CURE YOUR OWN ALLERGIES IN MINUTES

A manual based on Dr. Scott’s best-selling book

JIMMY SCOTT, PH.D.
We recommend that you have your own reference copy of Dr. Scott’s book, *Cure Your Own Allergies in Minutes, 2nd Edition*. It has a wealth of details about the development of these techniques, the nature of allergy and tolerance issues, descriptions of what to do should these simplified procedures not work as you expect, ways to search out potential allergens and develop your own test kit, and detailed lists of plants and animals, grouped into their biological families (with Latin names). The book may be ordered direct from Health Kinesiology, at the address inside the front cover, or through any bookstore.

Earlier versions of this short manual were written with some assistance from Linda Clark (Scott).

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INTRODUCTION TO THE ENERGY SYSTEM:

THE MERIDIANS

Your body derives physical energy from the oxygen you breathe and the food you eat. Your physical energy is also affected by your frame of mind, your physical fitness, rest, and the wholesomeness or the toxicity of your environment.

Underlying the physical body is the subtle energy system. It is called “subtle” because it is not apparent to the traditional five senses. This energy system includes the meridians which the Chinese identified thousands of years ago. These meridians form an energy grid which underlies and connects the entire physical body, much as the wiring in a home works behind the scenes to provide energy to the entire house. It is the meridian energy flow which is balanced when doing the HK Allergy and Tolerance Tapping procedures.

Bioenergy is the blueprint for the physical body. Disturbance in the bioenergy system is a precursor to problems in the physical body (and emotions / psychological issues, too). Meridian energy has been documented in recent years by sensitive electrical measurements and even by radioactive tracing. (See Vibrational Medicine by Richard Gerber, M.D.)

Most of the meridians we use in Health Kinesiology are bilateral and are named after organs in the physical body. For example, there are pairs of Spleen, Stomach, Bladder, and Kidney meridians. The meridians are not located in the organs they are named for, and a disturbance in meridian energy does not necessarily indicate trouble in the corresponding physical organ. The meridians and organs do have common functions, however. For instance, both the kidneys and the Kidney meridians help maintain biochemical balance within the body. A long-term imbalance in the Kidney meridian might indicate an imbalance in the kidneys, but it takes experience and careful evaluation to interpret meridian disturbances appropriately. As a newcomer to the study of meridian energy, avoid making assumptions about your health based on a bit of meridian information.

Meridian energy is dynamic. Just as your brain makes constant small adjustments to keep your physical body balanced when standing up, your meridian energy system constantly adjusts to the changes in your inner and outer environment to help maintain your energy balance. Virtually any change you experience, whether beneficial or detrimental, will be reflected as a change in your meridian energy. The bioenergy system changes in response to every aspect of life: thoughts, chemicals, inspirations, relationships, foods, pollens, emotions, etc.

I define allergy as a disturbance of the normal flow and balance of bioenergy within the body when it is exposed to a given substance. Allergy is a manifestation of bioenergy system disturbance, most often caused either by psychological stress, eating too much of a certain food, long term eating of nutritionally-depleted forms of food (e.g. refined flour or pasteurized milk), or stressful geopathic energies.

When we use the HK Allergy and Tolerance Tapping techniques, we tap the Beginning and Ending points of four specific meridians: the Bladder, Kidney, Stomach, and Spleen meridians. For this work it is not necessary that you learn the names or pathways of the meridians you work with. Simply use the descriptions and illustrations to help you find the correct points.
**WHAT IS ALLERGY?**

**WHAT ARE ITS SYMPTOMS?**

Webster’s New Twentieth Century Dictionary defines allergy as: *a condition of unusual sensitivity to a substance or substances which, in like amounts, do not affect others; it may be characterized by itching, sneezing, wheals, diarrhea, or other systemic disturbances.*

In Health Kinesiology our operational definition of allergy is:

*a specific disturbance of the bioenergy system, in response to exposure to any substance: food, pollen, animal, chemical, etc., which is confirmed by muscle–testing (by touching the Allergy Test Point (Triple Warmer meridian, point 21) while the allergen is placed on the Substance Placement Area (Central Vessel meridian, point 6)).*

In *Cure Your Own Allergies in Minutes*, you can read about some of the differences between the orthodox Western medical approach to allergy and the Health Kinesiology approach.

