

Read This Report To Learn Why You Should Have Your Allergies Treated NOW, And What's Likely To Happen Later If You Don't! (Believe me, it's not pretty!)

“Allergies are not just a nuisance to be ignored until they can no longer be denied—they constitute a health problem that must be treated. Untreated allergies can lead to more serious problems as we get older. Blood pressure problems, diabetes, cardiovascular disorders, arthritis, and other degenerative diseases can develop as a result of untreated allergies. If we do not take the time to treat allergies and to get well now, we will have to take the time to be sick later.”

Jacqueline Krohn, M.D. *“Allergy Relief & Prevention”*

My name is **Dr. Stephen Riner** and I've been treating allergies since 2012. What do I mean by “treating allergies”? I mean I've been giving Allergy Elimination Treatments (AET) to patients from all over the **United States**. I took a class from Dr. Boothe who has treated allergies for over 20 years and came up with the technique this report is all about. The report was written by him and his experience over those 20 years. I will be performing the exact technique he used to get his amazing results. I am an allergy sufferer as well and got amazing long last results using this system. Enough about me Let's get to the good stuff...

After all, this report isn't about me. It's about *you*, an allergy sufferer, and the millions of others like you.

This report is about why you should do everything in your power to get rid of your allergies before they ruin your health, and maybe even your life!

Before I explain what I'm talking about, let's talk a little about allergies in general.

When you hear the word “allergy,” what do you think of? If you're like most people, you think of sneezing, itchy red eyes, and a stuffed up nose. And that's probably *all* you think about.

This type of allergy is often called “hayfever” or “seasonal allergies.” It keeps medical allergists busy in the Spring as the suffering throngs get scratch tests and seek relief from their misery via shots and pills.

The most common culprit of seasonal allergies is pollen allergy, but certainly other things like dust, dust mites, and pet dander can cause these kinds of allergies.

Seasonal allergies can be mild or severe. Some sufferers consider their allergies to be nothing more than a nuisance they must suffer through for a few weeks every year, usually in the Spring and late-Summer.

Many others are debilitated by their allergies despite popping pills and taking shots. Many unfortunate souls suffer from allergy symptoms all year.

(If you have symptoms year-round it means you almost assuredly have food allergies as there are times of the years when there are no pollens in the air.)

Either way, you'll find out *exactly* why everyone should have their allergies treated as you read through this report.

The medical term for this type of allergy is “common allergy.” Symptoms caused by common allergy happen immediately and are usually localized to the part of your body exposed to the allergen, such as your nose and eyes. (We call something you're allergic to an “allergen.”)

Foods can be common allergies, too. One dramatic example are people with severe peanut allergy. If they get even a tiny whiff of peanut dust their throats and tongue can swell up so quickly that they could easily die in minutes if they don't receive immediate medical attention. This is why airlines now serve pretzels instead of peanuts.

But did you know there are *other* types of allergies? Here's one I bet you never heard of:

It's called “**Delayed Pattern Food Allergy.**” With this type of allergy, you may not have symptoms for up to *three days* after eating a food you're allergic to, and allergic foods can keep causing symptoms for *weeks*. Crazy sounding, I know. They do this by creating immune complexes that circulate through your bloodstream.

As you can imagine, figuring out on your own what foods are causing delayed allergy reactions is all but impossible.

I need to explain this in depth, but before I do let's talk about...

Just what is an allergy?

Let's take pollen as an example. A pollen allergy occurs when your body becomes “sensitized” to a pollen. Another way to put it is, your body comes to think—incorrectly—that the pollen is a “threat” to your safety and wellbeing.

There's no reason for you to be “allergic” to pollen, or anything for that matter. It's a mistake made by your immune and nervous systems. Pollens aren't harmful substances, neither are foods. (Chemicals found in foods may be harmful, but that's a whole different issue.)

You shouldn't be allergic to *anything*, but you are.

How did you get your allergies?

More is probably *not* known about how we get allergies than *is* known. Here's what we do know:

You most likely inherited many of your allergies from your parents and ancestors. If mom, dad,

and grandma are allergic to ragweed pollen, chances are you will be allergic to ragweed pollen, too. You can inherit *any* allergy from your ancestors. This explains, in part, how you can be allergic to something you've never eaten or been exposed to.

