

Welcome:

Let me introduce myself and share some of my beliefs. I have been a nurse, working in a teaching hospital for many years, and have seen firsthand what Western, Allopathic Medicine can and cannot do. However, it took a personal experience to propel me out of that arena and into Alternative Medicine.

Western Medicine is wonderful for serious and acute conditions – heart attacks, strokes, appendicitis, broken bones, asthma attacks, etc., and everyone should have a good working relationship with a Western medical doctor. But, it is often not successful in satisfactorily treating quality of life issues such as allergies, arthritis, chronic diseases, headaches, infertility, menopause, and pain. And this is what Alternative Medicine can often help.

Each of us is ultimately responsible for our optimal health and it is influenced by the choices we make every day. The food we eat, the rest and exercise we do, or do not get, the work we do, the play we have, the beliefs we hold, the people we share with, and the stresses of everyday living, all impact the health of our being. We can separate our being into parts for identification, and talk about each one separately, but body, mind, and spirit; they are one together. Whatever influences one, influences the others, whatever nourishes one, nourishes the others, whatever injures one, injures the others. And yet, the stronger part always helps the weaker one. Thus, our being has the ability to make itself better.

Awareness is the key to understanding and understanding is vital to making choices that optimize our well being. We can tap into our awareness by paying attention to ourselves – the subtle clues are there, and we all have the tools to understand those clues. We must learn to notice, see, listen, feel, and know what is being experienced. Only then can we comprehend, understand, and act in a productive way.

Healing can be a very powerful experience. It takes time, effort, and participation. It is an active collaboration between practitioner and client. The practitioner has knowledge about the treatments; the client has knowledge about the being. Each has a responsibility, working together, to achieve an optimal outcome by utilizing the most effective treatment to help the being heal itself.

I look forward to our partnership in the quest for healing.

Sincerely,



Cheri Suzuki

NAET FOR ALLERGIES

What are allergies?

An allergy is a condition of unusual sensitivity and improper response to an otherwise harmless substance (allergen). Everything is composed of energy. In fact, energy moves through pathways in the body much like impulses move along nerve, or blood moves through blood vessels. When the energy moves freely along the pathways, the body is in balance and functions in an optimal way. However, when the body encounters an allergen, the energy of the body and the energy of the allergen repel each other. This repulsion of energy triggers the brain to perceive the substance (allergen) as a threat to the body's well being and it sends out its defensive forces to block the energy pathways to prevent this adverse energy from entering the body. This blockage of the energy pathways causes poor body function. When a person's energy tries to block many adverse energies at the same time, it becomes weaker against all other energies. Allergic conditions occur more often than is realized, it is estimated that 90% of the population suffers from allergies.

Categories of Allergens

There are 9 basic categories of allergens which are determined by the method of contact. These include: Inhalants, Ingestants, Contactants, Injectants, Infectants, Physical Agents, Genetic causes, Molds and Fungi, and Emotional factors. When the body is near an allergen the brain sends out warnings (symptoms) which may or may not be understood. These symptoms may include itchy throat, runny eyes, post nasal drip, coughing spells, sudden tiredness, vitamin and/or mineral deficiencies, pain in any part of the body, GI disturbances, insomnia, hives or other skin disorders, asthma, migraines, emotional reactions, and behavior disorders. In fact, although allergic responses may vary greatly, there is mounting evidence that many illnesses and diseases may involve an allergic factor.

Muscle Response Test

Muscle weakness is the body's signal of a negative reaction to an allergen. This makes it possible to diagnose the presence of an allergen using a muscle of the body. First the indicator muscle is tested and found to be strong. Then the suspected allergen (inside a glass vial) is held in the hand while the indicator muscle is tested again. If the muscle remains strong, the energies of the body and the suspected allergen are compatible, if the muscle goes weak, the energies are not compatible.

NAET Nambudripad's Allergy Elimination Technique

Dr. Nambudripad discovered that it is possible to reprogram the brain's perception that a substance is harmful to the body. This is done by stimulating certain points along the energy pathway while maintaining contact with the allergen. Then the vial is held for 15 minutes, followed by complete avoidance of the substance (allergen) for a prescribed amount of time. This is mandatory to allow the former perception and reaction to be completely cleared, or eliminated, allowing all of the body's energy pathways to be opened

up and the blocked energy released. During this time the brain's acceptance of the allergen as an ally will also produce changes in the chemical activity of the body and its functions. This may result in "side effects" and may be experienced as fatigue, nausea, irritability, mood swings, or other physical or psychological symptoms. Thus, support and understanding by family and friends is essential. Usually one allergen is cleared per treatment but sometimes it may take more than one treatment to clear an allergen. This can happen if any contact is made with the allergen during the avoidance period, more than one level is blocked (there are 3 levels which can become blocked, physical, nutritional, and emotional), the allergy is severe, more than 1 pathway is blocked, if the blockage is chronic, or if the immune system is weakened. But once the allergen is 100% cleared, or eliminated, the result is permanent.

Preparation for Treatment

There are several things to do in preparation for and after a treatment to maximize clearings and minimize side effects. First, drink plenty of water before and after the treatment. This helps flush out toxins. Also it is important to eat something before the treatment. A massage before the treatment is ideal as it helps promote energy flow through the energy pathways, but wait at least 6 hours after the treatment to have one. Also do not exercise or have sex for 6 hours after the treatment as it may disrupt the energy flow through the pathways and cause the treatment to fail. Do not cross your hands or feet during the treatment, wash your hands with soap immediately before, and with plain water immediately after a treatment. Look ahead in anticipation of the next treatment and have supplies (distilled water, disposable gloves, allowable foods) in the house, prepare your room (remove feather pillows and down comforters), etc before you come for treatment. Do not schedule a treatment when you are ill, extremely tired, or during the first couple of days of your menstrual cycle. Finally come dressed in comfortable, non restrictive clothing, and leave jewelry and strong perfume at home. Follow up appointments should be scheduled within one week of treatment.

For more information please read [Say Goodbye to Illness](#) by Dr. Devi Nambudripad or visit the website at www.naet.com. Also feel free to contact me for any questions you might have at 207-751-7987 or cherisuzuki@hotmail.com.

The Maine Point Acupuncture

Cheri Suzuki, RN, L.Ac

NAET Certified

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Driving directions from the south:

While on I-295 in Portland, at Exit 5, take ramp right, then staying to the left, follow signs for Congress Street.

Follow Congress St. for about .5 miles.

Turn right onto St. John Street, go .2 miles.

Arrive at 222 St. John Street, Portland, ME 04102.

(also known as the Maine Central Railroad Building)

The last intersection is "C" Street. If you reach D Street, you have gone too far.

Turn right **before** the building (at Margarita's), go to the parking lot at the rear of the building. Enter the doors at the rear of the building. Take the elevator to the second floor, find Suite 229. The waiting area is in the hallway.

Driving directions from the north:

While on I-295 in Portland, at Exit 5A, take the exit ramp (you will be making a ¾ loop to the right), follow the signs for ME-22.

Bear right onto Congress Street, go .5 miles.

Turn right onto St. John Street, go .2 miles.

Arrive at 222 St. John Street, Portland, ME 04102.

(also known as the Maine Central Railroad Building)

The last intersection is "C" Street. If you reach D street, you have gone too far.

Turn right **before** the building (at Margarita's), go to the parking lot at the rear of the building. Enter the doors at the rear of the building. Take the elevator to the second floor, find Suite 229. The waiting area is in the hallway.

