

a new and potentially powerful collection of  
resources which show promise to stop this  
growing pandemic in its tracks

# ELIMINATING ALLERGIES

WITH

HYPNOTHERAPY

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**ELIMINATING ALLERGIES WITH HYPNOTHERAPY**  
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# Contents

<b>INTRODUCTION: ALLERGIES, THE NEW PANDEMIC.....</b>	<b>4</b>
THE THREE MAIN SOURCES OF IMMUNE DISORDERS .....	6
STOPPING THE PANDEMIC IN ITS TRACKS .....	9
<b>RELIEVING REACTIONS TO CHEMICALS AND TOXINS WITH HYPNOSIS .....</b>	<b>10</b>
CASE STUDY: ALLERGIC REACTION TO NEW CARPET SMELL.....	12
CASE STUDY: ALLERGIC REACTION TO CATS .....	13
<b>HYPNOSIS AND STRESS RELATED ALLERGIES.....</b>	<b>16</b>
FINDING THE SOURCE OF STRESSFUL EXPERIENCES .....	18
THE IMPORTANCE OF PHYSICAL EXERCISE IN RECOVERY .....	19
<b>HEALING THE BROKEN BOND BETWEEN MOTHER AND CHILD.....</b>	<b>21</b>
CASE STUDY: CURING AN ALLERGY TO MOLD IN A NEW HOME.....	23
THE IMPORTANCE OF INTRODUCTION TO SOLID FOODS .....	25
<b>ABOUT THE AUTHOR .....</b>	<b>27</b>

The world today is suffering from a serious pandemic of diseases associated with dysfunction of the immune system. Among the most publicized of these diseases is AIDS but far more common, though not as lethal, are a host of other immune system related conditions which are not communicable and appear to lack any specific microbial cause. These include asthma, food and pollen allergies, mold, dust and chemical allergies, chronic fatigue syndrome, fibromyalgia, rheumatoid arthritis, psoriasis, eczema, atopic dermatitis, multiple sclerosis, lupus, type 1 diabetes, and a host of other conditions including chronic arterial inflammation, which is considered a more important causative factor in heart attacks and



strokes than cholesterol. While the symptoms of these conditions vary enormously, all of them have one thing in common: they are the results of the immune system targeting the wrong enemy. Instead of confining their vicious attack (inflammation) to the dangerous microorganisms that truly endanger our lives, the white blood cells and cellular battle chemicals of the immune system exhaust us in a futile assault either upon harmless pollens or food proteins, or on the very cells of our own bodies.

This book explains the surprising, little known, yet scientifically proven sources common to modern society that are the cause of these pandemic diseases. Furthermore it will demonstrate how hypnotherapy can help defeat this growing pandemic and restore our immune system to its proper function. Given the emerging dangers of real pathogens and drug resistant organisms that could readily overwhelm billions in this crowded, fast moving world, our immune system must be prepared for the battles that lie ahead!

While the hypnotic approaches defined in these articles have provided enormous relief for many clients, there are none that can be guaranteed to provide relief for everyone. There is no substitute for proper medical treatment when called for. These methods are however a powerful adjunct to medical

treatment, dietary changes, and a proper program of exercise, rest, and healthy relationships and lifestyle.

### *The Three Main Sources of Immune Disorders*

**CHEMICALS AND TOXINS** Research indicates that our increasing alienation from the natural world, breathing a host of toxic chemicals and eating foods transformed in subtle ways by agribusiness and its combination of chemical pesticides, fertilizers, and genetic engineering, are a primary reason that our bodies don't feel safe at a cellular level. Only concerted action against such destructive lifestyle choices and business interests can change these adverse circumstances, action which may be essential for the survival of our species. But as long as we continue to live in a world where such circumstances exist, this book focuses on how to use hypnotic techniques to stop the body from overreacting to environmental toxins through an allergic reaction.

**STRESS FACTORS** A second factor that negatively affects the immune system is the pressure of stress in an overwhelmingly sedentary lifestyle. In the past stress was as common as it is today, but most stressors demanded physical action from us. Starving? Go hunt. Threatened by a wild animal? Fight or run. Today the same stress-created

hormones which prepare us so well to move our bodies for fight or flight arrive in circumstances in which NO physical response is available. It seems only natural that under these circumstances, the cells of the body will eventually start a battle against any enemy they can find. Hypnosis can relieve these reactions and help us create habits that are more capable of dealing with stress.

