



NEWSLETTER – SUMMER 2011

This Month's Theme

I just finished my Basic Course in NAET® (Nambudripad's Allergy Elimination Technique) so this month's theme is allergies of course!

New Developments

- After 4 ½ years, massage therapist Sara Inch is leaving us. Sara and her fiancé are opening the new "Lion's Gate Wellness," a combined massage and chiropractic clinic on Main St. Although we will miss Sara very much, we wish her well in her new endeavour.
- We have been very lucky to secure Yasmin Gergi, R.M.T. to take over as our clinic massage therapist. Many of you may remember Yasmin, as she worked here 4 years ago while Sara was on maternity leave. We are very pleased to welcome her back. You can book appointments with Yasmin starting July 5th, 2011, by calling 705-474-2727.
- Lise Verville has changed her name to Lise Lacharity (in honour of her marriage in October 2010). When you hear the new name on our answering machine, don't worry, she's still here, just under a different name!
- As mentioned above, Kelly Wallace, N.D., is now trained in the Basic Level of NAET® and is offering treatments to help people eliminate their allergies. See below for more information. (F.Y.I., In order to be listed on the NAET® website as a registered practitioner, a doctor must complete the Basic Level AND Advanced 1 Level. Advanced 1 requires a trip to California! So, you won't see Kelly listed on the official website until she goes to California, although she is qualified to practice NAET®)
- Kelly is also now offering childhood vaccination consults for parents who are concerned, or want more information about the safety and efficacy of the current childhood vaccination schedule and if it is right for their child. Each vaccine has its' pros and cons, and each vaccine-preventable disease has its' own risks. Each child also has their own risk factors. These consults offer a chance to discuss all of these factors, and devise an optimum schedule for your child, as well as advice on immune support for your child, whatever you choose to do.

Articles

What is NAET® - by Kelly Wallace, N.D.

Nambudripad's Allergy Elimination Technique, also known as NAET®, is a non-invasive and drug free solution to eliminate allergies. NAET® was discovered by Dr. Devi Nambudripad in 1983, in a quest to solve some of her own health problems. She has been practicing and teaching NAET® ever since. Most of her courses are held in California, and we Canadians were very lucky to have her come to Toronto this June to teach the Basic Level. Practitioners certified with their Basic Level are qualified to treat common food and environmental allergies, but are not qualified to treat anaphylactic allergies. After completion of the Advanced 1 Course, practitioners can treat all allergies.

NAET® uses a mixture of techniques, including acupuncture/acupressure, chiropractic, nutrition, and kinesiology. Usually one allergen is treated at a time. If you are not severely immune deficient, you often need just one treatment to desensitize one allergen. It may take several office visits to desensitize a severe allergen. Generally, basic nutrients and common foods are treated during the first few visits. Chemicals and environmental allergens are treated after completing the basic nutrients. NAET® can successfully eliminate adverse reactions to many common allergens, including foods, pollen, animals and chemicals. After the treatment, an avoidance period of 25 hours is required for the food or substance that has been treated. If the treatment is successful, after that 25 hour period, the allergen can be eaten, or contacted safely.

Health Tip

Here is a chance for me to combine two of my passions, allergy treatment and vaccination awareness! Most people don't realize that one of the biggest risks from childhood vaccinations is the effect they have on the immune system. When we think of adverse effects following vaccination, we often think of autism and other severe reactions. The truth is the most common issue with childhood vaccinations is that they increase the risk of allergies and asthma in children. This actually has more to do with the timing of vaccinations and the way they are given, than with the vaccinations themselves.

So today's tip is: if you want to prevent allergies in your children, schedule a vaccine consult to discuss the optimum schedule for your child, and naturopathic support for the immune system at all stages of life!

Must Read

"Say Good-Bye to Illness" by Dr. Devi Nambudripad

If you are interested in learning more about NAET, this is the book for you. It goes through Dr. Devi's techniques, explains what allergies are and what they can do, and how eliminating them can change your life.