



Your Health and Environment Newsletter

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Inside this issue:

Allergies: The way our body talk to us 1- 3

True healing or the path to self love, acceptance 3 - 4

IIEHS News and Activities 4

This newsletter is for everyone interested in health and healing,

-who believe that excellent health, wealth and fulfilment is achievable for everyone,

-who are seeking for neutral and critical information regarding health, nutrition, lifestyle and environment,

-who are concerned about the ongoing environmental destruction and our world's future.

Dear Friends,

This issue is especially centred in one issue that is affecting worldwide millions of people: allergies. The World Health Organization (WHO) estimates in 150 million the world population affected with asthma. Big numbers. And that is only for asthma, one of the symptoms of allergies. Our experience shows that allergy and sensitivity symptoms can be positive in 9 out of 10 people. And the reactions are to the most unbelievable substances, not only chemicals and classic allergens, but also to very safe and common substances (cotton, vitamins).

Digestive problems, tiredness, hives, eczemas, headaches and migraines, sinuses, IBS, Chronic Fatigue Syndrome, Chemical Sensitivity, depression, all are symptoms that can be signs of an allergy or a



sensitivity.

What is happening? As our environment and the food we consume, the houses we live in, our clothes, cars, furniture, everything around us contains or emits chemicals, our bodies get confused and don't know anymore what is good and healthy and what is not. In order to get better then we need to teach our body again the difference, besides treating the symptoms and avoiding the allergens.

In this issue we present a review of allergies and sensitivities, and what is our holistic approach to their treatment.

We wish you a Merry Christmas, and a peaceful, healthy and harmonic 2006!!

Warm Regards,

Allergies: The way our body talk to us

Bojan Schianetz, Naturopath and Environmental Engineer


Allergies are one of the most common health conditions today. They are defined by an exaggerated and unjustified reaction of the immune system against substances that are no real threat to us, like pollen, animal hair, dust or certain foods. In more recent times, environmental pollutants have entered the list of possible allergens.

Allergies, as defined in orthodox medicine by symptoms like asthma, hives, skin rashes, running nose and watery eyes, affect in Australia more than 3.5 million people, roughly 18% of the population. In the USA, allergies are the 6th leading cause of chronic disease, costing the health care

system \$18 billion annually. The World Health Organization estimates that asthma affects nearly 150 million people worldwide; more than 180,000 deaths each year are due to asthma. Allergic rhinoconjunctivitis affects more than 115 million people worldwide.

Other types of allergies related to food consumption may manifest as anaphylactic reactions. They are mostly due to protein foods, such as peanuts, tree nuts (almonds, hazelnuts, cashews, walnuts, etc.), soy, sesame seeds, wheat, milk, eggs, fish, shellfish, and non protein food like preservatives such as sulfites.

More on page 2.....

 *Continued from page 1*

Anaphylaxis occurs in Australia in around 1% of the population, in other countries it may be up to 2-3 %, and up to 8% in children. Anaphylaxis, with its extreme symptoms – swelling of the air passages, asthma, swelling of mouth and other areas in contact or not with the food, may be life challenging, and most of them have to be treated at the hospital.

Those mentioned before are manifested or obvious allergies. But other allergies, sensitivities and mild toxicities can go undetected for years, causing a host of symptoms that most of us commonly name by the symptom, treat the symptoms and thus we think we have finished with them. Recurrent colds and flu, chronic digestive problems, chronic Candida conditions, arthritis, asthma, angina, ADD, bed wetting, intestinal pains and bloating, Chronic Fatigue Syndrome, constipation, depression, food cravings, fluid retention, glue ear, chronic tiredness and lack of concentration can be all due to an undetected and untreated allergy.

Allergies for Complementary Medicine have a complex and holistic meaning. At a physical level, allergies, sensitivities and mild toxicities are a sign that our body is full of toxins and that our immune system is not able to cope with anymore. On the physical side our body is recognizing something that is not a toxin as such, and react to it in a symptomatic way. The substance that is making the allergy or sensitivity to manifest is, therefore, the last drop of a glass already full to the brim, the last drop that makes the contents to overflow.