**ABSENCE OF INFANT BONDING** A third factor that affects immune system reaction is a lack of infant bonding to mother's biochemical immune system programming. This chemical programming is contained in the colostrum that is the essential formula for informing the new born infant's rapidly developing immune system with the innate wisdom of mother's own immune system. Mother's colostrum conveys her body's knowledge to her newborn infant of what environmental chemical signatures are harmless and which ones require the immune system to be alerted to a microbial invader. It was this essential communication through mother's breast that prepared British immigrant's children to survive the smallpox epidemics that ravaged the native North American tribes in the early years of the settlement of this continent, sometimes killing nearly everyone in a tribe. These native mothers had no exposure to the virus prior to the epidemic's arrival, thus no way to resist the

disease themselves nor to communicate resistance to their infants.

Nowadays, the widespread use of infant formula is “acceptable” and considered a convenient substitute for breast feeding, due to propaganda funded by the pharmaceutical industry. We have all become guinea pigs in a vast pharmaceutical experiment that has deprived us of this essential programming, and left us all at risk for immune deficiency diseases.

The long term solution to this problem is largely political and educational. But that may be too late for adults living today with this terrible loss. Yet here too hypnotherapy has answers as hypnotic techniques can be used to inform the immune system of the important distinction between biochemical friend and foe by accessing the mother archetype within the subconscious mind, and using that archetype in very specific ways to restore the body’s sense of biochemical safety.





## *Stopping the Pandemic in its Tracks*

Hypnosis therapy provides a collection of resources which show promise in stopping this growing pandemic in its tracks, with treatments that have none of the expense or side effects characteristic of so many modern drug-oriented approaches, while exponentially increasing the effectiveness of the drugs we may need to take on our doctor's advice. This is a revolution in treatment that could relieve the suffering of millions.

Our bodies are assaulted every day with a wide variety of chemicals that have not existed at all for the millions of years, during our evolution as a species. Try as we may to eat organic it is very difficult to protect ourselves completely against these additives. Even the way we process and store food introduces toxic chemicals and alters the vitamins and proteins in food. Likewise, the air we breathe and the water we drink are contaminated with innumerable chemical agents.

Quite apart from human activity, the natural world is filled with molds, mildews, bacteria and other substances which have toxic properties. We do our best to eliminate these elements from our lives but often our body's reaction to these chemicals is far out of proportion to the real dangers they represent. When this happens doctors would say that we are "allergic" to these substances. These allergic reactions may incapacitate us with far greater efficiency than these chemicals on their own could ever do in the tiny doses to which we are exposed.

An obvious example is the bee sting. While the venom of a bee sting is a serious toxin, fatal to anyone in large enough doses, most of us experience a sting as a brief, if painful, nuisance. But to some individuals, this sting is a death sentence without radical medical intervention. The immune system goes into full battle mode against this perceived threat, which can cause death by asphyxiation in a few minutes in a response called “anaphylactic shock”.



To a much lesser extent our immune system can cause ugly symptoms in response to such mild toxins as the smell of gasoline, dust, molds, animal dander, and the proteins in such foods as corn and wheat. I once reacted very strongly to all of the above mentioned toxins in a debilitating condition called “environmental sensitivity”, a condition which led to frequent bouts of chronic fatigue, as well as sinus congestion, headaches and asthma.

So how do hypnotic techniques help us combat these conditions? First, we must understand that the source of these reactions is within the subconscious mind. It is NOT the chemicals themselves that are triggering the reaction since not

everyone suffers the same response to the chemical stimulant: it is the immune system's response that is the problem. Once this is accepted we can see that hypnosis, the primary strategy for accessing subconscious programming, MUST be a part of any long term solution to this condition as the alternative is symptom suppression with drugs. We must convince the subconscious mind in hypnosis that this particular toxin is simply not a threat to the body in the tiny doses that the body is experiencing. This is done by building positive associations in subconscious memory to the smell or taste of these substances, because it is the taste and smell of these things, even subconsciously perceived, which triggers these reactions.