When allergic, there is *no* amount of the allergen, however small, to which an individual can be exposed without stressing their system and causing an allergic reaction. The symptoms of allergy can be obvious and immediate, such as the sneezing and itchy eyes of hay fever, or heart palpitations in response to eating a food to which you are allergic. Some symptoms are quite hidden though, such as increased intestinal mucous, elevated pulse rate, or even joint stiffness and arthritis.

The most common causes of allergy are stressful emotional patterns established early in life, detrimental environmental energies (electromagnetic or other geopathic energies), and habitual use of processed, refined, and non-organic foods. The stressful and often toxic conditions of modern life make even a person of hearty hereditary stock more vulnerable to allergies.

There are various energy disturbances that cause allergy–like symptoms. In HK, only the reactions which can be confirmed by muscle–testing with the Triple Warmer 21 point are considered as true allergies and will respond to the HK Allergy Tap procedure.

Remember, as an HK practitioner, you *do not* “diagnose” or “treat” anything unless you are also appropriately licensed. You *do* observe and balance meridian energies in accordance with the HK energy–definition of allergy.

**WHAT IS INTOLERANCE?**

The symptoms of intolerance can be the same as the symptoms of allergy. For every substance there is a tolerance limit. For example, eating more of a food than you can tolerate can cause an imbalance in your bioenergy system and physical symptoms. If you are not allergic, most foods and other substances will not elicit a reaction *unless your tolerance limit is exceeded.*

Western medical practice does not usually differentiate between allergy and intolerance. (Most of what they call allergy is really intolerance.) In Health Kinesiology, we use two separate tests to identify allergy or intolerance, and two different Tapping techniques to alleviate the energy imbalances and symptoms.

The HK Tolerance Tap technique is often helpful for increasing tolerance limits. Generally the HK Tolerance Tap need be used only once. Repeated uses usually will not further increase the tolerance limit. Tolerance limits can also be increased by improving the overall health and well–being of the individual.
LACTOSE INTOLERANCE

There are several major components of milk to which people can be either allergic or intolerant (and both). Allergy or intolerance to milk protein (whey) and butterfat can usually be eliminated with the HK Tap techniques.

Digestion of lactose (milk sugar) requires an enzyme called lactase. Many people seem to have an hereditary inability to continue producing sufficient lactase as they mature. In this case, even if you correct the allergy to lactose, the tolerance can still be zero or very low. Lactase-deficient people are simply unable to properly digest lactose.

At this time, these HK techniques can help you identify a lactose allergy / intolerance, but not necessarily to eliminate it. Consult Cure Your Own Allergies for a list of milk products which lactose (only) intolerant people can tolerate.

ALLERGY OR ENVIRONMENTAL SENSITIVITY?

More and more people are becoming “environmentally ill.” They react to a multitude of foods and especially chemical substances in their environment and assume that they have multiple allergies. These people do have complex disturbances in their bioenergy system, but they usually have only a few actual allergies, as demonstrated by precise HK testing with the Allergy Test Point.

Consult an experienced HK practitioner for help with this difficult problem. Eliminating these complex environmental sensitivities usually goes beyond the scope of these simple HK Allergy and Tolerance Tapping techniques.

WHY SO MUCH REACTIVITY THESE DAYS?

In our times, the human immune system is being challenged like never before. When trying to identify the cause of reactivity in an individual, remember that often multiple stressors accumulate and finally tip the balance from health to ill health. These stressors not only accumulate in the individual, but also affect the genes and weaken the constitution of succeeding generations! Reactivity is often a symptom of damaged metabolic and immune systems. It is generally essential to remove the cause of the damage (the stressors) to achieve lasting change and healing. Repair also requires adequate high quality raw materials (diet).

A FEW CURRENT CHALLENGES TO OUR IMMUNE SYSTEMS

Food & Water

- Refined foods are stripped of many natural nutrients.
- Soil chemistry is depleted due to increased chemical fertilization, and decreased composting and crop rotation. Consequently, many foods are low in essential nutrients, especially minerals.
- Foods contain residues of pesticides, herbicides, and chemical fertilizers.
- Our food–animals are regularly given antibiotics, vaccines, and various hormones. Many toxic chemicals become increasingly concentrated as they move up the food chain, accumulating in the eggs, dairy products, and meats we eat.
- Most municipal water supplies are tainted with poisonous chlorine, fluoride, and other chemicals.
Medical Substances
- Vaccines, antibiotics, anesthetics.
- Most dental and surgical metals heavily stress the body.
- Drugs, both legal and illegal. Pharmacological drugs always have side effects and some toxicity, most often quite severe.

