become very warm and she could sweat. She then stated that she was always hot and sweated profusely.

She was very weak on the sweat tube. I had her touch the place of severe rash with the tube for sweat. She would then move to another red area and we would treat. After several treatments her itch had receded from a S.U.D. of 10 to a 4 and the rash was half gone. You could see skin again. Three days later the rash was completely gone.

During the first session I tested her for pesticides. She happened to mention that many years ago chlordane had been injected into the soil around her house to prevent bug infestations. It was also drilled into the foundation of her house. She claimed that she could still smell the chlordane. I asked if the chlordane was put in before or after her severe illness at 38 years of age. Her husband reported that it was about the same time that S.H. – a stay at home mom during those years - had been in the house as the chlordane was injected. Both she and her son have this rash on their bodies. Her husband traveled all week for 25 years and did not have the rash.

I hypothesized that chlordane was the possible cause of her bowel ulcerations and extreme sensitivities. The residual chlordane may be contributing to the rash. The rash mysteriously disappeared when they went to Florida for three weeks, returning as soon as she returned to New Jersey.

Case Study #15 – Creative Use of Laser Spray Treatment for Asthma Symptoms

Tom Narvarez, Ph.D., presents a creative use of the Laser Spray for the treatment of his wife's asthma symptoms.

“My wife has a serious lung condition, asthma or emphysema, depending on which doctor she sees. She had a difficult morning today, with a Peak Flow Meter reading of about 100. Instead of seeing the doctor, she decided to go the alternative route.

We had just received a magazine article from a friend, “Breathing a Sigh of Relief” from the July issue of Alternative Medicine Magazine, that mentioned that most respiratory problems were due to an infraspinatus muscle (located between the shoulder blades) problem.

We decided to try electro-acupuncture, which brought the reading to 110. I tried pulsed laser treatment on her back, taking about five minutes to spray the several meridians that run up and down the spine (usually used with NAET). Her Peak Flow Meter immediately went to 170 and after five minutes to 190. After that she used a Nebulizer with Albuterol Sulfate, which brought her reading to 210.

Prior to this, she would pick up some points with the Nebulizer. Using the laser not only brought her out of the danger zone (hypoxia), but brought her to a level where she could breathe normally.”

APPENDICES

- A. Training in Energy Psychology,
for Sandi Radomski, N.D., L.C.S.W., M.S.S.W.
- B. Acknowledgements
- C. Sources
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- E. Internet Connections for Further Information
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APPENDIX A

SANDRA RADOMSKI, N.D., L.C.S.W., M.S.S.W. TRAINING IN ENERGY PSYCHOLOGY

1. Be Set Free Fast – Trained by Larry Nims
2. Bio Set –Trained by Dr. Ellen Cutler
3. Bio-Kinetics – Trained by Dr. Larry Newsum
4. Body Talk – Trained by Dr. John Veltheim (Modules 1, 2, 3, 4)
5. Educational Kinesiology – also known as Brain Gym (Levels 1 and 2)
6. EdxTM – Trained by Dr. Fred Gallo
7. Emotional Freedom Technique – Trained by Gary Craig
8. Holographic Repatterning – Trained by Toby Milne
9. JMT Technique – Trained by Carolyn Jaffee and Judith Mellor
10. Mind-Body Therapy –Week-long training seminar with Dr. Herbert Benson
11. Nambudripad’s Allergy Elimination Technique – Trained by Dr. Devi Nambudripad on Advanced Level
12. Neuro-Emotional Technique – Trained by Dr. Scott Walker for NET and NEXT
13. One Brain – Trained by Sister Mary Em
14. Resonance Tuning – Trained by Alan Handlesman
15. Tapas Acupressure Technique – Trained by Tapas Fleming
16. Therapeutic Touch – Levels 1 and 2
17. Thought Field Therapy – Trained by Dr. Roger Callahan on the Diagnostic Level
18. Total Body Modification – Trained by Dr. Victor Frank for Levels 1, 2, and 3
19. Touch for Health – Levels 1 and 2

APPENDIX B

ACKNOWLEDGMENTS

The following people and techniques have contributed to our current body of knowledge:

Roger Callahan, Ph.D. – Thought Field Therapy

Nahoma Clinton, Ph.D. –Matrix Work

Gary Craig – Emotional Freedom Technique (E.F.T.)

Paul Dennison, D.C., Ph.D. – Educational Kinesiology (E.K.) / Brain Gym

Tapas Fleming – Tapas Acupressure Technique (T.A.T.)

Victor Frank, D.C. – Total Body Modification (T.B.M.)

