

# ALLERGIES? IT'S ALL IN YOUR MIND!

Anne King

Could it be possible that allergies are “all in your mind” --- a psychosomatic condition? We are certainly programmed to “believe” in allergies as a fact of life -- we either have allergies or know people who are allergic to something --- perhaps even multiply-allergic. It seems that more and more people are buying into the idea that allergies are “normal.” (If you were born in the 50's or before, you probably can't remember childhood friends with allergies. There were no television commercials promoting Claritin and other allergy remedies.)

Yes, the body does physically react to certain substances .... but as hypnotists, we understand “anchors” and “association” and “accepted suggestions.” We know the subconscious mind can trigger all kinds of physical and emotional responses to various stimuli -- regardless of whether the stimuli it is real or imagined. What is dangerous about pollen, or animal dander, or dust? Nothing unless you believe you are allergic.

When I discovered Robert Dilts' NLP technique for allergy elimination in 1998, it resonated with me because I had always believed that no one had to be allergic to anything. I have always told myself (and anyone who told me an occasional snuffle or cough was probably an allergic reaction) that I was definitely not allergic to anything. This was based on the Unity Church principles of “Denials and Affirmations,” but regardless of what you call it, self-hypnosis is self-hypnosis. I believed that I didn't have to buy into the allergy idea and therefore would always remain allergy free. Then, while doing research for the ***One-Session Allergy Elimination Program***, I got a blood test to screen for common allergies in my geographical area (both airborne and ingested) and was surprised to see a few substances listed to which I was considered to be slightly allergic, since my body had never responded to the substances in an allergic way.

After I converted Dilts' basic information into a hypnotic program, I called for “guinea pigs” from my reservoir of friends, associates, and students (not hard to find since most people believe they have allergies). I was surprised and delighted to see success after success -- with a variety of allergies being eliminated with only one session. These included allergies to cigarette smoke, wood smoke, mold, dust, wood ivy, cedar pollen, nickel (in jewelry), cat and dog dander, and wheat. I was even more surprised to hear back from hypnosis students who attended the first Allergy Elimination class I taught, telling me they were still allergy-free a year or more later as a result of the “practice session” with another student.

The technique itself is very simple. I begin by using waking suggestions prior to the session, inducing hypnosis to an alpha state, then guiding them through the session using suggestion, visualization, anchoring, dissociation and integration with a “healthy” image of self. The whole thing usually takes about an hour, the actual hypnosis time is about 45 minutes. I also furnish a self-hypnosis recording to be used as reinforcement. I was told the success rate is about 80%, but find it closer to 90% with my own clients.

The offer of a money-back guaranty helps to achieve the “believability” and “expectancy” that is necessary. I also have them sign a contract stipulating the terms of the guaranty and their part in the process. The main drawback is that you can only eliminate one allergy at a time, but since each session with a client becomes shorter as they get used to the process, after awhile you may find that

you can work on three separate allergies back-to-back in the same amount of time. Clients can even be taught to do the technique themselves!

It is always an honor to share this simple technique and such a pleasure to hear the back from my colleagues reporting on their own successes. Hope to see many of you at this year's conference.

(A class, based on these techniques and principles is available as a 3-hour workshop.)

Anne King,

[www.hypnosisclasses.com](http://www.hypnosisclasses.com)