On the spiritual and psychological side, the allergy or sensitivity is telling us that we have a conflict at the moment with the world. We may feel or view ourselves as too vulnerable in front of other people, in the case of skin symptoms. Are we defending us thus from the outside world?. Or the outside world is hurting us too much? In the case of asthma and respiratory affections, what we may have to see or feel is how we place ourselves in the world, the question would be “Is there enough space for me to exist in this world?”. “Is there enough air there for me too?” “What is my place in this life, in this social structure, in my family, job, place

where I live, in my social group?” “Can I breathe freely and develop?”

Without denying the important fact that we have to process internally these questions and look for answers in order to heal emotionally, spiritually and physically, it is important to acknowledge and welcome all the approaches that will alleviate the condition, as that will improve our life quality and help in the internal healing process.

If the symptoms are mild, or they come and go and we can still live more or less comfortably with them appearing from time to time, we may feel tempted to just cope with them and do nothing else. And that may be fine for a while. Nonetheless, treatment is recommended as soon as possible because when the allergy or sensitivity has been there for a very long time, recovery may become much longer and complex. Our body may have been coping with it for years, spending many resources and energy in just dealing with it, resources that could be needed to heal more serious conditions. Particularly in food allergies and sensitivities, not only our immune system is exhausted, but as digestion is impaired, so is our nutrient absorption, and we are biologically starved.

Untreated allergies can develop in more serious chronic conditions. When our body is talking to us and we decide to ignore its signs that something is wrong, several things can happen:

- ◆ The allergy changes, the causes shift so we think that we have developed a new allergy.
- ◆ The symptoms become permanent and we become more ill, developing chronic conditions: arthritis, Chemical Sensitivity, Chronic Fatigue Syndrome, autoimmune diseases
- ◆ The allergy apparently disappears, when its symptoms are treated with antihistamines and cortisone, and severe conditions may develop as a result of the body shifting the way it can manifest or talk to us. As we silence our body, it may have to express in other ways, that will be even more urgent and loud. Chronic and severe illness may develop as a result.

The treatment of allergies and food sensitivities, in complementary medicine,

“Those mentioned before are manifested or obvious allergies. But other allergies, sensitivities and mild toxicities can go ignored for years”



Continued from page 2

1. The first approach is to identify the allergen, which can be done by muscle testing or by bioenergetic testing. Both tests can be done with the patient present, or in the case of bioenergetic testing, with a sample of the patient's, that can be hair, blood or urine. This is important as it will determine the way the allergy is treated after.

2. Once identified, the allergy symptoms can be alleviated with allergy elimination techniques such as **NAET** and/or **Bioenergy treatment**. These techniques will ease the symptoms, which is necessary step in order for the patient to feel better and to be able to lower his/her stress levels, which will help with immune system recovery. Also in most cases this will mean an alleviation of pain or extreme discomfort, like hives, rashes, rhinitis or bowel discomfort. The Bioenergy treatment will also start acting on deeper levels, physical, emotional and spiritual, promoting self healing.

3. The third activity is to avoid the allergen or substance's that is triggering the symptoms. This is important as it will help the immune system and give it space for its recovery, as well as avoiding another round of symptoms.

4. The fourth and most important step is to detoxify the body and recover the immune system. This can be done by specific diets, fasting or Detox remedies. Detoxification can be done in many ways, in general with long term allergies is best to choose milder and longer programs, as they are kinder to an already run down and nutrient deficient body.

5. And lastly, we have to teach the body again what is a healthy state. This is done with **Bioenergy Therapy** and with **NeuroLink** treatment. With both approaches, used together or one after the other, the body is given the tools to recover to its full potential naturally.

This protocol will ensure an effective and lasting recovery from allergies, providing the patients with renewed health and better quality of life.

True healing or the path to self love, acceptance and empowerment.

By Dr. Valeria Astorga, PhD, Dip. Nut

What is the meaning of healing? According to the German psychologist and psychotherapist Dahlke and Dethlefsen, illness is a path, a path of development and growth. They are not saying that we need to suffer. No, they say that the illness is showing us what in our life is out of harmony. Maybe we have pain in the leg joints; we are rigid exactly in that area of our body that can take us forward. Maybe we have pain in the lower back, exactly when we are having economic problems. Or we have liver or eyes problems and are angry permanently. There are many interpretations, and curiously, they are not that different.

