

## Allergies

Reading # 9147

Question 4: Any advice you can give on the children in regard to their allergies, nutrition, and supplements and their health in general.

Answer 4: Yes, we would suggest in this manner that allergies are reactions of the bodies' defense system which are overreactions to the encounter of outward influences, which means that the body, when exposed to forces to which one is allergic, will attempt to build anti-bodies to that particular influence. Now, because allergies tend to be cyclic, the treatment is best done in the off-cycle rather than the acute. And in order to build forces which can manage allergies and at the same time be valuable to the rest of the system, we would suggest that you take, on a very regular basis, the compressed alfalfa. Take it in several capsules daily right through the year so that the component which set off allergic responses are stimulated throughout the year and give the body a prepared strength in encountering allergic triggers, as it were.

Now, this thing is not such a great concern because the children can be taught to limit the reaction of the body so that it is not over protective, but is strong in itself. You must see the concerns with the way of thinking in the children. And see the patterns you helped the children to build, patterns of being concerned for the ability of self to encounter the forces from outside, both in nature and in man's self-expression. We would suggest that you use the teaching process in addition to the use of alfalfa, as we have mentioned or described.

Use the teaching techniques of Doctor Jampolsky in Attitudinal Healing. These concepts, his instruction, is so much better for the life than any physically active substance is worth, whatever trouble it may be to get these teaching tools and to implement them in the bodies.

And notice this: as you begin to set about the mental cleansing and healing of allergies in these bodies, you will stimulate those same forces which will cause your own healing. Now, approach it with that sense in mind. And as you turn your attention to the healing of others, the healing within yourself will be, in the truest sense, automatic. Then learn what a gift has been given you and make that through you, a gift to others.

Now that is sufficient for the present. We are through.

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