Geopathic Stress: Natural and Man-made Environmental Stressors
- The earth and underground water channels generate their own energies, some of which are detrimental to health. In the study of Geobiology you can learn how to deal with these energies. Geopathic stress often causes reactivity, so your Allergy Tap corrections might break down after a few months if the person continues their exposure to geopathic energies. See Geopathic Stress by Jane Thurnell-Read, for a summary of Dr. Scott’s work in this area. HK offers a six-day workshop in Geobiology (prerequisite, HK 3).
- Electromagnetic fields (EMF’s) in the environment interfere with the natural EMF’s of the human body. EMF sources are electrical appliances and equipment in our homes and offices, electric power transmission lines, noise and light pollution, X-rays, microwaves, and communications technology (radio, TV, cellular phones, radar, microwaves, computers, etc.)
- Radioactivity from medical procedures, nuclear power plants, and radioactive waste products.

Western Culture
We are accosted with psychological and spiritual stressors now inherent in our western life style, including limited meaningful family, community, and spiritual life, and stressful educational institutions, work environments, and, especially, governments!

Candida Albicans
People who suffer from Candida albicans fungal overgrowth (often referred to as “yeast infection”) are inevitably allergic to the Candida. The HK Allergy Tapping technique will eliminate Candida allergy in about 4 out of 10 people. (The professional HK level SET™ technique is virtually 100% successful).

You can use the specially treated paper called HKPapers™: Candida, to test for and correct Candida allergy (obtain from the HK Office).

For testing, put the Candida Paper on the Substance Placement Area just as you do with any potential allergen. For the Allergy Tap correction, however, place a tiny bit of the paper in your subject’s mouth, and the rest on the Substance Placement Area.

Note: It is not possible to contract Candida infection from these test papers.

Using These Techniques on Yourself, Young Children, or Invalids
It is possible to use the HK Allergy and Tolerance Testing and Tapping techniques by yourself. Your instructor will show you a couple of ways to muscle test yourself. Keep in mind that being truly neutral when muscle-testing yourself is a skill you must develop with practice. The tapping procedures might take longer when you have only your own two hands to do the work,
but the techniques will work just as well on yourself as on others.

It is also possible to use these techniques with a person who is too young or too infirm to be muscle–tested, or even with an animal. You will need to test a surrogate. When working with a small child, the best surrogate is the mother or accustomed guardian. If you are accomplished at self–testing, you may even serve as the surrogate yourself.

**The Simplest Uses of the HK Allergy Tap**

It is possible to use the Allergy Tap without even muscle–testing, if necessary. When an allergic reaction occurs your body has definitely just been exposed to an allergen. Even without identifying the allergen or placing it on the body, you can immediately do the HK Allergy Tap, right now, wherever you are. You might notice your symptoms subside right away. This has worked with bee stings and food reactions, for example.

Here is the second most simple way to use the HK Allergy Tap. If you know what caused the allergic reaction, place a sample of it on the Substance Placement Area, just below the navel. Then go ahead and do the HK Allergy Tap.

If either of these simple techniques give at least partial relief from the symptoms, you can go on and do the Tolerance Tap, too. This could be enough to completely relieve the symptoms.

**Developing Your Allergy Test Kit**

When you begin to use these techniques with others, you will need to have substances on hand for testing and corrections. You will find quite a complete discussion of how to develop your test kit in *Cure Your Own Allergies in Minutes*.

You will want to have samples of the substances people commonly eat and use in their daily lives. Little plastic bags, big enough for one door–key, or small bottles are adequate containers to house your test substances. Include bits of common foods, cosmetics, toiletries, household cleaning agents and chemicals, animal hair, flowers and grasses. Of course the easiest way to work is simply to go to your friend’s home and test your way through it. That way you do not have to worry if your test sample is actually different, in some small but important way, from the substance they actually use.