You can also develop food allergies through what is called "leaky gut syndrome." This is where partially digested food finds its way into your bloodstream through a porous or leaky intestinal wall.

When your immune system finds the food but doesn't recognize it, it *must* think of the food as a threat. Bam! Your body will make what is called an "antibody" to the food and you've got a new food allergy.

An antibody is like a "wanted poster." It helps the cells of your immune system recognize things thought to be bad. Millions of them are made and they travel throughout your body in your blood and lymph vessels, looking for the "bad guy" they were made to identify. More on the role these guys play in disease later.

Lastly, you can develop allergies because of poor genetics. This is different from inheriting allergies. You may have been born with a poor immune system, one barely capable of keeping track of what's "good" and what's "bad." Such a poor immune system would likely develop allergies to many harmless substances.

Stress can weaken and damage your immune system

Experts everywhere agree that stress plays a big part in allergies. There are different kinds of stress: physical, chemical, and emotional.

Physical stress comes from trauma of all sorts: injuries and accidents, surgery, abuse, lack of proper sleep, and lack of exercise, etc.

Chemical stress comes from medications, recreational drug use (including alcohol), chemicals in the food supply, poor nutrition, improper food choices, pollution, etc.

Emotional stress comes from job problems, money worries, mental abuse, divorce, wayward children you worry about, terrorism, rising prices, and a million other things that keep us up at night fretting into the wee hours of the morning.

Stress in any form has a negative effect on your immune system. **If the stress is strong enough (acute stress) or long enough (chronic stress) it can traumatize your immune system to the point that it loses track of what's "good" and what's "bad."**

If your immune system starts to think harmless things are "bad" for you, you'll develop allergies. And this can happen with *anything*: pollens, pet dander, dust, chemicals, mold, foods, fumes, fabrics, vitamins, medications, food additives, and on and on. If your immune system loses track of what's "you" and "not you," you'll get an autoimmune disease.

What causes allergy symptoms?

By now you should have a decent idea of *how* you get allergies, so let's talk about how your allergies can make you feel so bad.

All allergy symptoms are caused by chemicals released by your body, mostly the cells of your immune system. These powerful chemicals are called “signaling molecules” (SM) and have names like histamine, heparin, serotonin, lymphokines, leukotrienes, cytokines, prostaglandins, interferons, and bradykinins.

Each SM has its own “signature” of symptoms it causes.

Some cause flushing, pain, shortness of breath, fast heart rate, constricted or dilated blood vessels, diarrhea and abdominal cramps.

Others cause headache, itching or burning sensations followed by a flushing or “heat” sensation, sneezing, nasal discharge, asthma attacks, and “odd body” sensations.

Still others cause fever, swelling, drowsiness, confusion, feelings of anxiety, extreme fatigue, memory loss, and even feelings of impending doom. I could go on and on!

A natural question is, why does your body release these chemicals if they cause you to feel so bad? They're there to protect you but were only meant to be used when a *real* threat appears, like when a bacteria, virus, or parasite tries to invade your body.

When a real threat appears, you want your immune system to react swiftly and violently because if it doesn't, these things could kill you! In fact, if your immune system stopped working today, the next virus or bacteria that came along would kill you.

These SM's serve a critical function and won't cause you problems when they're released in small amounts.

When you have allergies, though, especially when you have a *lot* of allergies, these chemicals can do great harm.

How? Mostly because they cause chronic inflammation, and chronic inflammation tears your body apart from the inside out! Keep reading to see how bad it can get...

Why you should have your allergies treated if you want to avoid getting degenerative diseases...

Or, if you already have a degenerative disease, why you MUST get your allergies treated if you ever hope to get better!

About half of the population in North American suffers from some form of degenerative disease. That's a staggering number—about 120 million people! Why so many? Well, that's a topic for a book, or a series of books. Let's just focus on the allergy part.

By the way, a degenerative disease is a disease that gets worse with time. They're different than a

cold or the flu because with those, you'll eventually (hopefully) get better.

Any disease seldom has a single cause, meaning there are often many reasons why people get sick and stay sick. **Allergies are a primary cause of disease**, or at least a strong contributing factor.

Let's look at how allergies cause or contribute to some common degenerative diseases:

Cardiovascular Disease: Two SMs released in allergy responses are histamine and kinin. Higher histamine levels have been found in the arteries around the hearts of cardiac patients. Kinin causes inflammation of the heart muscle.

