

FREE

YOUR GUIDE TO DRUG-FREE

**ENVIRONMENTAL ILLNESS &
ALLERGY
RELIEF**



Dr. Jay P. Wilson
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**A Simplified
Basic Understanding**

How **How**

We & **We**

Get ***Eliminate***

Allergies **Allergies**

How We Get Allergies

There are two basic reasons we get Allergies:

The body doesn't have the nutrients it needs to perform all its miraculous duties.

Our S.A.D. (Standard American Diet) diet today consists of food that is grown on mineral deficient soil, heavily processed, laced with trans fats and sugar. It is missing a good share of the 90 vitamins, minerals, and enzymes that are necessary to keep us well and healthy.

The body is clogged with toxins in our food, water, and environment.

We are exposed to toxins all day.... toxins found in the foods that we eat, the air we breathe, household chemicals, and everything we contact. It is nearly impossible to completely eliminate the exposure to toxins, but luckily our bodies are built with natural cleansing organs that work to reduce the toxic load within the body.

The problem is that a constant exposure to toxins results in a situation where the body is unable to get rid of the toxins that are accumulating. This leads to cell damage, and that leads to serious health problems such as cancer, heart disease, autoimmune disorders, arthritis, and all those ailments that rob us of our life.

When you cleanse the body, and reduce the toxin exposure.... all the body's natural functions do major housecleaning.

As a result, the body develops allergies.

People think of allergies in terms of itchy eyes and runny noses. Nothing could be further from the truth.

THERE IS HARDLY A SYMPTOM OR CONDITION

that isn't either

CAUSED, AGGRAVATED, OR ACCELERATED by ALLERGIES
or HYPERSENSITIVITIES.

Allergies or hypersensitivities can cause digestive problems, female problems, joint pains, muscle aches, cognitive problems, and all the ailments that rob us of our lives.

How We Eliminate Allergies

THE BODY IS A SELF-HEALING ORGANISM....

IF we feed it right ... give it the nutrients it needs ... quit clogging it with toxins ... remove the allergies! THEN,

The body has every drug, chemical, and hormone it needs to get well and stay well ... all on its own.

STEP ONE:

Do a thorough Detox Program ... clear out the toxins (bacteria, chemicals, heavy metals, parasites, etc.) blocking your body's natural healing functions.

STEP TWO:

Alter your lifestyle with good sleep, exercise, and nutrition. *“You will never medicate your way out of diseases you behave yourself into.”* Dr. Roby Mitchell

STEP THREE:

Get yourself tested with our thorough 75 test blood profile. Determine your deficiencies and malfunctions resulting from the toxins and deficiencies and get allergy tested.

STEP FOUR:

Develop a plan to eliminate the allergies; a nutrition plan to correct the deficiencies, imbalances, and malfunctions; relieve any nerve stress ... *then your body can bring about all the health and healing you've wanted for so long.*

Follow the “RIGHT LIFESTYLE FOR HEALTH”

- Proper Nutrition
- Proper Elimination
- Proper Rest
- Proper Exercise
- Proper Attitudes, Emotions, & Thinking
- Properly Aligned Spine & Nervous System
- Belief In and Love of God

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Unsolved
Allergy
Problems
.....Solved

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This report will answer a number of questions for you.

- 1. What are allergies?**
- 2. What are allergens?**
- 3. How do I discover and treat my allergies?**
- 4. Traditional allergy testing and treatments are painful and expensive. Is there a way I can get rid of my allergies permanently, once and for all?**
- 5. Does a permanent treatment for my health problems really exist?**
- 6. I am presently seeing a chiropractor. How does my chiropractor's**

treatment differ from NAET and BKT?

7. How does laser acupuncture (not acupuncture with needles) relate to allergy treatment by NAET and BKT?

8. How long does this 'clearance' last?

9. I have always been told to completely avoid foods that made me ill. Do I have to follow this same protocol after my NAET and BKT treatment?

10. How does the nutritional assessment help NAET and BKT?

11. NAET and BKT treatment procedures? What are they and how do they work?

12. Will I be completely cured of my allergies?

13. How long will it take before I experience this degree of success?

14. What's going on doctor? One minute, I feel fine and the next minute I feel miserable?

15. Can allergies cause real illness? Serious illness?

16. Then my symptoms are genuine? I'm not just imagining them?

17. Will my medical insurance pay for the treatments?

1. What are allergies?

A. From a Western medical perspective, an allergy is an overreaction by the immune system. In NAET (Nambudripad's Allergy Elimination Technique) and BKT (Biokinetic Technique), allergies are viewed from a holistic perspective, based on the nervous system and Oriental Medicine principles. An allergy is a condition of unusual sensitivity of one person to one or more substances that may be harmless to the majority of individuals. In the allergic person, the allergic substance (known as an allergen), is viewed by the brain as a foreign invader and threat to the body's well-being. Therefore, for our purposes, an allergy is defined in terms of what a substance does to the energy flow in the body. Allergies are the result of energy imbalances in the body, leading to a diminished state of health in one or more organ systems.

When contact is made with an allergen, it causes blockages in the energy pathways called meridians. Thought about in another way, it disrupts the normal flow of energy through the body's electrical circuits. This energy blockage causes interference in communication between the brain and body via the nervous system. This blocked energy flow is the first step in a chain of events which develops into an allergic response.

