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** ATTENTION ASTHMA SUFFERERS **

What You Do With The Information You Read In This Report Can Make The Different Between Living Your Life Chained To Inhalers And Other Strong Drugs Or Possibly Being Free Of The Disease That Has Choked The Breath Out Of You For So Long!!

Imagine not having to live with the hassles of asthma…

Not having to double-check to see if your inhaler is in your purse or your briefcase or glove compartment…

Not having to go on steroids and antibiotics when you get a mild cough or cold…

Not having to worry about walking up a staircase without having to stop and catch your breath or take a puff from your inhaler halfway up…

Not having to worry about what kind of allergens are in the air today and if you'll be even be able to breathe…

Hello, my name is **Dr. Stephen Riner** and I'd like to talk to you about asthma.

All of the things I wrote about above could be true, *have* been true for many of my patients. No, this report isn't about some newly released "miracle" drug that promises to help you breathe if you just take this one pill every day. (Although you know that if such a drug was developed it would cost ten times more than your current drug costs.)

My report is about hope for a drug-free future for you and others who suffer from asthma, a future where you can breathe without puffing on inhalers or taking other steroids…

A HEALTHY Future!

Let me explain what I mean.

But first…

TAKE NOTE: If you're happy with your health the way it is now and you don't mind taking asthma medications the rest of your life, there's no need for you to read this report. Please give it to someone who would like to possibly <u>get better</u>.

About Asthma

- Asthma is a health problem on the rise. Consider these statistics:

- - Approximately 20 million Americans have asthma.
- - 9 million U.S. children under 18 have asthma.

- - The prevalence of asthma increased a whopping 75% from 1980-1994.
- - Asthma rates in children under the age of five have increased more than 160% from 1980-1994.
- - Asthma accounts for one-quarter of all emergency room visits in the United States each year with 2 million emergency room visits in 2001.
- - Approximately 44% of all asthma hospitalizations are for children.
- - There are approximately 5,000 deaths from asthma annually.
- - Direct health care costs for asthma in the United States total more than $10 billion annually; indirect costs (lost productivity) add another $8 billion for a total of $18 billion. Prescription drugs represented the largest single direct medical expenditure, over $5 billion.
- - Approximately 40% of children who have asthmatic parents will develop asthma.
- - Children 5-17 years of age missed 14.7 million school days due to asthma in 2002.
- - Asthma accounts for approximately 24.5 million missed work days for adults annually.
- - Every day in America 40,000 people miss school or work, 30,000 people have an asthma attack, 5, 000 people visit the emergency room, 1,000 people are admitted to the hospital and 11 people die due to asthma.

Needless to say, asthma is a major health problem in the U.S. and it's taking a particularly hard toll on our youth.

What is Asthma?

Asthma is a condition where a person's bronchial tubes swell periodically and the muscles around the tubules tighten. This blocks the flow of air to the lungs and causes wheezing, coughing, and hard, labored breathing.

Asthma can start at any age, can "come and go" through life, and can progress to become a chronic problem. As you read above, it can be fatal.

Medical treatment consists of inhalers, devices called nebulizers that deliver drugs in a misty spray, steroids, allergy medications, and often antibiotics. Environmental recommendations can include non-allergenic (A hoax: you can be allergic to *anything*.) coverings for furniture and replacing carpets with hardwood flooring to reduce dust and dust mites, getting rid of pets, and special filters to keep the air inside the home cleaner.

Asthma and Allergies

Asthma is an allergic disease, meaning asthma attacks are caused by allergies. Asthma attacks can be triggered by allergies to foods, pollens, dust, environmental factors such as perfumes, chemicals, and animal dander, and even such things as bacteria, climate or weather factors and emotions. An allergy to *anything* can cause an asthma attack.

If allergies are active from birth, asthma may develop in infancy. If the allergies are "hidden" they can cause other chronic problems such as fatigue, coughing, headaches, eczema, stomachaches, or hay fever. However, as you're about to read, chronic allergies attack body

tissues, causing them to break down over time. **Asthma is just one of many chronic degenerative diseases caused by untreated allergies.**

Prognosis

While asthma can kill you, but it's not very likely to. Most deaths from asthma were preventable. Usually, the patient forgot their inhaler or it ran out and they weren't able to get emergency medical help in time. However, among the few deaths from asthma for U.S. children, 30% of them occurred in patients considered to have mild asthma.

Asthma is a chronic condition that modern medicine hopes only to *control*, never cure. If you want to be rid of the inhaler and other drugs, you have to step outside of the Western medical model of healthcare; i.e., DRUGS.

What You Might Not Know About Allergies and Asthma

First, 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.

The type of allergy problem most people know about is called "hay fever" 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 is pollen allergy, but certainly other things like dust and pet dander can cause these kinds of allergy symptoms.

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 just in the Spring but occasionally in the Summer and Fall as well. Others are debilitated by their allergies, frequently missing work or school during the peak allergy seasons.

