



ALLERGY CLEARING TECHNIQUE

The basic concept behind this Allergy Clearing Technique work is finding what the body is currently seeing as an enemy and enabling the body to recognize that same substance as a friend. A physiological response called an Occipital Drop check is used to determine the body's response to these substances. This same OD check is also utilized in KST. This work also involves making sure that all the components necessary from the entire digestive tract, respiratory tract, waste elimination tract and blood components are recognized and interacting with the body properly.

"ALLERGIES" "SENSITIVITIES" "REACTIVITIES" "INTOLERANCE" - THEY ALL RESPOND LIKE ALLERGY

COST:

The cost for **Allergy Clearing Technique** is **\$150 for the initial 30-minute session** (includes a 7-day Food Journal evaluation or other allergy testing evaluation) and then **\$50 per five-minute follow-up session**. **The costs for Allergy Clearing Technique visits are separate from any other services in our office and cannot be paid for with any other plan.** This work is **not** covered by insurance. **No** insurance receipts will be generated for this work.

APPOINTMENT TIME:

The **five-minute appointment** will be strictly adhered to, enabling as many of the Allergy Clearing Technique time slots as possible into the normal office day. If we need to take more time, we will charge for additional 5-minute time slots.

HOW MANY VISITS?

The more allergies you have or the more complex the issues your body presents with, the more sessions you will need. For some people it may only take one or two visits, for others it may take many more. Our current patient results indicate the Allergy Clearing Technique benefits can last 24 months or longer. You will need to be rechecked if your symptoms begin to return.

SAFETY DISCLAIMER:

Persons with anaphylactic allergies need to take special precautions. You must check and see if you are cleared from your allergies under strict medical care to test and see how your body responds after clearing. **Doing the Allergy Clearing Technique does not guarantee that your allergies will be gone.** We have seen great results but we also understand there is a great variation in human physiology and perhaps other underlying issues that would prevent the body from being able to reset itself.

ALLERGY AWARENESS:

No system is perfect. We have found that blood tests done at different labs show different allergies or no allergies at all. We have seen where tests are “negative” but the person obviously reacts. We have seen allergies listed on blood and skin tests and no APPARENT reactions. We do not require blood or skin tests to do ACT but they are a good basic reference. Testing with the same lab with the same type of test after ACT can show improvements. It is not required to get retested but please share your pre and post tests.

Another way to begin looking at allergies is to do a 7-day Food Evaluation through our office. This involves writing down everything that goes **in** and **on** you for seven days in as much detail as possible. Everything you touch/taste/smell. We include this evaluation with your initial visit with Allergy Clearing Technique. Forms are available at www.AllergyClearingTechnique.com or from the provider of ACT in your area.

ALLERGY SYMPTOMS:

Obvious strong allergic reactions:

Mouth - Itching, swelling of lips and/or tongue
Lungs - Shortness of breath, coughing, wheezing
Heart - Weak pulse, dizziness, passing out
Skin - Itching, hives, redness, swelling
Throat - Itching, tightness/closure, coughing
Stomach - Vomiting, nausea, diarrhea, cramps

Other less obvious signs of allergy:

Change of behavior after eating certain foods
Excitable or grumpy
GERD, bowel inflammation, bloating, loss of appetite
Headaches, “foggy” brain
Chronic body aches
Bags under eyes, dark circles around the eyes
Chronic runny nose (nose starts to run after eating)
Red ears on a child
Eczema

Some of the things we have seen cleared so far:

- A dairy allergy that would cause severe diarrhea completely cleared out. The person is able to eat dairy without getting diarrhea. (Mind you, I still believe that there is no need to consume dairy as it is not a necessary nutrient. However, this work has allowed this person to consume dairy without reaction.)
- Red food dye exposure that caused headaches cleared.
- A child with reaction to peanut butter. If it touched their body, they would get a welt. They are now able to eat peanut butter without a reaction.
- Gluten allergy completely cleared out.
- Reactions to Band-Aid adhesive cleared out.
- Citrus allergy that caused sores inside the mouth completely cleared out. Able to consume citrus again.
- Reactions to colognes and perfumes that caused headaches cleared out.
- Reaction in throat to eating avocado cleared with no reaction.
- Shellfish allergy
- Latex allergy

These are just some examples of the types of things we have seen so far doing Allergy Clearing Technique work. We are excited to see what your story is ... and we are excited to continue providing Allergy Clearing Technique to the community!