Histamine and kinin are released in both food and inhalant allergies and can cause chronic inflammation of the heart, which leads to heart disease.

Also, food allergies can increase your blood pressure 40–50 points. Shocking I know but 100% true.

While I'm not a cardiologist and don't treat people for heart disease, many of my allergy patients have reported a drop in their blood pressure or cholesterol levels as well as improvement in arrhythmias (irregular heart beat) after I've successfully treated their allergies.

Ear, Eye, Nose, and Throat Problems: Food allergies cause inflammation of the throat and eustachian tubes and are known to cause chronic ear infections in children.

In adults, chronic sinusitis and its nasty debilitating headaches can be caused by allergies to mold, pollen, smoke, pet dander, and chemicals, and more.

Ear, nose, and throat specialists report chronic inflammatory tissue damage in vertigo, hearing loss, ringing in the ears, Meniere's syndrome, nasal obstruction, and enlargement of the glands in the throat as a result of untreated allergies.

I've successfully treated many patients for ear, eye, nose, and throat problems by eliminating their allergies. Just think how many children would be spared the pain of chronic ear infections if their parents only knew AET could possibly fix their child's problem for good!

(Incidentally, I've written a report entitled "Kids and Allergies." Pick one up when you come in or ask me to email you a copy.)

Fibromyalgia and Chronic Fatigue: The symptoms of fibromyalgia are primarily caused by food allergies. If you know someone with fibromyalgia, you know how many different symptoms they can have—it seems like every part of their body is sick! MD's can't find anything wrong with them because they don't know how food allergies can make people sick.

While chronic fatigue is a different problem, it's been reported that up to 75% of CF patients had pre-existing inhalant, food, chemical, or drug allergies.

I've successfully treated many fibromyalgia patients. In fact, I specialize in fibromyalgia. While there are many components to my fibromyalgia treatment program, the most important is eliminating

my patient's food allergies and improving their digestion. If you or anyone you know is suffering from fibromyalgia, please call my office.

Stomach and Intestinal Problems: Food allergies have clearly been linked to diseases of the intestinal tract, such as celiac disease (caused by gluten), Crohn's disease, irritable bowel syndrome, and ulcerative colitis. How? Food allergies cause allergy reactions in the intestines. Allergy reactions cause inflammation. Chronic inflammation tears up the body.

Heartburn is usually caused by food allergies, too. The burping, belching, and burning is your body trying to tell you to stop eating a food you're allergic to.

Through AET and proper supplementation, I've helped many patients overcome a variety of intestinal problems. Supplements alone won't do the trick because they won't deprogram your immune system to stop reacting to foods. You need both treatments to get better.

Colds, Coughs, and Flu's: Most people with allergies, maybe even *you*, get sick a lot. Chronic allergy exposure stresses your immune system so much that it can't fight off all the viruses and bacteria you're exposed to.

Also, the inflammation of food allergies punches holes through the intestinal tract, causing leaky gut syndrome, which gives bacteria and viruses an easy way to get into your body. The same type of thing will happen if inhalant allergies attack your lungs—your lung tissue will become “porous” and give viruses and bacteria a way into your body.

Occasionally a patient will request treatment for a cough or the flu, but the vast majority of my patients who complete their AET program at my office report that they rarely get sick anymore. Why?

Their immune systems are freed from the stressful task of chasing down problems that aren't really problems (allergies) and so can efficiently and quickly take care of a virus or bacteria before they can cause trouble.

Liver, Gallbladder, and Pancreas Disorders: Food allergies stress your liver because it has the job of trying to clear out allergic foods that have leaked through your intestinal tract. The more food allergies you have, the more your liver gets overworked.

Gallbladder problems are usually caused or aggravated by repeated exposure to foods you're allergic to.

Chronic allergies can lead to diabetes because SM's can cause chronic inflammation of the pancreas. Before diabetes hits, most patients suffer from hypoglycemia and/ or hyperglycemia for years. These two problems are caused by allergy-evoked carbohydrate metabolism interference.

Several of my patients who've gone through extensive food allergy treatment at my office have told me they no longer needed to take any medicine for diabetes. Of course, they did this with the okay of their MD. Correcting the *cause* of the problem, fixed the problem.

