

WHAT YOU NEED TO KNOW BEFORE, DURING AND AFTER AN ALLERGY CLEARING SESSION



BEFORE:

- It is helpful to have a current list of known items that you react to. The more specific the list, the more efficient your sessions will be. We use your food diary and other charts to develop this list on your first visit in the office.
- Even though you may be certain of what you are reacting to you we ask that you complete a 7-day food journal and evaluation through our office. The cost for this is included in the first Allergy Clearing appointment and should be submitted **one week before** your first session.
- If you have had allergy testing done through a RAST test or an ALCAT test, please bring a copy of the result with you to your initial Allergy Clearing Session. (We would prefer, if possible, that you scan and email these results to us prior to your appointment.)
- In your first session we will also go through a “body parts checklist”. This is essentially making sure that all parts of the digestive and respiratory tracts are all registered by the body. If you have had any surgeries to remove body parts (i.e. tonsils, gallbladder, portions of the colon, or teeth, etc.) please make a note of it and bring it to your first session.

DURING YOUR ALLERGY CLEARING SESSIONS:

- We use an Occipital Drop Check to get a physiological response from your body using various questions to find out what will enable the food or substance in question to be recognized as beneficial and helpful. Essentially the sessions are helping the body convert a perceived “enemy” to a “friend”.
- We will use either a light manual pressure or an instrument called an arthrostim to gently stimulate different locations on your body that are associated with how your body has over-reacted to the allergens. These stimulation points help the body to reset. They are generally at common contact points at various points on the body. Generally, they are painless. Some points of contact, however, may be tender. These are not chiropractic adjustments but stimulation points that cause the body to reset itself.

AFTER THE ALLERGY CLEARING SESSION:

- The goal of these sessions is to allow you to get back to eating and drinking what you would like without a reaction.
- Immediately after your clearing session you may test the food or substance to see if the allergy response is cleared. Make careful notes of how you feel and how your body responds before and after sessions. Most people will find that they can immediately eat, touch or smell the items that we have addressed at the session without any negative response. For others there will be an improvement and additional sessions may be needed to clear the allergy.
- **If you have had anaphylactic allergic responses to specific allergens, please do not test the clearing by yourself but in the presence of a medical doctor. Always use extreme caution and common sense when exposing your body to anything that could cause a significant or life-threatening reaction.**
- For some, the fear that comes from avoiding a certain food or substance will also need to be addressed before the allergy will clear completely.
- Doing the Allergy Clearing does not guarantee that your allergies will be gone. We have seen great results but know ACT is not a perfect system. Nothing is. We understand that there is a great variation in human physiology and perhaps there are other underlying issues that would prevent the body from being able to reset itself.
- The number of sessions you will need is dependent on the number of allergic responses your body registers. We endeavor to be as efficient as possible to cover as many allergies as possible in each session.

Share your success!! So many people struggle with allergies and they need to know there is hope!

WHAT TO EXPECT FROM A CLEARING SESSION (continued)

After the first session the immediate results are approximately as follows:

50% of the time total clearing without further symptoms

40% of the time some improvement of the allergy symptoms

10% of the time no immediate change after the first session

- We reiterate: Doing the first Allergy Clearing session does not guarantee that your allergies will be gone. We have seen great results but we also understand that there is a great variation in human physiology and perhaps there are other underlying issues that would prevent the body from being able to reset itself. We would encourage you to set your appointments as close together as possible. They can be scheduled back-to back-to back if you have the time and financial ability to do that. The number of sessions you will need is dependent on the number of allergic responses your body registers. We endeavor to be as efficient as possible to cover as many allergies as possible in each session. This is usually 5 items per 5-minute session.
- After all the known items are cleared we suggest one additional visit approximately ten days to two weeks after the last session to recheck for stability of the clearing sessions.
- **DANGER!!** If you have had anaphylactic allergic responses to specific allergens, please do not test the clearing by yourself but in the presence of a medical doctor. **Always use extreme caution and common sense when exposing your body to anything that could cause a significant, or life threatening reaction.**

Please note: Allergy Clearing session for foods tend to respond very well. Non-foods including environmental allergy at times have more layers to dig through before you might see results.

You will be encouraged to become a student of your own body.

You will need to start paying attention to the little details of how your body responds. The little runny nose after a meal that you thought was just normal, is probably related to an allergy. Being a little bit gassier, bloating, getting fuzzy thinking. All of these are little symptoms of inappropriate response to the foods you are eating. The more you can pay attention to these and notice the differences the more we can do clearing on more subtle aspects of the things that you consume.



allergy
clearing technique