The medical term for this type of allergy is "common allergy." Symptoms caused by common allergy are immediate and usually localized to the part of your body exposed to the allergen, such as your nose and eyes. (Something you're allergic to is called an "allergen.") The medical profession has chosen to concentrate on common allergy only, meaning the more complex type of allergy we'll discuss later is no longer taught in medical schools.

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. How? 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.

Before I explain this in depth, 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 else 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 you get allergies

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

Some experts think the main way we get allergies is by inheriting them from our parents and their 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. (For that matter, remember that asthma tends to run in families, too.) This explains how someone can be allergic to something they've never be exposed to before. For example, most people don't know they have a severe bee allergy until the first time they get stung by one and have to be rushed to the hospital.

In addition to inheriting allergies from your ancestors, 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. Your immune system doesn't recognize the food and so must think of it as a threat. Bam! Your body makes an "antibody" to the food and you've got a new food allergy. The next time you eat that food you will have one or more allergy reactions.

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 asthma and disease later.

Stress can weaken and damage your immune system, causing allergies to develop

Experts everywhere agree that stress plays a big part in allergies and asthma. 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. Many of my patients have told me they were "fine" until they got in a car accident, underwent surgery, or had some other type of trauma. While I believe they likely had some allergies prior to the trauma, their allergy problems exploded after the trauma to their immune system.

Chemical stress comes from medications, recreational drug use (including alcohol), chemicals in the food supply, poor nutrition, improper food choices, pollution, etc. Many experts feel the chemicals in our environment—including the food supply—is a *major* cause of allergies.

We can not only become allergic to the chemicals themselves, but their toxicity can weaken our immune system and cause allergies to foods and other environmental substances to occur at a rapid pace.

Emotional stress comes from job problems, money worries, mental abuse, divorce, wayward children you worry about, terrorism, rising prices, politics, the stock market, and a million other things that keep us up at night fretting into the wee hours of the morning. Most of us in the U.S. "burn the candle at both ends" with a too-busy schedule. Too much work and not enough "play" can not only make Jack dull, it can also make him sick.

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 possibly asthma. And this can happen with *anything*: pollens, pet dander, dust, chemicals, mold, foods, fumes, fabrics, vitamins, medications, and on and on.

If your immune system loses track of what's "you" and "not you," you'll get an autoimmune disease or have autoimmune tendencies. This is when your body attacks itself. A good example of a common autoimmune disease most people know about is rheumatoid arthritis. You probably know someone with this terrible disease. Their immune system mistakenly believes that their joints are "bad" for them and thus goes about attacking the joints. This results in cartilage damage and deformity, usually in the hands, wrists, elbows, and spine.

Most of my asthmatic patients also have an autoimmune component to their disease. This has to be treated to allow for the best chances at recovery.

A question that might be running through your mind about now is, "A lot of people have allergies but don't have asthma. Why not?" Hang on. I'm getting to that.

Before that, lets talk about…

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 and can even cause asthma attacks. I'm going into a lot of detail about this because most asthma patients I've helped have many other symptoms besides those caused by asthma. My bet is you do, too.

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" (SMs). They carry names like histamine, heparin, serotonin, lymphokines, leukotrienes, cytokines, prostaglandins, interferons, and bradykinins. You might recognize some of these SMs.

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 headaches, 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.

The natural question is: Why does your body release these chemicals if they cause you to feel so bad?

SMs are 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.

So SMs 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 asthma…

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

In asthma, the chemicals released by your body primarily affect your lungs. Why? Most likely for genetic reasons. You could have been born with weak lungs because one or more of your ancestors had lung problems. Also, your lungs could have been damaged when you were young, such as would happen if you were exposed to second-hand smoke or other powerful pollutants.

If none of these explanations make a lot of sense to you, don't worry. It doesn't matter much *how* you became an asthmatic, the fact remains that you ARE and you want to do something about it, right? Something other than take medication for the rest of your life.

To get a better idea of how allergies affect your lungs, let's look at how they can affect other parts of your body:

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. These chemicals 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.

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 and suffering of chronic ear infections if their parents only knew their child's allergies could possibly be fixed for good!

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! Their MD's can't find anything wrong with them because they don't know how food allergies can make you 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.

Colds, Coughs, and Flu's: Most people with allergies get sick a lot. Chronic allergy exposure stresses the 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 (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.

Occasionally a patient will request treatment for a cough or the flu, but the vast majority of my patients who complete their allergy treatment 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.

Starting to get the idea? Let's talk about allergies and your lungs.

Asthma: Obviously, if you inhale something you're allergic to it can cause allergy reactions from your trachea all the way into the deepest and tiniest parts of your lungs. Just think of millions of allergens sitting on the mucous membranes of your lungs, causing the cells of your immune system to release those nasty signaling molecules right into your tender lung tissue! What happens? You could cough, produce more mucus that could obstruct air flow, or your lungs could contract, causing you to have trouble breathing or have an outright asthma attack!

And…

Read this to learn how delayed food allergies can cause or contribute to asthma!