### ***Case Study: Allergic reaction to New Carpet Smell***

A client was experiencing an unexpectedly severe asthmatic reaction to the smell of a new carpet in his home, a carpet that had been processed with industrial solvents including formaldehyde. In a hypnotic state he was asked to access the peculiar smell with his hypnotically enhanced imagination, a process referred to as “olfactory hallucination”. (This process must be accompanied by reassurances that the patient's body will not react to this smell in any way. Otherwise, this hallucination has been known to trigger an allergic response in the

hypnotized subject.) As there was no negative memory associated with this smell the body just understandably, found it toxic. His subconscious mind was then told that this smell was quite safe, that from now on this smell would always remind him of the beauty and pleasure of his beautiful new home, of which he was quite proud, and the new loving wife who shared that home with him. These joyous feelings were built up while he was instructed to continue breathing in the smell of new carpets, which now, under hypnotic suggestion, was associated with the smell of happiness and romance and a safe home. In one session, his allergic reaction was gone

### *Case Study: Allergic Reaction to Cats*

Another client who loved cats found she was allergic to them, with strong sinus congestion, burning and sneezing. We discovered in trance that her subconscious mind associated the cat odor (a smell which she was unaware of consciously) with traumatic events from her childhood, connected to a critical mother in a house in which there were also cats. First, we used olfactory hallucination to follow this scent back to what it was. The client was told: “...your nose



remembers these feelings about this smell that you have forgotten.” What followed was the Alchemical process called “Rescuing the Inner Child”, which helped liberate her from these memories of abuse. This allowed her to find a new home in her imagination with a very safe and loving and affectionate new mother who also had cats! She was then encouraged to breathe in this wonderful smell of cats in the context of this safety and love. Then this new positive response was anchored to the daily experience of cats with suggestion: “Now, every time your subconscious mind smells the wonderful aroma of cats, your body remembers this wonderful new mother, and how much love and safety she offers.” After one session she found herself able to eliminate these allergic responses simply by remembering to call in this vision of her inner mother every time she felt her symptoms begin.

Usually one session with a responsive subject is enough to deal effectively with one specific allergen, especially if the patient is willing to practice feeling these new feelings and recalling these new memories on their own. (Note; patients with mental disorders or organic brain disease make poor subjects for this type of work.) Multiple sessions are of course required for a large number of allergies. For food allergies, taste sensations can be followed, hypnotically induced and magnified into a “gustatory hallucination” into the time when this

taste brought with it something unpleasant. While the conscious mind has no recollection of these “triggering events”, the subconscious mind can recall them readily in the right context. This process often requires the transformation of memories through the rescue and nurturing of the inner child in order to find resolution.

## Chapter

## 3

## Hypnosis and stress related allergies

Doctors have understood for years that chronic stress in our lives can trigger a wide variety of immune system disorders, including asthma, allergies, psoriasis, rheumatoid arthritis, etc. They don't always explain to their patients what processes cause the normal stresses of daily life to turn into disease. Nor do they show us how we can deal more effectively with the stresses in our lives, to eliminate these processes and the symptoms that result from them. This chapter shows how stress becomes internalized into immune system malfunction and how hypnosis can halt this dangerous process and thus heal our immune system reactions.



Among our primitive ancestors, stress usually involved some profound physical threat which required a rapid and energetic physical response. If attacked, our bodies reacted with a powerful dose of



adrenaline from the adrenal glands, which got our heart pumping, increased mental alertness, stopped digestion, and prepared us for fight or flight. With the action of this and other hormones, our bodies were ready for battle. Unfortunately, nowadays the stresses we experience usually do not require aggressive and energetic action. When the rent is overdue or we lose our job, a few rounds of screaming, hitting or running are hardly effective solutions, no matter how good they might feel. So all these stress hormones simply stir up our bodies into a frenzy of cellular reactions for which there is no effective release. The result: our bodies, directed by the subconscious mind, start attacking whatever is at hand...innocent pollen grains, loose food proteins, or even our own body cells, as in rheumatoid arthritis.

Hypnosis is first and foremost a state of deep relaxation and peace and thus a premier remedy for stress. A competent hypnotherapist will spend time showing their client how to induce the state of self-hypnosis, and will instruct their client both in and out of trance to access this state every day, especially when their symptoms are activated by the stresses of daily living. Hypnotherapists know that even the most ordinary stresses can become overwhelming if the subconscious mind clouds these experiences and tasks with negative significance based upon past traumas.

