

NLP: A Pathway to Wellbeing



Liberation from Allergies and Phobias

When I hear people talk about allergies and phobias, it seems that for many, finding a solid solution feels rather elusive. And I remember thinking that too once upon a time! I hope what is to follow will change that for anyone wanting greater health and wellbeing.

Overcoming Allergies

With Spring on the way, those who suffer from pollen or insect allergies may be feeling particularly aware of the seasons changing. Typical allergies tend to include pollen, dust, cats, bee stings, mosquito bites, foods such as fruit, prawns or eggs, and the list really does go on. So, what causes an allergic response?



In NLP terms, when the body has what we call an 'allergic reaction', the immune system is 'over reacting' to a stimulus. The unconscious mind sends signals to the immune system that this 'allergen' is a danger, thus causing it to send out all its forces – you know, the inflammation, redness, itching, etc. The immune system attempts to protect us and literally overdoes it. I sometimes describe it as the 'drama queen' effect!

"My 13 year old daughter has suffered from a terrible allergy to mosquito bites since she was a toddler. After one NLP session she has had no more reactions, and her reaction to pineapple, which would instantly give her hives, was dealt with too. She is delighted!"

Paula, Auckland

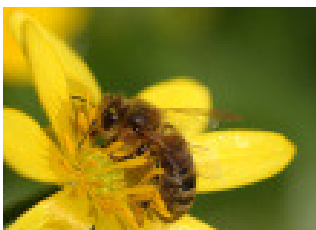
Now, surely we can't do anything about how our body's immune system reacts, right? Wrong. Fortunately, in most cases, this response can be re-set by asking the immune system to respond in an appropriate way, removing the over-reaction or allergic reaction. The NLP Allergy Cure process is a simple technique that does just that. Of course, this doesn't mean our immune system no longer protects us, it certainly does. It protects us even more effectively than before, because once the 'allergy' is gone, the allergen is tolerated by the body and no rash, itching, running nose, swelling or other problems occur. And even better, because it's a 'setting' in the body, it is possible to cure allergies we were born with or that developed during our life.

Liberation from Phobias

Phobias or fears can sometimes seem 'silly' to observers, and frustrating to those suffering from them. Whether it's a fear of flying, confined spaces, birds, spiders or public speaking, it is usually no fun for the sufferer.

What causes a phobia? A good example is the mother of a friend of mine. When she was a little girl she was mad keen on flora and fauna. She had an extensive bug collection and was considered the least squeamish of her family. Even her brothers didn't plunge into the creek for frogs with as much gusto as she did. Then, when she was about 11 years old, she was stung by a bee. Now, it would perhaps have been alright if her aunt who was there at the time, hadn't gone into full scale panic mode screaming at the top of her lungs. To cut a long story short, the whole incident gave the little girl a mammoth fright. Soon after, she became terrified of bees and remains so fifty years later (she hasn't tried NLP yet!).

In the moment an experience is happening, the natural response of the brain is to protect us, thus immediately creating a significant fear response that happens automatically whenever we see a bee (or think about getting on a plane, in an elevator or seeing a spider). A phobic response can also be set up in the most benign of situations, when we don't even realise it's happening. This goes some way to explaining why phobias often seem so irrational.



Either way, it is possible to 'undo' this response in the brain and create calm 'normal' responses to these experiences. Among other techniques, the NLP Trauma Cure Process can be very helpful. Used to help emergency workers suffering from post traumatic stress disorder (PTSD) after the Lockerbie plane bombing, the process has demonstrated immediate and lasting results. Also

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employed by psychiatrists in Bosnia and Kosovo treating survivors of the Bosnian war, it is a gentle process; the client is not required to examine their past or re-live events in any way.

If you're curious and would like to know more, for you or a loved one, get in touch with an NLP practitioner in your area.



By Karen Ross, Fresh Ways Forward



freshwaysforward

Transformational Coaching

Karen Ross | NLP Master Practitioner |
Ph 09 366 0183 | Mob 021 403 408 | www.freshwaysforward.co.nz