**The HK SET™ Procedure and The HK Training Program**

The beauty of the HK Allergy and Tolerance Tapping techniques is their simplicity and their effectiveness with a large percentage of allergy and tolerance problems. For allergy, tolerance, and toxicity problems that do not respond to these Tapping techniques, the more advanced Symbiotic Energy Transformation Procedure (SET™) could be required. This technique requires more expertise with muscle–testing and a more complete acquaintance with the meridian system. SET™ is part of the curriculum of the HK 2 Class.
HK Classes are designed to give you a thorough grounding in the basic HK techniques and to equip you to be a professional HK bioenergetic practitioner.

Health Kinesiology grants certification at Practitioner and Consultant Levels after attending the required courses and proving mastery of the materials from study and experience. HK, Inc. also offers a Teaching Authorization program.

A BRIEF INTRODUCTION TO MUSCLE-TESTING

In the hands of an experienced practitioner, muscle-testing truly becomes “Kin-easy-ology!”

Health Kinesiology tests the quality of dynamic life energy flowing through the nervous system and the muscles. Kinesiology is not specifically a test of physical muscle strength. As Health Kinesiologists, we are checking the person’s muscle tone. Does the muscle lock and hold in place, or does it unlock and give way? This is a reliable technique which requires practice to develop, just like any other physical skill.

Any experienced musician or athlete will tell you that their apparently easy performance is the result of hours of devoted practice. Rest assured that you will need to practice muscle-testing to come to the point where you can easily test anyone you meet!

Remember, the more slowly, gradually, and steadily you apply pressure in the muscle test, the more likely you are to get a clear muscle response to your test, rather than a startle or fight-back reaction. Also remember that once both you and the person you work with are quite accustomed to muscle-testing, you will be able to test quite quickly and easily.

“Pinching” and “un-pinching” take advantage of the signals which the neuro–muscular spindle cells send to the brain. It is through these “spindle cells” that the brain is kept informed of how relaxed or contracted the muscle is.

In HK we “pinch” and “unpinch” for several reasons:

1. It confirms that the client’s indicator muscle is responsive: that it is capable of being either locked or unlocked, as appropriate. If the muscle cannot unlock, you cannot use it as a reliable indicator muscle, as it is not responding at all.
2. It quickly gives the practitioner the feel of the client’s “lock” and “unlock” responses.
3. It is a simple way to help your client learn what their own “lock” and “unlock” feel like.
4. It helps us to demonstrate and explain muscle-testing using a straightforward physiological response which is common to everyone.
THE ALLERGY TESTING AND TAP PROCEDURE

I. DO THE BALANCING TAP
Before doing any energy work it is important to make sure that there is basic meridian energy balance. Most often, tapping *counterclockwise* around the area over the thymus gland is sufficient. To remember which way is counterclockwise, one English friend says, *Go up from the Heart*. (The thymus is a very powerful bioenergy reflex center.)

About 2 inches / 5 cm below the “v” where the breastbone and collarbone meet, there is a small bony bump where the second ribs attach to the breastbone. This bump is just over the thymus gland. Either the tester or the subject taps in a *counterclockwise* circle, 3 inches / 7½ cm in diameter, centered around that bump. Tap with 1 or 2 fingers for about 30 seconds, about 100 taps. Tap gently but firmly, about as hard as you can tap on a raw egg without breaking the shell. You should hear and feel the “thump”.

II. CONFIRM THAT THE ENERGY BALANCING IS COMPLETE

A. With palm on the navel, test:
   “In the clear” = ↓ (muscle locks)
   After pinching in the belly of a muscle = ↓ (muscle unlocks)
   After unpinching in the belly of the same muscle = ↑

B. Test with palm on the navel, after the subject says:
   “No” = ↓
   “Yes” = ↑

C. Remove hand from the navel for the rest of this procedure.

NOTE: In all these procedures the arrow down ↓ means the muscle tested weak, muscle unlocks, and the arrow up ↑ means the muscle tested strong, muscle locks.
III. Confirm that the Test-Spots Test ↑ in the Clear

A. Test while touching the Allergy Test Spot in the clear. It should test ↑.

To find this spot, feel the soft indentation that appears just in front of your ear when you open your mouth wide. Now move your finger onto the ridge of bone just above that indentation. The dip (notch, groove) in that bone marks the Allergy Test Spot (Triple Warmer 21). You only need to test it on one side.

This Test Spot should test ↑ in the clear (with no test substances on the body). If it does not, repeat the counterclockwise Balancing Tap, or drink some water (pure water, not tap, not tea, juice, etc.)