Psychological and Behavioral Problems: Allergies of all kinds—chemicals, foods, and inhalants—can cause problems ranging from anxiety, dizziness, weakness, and depression to paranoid delusions and visual and auditory hallucinations. Pretty scary, huh?

ADD/ADHD in children or adults can be, and usually are, caused by allergies as well. My *Kids and Allergies* report explains the connection between AD(H)D and allergies.

Most of my fibromyalgia patients have some amount of anxiety and/or depression. Oftentimes it clears soon after they start their AET at my office, but it's almost always either gone or mostly gone by the time they've completed their program.

Parents of young patients of mine have reported how well their children have done in school after AET. Anger issues resolve, kids pay attention better, and homework gets done without tears, fights, and threats when allergies are corrected.

Rheumatological Problems: Food and chemical allergy is a common cause or factor in rheumatoid arthritis, ankylosing spondylitis (spinal stiffness), osteoarthritis, and other forms of arthritis.

Even lupus can be caused or aggravated by allergy. This is the class of problems where autoimmune issues fall, when your immune system loses track of “you” and “not-you.” Other autoimmune conditions related to allergies are Hashimoto’s thyroiditis, multiple sclerosis, and Type II diabetes.

A few years ago I had a fibromyalgia patient who also had rheumatoid arthritis. After her treatment program she didn’t have any fibromyalgia *or* arthritis symptoms. Her treatment fixed the cause of *both* problems. I’ve also had lupus patients who’ve done very well after their allergies were fixed.

Read this to learn how Delayed Food Allergies can devastate your health!

I said before that foods can get into your bloodstream through a porous or leaky gut—“Leaky Gut Syndrome” (LGS). Here’s what happens *after* the food gets into your blood:

First, for a food to cause a problem it has to be absorbed into your body *partially* digested. If it’s *completely* digested, it won’t cause a problem. The goal of digestion is to break the food you eat down into tiny particles—nutrition—so that they can be absorbed and used by your body.

I work on improving my patients’ digestion to not only improve their overall health, but also to decrease their chances of developing new food allergies.

When you have LGS partially digested food leaks through your intestinal wall and finds its way into your bloodstream. The first time this happens your immune system will make an antibody to the food because it doesn’t recognize it.

Remember, if your immune system doesn’t know what it is, it HAS to think it’s a threat. Your immune system will then run off millions and millions of these “wanted posters” (antibodies) and

circulate them throughout your body.

The next time that food gets eaten and makes its way into your bloodstream, the antibodies find it, attach themselves to it, and cause an allergy reaction. Do you remember what gets released when you have an allergy reaction? Nasty chemicals called “Signaling Molecules” (SM).

SM’s cause symptoms, only now they’re causing symptoms *inside* your body instead of in your nose or eyes like they do with pollen allergies.

When an antibody attaches to an allergen, science calls this a “circulating immune complex” (CIC). If your immune system doesn’t get rid of this newly formed CIC, it will get longer and longer as other antibodies and allergens latch on at the ends of the chain. As it grows in length, it continues to cause allergy reactions, causing you more and more symptoms.

At some point, when the CIC chain gets big enough, it will settle into some tissue, organ, or gland in your body. When it does, it causes—guess what?—*more allergy reactions*. This time, the SM’s are released right into the organ, gland, or tissue, causing inflammation and destruction until your immune system finds and gets rid of them.

The problem progresses because you don’t know what’s causing it (well, NOW you do, but you didn’t before). As you keep eating the foods you’re allergic to, they keep setting off allergy reactions wherever they go, be it your brain, joints, muscles, glands, or organs.

This is how food allergies cause or contribute to all the degenerative diseases I described above. This is how YOUR allergies can ruin YOUR health if you don’t get rid of them!

The 3 ways to treat allergies

What can you do about your allergies? I’m aware of only three ways to treat them:

The first is to avoid the substance you’re allergic to. That’s easy if you’re only allergic to one or two things you could care less about anyway. Most people have too many allergies to make this work and some allergens are all but impossible to completely avoid. Avoidance and rotation diets help for food allergies, but it’s a lousy way to live.

