



Allergy Clearing Machine

How long will it take before I see results?

It usually requires only 1 to 2 sessions to desensitize an allergy. Approximately 75-80% of intolerances are cleared the first session. However, the other 20-25% may require a second session. Once the intolerance is removed, it is removed usually without requiring yearly visits unless one or more of the following factors are influencing your lifestyle. ***These factors will decide whether you will need more than one session with your acupuncturist:***

1. Your Level of Stress

a) Psychological – *depression, boredom, anxiety, financial worries, marital problems, moving to new address, loss of employment, death of a loved one, weight gain, discord in families*

b) Physical - *injury, accidents, surgery, illness, strenuous exercise, dehydration, working/living near high voltage power lines or electronic equipment, allergies, weight gain*

2. The Strength of Your Immune System

You may have acquired a considerable level of toxins as a result of poor eating habits such as: *coffee, tea, alcohol, sodas, sweets, excessive processed food consumption, smoking, prescription drugs, chlorinated drinking water, the level of yeast (candida albicans) and air pollution*. These toxins force your immune system to work harder to detoxify your body. In doing so, the immune system will be less effective in handling allergens as they enter your body.

3. Your Body's Enzyme Levels

Our diet consists of carbohydrates, fats and proteins. Your pancreas produces enzymes called amylase, lipase and protease that aid in the digestive process of these foods. As we age, our pancreas may not produce enough of these enzymes required for adequate digestion and will require the immune system to compensate by lending their enzymes for the digestive process. When this happens, the immune system will be less effective in defending your body from offending allergens.

It is also important to eat plenty of fresh fruits and vegetables that contain a natural plant enzyme (cellulase) for proper digestion of plant fibre known as cellulose.

4. Your level of Hydration

Dehydration can be detrimental to your health for many reasons. In regard to allergy, proper hydration is essential in assuring the success of the sessions. During the session, a low 5 microamp current is introduced to the body through various acupuncture points. The frequency of the current is stored within the water of each cell of the body. If your body is dehydrated, the frequency cannot easily be stored in the body's cells, and the desensitizing process will not be as effective.

What can I do to reduce my allergy symptoms?

If more than one session is required to desensitize a particular allergen, and you have a considerable amount of food or environmental allergies to clear, the following processes may be necessary:

1. A yeast (candida) cleanse

Your allergist will determine the best yeast cleanse suitable for you. This usually requires a special diet and supplementing with herbs or homeopathic remedies along with probiotics to kill off yeast and balance intestinal flora. Yeast overworks the immune system by producing approximately 28 different toxins. Once the yeast has been reduced to a manageable level, the immune system can help to keep your allergies under control.

2. Drink plenty of water – avoid caffeine

Adequate water consumption is not only essential for effective sessions but, equally important, to reduce levels of stress on the body and minimize toxic build up.

2 litres (8 – 8oz. glasses) of water should be sufficient water to consume on a daily basis. However, more water should be consumed in the summer or during excessive exercise.

Coffee, orange pekoe and black teas will actually dehydrate your body due to their diuretic effects. **Caffeine in coffee and tea increase histamine levels in the body that can lead to allergic reactions.**

Supplement with enzymes / immune system building supplements

Your allergist will test you to determine the best enzyme and/or immune system supplement for your body. Many of the store bought name-brand supplements have added fillers and may not be suitable for your specific needs.

Should I be tested by my doctor after my session?

During this recovery period, you may decide to visit your **medical** allergist to be tested for that particular substance. The results of the test will usually show as “positive”. This is normal. This is merely due to the substance bypassing the first line of defense when it is administered directly into the skin or bloodstream with a scratch test or intradermal test. **Occasionally there may be an 8 month delay before you test negative to the scratch or intradermal test and a 6 to 8 week duration before you experience relief from all symptoms.** This is largely due to IgE antibodies of the immune system. **It may even take your body several months to reprogram the immune system to recognize the substance before complete recovery can be achieved.** However, if you follow the guidelines mentioned above, you should find the program highly effective in removing all symptoms of allergy.