

How to Switch off an Allergic Reaction - Helen Mawson ©

When you feel an allergic reaction coming on have a go at doing the following procedure in order to switch it off. This will only switch it off for a while but does relieve the allergic reaction and the miserable symptoms.

By tapping the meridian points identified below it is possible to switch off an allergic reaction – give it a go!

Health Kinesiology as a therapy incorporates techniques that can help switch off allergic reactions easily and quickly.

Allergy Tap:

1. Tap Bladder 1 point (between the eyes) and Kidney 27 point (top of the sternum) little dents under collar bone.
 2. Tap Bladder 67 (little toe lateral) and Kidney 1 point (under ball of foot)
 3. Tap Stomach 1 point (under the eyes)
 4. Tap Stomach 45 point (2nd toe lateral)
 5. Tap Spleen 21 point (on the side of ribs level with bottom of sternum, should be sensitive spot near bra strap!)
 6. Tap Spleen 1 point (big toe medial)
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