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 past your gut wall:

First, for a food to cause a problem it has to be absorbed into your body incompletely 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 can find

its way into either your bloodstream or your lymphatic system. 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. Those nasty SMs get released again, causing symptoms wherever they go.

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. In asthmatics, they tend to settle in the lungs. When they do, they cause—guess what?—more allergy reactions. This time, the SM's are released right into your lung tissue, causing inflammation and destruction.

Here's another way CICs and food allergens get into your lungs. After passing through your gut wall, the allergic food may bind with an antibody and form a CIC in a lymphatic vessels. (In fact, most food allergens that get past your gut wall do go into the lymphatic system.) The CICs then go to your liver.

If they make it past your liver, which many do because of the shear number of allergens passing through your intestinal tract, they will go directly to your lungs where they cause or contribute to the symptoms of asthma.

Your asthma progresses or becomes chronic 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 lungs. Also, you keep inhaling allergens which keep your lungs inflamed.

The 3 ways to treat allergies

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

Avoidance: 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 avoid completely. Avoidance and rotation diets help for food allergies, but it's a lousy way to live.

Shots and medication: 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? Not 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. Asthmatics are usually on some kind of steroid. While these can be lifesaving, there are consequences to their long-term use.

AET: 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)

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 to relieve the suffering of thousands of patients from around the world. Then she taught others to do what she did.

However, there were and are problems with her treatment. The main problem is, her treatments frequently "fail," meaning they have to be repeated.

I took Dr. Nambudripad's 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. She calls her treatment "BioSET™." BioSET™ is the closest thing out there to my treatment program. Dr. Cutler's AET is similar to Dr. Nambudripad's except her treatments don't have to be repeated as often.

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 does 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% (or somewhere close to that) 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 acupressure 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 88.

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 who had worked at Lawrence Livermore Labs 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 "mystical" 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 that contains 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. This effectively "focuses" your nervous system, the part of you that controls *everything*, like a laser beam on 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.

What happened was, 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, after treating you for the tree pollens, we would go through another category. I wouldn't retest the trees you were treated for. I used to retest years ago but it turned out to be 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% confidence 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. Inexpensive digestive enzymes derived from animals are only active in your intestines, so they're less helpful.

The other supplement I often recommend is called SeaCure. 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 LGS and in cases of Crohn's disease, colitis, and IBS.

Other useful treatments for asthmatics

I use other types of therapies for my asthmatic patients. The chief one is a professional herbal formula that's worked wonders for all kinds of lung problems over the years. I have patients that keep it on hand for the winter months in case their kids start to come down with a cough. They put their almost-sick child on the formula for a few days and the cough disappears.

All my asthma patients start on this herbal formula. Some need only to take it for several months, while others stay on it for longer periods of time. Everyone is different. This formula, and the allergy treatments, have helped most of my asthma patients get off their inhalers. Some get off them for good while others may still need them for really bad days, such as windy days in the Spring when the pollens are out. Again, everyone is different.

I also use homeopathic treatments for most of my patients, asthmatics or not. These are gentle, natural treatments that help detoxify and heal.

In all cases, I use my specialize computer equipment and software to test my patients to see what their bodies need. I also check to make sure no one is allergic to any supplement I give them. Most patients are very surprised to learn how many of their supplements they are allergic to!

Most asthmatic patients are low in oxygen so we put them on supplemental oxygen when they come in for their allergy treatments. Oxygen provides the fuel our cells need to burn energy and feeds our brains.

Many asthmatic patients have problems with nerve interference at the spinal level and so need chiropractic care to have the best chance at full recovery. When this is necessary, we use hand-held adjusting instruments that provide gentle corrections to our patient's spines.

Are you ready to get rid of your allergies and your asthma?

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 asthma and your allergies, for good, what's next?

I offer a free 20-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 practice—in other words, if I think I can help you or not.

Also, I will do some testing on the computer. I run a scan of all the different categories of possible allergens and another of the foods people are most commonly allergic to. Lastly, I run a test I call an "Organ System Stress Test." This allows me to "peak" inside your body to see what areas, if any, of your body are "stressed" and need assistance. After the testing, we'll take a couple of minutes to talk about the test results.

Most asthma patients need to be treated for both their food and inhalant allergies. And, as I discussed in this report, they also need the herbal lung formula I mentioned, some gentle homeopathic treatment, digestive support, and supplemental oxygen.

It's best to go through the treatments as quickly as possible because the sooner you get your allergies treated the sooner you can get better. Patients on a budget can through the treatment program at a slower pace. We have had patients get one or two treatments a month. Either way, the important thing is to get started and see the program through to the end because that's how you can finally free yourself from the chain of asthma.

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, including asthma.

Yours for better health,

Dr. Stephen Riner, D.C.

P.S. I hope you'll schedule an appointment online today www.RinerDC.com or look for the free 20 minute Allergy Consultation. It could be the most important 20 minutes of your life!

P.S.S. 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.