

Allergies

No matter what the allergy, the proper place to start is with the Liver Cleanse. An allergy of any kind indicates the body is unable to handle a substance (the allergen) and thus it goes on alert (the allergic reaction). This is generally a clear sign that your liver is overwhelmed with toxins.

Please note that there are cases where allergic reactions are life threatening. If you are in one of these situations, you may choose to use the essential oil to help you with the allergic reaction—but do so while you are on the way to a doctor!

Some people have allergy relief within hours of starting the Liver Cleanse, most don't. You may want to do the Liver Cleanse two or three times a day or step up to a higher level of the Liver Cleanse in order to get more rapid relief from your allergies. Quite a few people have also noted that they receive allergy relief by doing the EER process. (The EER uses three different oil blends in a process to Exterminate, Erase, and Reprogram the body. You can learn more about it by contacting us or by visiting the library section of our website.) One lady I know is doing it as many as five times a day; she says it works better than Claritin™ for her. She is also doing her Liver Cleanse so that she will be able to conquer her allergies as opposed to just control.

Just a quick side note, there are some people who have an allergy that is not an immune response, it is an emotional response. With these people we find that somewhere in their background a traumatic experience was connected to a substance. For example, a young girl eating grapes who was just told her mother was killed in a car accident may develop a grape allergy. As an adult, she may have no recollection of the connection, she only knows that she's "allergic" to grapes. In cases like this we need to address the allergy by using the Emotional Aromatic Touch (EAT) oils in order to release that trauma, thereby releasing the allergy.

Another common allergy is food allergies. These are generally caused by a fungus in your body that has grown through the intestinal or stomach wall, allowing undigested food to get into the blood. Obviously, your body sees this as an invader (foreign substance) and attacks (the allergic reaction). You want to do the Liver Cleanse and add the L-form Cleanse to your arsenal if you are dealing with a food allergy. The L-form Cleanse uses three essential oil blends (Spice for Life, Guardian, and Defence). You can learn more about it by contacting us or by visiting the library section of our website.

You may be doing the Liver Cleanse and watching what you eat and reducing the toxins in your life, but you still have to cope with the allergy until your body is strong enough it no longer reacts to the allergen. Let's talk about some ways to deal with the allergy until it's gone.

There are many oils that can provide breathing relief. Breathe blend, Eucalyptus, Peppermint, Helichrysum, and the Eye Vision blend will all open airways and help you get the air your body needs. Bergamot, Peppermint, Chamomile (either one, but be careful as if you have hay fever they can trigger a hay fever like response), and Clary Sage can all help stop the spasms of coughing. Cypress and Peppermint can help stop runny noses and tearing eyes. Lavender or Bergamot can be used to help calm the emotions and help stop the panic cycle when someone is having difficulties breathing. Ravensara and Eucalyptus are both well known for promoting lung strength.

These oils can be used by diffusing, putting a couple of drops in some carrier oil and applying to the chest or back, put a little of the oil on your pinky finger and then dab under the nose (use the pinky finger so you don't accidentally rub the eye afterwards, then you'll have more problems), or by just inhaling from the bottle.

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Allergic reactions can also present themselves in the form of rashes, hives, and swelling. These reactions are indications that the body is attempting to expel what it has decided is toxic, through the skin. The best way to deal with this is by soaking in Bath Salts. The mildest would be to soak in a tub of water with ¼ - ½ cup of Epsom Salts in it. The best is to soak in a tub with Healing or Balancing bath salts in it. Soak for 20 minutes, then rinse off—BE SURE YOU RINSE OFF, otherwise the toxins you just drew out of your body that are still on the skin will be reabsorbed and you will be back where you were, or worse!

If you can't soak, Lavender or Tea Tree applied with a carrier oil will help with itching. If it's hot and burning, Peppermint, with a carrier oil, will help cool the rash.

In the case of swelling, Bay Laurel is the best oil to grab. The swelling comes because your body is throwing all of the allergic substance at your lymph glands and telling it to take care of it now! The lymph glands are saying, hey, we're already doing part of the liver's job and now you want me to do this, get in line! Thus a blockage occurs and you have swelling. Bay Laurel will help strengthen and support the lymph glands and get things moving through faster.

There are also some exercises you can do that will help strengthen the body's energy and help keep the meridians humming along the way they are supposed to be. This will strengthen your body on all levels and allow it to deal with the allergen in a calmer manner helping reduce the allergic reaction.

The best thing you can do for yourself is The Daily Energy Routine as taught by Donna Eden (contact us for more information or visit the library section of our website). This will help keep your whole body heading in a healthy direction.

If you know what you are allergic to, you can also use your body's energy in an attempt to retrain your body to not be allergic to that substance. I've found that in my life this tends to work for a season (I can do an allergy tap for the pussy willows this spring and it works great, but I have to do it again next spring). It brought me the relief I was seeking until my liver got cleaned up enough that the pussy willows no longer bother me. This is what I recommend to help people who are allergic to something they run into fairly often, perhaps their girlfriend's cat, their neighbor's perfume, or the cleaner at work. I have them start the Liver Cleanse, do the Daily Energy Routine, at least one soak in bath salts a week (this really helps clean toxins out of the body and takes a load off the liver, if you can do this daily you'll see faster results) and an allergy tap as needed.