![Allergy Test Point](image1)

![Touching the Allergy Test Point](image2)

B. Touch and test both Allergy Tap Test Spots simultaneously, in the clear. They should test ↑.

There are two Allergy Tap Test Spots, one right in the center of each armpit (Heart 1). You will use them later to determine if it is appropriate to use the Allergy Tap for that person at that time.

Touch and test both Allergy Tap Test Spots together in the clear. It is usually easiest if you touch one spot, and your subject touches the other. These Test Spots should test ↑. If not, repeat the counterclockwise Balancing Tap or drink some good water then retest after waiting a few minutes.

![Allergy Tap Test Spot](image3)
IV. ENERGY–ALLERGY TESTING

To test if there is energy–allergy to a substance, test with the substance on the Substance Placement Area, “SPA,” while touching either Allergy Test Spot (in front of the ear). An unlocked indicator muscle indicates allergy.

The SPA (Conception Vessel 6) is about 2 inches / 5 cm below the center of the navel. Any position is fine for this testing, but it is easiest to do when the subject is lying down because you can rest the substance right on their belly when you test. A tiny amount of test substance is sufficient for this energy testing. It is fine to have the substance in a container. Test the empty container first if you like, to confirm that it is not an allergen.

At the very least use this HK Allergy Test to show you what substances to avoid. Of course doing the HK Allergy Tap to eliminate the energy–allergy is preferable to simply avoiding the allergen. Until the correction can be done, however, minimize or preferably eliminate exposure to the allergen.

Remember, use the simplest test sample possible. For example, it is better to test each individual ingredient of bread separately than to test a piece of bread. It is often best to test someone with samples of foods, chemicals, pollens, etc., that they gather from their own environment. They might not be allergic to your cat hair sample, but still be allergic to the cat they live with. They might not be allergic to the variety of wheat in your test kit, but still be allergic to the wheat they eat at home.
V. DO THE ALLERGY TAP TEST

Place the allergen on the SPA (Substance Placement Area). Sometimes the allergy testing and correction are even more effective if the allergen is also tasted or sniffed, as appropriate. Only use this kind of direct exposure if your subject is not risking a dangerous reaction as a result.

Touch both Allergy Tap Test Spots, in the armpits and test.

An unlocked indicator muscle shows that the Allergy Tap will work now. “The window of opportunity is open for this correction now.” Go to Step VI, and do the Allergy Tap Correction.

A locked indicator muscle indicates that tapping will not work now. You could:

- Wait until later and try again. At certain times the body is simply unable to process the energy changes that the Allergy Tap will generate. This might be especially true if you have been doing several other corrections in the same session or in recent days.
- Test individual ingredients. A prepared food is often too complex to use with this method. Test the chocolate, peanuts, milk, and sugar separately instead of the whole candy bar. Test the milk, egg, vanilla, and nuts individually, rather than the whole pudding.
- Consult an HK practitioner who can help you do the more powerful SET™ Allergy Correction.

VI. DO THE HK ALLERGY TAP WITH THE SUBSTANCE ON THE SPA.

Tap the 8 pairs of Allergy Tapping Spots.

See the illustrations on the page below.

Tap each for about 30 seconds.

Anyone may tap the spots: tester, subject, or helper.

Tap them in any order, and tap as many points as you like at one time. However, be systematic so you do not overlook any of them.

1. Beside the nose at the inner corner of the eyes (Bladder 1).
2. Chest, just below the collarbone, and beside the breastbone, just above the first rib (Kidney 27).
3. Lateral edge of the little toes, just below the base of the nail (Bladder 67).
4. Center of the balls of the feet (Kidney 1).
5. Cheekbones, top of bone, just below the center of the eyes (Stomach 1).
6. Lateral edge of the second toes, just below the base of the nail (Stomach 45).
7. Medial edge of the big toes, just below the base of the nail (Spleen 1).
8. Sides of the torso, straight down from the armpit, halfway between the crook of the elbow and the armpit (Spleen 21).
VII. REPEAT STEP IV TO RETEST FOR ENERGY-ALLERGY

Usually you will now see that the person no longer tests allergic to the substance. If that is not the case, perhaps you skipped or mislocated some points, or you might simply need to tap a bit longer. Try again.