Fred Gallo, Ph.D. – Energy Diagnostics and Treatment (Edx™)

Alan Handelsman – Resonance Tuning

Devi Nambudripad, D.C., R.N., Ph.D. – Nambudripad’s Allergy Elimination Techniques (N.A.E.T.)

Lawrence Newsum, D.C. –Bio-Kinetics (B.K.)

Bob Radomski, D.C. – Laser Ear Spray (L.E.S.)

John Veltheim, D.C. – Body Talk

Scott Walker, D.C. – Neuro-Emotional Technique (N.E.T.)

All of the above innovators use the same concept; the patient is to touch or think about the issue being worked on and hence put it in their energy field. All diagnosis of the problem with the thought or substance is done with a muscle test. Treatment consists of stimulating various points on the body that are out of balance in relationship to that thought or substance. Tapping or holding that point puts the body into balance and reprograms the body in relationship to that thought or substance.

APPENDIX C

SOURCES

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APPENDIX D

WHERE TO OBTAIN BOOKS, SUPPLIES AND ON-LINE INFORMATION

◆ BOOKS, MANUALS, AND SEMINARS

Clinton, Nahoma (Matrix Work)

215 Snowden Lane
Princeton, NJ 08540
609-924-8455
ASHA@aol.com

Craig, Gary (Emotional Freedom Technique)

PO Box 398
The Sea Ranch, California 95497
707-785-2848
gary@emofree.com

Fleming, Tapas (Tapas Acupressure Technique)

5031 Pacific Coast Hwy. #76
Torrance, CA 90505
310-375-3628 (between 9am-5pm PST)
Fax 310-378-2318
TAPASVINI@aol.com

Gallo, Fred (Edx™)

Psychological Services
40 Snyder Road
Hermitage, PA 16148
412-346-3838
Fax 412-346-4339
fredgallo@aol.com

Handlesman, Alan (Resonance Tuning)

480-945-6227
AlanHand@aol.com

Nambudripad, Devi, *Say Goodbye to Illness*, Delta Publ. 2nd Ed. 1999 *Say Goodbye to ADD and ADHD*, Delta Publ., 1999 *Say Goodbye to Autism*, Delta Publ., 1999

714-523-8900
714-523-3068 Fax
naet@earthlink.net
www.naet.com

Radomski, Sandi, Allergy Antidotes™ – The Energy Psychology Treatment of Allergy-Like Reactions

P.O. Box 237
Ocean City, NJ 08226
609-399-0378
www.allergyantidotes.com
SandiRadom@aol.com

Veltheim, John, The Body Talk System, PaRama, Inc., 1999

PaRama
5500 Bee Ridge Road, Suite 103
Sarasota, FL 34233
941-378-3341
parama@home.com www.parama.com

◆ **EQUIPMENT**

Energy Frequency Tubes:

Lasers:

Biopet Machine:

Allergy Antidotes™

Sandi Radomski, N.D., L.C.S.W., M.S.S.W.
1051 Township Line Road
Jenkintown, PA 19046
215-885-7917
215-572-1175 Fax
SandiRadom@aol.com
www.allergyantidotes.com

Empty Tubes:

Apex Energetics
1701 E. Edinger Avenue, Suite A-4
Santa Ana, CA 92705
714-973-7733
800-736-4381 Order
714-973-2238 Fax

Resonance Tuners:

Alan Handlesman
480-945-6227
AlanHand@aol.com

**Metronic Remedy
Information Transfer
Device:**

Occidental Research Institute
800-663-8342

APPENDIX E

INTERNET CONNECTIONS FOR FURTHER INFORMATION

1. Energy Toxin Research List
www.etoxtresearch.com

I'd like to thank Don Elium for his intense interest, perseverance, creativity and untiring devotion in creating the Energy Toxin Research list. Don has created a forum for people from around the world to discuss and learn about new ways to identify and treat energy toxins. The miracle of the Internet is allowing new information to disseminate quickly and easily. Don deserves a great deal of credit for his foresight in developing this site and for the generous gift of his time.

The Research list is limited to therapists who have read this manual. Non-professionals can subscribe to the eTox Newsletter which offers a great deal of important and useful information.

You may also contact this site to find the list of people who have taken my training. The list will be updated following each seminar. This web site will also have my current catalog of products available.

Please join us with your insights and questions. In order to join the Energy Toxin Research List contact Don Elium directly at donelium@aol.com.

2. Gary Craig's Emotional Freedom Technique List
www.emofree.com

Gary's list contains information on the significance of energy toxins.

The excerpts of this manual are included on the EFT website. It is listed as an EFT Cousin:

www.emofree.com/radomski

3. Allergy Antidotes
www.allergyantidotes.com
allergyantidotes@verizon.net

