



## Something in the Air!

Spring is Sprung! Bad news for some. Last year the Royal College of Physicians reported a "dramatic increase in allergy" with asthma, rhinitis and eczema increasing two or three times in the past 20 years.

If you are allergic to a food then it is mostly easy to avoid the food to which you have a reaction. It's much more difficult to avoid the 'hidden' ingredients.

Wheat, for example is used extensively as a thickener and binder in many foods (English mustard for instance). To avoid these allergens you need to become an avid label reader.

If you suffer from hay fever, or are allergic to another airborne allergen such as a pesticide, avoidance can be impossible.

### Allergy testing

Tests available from doctors and private allergy clinics are usually the skin test or scratch test. There are also various blood tests, pulse tests, hair analysis and vega testing – you can even buy a home test kit. Unfortunately, 'treatment' is usually **avoidance**.

Few people know that, in the hands of a skilled practitioner, **kinesiology** can not only confirm an allergen but also lessen the effect or even **get rid of it completely**.

Kinesiology uses a muscular bio-feedback technique to identify which substances interfere with the energy flow in the body and cause immune responses such as sneezing, itching eyes, red itchy bumps, headaches, itchy skin etc.

The treatment is simple, pain free and takes only a few minutes. There are no blood tests or scratching the skin. Unlike over-the-counter drug treatments, it does not suppress the symptoms. In 99% of cases it can get rid of the allergy completely - forever!

This technique can be used for hundreds of allergens, including food, so you may find that you don't have to avoid those foods after all!