It is often best if the person waits a few weeks before actually using a former allergen. This allows the body time to do the healing and detoxification which were set in motion by the energy correction. Using the substance immediately will not ruin the correction, but it could lengthen the time and ease of integrating that correction.
I. **Do the Balancing Tap, counterclockwise**

II. **Confirm Energy Balancing**
   - A. With palm on the navel, test:
     - “In the clear” = † (muscle locks)
     - Pinch = † (muscle unlocks)
     - Unpinch = † (muscle locks)
   - B. With palm on the navel, test after subject says:
     - “No” = † (muscle unlocks)
     - “Yes” = † (muscle locks)
   - C. Remove hand from navel for the rest of this procedure.

III. **Confirm that the Test–Spots Test † in the Clear**
   - A. Touch and test one Allergy Test Spot (near the ear) in the clear.
     - It should test †.
   - B. Touch and test both Allergy Tap Test Spots (armpits) in the clear.
     - They should test †.

IV. **Energy–Allergy Testing**
   To test if there is energy–allergy to a substance, test with the substance on the Substance Placement Area while touching one Allergy Test Spot. A weak indicator muscle indicates allergy.

V. **Do the Allergy Tap Test**
   Place the allergen on the SPA (Substance Placement Area). Possibly also taste or sniff.
   Touch both Allergy Tap Test Spots, in the armpits and test.
   An unlocked indicator muscle shows that the Allergy Tap will work now.
   Proceed to Step VI.
   A locked indicator muscle indicates that tapping will not work now.

VI. **Do the HK Allergy Tap with the Substance on the SPA**
   1. Beside the nose at the inner corner of the eyes (Bladder 1).
   2. Chest, just below the collarbone, beside the breastbone, and over first rib (Kidney 27).
   3. Lateral edge of the little toes, just below the nail (Bladder 67).
   4. Center of the balls of the feet (Kidney 1).
   5. Cheekbones, just below the center of the eyes (Stomach 1).
   6. Lateral edge of the second toes, just below the nail (Stomach 45).
   7. Medial edge of the big toes, just below the nail (Spleen 1).
   8. Sides of the torso, straight down from the armpit, halfway between the crook of the elbow and the armpit (Spleen 21).

VII. **Repeat Step IV to Retest for Allergy**
THE TOLERANCE TESTING AND TAP PROCEDURE

I. Do the Balancing Tap, counterclockwise

II. CONFIRM ENERGY BALANCING
   A. With palm on the navel, test:
      “In the clear” = 1 (muscle locks)
      Pinch = 1 (muscle unlocks)
      Unpinch = 1
   B. With palm on the navel, test after subject says:
      “No” = 1
      “Yes” = 1
   C. Remove hand from navel for the rest of this procedure.

III. CONFIRM THAT THE TEST–SPOTS TEST ↑ IN THE CLEAR
   A. Touch and test one Tolerance Test Spot in the clear. It should test ↑.
      This test spot is on the back of the head, near the bottom of the skull and the top cervical vertebrae, about halfway between the ear and the midline.
      There is one test spot on each side of the spine. Use either one.

   B. Test while touching both Tolerance Tap Test Spots simultaneously, in the clear. They should test ↑.
      There are two Tolerance Tap Test Spots, one on each side of the torso, halfway between the armpit and the crease of the elbow. This is Spleen 21, one of the points that you tap for the Allergy Tap Correction. You will test these points later to decide whether or not to use the Tolerance Tap.
      Test while touching them both simultaneously in the clear. It is usually easiest if you touch one spot, and your client touches the other. These Test Spots should test ↑. If not, repeat the counterclockwise Balancing Tap, or drink some pure water.

IV. Test for Tolerance Level

Place some of the substance on the SPA. Touch one Tolerance Test Spot and test. **If the indicator muscle stays locked, the subject can tolerate that much of the substance now.**

Gradually increase the amount of substance on the SPA, testing after each increase, until the indicator muscle unlocks. Find the largest amount for which they hold strong. That is their current tolerance level. Now you know how much of this substance can be used now without stressing the system.

If your subject can already tolerate a large amount, you will probably not bother to do the Tolerance Tap to increase the tolerance further. If the tolerance is low, do the Tolerance Tap Test (Step V) to see if the Tolerance Tap will help to enhance their tolerance.