## *Finding the Source of Stressful Experiences*

It is critical to gather from our clients their descriptions of the most stressful experiences of their daily lives, so we can go back in hypnotic regression to “the first time you felt this feeling” and rescue the client’s earlier self from these terrible memories. We use emotional release therapy to help the client push these tensions out of their body, through sounds, movement, and aggressive emotional expression. Then we implant in the body new memories in which the client’s younger self is filled with safety, self-empowerment and love. These new memories are accompanied by new beliefs. “*I’ll never get it right!*” is replaced by, “*I can do this and enjoy it!*” While many of my clients express skepticism at first about the possibility of accomplishing something so farfetched, one session in trance is all they need to feel the enormous power of the work within their own bodies, in their own beliefs...and in their lives.

Which particular stresses are bringing on an attack of an autoimmune disease can be discovered in hypnosis by entering the affected body part as if it were a room. Then we can see exactly what persons or memories are stored there, and either complete communication with those persons, or rescue the former self from these traumatic memories. For example, we enter a client’s arthritic finger and

discover the stresses of trying to type at a job filled with criticism and undermining of the client's achievements by a vicious manager at work. First the client is encouraged to use these fingers and their voice to express their anger at the manager. Then the client's present self applauds the good work they are doing, while gently stroking and massaging these fingers. The results? We can see and feel an immediate and lasting reduction in pain and swelling. The client is encouraged to continue this healing process on their own if needed. Such conditions, because they have been ingrained by years of daily trauma, often require that clients learn to do these processes every day on their own for a period of time. This combination of self massage and self hypnosis to deal with chronic pain is a very powerful and unique feature of Alchemical Hypnotherapy.

### *The Importance of Physical Exercise in Recovery*

Physical exercise is an important element for recovery from any illness. It is especially difficult for victims of autoimmune conditions because when we are in pain, or sneezing, or suffering from chronic fatigue, there is often no desire to move. The client must be encouraged to be patient with their bodies and celebrate the small victories. *"I'm too sick to move, so I'll just collapse"* can become *"I walked all the way to the mailbox today!"* Hypnotic suggestion

can be used to make movement more appealing as well. *“It’s so much fun to walk again”* is a message that can be repeated in every session, and will be so much more effective when spoken to the subconscious mind of the hypnotized client.

Another helpful approach in hypnosis is to communicate directly in trance to the “soldiers” of the immune system, telling them to “stand down” from their assault on harmless pollen grains or those body cells that are being attacked. For example, for rheumatoid arthritis sufferers, such phrases as, *“The linings of your joints are safe. They are a part of you. They belong to you. Your body is safe and at peace”* can be very effective. For pollen allergies: *“The flowers are your friends. Their pollen is harmless, a gift from your friends, the flowers. Your mucus membranes (prime sources of histamine production) can relax in the knowledge that these pollens are your friends.”* I have personally experienced a huge healing of an arthritis attack using these methods. It is often possible to experience a steep reduction in visible redness and swelling within an hour of this procedure.

The human immune system like that of all mammals is programmed at birth with the biochemical signatures of those microorganisms which present a real health hazard and the particular chemical antibodies needed to combat them. The newborn is also programmed with what foods and which pollens, molds, etc. are safe in the infant's world. This information helps the emerging immune system of the newborn adjust to its biochemical environment.

The thymus gland in the infant is very large compared to its vestigial appearance in the human adult. It is as large as the infant's heart, which it sits next to. The task of the thymus is to build the infant's biochemical immune system. After the first few months of life the thymus begins to shrink, so clearly this process develops most rapidly in those first few months of life.

The biggest help for this process comes from mother's milk, or, more specifically, her colostrum, the clear fluid that precedes milk production. Scientists have found that this clear fluid is full of

antibodies containing the chemical signatures of all the microorganisms that mother's own immune system has learned to fight. This chemical program may reveal what foods, harmless pollens, etc. can be safely trusted by the child. Thus the infant's immune system "learns" what is safe and what is not.

It is therefore logical to conclude that when an infant is fed formula and not nursed, that infant's immune system is compromised very seriously. The immune system doesn't know how to tell friend from foe, harmless dust or molds from dangerous pathogens. Many infants and young children suffer from the epidemics of allergies and asthma that result from this confusion. Other infants may appear to be unaffected, but years later when stresses build in their adult lives, their immune system panics and goes on the attack. Doctors have known for years about this danger, but few have spoken out. Perhaps few physicians are willing to take on the pharmaceutical industry, which has such a powerful control over our health care system and for whom infant formula is highly profitable business. Also, there is nothing traditional medicine can DO about this problem once we have missed out on this essential gift of health from mother.



