

## **Acupuncture and N.A.E.T Combined with Herbal Therapy is an Effective Way to Eliminate Allergies**

An Allergy is an inappropriate reaction by the immune system to a normally benign substance in the environment. About 1 out of every 5 Americans, roughly 50 million people, suffer from allergies.

There are many different kinds of allergies. Allergens can come from foods, animals, chemicals, drugs, pollen, dust, mold, and many other things found in our environment, including polluted air. The allergic reactions involve mast cells, eosinophils, lymphocytes, and IgE. These components of the system are responsible for fighting parasites, pathogens, and other disease-causing entities such as worms and flukes. For unclear reasons, these cells confuse benign substances with invading organisms. As a result, they launch an attack on the harmless foreign particles. The allergy symptoms range from irritated eyes, hives, headaches, diarrhea, aching joints, and a few sneezes, to full-blown, life threatening anaphylactic shock.

The underlying cause of most allergy problems is a weakened immune system. As we get older, our immune system begins to deteriorate. This makes us more susceptible to illnesses such as flu, allergies, and other health conditions. Another risk factor is our daily lifestyle. We consume too much processed foods and soft drinks that put a heavy load on the pancreas and other digestive organs. In addition, we live a modern stressed-out lifestyle which slowly weakens our defense system that is responsible for protecting our fragile health. Finally, the polluted air also plays a pivotal role for our allergies.

Researchers believe that in addition to genetics, environment and lifestyle are critical in determining who will and who won't develop allergies. Since allergies are strongly associated with the Western lifestyle, researchers have begun to suspect that multiple lifestyle factors such as diet, stress, and physical or mental exhaustion are involved in decreasing immunity and increasing susceptibility to allergies.

How does Acupuncture, N.A.E.T (Nambudripad's Allergy Elimination Technique) and herbal therapy help patient

eliminate their allergies? Acupuncture stimulates sensory nerve endings that send impulses through the spinal cord to different areas of the brain, causing both local and central-acting effects. By stimulating specific acupoints, acupuncturists seek to restore normal energy flow and help the body function at the optimal level. Acupuncture therapy strengthens the immune system, promotes better digestion and bowel movement, and increases nutrient absorption. The technique produces neurological and biochemical changes in the body. The results are stronger immunity, more energy, fewer allergic reactions, a relaxed mind, and best of all, better quality of life.

Nambudripad's Allergy Elimination Technique (NAET) is a natural therapy that helps the body be desensitized to various allergens (foods, chemicals, animals, pollens, drugs, additives, dust, mold etc.). After an individual completes the course of treatments, he/she may experience less or no allergic reactions to substances that previously caused problems. It is safe and effective technique to eliminate allergies. Our staff can provide

more information about NAET and how it works.

Herbal therapy helps strengthen the body immunity, increase energy level, and restores the balance of neurotransmitters. Additionally, it assists the mind to relax, enhance the body's functions to an optimal level, and promotes general well-being.

If you or someone you know is suffering from allergies and would like to treat it in a natural way, please consider our holistic approach. We strongly believe that these combined natural therapies at our clinic's stress-free environment will help you achieve peace of mind, strengthen immunity, enhance energy level, balance the body's biochemical, neurological and hormonal systems, and best of all, will yield an excellent therapeutic effects and better quality of life.

#### Allergy Risk Factors:

1. Genetics
2. Environment
3. Lifestyle
4. Diet/Nutrition

*“Patient satisfaction and lasting benefits is our mission”*

By Lorenzo T. Phan, D.O.M., L.Ac



L. Phan, OMD, L.Ac  
*“Experience is priceless...”*

- Graduate from the University of Hawaii as a B.Sc in Bio-Chemistry
- Completed 4 years post-graduate training in the Acupuncture and Herbal Medicine at American College of Acupuncture and Oriental Medicine in Houston, TX
- Licensed Massage Therapist
- Certified Neuromuscular Therapist
- Certified Craniosacral Therapist
- N.A.E.T Therapist
- Certified Laser Therapist
- Herbalist (NCCAOM)
- National Acupuncture Assoc. Member
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# Natural Approach to Treat Allergies



- Acupuncture
- N.A.E.T
- Herbal Therapy