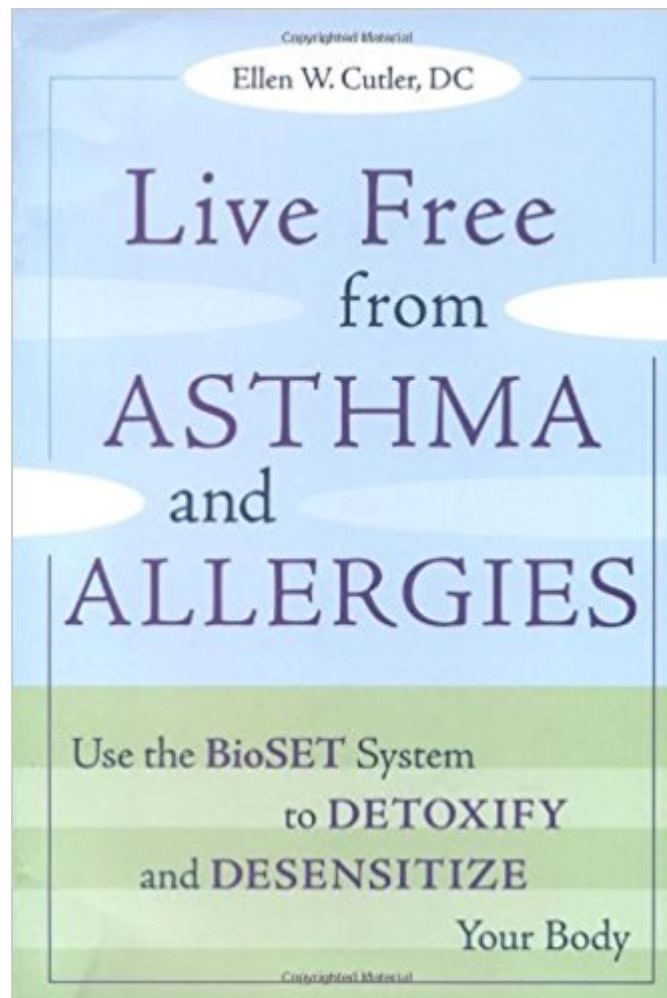




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Live Free From Asthma And Allergies: Use The BioSET System To Detoxify And Desensitize Your Body



Synopsis

Why simply alleviate asthma and allergy symptoms when you can address the root causes? In **LIVE FREE FROM ASTHMA AND ALLERGIES**, Dr. Ellen Cutler introduces the Bioenergetic Sensitivity and Enzyme Therapy (BioSET) system, a method of reprogramming the body's response to foods and environmental factors to provide real relief without the use of medication. This comprehensive manual explains how to use the BioSET system to treat yourself at home. Combining enzyme therapy with proper nutrition and a non-invasive desensitization technique that utilizes acupressure meridian points to fully clear and reprogram most sensitivities, this holistic program will free you from sniffles, sneezing, and wheezing for good.

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Customer Reviews

Embraced by both conventional and complementary practitioners, Dr. Cutler's BioSET method has caused a revolution in the treatment of allergy, asthma, sinusitis, and immune-related illness. I wholeheartedly recommend this book to anyone looking for a safe and effective method of treatment.-Hyla Cass, MD, author of *8 Weeks to Vibrant Health*"Dr. Ellen Cutler is a dedicated teacher and practitioner . . . this book will be helpful to many people suffering from allergies and asthma."-Elson M. Haas, MD (www.elsonhaas.com), author of *Staying Healthy with Nutrition and The New Detox Diet*

* Reveals the causes of food and environmental allergies and asthma, and outlines a

groundbreaking approach to overcoming them. * Details more than 30 room- and allergen-specific tips to get rid of mold, dust mites, and other potential allergens. * Includes a resource section cataloging enzymes to support the immune system against allergens.