### *Case Study: Curing an allergy to mold in a new home*

Hypnotherapy offers a solution as illustrated by the following example: A client moved to a home he loved in a tropical jungle by the sea but was soon heartbroken to discover severe allergic reactions (in both bronchial passages and lungs) to the molds in the environment. The hypnotic process began by regressing him to infancy, while suggesting that he would be born now to a new mother. Not only would she be less hostile and high strung than his original mother, she was also a native of this tropical jungle. He was instructed him to curl up in a fetal, ie.nursing, position. Then he was told to breathe in the sweet smell of his mother, which was also the smell of the molds and pollens of his jungle home. I described in considerable detail how his new mother held him, securely and safely. The sweet smell and sweet taste of his mother's breath, her milk, her skin, smelling and tasting like these molds was constantly repeated throughout the session. As we progressed his symptoms rapidly cleared. In two sessions he became symptom free.

The key is to use hypnotic language to build a vivid bodily experience of being held, loved and nursed, with a special emphasis on breathing in the sweet smell of the mother, which in this case was the smells of the jungle. Thus the nose and lungs receive

the message at a subconscious level that this smell is safe. I am certain that this process can be used to desensitize us to any allergen.

Although an ideal image of the perfect mother is used for this healing of the immune system, it doesn't usually require the client to process angry feelings about their original mother or to "fire" her for not being good enough. Some clients need to process feelings about their original mother in the context of achieving other therapeutic objectives. Clients are urged to understand that their original mother simply didn't know what was needed for her child so we are calling in a divine or angelic mother to take care of this infant. This process does not need to affect in any way the relationship they have with their mother in the present.

One client objected to this theory by saying that her son had numerous allergies that were extremely debilitating, but, she insisted, he had been nursed. I encouraged her to examine the circumstances of this nursing. Were you under severe stress? Were you smoking or using drugs that could have made your milk toxic? Yes she said, all the above. Nobody should blame a mother for doing the best she can to care for a child in today's culture, which appears to care so little for the infants in our midst. But when the delicate but essential biochemical cord that connects us to the safety of the mother Earth is cut,



it is the task of every healer to re-establish that bond.

### *The Importance of Introduction to Solid Foods*

Another factor in the origin of food allergies specifically is the way a child is introduced to solid foods. In ancient cultures a mother chews the food herself before offering it to her infant. Thus the mother's own digestive enzymes are mixed with the food to give the infant the tools for digestion. In addition, mothers are patient and loving with their infants and both enjoy the feeding experience as play, filled with laughter and fun. Thus the infant learns that this food is good. When infant feedings are done in a hurried, stressed out way by a mother who is for example late for work or on the phone, what message do we expect this child's digestive system to receive about this new food? Fortunately, in hypnosis we can use regression to return to infancy and experience our new, divine mother teaching us that corn, or peanuts, are safe. Where it is safe to do so, clients are encouraged to bring a serving of the food they are allergic to so they can taste it in their mouths during the hypnotic experience. Hypnotherapists can also use gustatory hallucination to create the taste.

*NOTE: The techniques described in this book for working with allergies and immune disorders are*

*complex and require specialized training. Many health professionals choose to refer clients only to medical doctors or licensed psychologists who practice hypnosis. This may be a mistake, since most licensed practitioners do not have the advanced skills in hypnosis needed for this kind of work. It is recommended to engage in therapy with hypnotherapists trained in Alchemical Hypnosis.*

## About the Author



In 1978, David was crippled with rheumatoid arthritis, chronic fatigue, severe food, pollen and dust allergies, chronic lung disease and multiple chemical sensitivity. Using the methods described in this book he not only restored his health, but is now a rock climber/mountaineer in his free time. David has extensive training in clinical hypnosis, NLP, Gestalt and primal therapy, and a host of other modalities. He is a living testimony to the power of Alchemical Healing.

To book a session, call David Quigley at his home office: 707-539-4989. David offers a free 15 minute phone consultation prior to making an appointment.

To learn about approved Alchemical Hypnosis training, visit the website: [www.alchemyinstitute.com](http://www.alchemyinstitute.com)

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