

# Allergy Antidotes™

## Quick Reference Guide to Clearing the Emotional Aspects of Allergies

### I. MUSCLE TESTING – IDENTIFICATION OF ALLERGIC SUBSTANCES

#### Muscle Test Preparation



**Wrist over Wrist**

#### Muscle Test Calibration

Say...	“My name is _____”	→ Strong
Say...	“My name is Ben Franklin”	→ Weak
Think...	of something wonderful	→ Strong
Think...	of something terrible	→ Weak
Think...	of someone you love	→ Strong
Think...	of someone who upsets you	→ Weak
Say...	“yes”	→ Strong
Say...	“no”	→ Weak

#### Muscle Test Troubleshooting



**Spindle Cell Technique**



**Increased Accuracy Muscle Test**

#### Blocks to Treatment

- I am alive – Part of me is not here • All my cells are alive – Some of my cells did not survive
  - I feel safe – I feel fearful • All of my cells are safe – Some of my cells are fearful
- Congruence with clearing:
- a. I affirm my desire to be (*healthy, etc.*).    b. I believe I can be healthy.  
 c. I choose to be healthy.    d. I deserve to be healthy.

#### What to Test

Core Collection (Main category/ingredients); water; elements; foods (especially favorites); medications (past and present); supplements; detergents; books; air in home, school or office; infections (past or present); personal hygiene products

#### Detective Work

Where / when symptoms started? • What did / do you eat / smell / touch / inject? • What changed in your life? What infections did / do you have? • What medications did / do you take?

#### Identify Sensitivity

Put in energy field → Hold substance → Hold energy frequency vial → Hold paper with word → Think about substance

#### Find Hidden Sensitivities

Put on place of problem → Touch emotional points on forehead → Use Awareness Mode: fist with thumb inside → Check ingredients → Check in combination

#### Check severity

- |   |                           |             |
|---|---------------------------|-------------|
| 4 | - Ring finger and thumb   | - Severe    |
| 3 | - Middle finger and thumb | - Moderate  |
| 2 | - Index finger and thumb  | - Mild      |
| 1 | - Open hand               | - Very mild |

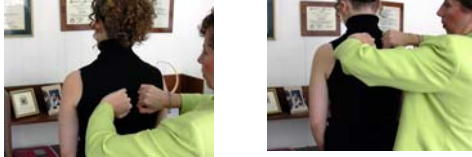
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### II. TREATMENT – AFTER SENSITIVE SUBSTANCE IS FOUND

#### Spinal Release



1. Hold substance to be treated in energy field.
2. Tap along both sides of spine from base of neck to below shoulder blades.
3. Tap one round for each of the following: Take deep breath and hold • Blow out and do not breathe • Hyperventilate • Breathe normally • Eyes in a circle • Eyes in circle the other way • Close eyes • Eyes in circle one way • Eyes in circle the other way.

#### Laser Spray



- 1) Hold substance to be treated in energy field. 2) Spray laser beam over every part of both ears. 3) You can also spray the laser on both hands and feet.

#### EFT

*Even though....*

I have a bad reaction to \_\_\_\_\_ ...

My body doesn't absorb \_\_\_\_\_ ...

I have traumas associated with \_\_\_\_\_ ...

My body views \_\_\_\_\_ as dangerous...

*I choose....*

...for my body to handle it \_\_\_\_\_.

...to have my body absorb \_\_\_\_\_ easily.

...to release \_\_\_\_\_ from any bad memory.

...for my body to view \_\_\_\_\_ as safe.



#### Body Talk



1. Hold substance to be treated in energy field.
2. Tap on both hemispheres of brain – breathe in.
3. Tap slightly left of sternum – breathe out.
4. Repeat several times.

#### Holloway Technique



1. Hold substance to be treated in energy field.
2. Tap down the sides of the body along spleen meridian
3. Tap one round for each of the following: Take deep breath and hold • Blow out and do not breathe • Hyperventilate • Breathe normally • Eyes in circle one way\* • Eyes in circle the other way\* • Close eyes\* • Eyes in circle one way\* • Eyes in circle the other way\* • \*=Optional

#### Karate Chop 33



1. Hold substance.
2. Put both hands in a fist with thumbs inside.
3. Tap outside of hands together 33 time

#### Laser EFT

- Spray laser on both ears and back of head (brain stem) while tap top of head using Body Talk positions • Have patient repeat EFT affirmation statements • Treat until muscle test is strong • Check – Treatment is complete, complete 100%, complete 100% in future

#### Emotional Sensitivity Treatment

- Touch forehead to check emotional involvement (look for change in muscle test)
- Muscle test Emotion Collection: Abandonment—Anger—Anxiety—Apathy—Betrayal—Confusion—Depression—Deprivation—Despair—Disappointment—Discouragement—Disgust—Disillusionment—Envy—Fear—Frustration—Grief—Guilt—Hatred—Helplessness—Hopelessness—Jealousy—Joy—Panic—Rage—Rejection—Resentment—Sadness—Shame—Terror • Muscle test for age and specific trauma situation • Touch hand to forehead and treat using above techniques while focused on situation

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