



Healing-Israel

A Home for The Jewish Healing Community

Allergies...

by Esther Avinoam

Healing-Israel's Newsletter...

Issue 5, March 2008

Dear readers,

It is my pleasure to personally introduce you to Healing-Israel's newsletter. Hopefully this newsletter will be delivered straight to your inbox once every two weeks.

I would like to personally thank those of you who've greatly encouraged me, I really appreciated your feedback.

Please pay attention to the slight changes I have made to the newsletter's structure... **Our brand new bulletin board is HERE!!!**

In each issue, one topic will be discussed, you will occasionally be introduced to new therapies and always get special EFT tapping phrases for you to work with...

Every third issue, will be devoted exclusively to STRESS RELIEF

You are more than welcome to have a look at the [Healing-Israel website](#) and read the many articles posted there. Enjoy the Reading!



Spring: A time for New Beginnings...

In this Issue

Allergies: When symptoms are not so obvious

A Lesson for Life...

Tapping with Esther: Even though I have this allergy

Healing-Israel Bulletin Board

Giving a workshop? Know of a health related event? Want to promote a book or a product? That's what we're here for. [Email me](#) for more info.

Alternative health practitioners, make this newsletter work for your benefit by submitting featured articles and [signing up for Healing-Israel's online listing...](#)

Enjoyed what you read in Healing-Israel? Share the healing with your friends and get them to [join](#) Healing-Israel's growing network and get free exposure!!!

Healing-Israel's upcoming issue will be devoted to Pessach Cleaning and stress... stay tuned!

Allergies: Beyond the Obvious Symptoms

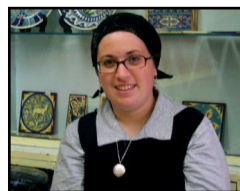
Spring is around the corner and while trees are in full blossom and the air is filled with excitement, some of us can't stop sneezing... The dreaded season of allergies has come and this is a wonderful occasion for all of us to discover some unknown bits on the topic.

What's an allergy?

An allergy is an unwanted immune response to a substance which, normally, is not a threat to the body.

What are the common symptoms of an allergy?

Common allergies bear recognizable symptoms such as sneezing, watery eyes, coughing, trouble breathing, itching, inflammatory responses, swelling and reddening, diarrhea.



Questions?
Comments?
Insights?
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sneezing, watery eyes, coughing, trouble breathing, itching, inflammatory responses, swelling and reddening, diarrhea, vomiting and stomach upsets depending of the substance and the body system it affects most...

What are the "less common" symptoms of an allergy?

Sometimes, however, the allergens do not wreck such obvious havoc in our systems and the symptoms could easily pass unnoticed or seem totally unrelated. Chronic Fatigue, for example could point to an allergy to foods or specific substances. I personally realized that I was experiencing a sharp drop in my energy levels by the mere smell of bleach! Cravings for certain foods may point to an allergy, changing moods, sudden stress which seem unrelated to the present situation, inability to carry out healing protocols may all point to one or a few allergens... so pay close attention!

How can it be traced?

Based on my experience, I can tell you straight out that muscle testing is an absolutely wonderful way to trace allergies. Muscle testing is all about asking the body what strengthens or weakens it, through strong or weak muscle response. This method, called kinesiology has helped already thousands find out the explanations behind their "not so common" allergic symptoms... [more about kinesiology on Healing-Israel's website](#)

How can be treated if at all?

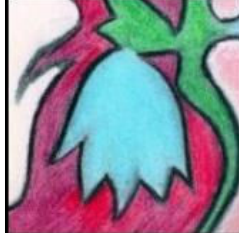
The beauty of alternative healing is that it is so very simple and yet so powerful! EFT is very efficient as long as you are persistent and specific and may at times really surprise you with a one minute wonder. **TAT** is very good with allergies as well... you can read more about TAT and grab your free "how to e-booklet on the link above. As for EFT, look below and have a go!

EFT Session: Even though I have this allergy...

As a response to those who have been asking about the precise tapping spots for the EFT protocol, here they are... right here beside the EFT links on the side column.

This exercise is made of a few rounds, each time you will tap your points saying a specific phrase. Ready?

1. Sit on a comfortable chair, feet touching the ground, back straight, legs uncrossed and watch off. Draw three long and deep breaths. If breathing is difficult, do the [collarbone breathing exercise](#).
2. Pick an allergy you want to work on (e.g: cat hair)
3. Start your first EFT round with saying **Even though I have this problem (e.g: sneezing) when I am around cat hair, I deeply and completely love and accept myself** while tapping your Karate Chop point or rubbing your sore spot. Then tap the remaining points while saying **this annoying allergic sneeze (or whatever symptom you may have)**.
4. Repeat step 3 until you cover every aspect of your allergy e.g: The sneezing, the itching, the watery eyes... **make sure you are specific and you cover all parts of it**.
5. Check your SUDS again (level of discomfort) and see if you need some more work, **do not hesitate to work on emotions if they come up, it is part of the healing process!**
6. Do a round of positive choices: e.g: I choose to be free of this annoying cat-hair-allergy, I choose to feel comfortable around cats again, I choose to be healthy and have my immune system work properly again...
7. With your palm on top of your head, draw a deep breath and fill your body with light and gratitude.



[EFT Home Page](#)

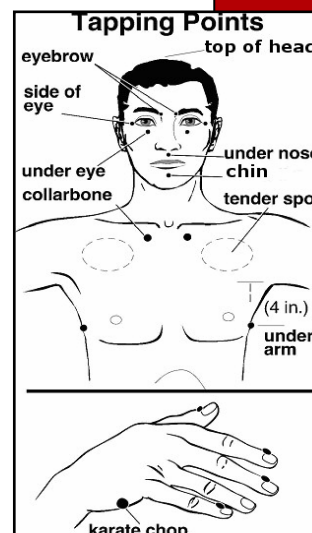
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Featured

[An EFT Spring Story](#)

[EFT collapses over 80 allergies!](#)



light and gratitude.

To subscribe, unsubscribe or receive this newsletter at a different address, [email me](#).

All the information provided in these newsletters are based on extensive research, yet they DO NOT replace in any way professional advice...

Ah! And one more item: I will not share or sell your email address to anyone, you can breath!

