

## What is an allergy?

AN ALLERGY IS the body's (nervous system) perception of a harmless substance as harmful. As a result, the immune system overreacts to the harmless substance in an effort to protect the body from damage. The reality is that the peanut or egg it is reacting to should not harm the body in any way. Every substance in the universe, whether dead or alive has a unique vibrational frequency or signature.

When we eat, touch, or inhale an allergen, the body recognizes the item by the frequency it is emitting. The human body has the ability to identify hundreds of thousands of frequencies.

When the body is exposed to a frequency (let's say peanuts) that is recorded as harmful, then it will react negatively. The body's reaction can be as mild as a stomach ache or as severe as anaphylaxis, (which can result in death), all in an effort to protect itself.

This is a perversion in what could be considered the software of the brain. The brain has a record of all items and substances and they are classified in three categories: harmful, beneficial or neutral. Every time we are exposed to a substance, the immune system communicates the frequency of the substance to the brain, the brain checks it, and then records that frequency and reports back to the immune system of the safety or danger of that frequency. We can inherit the "software error" or "virus" (aka allergies) of our ancestors. Individuals can also develop allergies from emotional or physical traumas in their lifetime.

## Allergies affect your health!

MANY PEOPLE ARE ALLERGIC to hundreds of substances without any knowledge. They have slight or unrecognizable reactions and live for years before realizing that they have health concerns. Allergies can **increase blood pressure**, cause **difficulty breathing**, and cause **pain throughout the body** including **joints, head, back, legs, and stomach**. Allergies can be a contributing factor in **fatigue, insomnia, migraines, digestive disorders, acid reflux, chronic infection, eating disorders, anxiety, eczema, cough** and **constipation**.

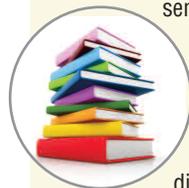
As an autoimmune disorder, allergies can be a gateway to other autoimmune disorders such as **inflammation in the body, asthma, diabetes, connective tissue diseases, lupus, arthritis, celiac disease, multiple sclerosis** and **thyroid disease**, to name only a few.

**PAMALA KAY SCHWARZ** is a board certified traditional Naturopath. She has a degree from Trinity College of Natural Health and is a Certified Natural Healthcare Practitioner. She is not a medical physician but rather a natural healthcare practitioner who uses of facilitating healing in the human body. Pamala is an advanced certified practitioner of N.A.E.T. (Nambudripad's Allergy Elimination Technique)—a natural, non-invasive, and painless method to eliminate allergies. She is also a board certified holistic health



practitioner by the American Association of Drugless Practitioners. For her contribution toward furthering the cause of allergy elimination, Pamala received the Award of Excellence presented to her by Dr. Devi Nambudripad and the Nambudripad's Allergy Research Foundation.

**COMMUNITY EDUCATION** is provided through free seminars open to anyone. Come and listen to life changing insight and practical instruction. Discover proven and positive alternatives that will impact not only your generation but those to come. You and your loved ones will benefit from Pamala's extensive study of diet, nutrition, lifestyle, and disorders of the



human body. Please visit our website calendar for the next free seminar at [www.schwarzwc.com/news](http://www.schwarzwc.com/news).



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*We help you discover hope, healing and wholeness*

*"We are deeply grateful to Pamala Schwarz and NAET for eliminating 20 of our toddler's allergies over the past 9 months. Our lives are changed."*

*— Kurt & Marcy Wallace —*

*"When I came to SWC, I was in severe pain, thinking it was just old age! I didn't think I could do anything about it. I found out that it was food allergy related, and now I'm almost entirely pain free."*

*— Karen Samenow —*

*"After our first visit to the Wellness Center, we saw instant positive results."*

*— Michael & Armida Wells —*

**"There is hardly any human disease or condition where allergic factors are not involved."**

**— Devi S. Nambudripad**  
M.D., D.C., L.Ac., Ph.D.  
*(author of the NAET therapy)*

**At SCHWARZ WELLNESS CENTER we do not diagnose or treat disease.** Instead, *we help to restore balance and strength to the human body by allowing your own God-given immune system to eradicate disease and sickness.* We use only non-invasive, gentle techniques. That means no needles, chemicals or painful procedures. All of our treatments are designed to work in conjunction with the recommendations of your medical doctor.

**LazRx Allergy Response Reduction** has the ability to permanently rid you of your allergic stress responses. This therapy uses low level cold induction laser on the auricular points of the ear (nervous system related) while exposing the body to the frequency of the allergen(s). When the laser stimulates the ear, a nervous system response is activated, reducing the overall stress responses. Endorphins and other naturally occurring chemicals are then released, allowing the body to experience optimal health.