Remember that your tolerance limit changes depending on how much recent exposure you have had to the substance. If you know you that you react strongly when you exceed your tolerance level, then retest frequently, until you learn how to live within your tolerance limits.

V. Do the Tolerance Tap Test

Test with the substance on the SPA while simultaneously touching both Tolerance Test Spots (Spleen 21, on the sides of the torso). **An unlocked indicator muscle shows that the Tolerance Tap will work now.** Proceed to the Tolerance Tap Correction in Step VI. **A locked indicator muscle shows that Tolerance Tapping will not work now.** Retest at another time, or seek assistance from a more experienced HK practitioner.
VI. DO THE HK TOLERANCE TAP

NOTICE!!
There are areas that must be touched while tapping other spots.
There is a choice of points to tap.
As with Allergy Tapping, it does not matter who does the touching or tapping.
If you have enough hands, you may combine parts A & B, and also parts C & D.

A. Hold a palm flat over the subject’s navel & tap:
   Beside the nose at the inner corners of the eyes
   (Bladder 1)
   OR
   The lateral edge of the little toes, just below the nail
   (Bladder 67)

B. Hold a palm over the subject’s navel & tap:
   Chest, just below the collarbone, beside the breastbone, and over the first ribs (Kidney 27)
   OR
   The center of the balls of the feet (Kidney 1)

C. Hold a flat hand over subject’s lower left rib cage, with pinky finger in line with the bottom of the ribs & tap:
   Cheekbones, lower edge of the eye-socket, just below the center of the eyes (Stomach 1)
   OR
   Lateral edge of the second toes, just below the nail
   (Stomach 45)

D. Hold a flat hand over subject’s lower left rib cage, with pinky finger in line with the bottom of the ribs & tap:
   Sides of the torso, halfway between the crook of the elbow and the armpit, about 4 inches / 10 cm from the armpit,
   (Spleen 21)
   OR
   The medial edge of the big toes, just below the nail (Spleen 1)

VII. REPEAT THE TOLERANCE LEVEL TEST (STEP IV)
You will probably see a gratifying improvement in the amount of the substance which your subject can tolerate now.
THE TOLERANCE TESTING AND TAP PROCEDURE: OUTLINE

I. DO THE BALANCING TAP, COUNTERCLOCKWISE

II. CONFIRM ENERGY BALANCING
   A. With palm on the navel, test:
      “In the clear” = \( \uparrow \) (muscle locks)
      Pinch = \( \downarrow \) (muscle unlocks)
      Unpinch = \( \uparrow \)
   B. With palm on the navel, test after subject says:
      “No” = \( \downarrow \)
      “Yes” = \( \uparrow \)
   C. Remove hand from navel for the rest of this procedure.

III. CONFIRM THAT THE TEST–SPOTS TEST \( \uparrow \) IN THE CLEAR
   Touch and test one Tolerance Test Spot (back of head).
   Touch and test both Tolerance Tap Test Spots simultaneously,
   (sides of the torso, Spleen 21’s).

IV. TEST FOR TOLERANCE LEVEL
   First do the Allergy Test to make sure the person is not allergic to the substance.
   Keep some of the substance on the SPA.
   Touch one Tolerance Test Spot and test.
      If the indicator muscle stays locked, the subject can tolerate that much of the tested substance now.
   Gradually increase the test–amount on the SPA, testing after each increase, until the indicator muscle unlocks. The largest amount for which they hold strong is the current tolerance level.

V. DO THE TOLERANCE TAP TEST
   With the substance on the SPA, touch both Spleen 21’s, 4 inches below the armpits.
   Test.
      An unlocked indicator muscle shows that the Tolerance Tap will work now.
      A locked indicator muscle shows that the Tolerance Tap will not work now.

VI. DO THE HK TOLERANCE TAP
   \( \textcolor{red}{\text{with any amount of the substance on the SPA.}} \) Notice that there are areas that must be touched while other points are tapped, and there is a choice of points to tap.
   As with Allergy Tapping, it does not matter whose hands are used for the touching or tapping.
A/B. While the subject holds their palm over their navel, tap:
Beside the nose at the inner corners of the eyes (Bladder 1)

OR
The lateral edge of the little toes, just below the nail (Bladder 67)

AND
Chest, just below the collarbone, beside the breastbone, and over the first ribs
(Kidney 27)

OR
The center of the balls of the feet (Kidney 1).