How to do an allergy tap.

Get a little bit of the substance you are allergic to. A clipping from the plant, some hair from the cat, a tissue with a little of your neighbor's perfume, a paper towel with a bit of the cleaner from work, etc will do. If you can't get the substance itself, you can imagine it, but the tap doesn't work as well.

Place the offending substance on the stomach and in both hands (if you have someone who can do the tap for you, if you're doing the tap yourself, put the allergen only on your stomach, your hands need to be free to tap).

Hold the acupressure points (or have someone hold them for you) to sedate the triple warmer meridian. You don't want to apply pressure, just a light touch is fine, and you don't have to be right on the point, you can place the whole hand in the general area, thereby covering the points and getting the job done. Hold each set of points for at least twenty seconds. To do this, first (it's important to do this in order) place your fingers on the point on the outside of the leg, about an inch below the knee and about an inch behind it. The next point is just above where the elbow bends. You can see a picture of these points in any reflexology book. These two points make up the first set. The

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next set of points is on the little toe, just where it connects to the foot and on the hand, between the pinky and the ring finger, where they connect to the hand.

Sometimes this will do the job, but most of the time we find that we need to do the actual allergy tap. If we need to do the allergy tap, why start with the sedating of the Triple Warmer meridian? Because it will lessen your allergy response to what's on your stomach and make you more comfortable during the tap. There's nothing quite so much fun as trying to tap points while you're sneezing your head off.

You'll want to tap each point gently, but firmly for about 20 seconds. Your aim is not to leave bruises, nor to leave the body wondering if the spot was touched, just to make the body aware that an acupuncture point is being activated and that the proper energy adjustments need to be made. You can tap the points in any order, but make sure that you tap the points on both sides of the body or the energy correction will be incomplete. Always tap the point on the right side of the body first, then the left side of the body, or you can tap them at the same time. Here are the points you want to cover:

1. Bladder #1, beside the nose at the inner corner of the eyes
2. Kidney #27, on the chest, soft spots, just below the collarbone and beside the breast bone (if you're doing the Daily Energy Routine you are familiar with these points)
3. Bladder #67, near the lateral (away from the center of the body) corner of the pinky toenail, at the base of the nail
4. Kidney #1, center of the balls of the feet
5. Stomach #1, cheekbones, just below the center of the eyes
6. Stomach #45, near the lateral corner of the second toenail, at the base of the nail
7. Spleen #1, near the medial (towards the center of the body) corner of the big toenail, at the base of the nail
8. Spleen #21, sides of the torso, straight down from the armpit, halfway between the crook of the elbow and the armpit (another one from the Daily Energy Routine)
9. CV #20, the thymus area, thump in a counter-clockwise direction

You will see best results if you do this allergy tap every day for at least a month.

Remember, allergies can rarely be corrected in a single session or with the addition of a single oil (or oil blend). Allergies are the sign of a lifetime of abuse. We surround ourselves with toxins, we breathe toxins, we eat toxins, we apply toxins to our bodies, we wear toxins, and we absorb toxins at practically every moment of our lives. Is it any wonder that our bodies rebel? We need to take action and make some changes—

- Support the health of your body, do the Liver Cleanse and the Daily Energy Routine.
- Use essential oils on a daily basis to strengthen and renew the body on a cellular level.
- Pay attention to what you consume, try to eat foods in as natural a state as possible. If possible, grow some of your own food.
- Begin changing your home to create a health friendly environment, avoid synthetics; clean naturally, don't purchase rugs, furniture, clothing, and more that have been treated with a multitude of chemicals. Diffuse oils to kill the germs, mold, and pollutants in the air of your home. When possible, throw open the windows to wash the air of your home (I know, you can't do that with your allergies, it used to be that I couldn't either, now I can!)
- Change what you put on your skin, your soaps, makeup, lotions, even the detergent you wash your clothes in—make sure they are good for you and help create health in your body!

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You don't have to make these changes all today. Start with one change here and another change there. When you run out of your dish soap that is full of chemicals, replace it with a natural one. When you run out of TV dinners in the freezer, replace them with ones you made yourself. When you run out of deodorant with aluminum in it, replace it with a healthier option.

I speak to people almost every day about allergies and some of the changes they need to make in their lives. The vast majority of them tell me they can't make those changes. I ask, how many changes have you made to deal with your allergy? I used to have asthma, to the point that I blacked out due to lack of oxygen far too often. How many changes did I make in my life to accommodate my allergies? I moved. I put pets outside. I avoided the out of doors like the plague it was in my life. I closed up my home and lived in an environment controlled by air conditioners and air purifiers. I was always armed with my inhaler. Often times I could not attend social occasions or even go to church because I was allergic to something the person near me wore. I had to give away the flowers that were given to me as a gesture of affection because I couldn't have them near me. I am so grateful every day that I no longer suffer with those allergies, that I can pick up my cat and snuggle her close, that I can enjoy a flower, that I don't think twice about attending a social function, that I can go for a walk, exercise, even breathe cold air! Decide today which future you want to be yours and set yourself on the path.

To order, for class information, or if you have questions contact:

Debby or Penny Swann
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