After completing the recommended treatments, your body's negative reaction to the allergen(s) will be gone or significantly reduced because the laser re-educates the nervous system to respond normally to the stimuli. This means when you are exposed to the allergen, your immune system will respond appropriately. This treatment is safe for all ages, non-invasive and gentle. Laser treatments are most successful when a minimum of 14 treatments are administered. Each appointment is 30 minutes.

**NAET (Nambudripad's Allergy Elimination Technique)** is an innovative and revolutionary therapy that eliminates allergies and allergy related conditions. You can be allergic to foods, drinks, chemicals, pollens and other environmental agents.



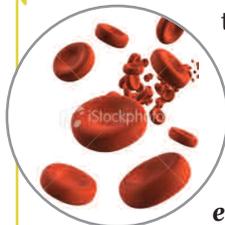
Allergic reactions can be caused by physical agents such as temperatures (heat and cold); weather conditions such as wind, humidity, clouds, low/high altitude, dampness, dry heat and air conditioning as well as motion sickness. Using gentle non-invasive acupressure, NAET has been successfully bringing permanent relief to individuals worldwide. NAET is a therapy which requires a minimum of 15 treatments. Some individuals may require more. Each appointment is approximately 30 minutes.

**Computerized Food Biosurvey** is a 'scan' involving stimuli from the computer and responses from your body. The computer sends your body signals, or signatures representing common foods and you respond to each signature. Your body's responses are subtle changes

in the electrical properties of the skin on your hand and fingers. Each response is recorded and analyzed. Your body's response to these signatures is an indication of how you react to the actual food. Each response is ranked and the signatures (foods) to which you show a negative response are noted on the printed report that is provided to you following your biosurvey. This system is safe for all ages. This service takes 15 minutes.



**Blood Nutrition Analysis** One of the most scientific ways to identify nutritional imbalances is to have your laboratory blood test evaluated by a nutritionally trained doctor or healthcare practitioner. A comprehensive blood test is **affordable** and the results are normally received within a few days. Conditions such as **blood sugar imbalances** and **elevated cholesterol** levels along with many others respond well to nutritional therapy. Blood



Nutrition is an innovative, science-guided look at nutritional strengths and weaknesses through individualized blood analysis. Instead of focusing only on symptoms, blood nutrition uses a comprehensive approach and looks for the origin of disorder from a science-guided perspective by considering physiological distress and disease, nutritional imbalances and emotional distress. Imbalances in these areas may result in unresolved physical and emotional symptoms. Areas of weakness which can be identified by this analysis are: Fluid and electrolyte imbalances, as well as the need for enzymes, antioxidants and key nutrients such as vitamin A, B6, B12 and D. The analysis can also help identify necessary lifestyle changes and nutritional support for key organs such as thyroid, adrenal, kidney, lungs, liver, and heart. This advanced scientific approach identifies nutritionally significant information through the careful analysis of the various laboratory blood values in order to locate the cause of disorders instead of focusing only on the symptoms. An effective health strategy is developed based on **your** biochemistry offering a plan so you may achieve optimum health.

**Homeopathic HCG Weight Loss** Human Chorionic Gonadotropin (hCG) burns fats as fuel for the developing unborn child to keep it from becoming malnourished. In the 1950's, Dr. Simeons (a European Medical Doctor) discovered that overweight people had low metabolisms causing them to store fat in three places in the body:

1. Around joints and organs which is referred to as **structural fat**
2. Throughout the whole body which is referred to as **normal fat** reserves
3. Hips, thighs, waist, stomach, buttocks, behind the upper arms, back, and neck is referred to as **abnormal fat**



Dr. Simeons discovered that in normal weight loss the abnormal fat is never released no matter how much dieting and exercising one does. It is only until a person is in starvation mode for 90 days that the body releases the abnormal fat as a last resort to avoid death. However, in his research, Dr. Simeons found that hCG stimulates the body to release the abnormal fat first, which preserves the much needed structural fat and normal fat reserves. This allows the body to shed the weight in the problem areas while preserving the fat which protects the organs and cushions the skin. Schwarz Wellness Center has experienced incredible results with individuals who not only lose the weight, but are able to keep it off. This program is affordable and utilizes a diet of fruits, vegetables, and meats. Women experience an average loss of 1/2-1 lb. a day and men average 1-3 lbs. per day with very little or no hunger issues. *"Homeopathic hCG is the safest and most effective form of weight loss I have ever researched!"* —Pamala Kay Schwarz

**Enzyme Therapy** involves taking enzyme supplements as an alternative form of treatment. Enzymes are natural proteins that stimulate and accelerate many biological reactions in your body. Digestive enzymes, many of which are made in the pancreas, break down food and help with the absorption of nutrients into the blood. Metabolic enzymes build new cells and repair damaged ones in the blood, tissues, and organs. This therapy can be used for almost all human disorders with great success.

