

Eliminate allergies fast

By Helen Mawson ©

How HK Works on Allergies

Health Kinesiology (HK) has a very quick but effective way of testing and correcting allergies and intolerance. The system uses a technique called muscle testing that can identify the allergies or intolerance that are causing you problems. HK will then use a range of gentle, effective and powerful techniques to eliminate the imbalance.

What is an allergy

An allergy occurs when your body is exposed to a substance that it does not recognise. Your body is desperately trying to find and recognise the substance but it cannot which results in problems. For example, it may store a substance it actually needs to eliminate, while it may eliminate a substance (such as a nutrient) that it actually needs to metabolise. This can then result in allergy symptoms.

With HK the practitioner will identify allergies and intolerance that may be causing you problems. Techniques are then used that allow your body to correctly recognise the substance so that it deals with it appropriately, thus eliminating the allergic response.

What is an intolerance

With intolerance the body has no problem recognising the substance that it is being exposed to. The problem here is concerned with the amount of the substance it is being exposed to. A small amount may be OK but if this is exceeded slightly a problem may occur.

Tolerance levels change according to how well your immune system is working and stress levels. If your immune system is low or you are stressed your tolerance will be low. If your immune system is working well and you are virtually stress free your tolerance may be very high. If you think about when you are on holiday you may eat things that you would not normally eat and experience no tolerance symptoms – yet if you ate the same things regularly in your everyday life you may experience problems.

Some common allergy & intolerance symptoms

- Runny nose
- Streaming eyes
- Itching
- Sneezing
- Rashes

More subtle allergy & intolerance symptoms

- Arthritis
- Migraine
- Eczema
- Psoriasis
- Fibroids
- Weight gain / loss
- Asthma
- Hyperactivity

Causes of Allergies

The most likely causes of allergy and intolerance are foods such as wheat and dairy products. We are often allergic to something that we love and crave for and this is a good indication that we have an allergy.

Grass and tree pollens create problems and are commonly known to cause hayfever, which is miserable for many people particularly during the summer months.

Chemicals around the home or work place, and airborne substances such as moulds are also common allergens.

We can be allergic to **any** substance however and sometimes the most unlikely substances can be causing our difficulties.

After the HK work is completed, with some allergies and intolerance you may be allowed to eat or be in contact with the substance straight away; if not you will be advised how long you need to avoid it. This is usually to allow the body time to detoxify and strengthen itself.

If you would like to find out more about HK or if you would like to book a session please call:

**Helen Mawson 07904 457 075 or
email helen@complete-balance.co.uk
www.complete-balance.co.uk**