

Health Interventions

Allergies

- The immune systems has different levels of response for different threats
- An allergy is an overreaction of the immune system
- Allergies are reactions to immune system tools, such as histamine
- We can teach the immune system to recalibrate
- These personality conflicts can be born through traumatic (or not so traumatic) events (and thus are also susceptible to regression therapies).

Cautions

- Medical referrals
- Some reactions can be fatal

Allergy Relief Procedure

1. Explain that the immune system has overreacted
2. Explain that the immune system can learn quickly
3. Calibrate for the allergen (convincer)
4. Break state (make sure they've had time to recover)
5. Check for secondary gain (What would life be like without it? Would there be any negatives to not having the allergy?)
6. Find a (similar) counterexample and anchor it
7. Have the client dissociate and mentally build a clear, plexiglass shield that seals off one side of the room, completely
8. Hold the anchor and have them watch themselves on the other side of the screen reacting normally to the counterexample (have them notice how they are)
9. Still holding the anchor, slowly introduce the allergen (on the other side of the shield, where they're visualizing themselves) while they maintain the same response as to the counterexample
10. If all goes well, lift up the shield and integrate (have their visualization of themselves float back into them and suggest that they are learning)
11. Have them imagine the allergen all around them (you should see only the resource [counterexample] state)
12. Future pace
13. Test