The second way is to follow the medical route. Allergy shots work for some people, but not for many. They work better for inhalant allergies than food allergies. But who wants to get a shot every week for a year or two, or longer? I’ve had patients tell me they’ve been getting “allergy shots” for over 20 years! That doesn’t sound very fun to me.

Allergy medications also work for some people, but only for inhalant allergies. They don’t stop the damage food allergies cause inside your body.

The third way is through Allergy Elimination Treatment (AET). This is what I do. Many other doctors do AET, but no one does it the same way I do and no one I’m aware of gets the kind of results I do. Let me explain...

Allergy Elimination Treatment

AET was discovered and developed by Dr. Devi Nambudripad about 20–25 years ago. It's a fascinating story that I won't get into in this report. After fixing her and her family's allergies, she used the treatment in her clinic. Then she taught others to do what she did. However, there were and are problems with her treatment. The main one is her treatments frequently "fail," meaning they have to be repeated.

I took her training and then took training from Dr. Ellen Cutler. Dr. Cutler made subtle changes to the treatment and added therapies like enzymes and homeopathic detoxification. Better, but still not great.

I also took training from Dr. Lawrence Newsum, who taught that allergies could be fixed "en-masse," meaning he thought you could fix hundreds of allergies in a single treatment. Unfortunately, that wasn't true. But *how* he teaches to do the treatment and the instrument he uses *do* work. I continue to use his treatment instrument today.

My treatment is a combination of everything I've learned, so it's unique. I rarely have to repeat my treatments, meaning **about 99.8% of the time my patients have to be treated only once for anything they're allergic to.**

The treatment itself is simple and painless. An acupuncture point at the top of the neck, just below the base of the skull, is contacted and gently stimulated using the instrument developed by Dr. Newsum. I've treated patients as young as six months and as old as 92.

How I test for allergies.

Let's back up. Before the treatment is done, I have to find out what you're allergic to. To do this, I use very sophisticated testing equipment connected to a computer. The testing begins after you place your hand on a sensor.

I'm not going to get into exactly how the testing is done because it's outside of most people's training and experience. I once had a retired physicist come in my office for an evaluation. He understood everything I was doing—it was child's play to him. But to you and I it seems almost "magical" because it's outside of our training and experience.

Simply put, I test your body electronically, or "energetically," to see what it doesn't like. (Remember that an allergy is nothing more than something your body has come to dislike.) Because the testing is done electronically, I can test hundreds of potential allergens in a few minutes. The software records how mild or strong you react to everything I test you for.

MDs wouldn't call this allergy testing because it isn't scratch tests and I don't draw blood. Scratch tests are the most common type of allergy testing because they're cheap and easy to do, but they're not very accurate. Many patients have told me their scratch test was negative, yet I found tons of allergies with my equipment.

How AET is done and how it works.

Let's say we were treating tree pollens today and I found that you were allergic to 55 trees. After testing, I would make a treatment vial containing the electronic equivalent of all 55 tree pollens. Again, physicist stuff here.

Simply put, when I place this small treatment vial in your hand your nervous system will detect the energy in the vial and think you are holding the 55 pollens.

Next, you lay facedown on the treatment table while holding the treatment vial. (The treatment can also be done with the patient sitting.) Then I do the treatment itself. Your brain effectively gets "reprogrammed" right there and then to stop identifying the 55 tree pollens as allergens. Afterwards, you hold the vial for ten minutes to complete the treatment.

We don't really know exactly why this procedure is so effective. That shouldn't bother you, though. Do you watch television? If so, can explain how sound and images get transmitted around the world and from outer space on invisible beams of energy? Probably not. But you can still operate a TV and take advantage of the technology.

You don't have to know *how* something works to use it.

It's the same with my AET.

This is best way I've come up with to explain it. I'm old enough to remember when Windows 3.1 came out back in the mid-1990's. It ran much better than 3.0, but one big problem remained: my computer would still lock up every day. I could usually reboot my computer by pressing control-alt-delete on the keyboard, but sometimes it was so bad that I had to unplug the computer and plug it back in before it would run again.

Windows locked up when two programs tried to access the same memory address. A fix for this didn't exist in Windows' code so the program stopped working and the screen froze.

An allergy is kind of like that: it's an electrical incompatibility between your body and the substance you've come to believe is bad. The AET is like a "reboot": it cancels the electrical incompatibility so that the next time you run into that substance you won't react to it.

