

Energy Psychology - Offering Non-Invasive Relief to the Community of Allergy Sufferers

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Yes, you read the title correctly. Energy Psychology, the balancing of the body's energy system via Emotional Freedom Technique™, Allergy Antidotes™, Tapas Acupressure Techniques™, and Donna Eden's Daily Energy Tune-up, have the ability to offer significant relief to people with allergic type conditions. Personally, I have alleviated allergies that I have had since I was 5 years old and have not taken allergy injections for over 4 years now. Since alleviating the pollen allergies, I have also identified some food allergies, which I have alleviated. The food allergies were very subtle compared to the pollen and mold allergies.

I know, Western Medicine and doctors say there is nothing to do except give you injections, which are nothing more than a dilution of the substance you are allergic to, hoping that your body will get used to the substance and tolerate it better. Doctors may also encourage you to use prescription drugs or OTC medication. Yet, many of these treatments, even in combination, do not offer the level of relief that people want and need, not to mention, the invasiveness of the procedures, injections and the time involved with the process. And, if you have food allergies, there is nothing Western Medicine can do for you, except tell you to avoid the food. So, what gives with the contradiction here?

It is simple. This is all about energy, and even though doctors measure electrical signals in the body (energy), many have yet to accept that the cause of many of our illnesses and conditions is blocked or disrupted energy. The Chinese and acupuncturists have told us that for thousands of years and there is plenty of valid research, outcome based case histories, and information available on the Internet to back this up.

What I am saying is that substances that people are allergic to, including food, are causing an imbalance in the body's energy system. This causes the body and the brain to react to the alleged invader, and you sneeze, wheeze, get itchy, watery eyes, a runny or stuffy nose, become tired, grumpy and maybe depressed, or you may put on weight. The body will often encapsulate "toxic substances" in fat whether or not they are actually toxic. I am also saying that we can tell the body the substance causing the problem is not an invader, and the reaction will stop. Once the body stops **reacting** to the substance it will **act** on the substance accordingly. Therefore, the body will metabolize the substance or excrete the substance rather than mounting an attack or storing it.



This is a simple, non-invasive, highly effective process, which involves using energy/muscle testing/ kinesiology, developed by Dr. George Goodheart, DCH in 1964, to identify the offending substance. Offending substances will make the body's energy system go weak when the substance is introduced to the energy field. We also use energy testing to identify if there is any emotional content to the allergy, and a timeline of the emotions if they exist. If we do not deal with the emotions, the allergy may temporarily go away and return when that particular emotion is retriggered.

Once we identify the offending substances, we apply either Emotional Freedom Technique or Spinal Release Technique (part of Allergy Antidotes) to the client while holding the substance in the energy field. On an average, this takes about 10 minutes per substance and sometimes the client feels the relief instantly. Not so with medications. Whether prescription or OTC medications are used, it takes time for them to get into your system and start doing their job. Then, there may be side effects like drowsiness, fatigue, or high blood pressure, and they may react with other medications you are taking.

With the use of Energy Psychology techniques, there are no side effects, and there may be instant relief. Results vary with individuals. So, you could get partial relief with western medicine, using their invasive skin testing and injections or you could experience gentle, non-invasive relief with energy psychology. Which would you like?

Need convincing? Why not visit www.allergyantidotes.com, www.emofree.com, www.drrapp.com, or www.lifescryptcounseling.com and find out more about this for yourself. To read a case history, go to <http://www.emofree.com/Allergy/multiple-food-allergies.htm>. Better yet, if nothing else has worked for you, take a risk and try something new and different. I promise, it will not hurt a bit.

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