My son's headaches improved tremendously. We will undergo the full BioSet clearings with his Dr. Cheryl DO, at the end of August. Looking forward to seeing him eating pizza with his friends!

5 years of shots with a 50% success rate. Why not try a non-invasive alternative? Chinese medicine works very well for many chronic health conditions

When there is Asthma the parasympathetic nervous system is always overactive relative to the sympathetic. This over activity overstimulates the vagus nerve. The best way to sedate it is to go on a low carbohydrate diet that is high in healthy fats (organic olive oil or organic coconut oil, sometimes butter if not allergic) Polyunsaturated oils will make it worse. Fried foods can precipitate an Asthma attack in 24 hours. Asthma is an inflammatory disease and a diet high in carbohydrate or polyunsaturated oils makes it worse, High glycemic carbs are also very inflammatory. Fructose from fresh fruit, honey, or high fructose corn syrup is the worst kind of sugar for asthmatics. Beet sugar is not good because its high glycemic but its less damaging than fructose. Leaky gut is another important cause of inflammation. It causes allergies that frequently accompany asthma. Many asthmatics have deficient activity of the adrenal glands. They can be supported with mineral ascorbates (not ascorbic acid) and pantothenic acid 500mg as well as other nutrients. When you have a vibrant totally healthy person with asthma you might want to approach it as a miss directed immune system that needs to be reprogrammed with NAET. But most people on the standard american diet have massive nutritional deficiencies and significant metabolic imbalances and dont need just fine tuning. They need a massive diet change to get them off the junk causing their health problems. Its great when a homeopathic or a bodywork session, or NAET, or any modality cures a patient. But the percentage of patients who get a good response without addressing their diet and nutrition is less than 20%. I tried NAET and similar modalities with no lasting benefit.

I also tried NAET from several practitioners. None of the clearing held. I was chemically sensitive as well as mercury toxic and i had metabolic imbalances in addition. Bananas are an example of how NAET did not work. Before I got treated I would get drowsy, have to lie down for about 2 hours after eating one and my next urination would be pH of 8.5 showing that my elimination of toxic wastes

had stopped.. Tasking digestive enzymes mentioned in the book with the banana only reduced the severity of my reaction by 25%. After NAET treatment I waited 3 days and ate a home grown banana with no reaction (I live in Florida) But three days later my next banana caused a mild reaction and three days after that I got the full reaction with alkaline urine etc from eating one. What is interesting is If I blended the home grown banana with digestive enzymes and water and let it sit on the counter and ferment for 12 hours the disgusting mush caused no reaction. I conclude there is something in the bananas I cant digest and this is what causes my reaction. Fermenting the banana breaks it down and makes it safe for me to eat. The NAET was just trying to fool my body into ignoring the foreign protein that was getting into my bloodstream. Since then I have discovered that i had leaky gut syndrome and that was the main cause of my allergies and chemical sensitivity. The NAET practitioners were trying to get my immune system to ignore stuff rather than heal the health problems that were the cause of my reacting to foods and chemicals. In theory some people may get allergic and react to foods and chemicals due to a glitch in their immune system but it is far more common for them to have a real problem in the way their body is functioning and doing a desensitization with NAET is treating symptoms not causes.

This book was a god send. I tried the self techniques she writes about. They actually worked on my husband. However, I'm trying to follow the enzymatic therapy she discusses and it left me wanting/looking for more information. She doesn't really really give exact dosages on some items and there are so many enzymes, I'm not sure which ones to take. This left me wanting to read her other book: Micro Miracle. Also, when I go to the website for more information on digestive enzymes, some of the enzymes said I had to be a practitioner to purchase, which was disappointing. Another note: The author states that this technique is inexpensive....WELL.....I called a provider and she wanted \$350 for first evaluation visit and \$75 for all subsequent visits. That sounds pretty expensive to me. You could end up having many different allergies so the price tag could potentially be a hefty one. Overall: I'm glad I read the book.... but need more info!

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