C/D. While the subject holds a flat hand over the lower left rib cage, with pinky in line with the bottom of the ribs, tap:
Cheekbones, on the edge of the eye-socket, just below the center of the eyes
(Stomach 1)

OR
The lateral edge of the second toes, just below the nail (Stomach 45)

AND
Sides of the torso, about 4 inches / 10 cm down from the armpit, halfway between the crook of the elbow and the armpit (Spleen 21)

OR
The medial edge of the big toes, just below the nail (Spleen 1).

VII. Repeat Step IV to Discover the New Tolerance Level
**Readings**

Diodati, M.A., Catherine J. M.,  
*Immunization History, Ethics, Law, and Health*  
Vaccination is not Immunization. Up-to-date and well researched with many references. This book is the result of Catherine’s MA thesis, and her own daughter’s severe vaccination reaction.

Gerber, M.D., Richard  
*Vibrational Medicine*  
Includes valuable information about the meridian system including accounts of Western-style experiments which document meridians with surgery, radioactive tracers, and electronic meters.

Horowitz, D.M.D., M.A., M.P.H., Leonard G.  
*Emerging Viruses, AIDS & Ebola, Nature, Accident, or Intentional?*  
This 600-page centerpiece of Horowitz’ work documents for both the lay person and health professional the history of our current epidemic of strange new viruses and burgeoning cancers. Tetrahedron has also issued excellent video and audio tapes. Contact their website at <www.tetrahedron.org>

Lanctôt, M.D., Guylaine  
*The Medical Mafia: How to get out of it alive and take back our health & wealth*  
A fascinating, uplifting, and challenging book by a medical renegade. Tells who really runs the medical establishment and why, and what the individual can do about it.

Miller, Neil Z.  
*Vaccines: Are They Really Safe and Effective?*  
A brief, easy-to-read, very well-researched overview of this topic. Highly recommended.

Scott, Ph.D. Jimmy  
*Cure Your Own Allergies in Minutes*  
Health Kinesiology Inc. Hastings, Ontario, 2004  
(The First Edition: ISBN 0-945509-01-4. Was available in English, French, German, and Dutch. Now only the German 1st Edition is available, 9th Printing). Read this one!! Full of the history of the development of HK Allergy and Tolerance Tap techniques, the nature of allergy and tolerance issues, descriptions of what to do should the simplified procedures in this manual not work as you expect, ways to search out potential allergens, and detailed lists of plants and animals, grouped into their biological families.
Thie, D.C., John F.
**Touch for Health**

*This is the manual for the Touch for Health classes, where many fine kinesiologists first met kinesiology. It includes some valuable text as well as illustrations of test positions and reflex points for 42 muscles. It does not describe how to use those illustrations, however. That is the job of the TFH instructor.*

Thurnell-Read, Jane

**Geopathic Stress: How Earth Energies Affect our Lives**
Element Books, Ltd., Shaftbury, Dorset.

*An excellent introduction to the topic by a consummate HK instructor and practitioner. Most of her book describes the Geobiology work developed by Dr. J. Scott.*

Original edition is now out of print. The publisher went out of business. Used copies may be available. The New Edition is supposed to be available by summer 2004.

*Webster’s New Twentieth Century Dictionary*, 2nd edition

**Note:**

The Allergy Tap method described here was developed in late 1985 specifically as a lay–person method since the professional allergy work I developed (The SET™ technique) in 1981 is a bit complicated for the general public. Not only that but since the SET™ technique has extraordinary effectiveness for correcting allergies and helping detoxify the body one must be more knowledgeable and careful in its use.

In the intervening years other allergy methods have been introduced and made more or less popular. I have not personally learned any of these procedures but I have been told by many who have compared my methods with at least some of the other methods that the HK procedures are unequaled, in effectiveness as well as in speed and simplicity. Not only that but you can do the correction procedures completely by yourself without any outside help. And you get almost instant results in most cases.

I have received uncounted compliments from people who did these procedures and very many of them said their lives were changed as a result. The primary purpose of HK is to help people change their lives, becoming who they were designed to be. Give it a try! Let me know of your experiences, successes and any failures.

Peace and Happiness and an Allergy–Free Life to all of You!

Jimmy Scott, Ph.D.