

Allergies & Intolerance –The hidden cause of your health issues
by Helen Mawson – Health Kinesiologist ©
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Many people suffer from problems caused by allergies or intolerance, for some these problems can be life threatening, for most people symptoms are miserable and in most cases needless!

Health Kinesiology uses gentle yet effective techniques in order to identify and eliminate allergies and raise tolerance levels. After this work has been done you will generally be able to eat or be exposed to the substance without any problems making it easier to enjoy life and be healthy!

Allergic reactions occur when a person is exposed to or ingests a substance or food that the body does not recognise. An immune response is triggered which is the reaction people experience as an allergy. With a true allergy the person responds to any amount of the substance.

Intolerance on the other hand occurs when an individual is exposed to a certain amount of the offending substance or food, too much for their body to handle which tips the balance. Stress levels effect intolerance greatly, if a person is very busy and under pressure their tolerance levels will be low, on the other hand tolerance will be high when a person is relaxed and balanced.

Typical allergy/ intolerance symptoms include; runny nose, streaming eyes, itching, sneezing, & rashes. Hidden allergies could also be causing problems for you and could be the root cause of other health issues such as; arthritis, PMS, IBS, digestive disturbances, weight loss / gain, eczema, asthma, migraine, fibroids to name but a few.

Causes of allergies / intolerance include; A good indication of allergy or intolerance' is when you constantly crave certain foods common examples are sugar, wheat and dairy foods. Grass and tree pollen are common allergens and cause hayfever. Chemicals around the home or workplace could also be causing problems as could airborne substances such as moulds. Other allergens may be more complex.

Help yourself:

Have a Health Kinesiology (HK) session; to identify and eliminate allergies and intolerance issues, raise energy levels and help you feel fantastic.

Supplement your diet; certain supplements are proven to reduce allergic symptoms, Quercetin which is a plant flavonoid is one of these it's been known to reduce allergic reactions especially hayfever & asthma. Vitamin C is a great supplement also as it boosts the immune system function. Other supplements would include natural anti-inflammatories such as essential fatty acids, and curcumin to name a few.

Eat organic and or local produce; organic foods that are free from chemicals tend to be easier to eat for those people suffering with allergies. Also some people benefit from eating foods that are produced locally.

Wash fruit & veg; Chemical residue and moulds on fruit and vegetables builds in between them been picked and packed and cause problems for some people. You can buy custom made veg and fruit washes or try washing in diluted Citricidal (Grapefruit seed extract) this is an excellent natural antibacterial and antibiotic.

Avoid processed foods; such as wheat & dairy products substitute with organic whole foods such as rye and soya based products.

Use eco friendly skin & household products; these are much kinder to your skin, body systems, clothes, household & environment. Things that tend to cause reactions and that generally should be avoided include sodium sulphates and parabens.

To book a Health Kinesiology session to help with allergies, intolerance or any other health issue give me a call me or book in to the Allergy Test day at Forge Wellbeing Centre, Corsham on the 17 Feb (details below).

Allergy Testing
Forge Wellbeing Centre, Corsham
17 Feb 2007 10am – 4pm
£20 for 30 minutes testing. Call 01249 715445 to book

Using a therapy called Kinesiology I can establish what you are allergic to and discover what you can do about it!

Common Allergy Symptoms include:

Skin Problems	Digestive Problems
Aches & Pains	Unexplained Tiredness
Asthma	Arthritis
Migraine	Weight Loss / gain
Hay fever	Hyperactivity


COMPLETE BALANCE

For more information on Kinesiology or Allergies
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