But my question goes to the healing process. Why do we remain ill? How do we heal? Why some of us heal faster than others? What is the role of the therapist in our healing?

I will discuss these questions based on the assumption that illness is showing us the areas in our life where we need to work the most and with urgency, now. This is what I believe and many alternative or holistic therapists too.

For me the first question to be answered in a therapy is related to our attitude to our illness. Confronted to the question: "what do you like and dislike of being ill?" or "what did you feel when you were told your diagnosis?" we can get quite a clear idea of our attitude towards that illness in that particular moment of our life. There are three main attitudes I have encountered so far with patients, friends, family and myself (let's be honest):

1.- "I am unhappy if I am ill and I don't want to feel so bad". When we have this attitude we are more likely to confront the issues that created the illness, to see the real cause of the symptoms. We are ready to heal, even if we may go through phases where it is more difficult to accept what we are being confronted with. We are looking for answers; often we have tried everything under the sun, and we are willing to do whatever we need to do to heal.

More on page 4.....

"Another aspect that determines our ability to heal and how we heal is our openness or acceptance that we have the responsibility for our healing".

Continued from page 3

2.- "When I am ill I am important pampered, loved and cared for" and this is such a nice feeling!. This is a very common pattern we all tend to follow more than once, since we were taught in childhood that being ill could be a good opportunity to be cared for and spoiled a little. Thus it is very accepted to feel like this and show, talk and even boast about our illness. We talk about the terrible cold or flu we had last time, about our pains and how many times we have been to the doctor. Or in very extreme situations, we may end up in hospital, to be protected and looked after.

This attitude is also adopted with serious conditions, when love fails to come our way in other ways. Once a woman with Multiple Sclerosis told me of her condition with very low voice, with what seemed like a mixture of shame and victimized pride. After that a friend of her entered the shop unexpectedly, and she was embraced and pitied by her friend somehow lovingly patronized. Thus the sweet and sour feeling of the illness sets a behaviour pattern we may follow comfortably and even happily with very serious consequences later on. 3.- "If I am ill, seriously ill, I can finally have the best excuse to abandon a too big task for me".

A friend told me this answering my question about her very serious condition, from which she was already recovered, thankfully, at the time she explained it to me. This is surrender, and the healing comes as we finally let go the fight, surrender and accept our feelings. It is a path of healing too, as we become aware of our limitations and we accept them, as we become acutely aware of our priorities in life and accept them, happily. Then healing comes to us. Sometimes the task is to see our limitations; sometimes the growth comes from accepting us like we are. Certainly happiness comes this way, and inner peace.

What is healing then? It is a self empowerment path, were we learn about ourselves, about our limitations, our most hidden desires and fears, were we are given the opportunity to see ourselves as we are, big, small, beautiful and not so much, scared and fragile, but also capable of empowering ourselves and grow beyond our self imposed limitations. It is an opportunity for change that we can accept and embrace fully, or decide to go in small steps. In that way healing and love and acceptance will surely come.



News & Seminars

We offer regular Medical Qi Gong Classes:

Goldcoast: Friday 6 am at Broadbeach, Pratten Park, cnr Burleigh Rd and George Av (beside playground)

Brisbane: Monday 6 pm at Ashgrove/Brisbane, 240 Waterworks Road (beside Postoffice)

Seminars "Healing through nutrition"

Monthly on Saturdays morning; Robina/Goldcoast (please ask for dates and venue). 3 hours of Healthy Nutrition live! How to heal through nutrition, what is healthy nutrition, nutrition for health conditions, recipes and much more!



Newlife Wellbeing Centre Brisbane:
240 Waterworks Rd. Ashgrove (Corporate Offices (beside post office)
Bookings Ph: 07 3112 0285
Newlife Wellbeing Centre Goldcoast:
14 Vaucluse Place, Robina
Ph: 07 5562 1501

Email: IEHS@bigpond.net.au
www.environment-health-solutions.com
www.chiworks.com.au

Newlife specializes in

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Neurolink
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Digestive Health & Detoxification
Nutritional Medicine
Weight Management
Phobias & Addiction Elimination
Drug free pain management

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