The big difference here is, Windows 3.1 *always* locked up again the next day, but your allergy will be gone for good.

On your next treatment we would go through another category. I wouldn't retest the trees you were treated for. I used to retest years ago but it was a waste of time. **My treatment is so effective now that I have complete confidence that when I treat you for something, you will no longer be allergic to it.**

Now, "forever" is a long time. I can't say with 100% surety that all my allergy treatments will last *forever*. But, doing the treatment the way I do it now, with all the advances I've made, very, very few treatments ever have to be repeated. If a treatment ever does have to be repeated, the visit is free.

See to your digestion if you want to be healthy.

I'll just touch on this subject as discussing it at length would fill a thick book. Remember, if a food is completely digested it can't cause an allergy reaction inside your body. It can cause allergy problems in your mouth, throat, stomach, and intestinal tract, but after it gets digested it's not that food anymore—it's nutrients—so it can no longer cause allergy reactions.

How do I improve my patients' digestion? For starters, I encourage all my allergy patients to take digestive enzymes with each meal. If you're having an apple or a 100% raw vegetable salad, it's not necessary to take digestive enzymes as raw foods have live enzymes in them.

Digestive enzymes derived from plants are the best because they're active in a broad pH range. That means they'll help digest food in your stomach, where it's very acidic, as well as your intestinal tract. Digestive enzymes derived from animals are only active in your intestines, so they're less helpful.

The other supplement I often recommend is called AminoGest or GALT. It's made from white fish (but it's not fish oil) and has a special affinity for problems involving the intestinal tract. I use it to help heal Leaky Gut Syndrome and in cases of Crohn's disease, colitis, and IBS.

Are you ready to get rid of your allergies?

Hopefully by now you recognize the importance of getting any and all of your allergies fixed. If not, I guess I failed to explain it well enough and for that I apologize.

If you're ready to do something about your allergies, for good, what's next?

Every patient has a different motivation when they come to see me. Many come in because of a specific symptom or problem they're having and someone told them I could help. I try my best to figure out what's most likely to be causing that one problem and then fix it as best I can. I'd be lying if I said I could do that *every* time, but usually I can.

Other patients are interested in becoming as healthy as possible. They don't want to get a degenerative disease, or if they already have one, they want to get rid of what's likely to be causing it. With these patients I go through *all* the food and nutrient groups. If they have seasonal allergies, they also go through those treatments.

Still others, usually with severe or chronic health problems, need treatments for things like autoimmune categories, chemicals, pesticides, parasites, epidermals (animal dander, feathers, fabrics, etc.), viruses, and bacteria.

Please remember, how much treatment you receive is really up to YOU. As I said, everyone has different goals when they come see me. Now that I've explained how allergies can cause such massive health problems, you can make an educated choice on how much treatment you would like to receive.

Also, remember that you only have to do this kind of extensive treatment program *once*. It

doesn't have to be repeated again in a year or two.

Here's what to do...

I offer a free 15-minute consultation to anyone interested in my treatment program. This allows me to talk with you to see if your symptoms or health goals are in line with my work—in other words, if I think I can help you or not.

Also, I will do some allergy or sensitivity testing on the computer. I usually do a scan of all the different categories of possible allergens and another of the foods most commonly involved in allergy reactions. After the testing, we'll take a couple of minutes to talk about the test results.

If you're looking to be as healthy as you can, I'll be able to give you an estimate of how many treatments you will need.

If you just want your seasonal allergies treated, there are only nine treatments. We call this our "Hay Fever Program."

If you have a other health problems or symptoms, and you would like them addressed, then your treatment program likely be long—I'll let you know.

In the end, it's *your* life. You can do whatever you wish with it.

I hope you've enjoyed reading this report, and I hope it's opened your eyes to how allergies can and do cause significant health problems.

Yours for better health,

Dr. Stephen Riner D.C.

P.S. #1 I hope you schedule your free Allergy consultation online at www.RinerDC.com. It could be the most important 20 minutes of your life!

P.S. #2 Be sure to read through the testimonials I've included with this report. Those are real people who used to have real problems—but now don't because they had their allergies treated with my Allergy Elimination Treatment.

P.S. #3 I can only have a limited amount of these free consultations available, so if you're at all interested in coming in you'd better call today. I would hate for your time to be given to another.