

ALLERGIES

Always clear all reversals first !

1. **THE SET UP STATEMENT (Tap on the Karate Chop Point):**
“Even though my body has a problem with this substance(s)” (always name it),
If it is a food say: “I ask my body to produce sufficient enzymes to safely and efficiently digest this substance.”
If it a pollen or chemical etc. say: “I ask my body, mind and spirit to process this substance(s) in a way that promotes perfect health in my body.” Say this 3X’s

THEN START TAPPING THE TAPPING SEQUENCE (tap and talk):

2. “I ask my body and immune system to view this substance(s) as safe and harmless and safely process this substance(s).”
3. Even though I have a reaction to this substance(s), I deeply and profoundly accept myself and I choose to have my body disconnect any and all associations it has made in any way, shape, or form to this substance(s), whether energetic, mental, emotional, physical, spiritual, self generated or acquired, in each and every cell, tissue organ and gland of my body.
4. Even though I have all these emotions associated with the substance(s), I choose to have my body disconnect each and every one of these emotions in each and every cell, tissue, organ and gland of my body.
5. Even though I have suffered a trauma involving this substance(s), I deeply love and accept myself and ask my body to clear this trauma completely
6. I ask my body to clear the allergy, sensitivity, failure to metabolize or assimilate the substance(s) in my hand.
7. I ask my body to clear the allergy, sensitivity, failure to metabolize and assimilate this substance(s) on the DNA level and also on the Cellular Somatic Memory level permanently and completely.
8. I ask my body to heal, it knows what to do