2. What are allergens?

A. Allergens can be categorized in the following eight areas:

1. **INHALANTS:** are those allergens that are contacted through the nose, throat and bronchial tubes. Examples of inhalants are microscopic spores of certain grasses, flowers, pollens, powders, smoke, cosmetics, perfumes; and chemical fumes such as paint, insecticides, fertilizers, flour from grains, etc.
2. **INGESTANTS:** are allergens that are contacted in the normal course of eating a meal or that enter the system in other ways through the mouth and, thus, find their way into the gastrointestinal tract. These include foods, condiments, drugs, beverages, chewing gums, vitamin supplements, etc
3. **CONTACTANTS:** are those allergens that produce their effect by direct contact with the skin. Examples of contactants include the well-known poison oak, poison ivy, poison sumac, cats, dogs, rabbits, cosmetics, soaps, skin creams, detergents, rubbing alcohol, gloves, hair dyes, various types of plant oils, chemicals such as gasoline, dyes, acrylic nails, nail polish, fabrics, formaldehyde, etc.
4. **INJECTANTS:** are allergens that are injected into the skin, muscles, joints and blood vessels in the form of various serums, antitoxins, vaccines and drugs; they also include substances entering the body through insect bites.
5. **INFECTANTS:** are those allergens that produce their effect by causing a sensitivity to an infectious agent, such as bacteria.
6. **PHYSICAL AGENTS:** are those allergens such as heat, cold, sunlight, dampness, drafts or mechanical irritants.
7. **GENETIC CAUSES:** most people inherit the allergic tendency from their parents or grandparents. Allergies can also skip generations and be manifested very differently in parents than in their children.
8. **MOLDS AND FUNGI:** are in a category by themselves, because of the numerous ways that they are contacted as an allergen in the everyday life. They can be ingested, inhaled, touched or even as in the case of Penicillin, injected. They come in the form of airborne spores, making up a large part of the dust we breathe or pick up in our vacuum cleaners; fluids such as our drinking water; as dark fungal growth in the corners of damp rooms; as athlete's foot; and vaginal conditions commonly called "yeast infections."

3. How do I discover and treat my allergies?

A. Conventional Western medicine has several methods for testing allergies. These include the “Intradermal test,” “Patch test,” “Scratch test,” and various blood test such as the “RAST test” and the “ELIZA test.” These can identify dozens of allergens from one test or from one blood sample.

The standard treatment is drug therapy using either antihistamines or steroids to control allergic symptoms. Unfortunately, this does not correct the underlying problem, and often the allergy sufferer experiences serious long term side effects.

The most effective treatment option until now has been complete avoidance of the offending allergen(s). This can be difficult and in some cases impossible. Now, however, there is an alternative NAET (Nambudripad’s Allergy Elimination Technique), and BKT (Biokinetic Technique).

4. Traditional allergy testing and treatments are painful and expensive. Is there a way I can get rid of my allergies permanently, once and for all?

A. Yes, usually, by testing and treating with NAET (Nambudripad’s Allergy Elimination Technique), and BKT (Biokinetic Technique). These revolutionary approaches are particularly relevant for dealing with allergies, one of the most stubborn health problems facing mankind today. They are a natural, drugless, painless, non-invasive method that can be used safely on a newborn infant, on the elderly, even on a healthy person to treat hidden allergies that could cause disease in the future. It can be used on pets, invalids, and children. NAET (Nambudripad’s Allergy Elimination Technique), and BKT (Biokinetic Technique) can usually permanently eliminate allergies to the items treated by these methods.

With these techniques, allergens are “cleared” (treated and neutralized) one at a time, in a specific order. The good news is that following the prescribed formula, allowing for the 25-hour avoidance of the treated substance, one to three sessions is all it usually takes to permanently eliminate an allergy. Highly sensitive individuals may require additional ‘combination’ clearings.

Of course we cannot give you a guarantee to cure any allergy or disease condition. These are the usual results with the average patient.

5. Does a permanent treatment for my health problems really exist?

A. Yes, usually! At last there is freedom from allergies and ailments arising from allergies for most people. Again, we cannot give you a guarantee to cure any allergy or disease condition. These are the usual results with the average patient.

In her own words, Dr. Nambudripad tells the amazing story of how she freed herself from life-long allergies (for three years she was able to eat nothing but broccoli and rice !!) and the discovery of NAET, in her book [Say Goodbye to Illness](#). It contains fascinating case histories of a variety of health disorders, as well as some of the theoretical basis for her technique. [Say Goodbye to Illness](#) is recommended reading for anyone who wants to find relief from allergies, and / or anyone with a chronic health problem.

6. I am presently seeing a chiropractor. How does my chiropractor's treatment differ from NAET and BKT?

A. Most standard Chiropractic treatments are centered around Chiropractic adjustments of the spine, avoidance of harmful activities and substances and perhaps stringent diets in combination with dietary supplements. Nothing in standard medical or chiropractic practice can offer the hope of permanent health improvement and freedom from allergies which is possible through the use of NAET and BKT.

7. How does laser acupuncture (not acupuncture with needles) relate to allergy treatment by NAET and BKT

A. Since acupuncture points fall along the body's energy pathways, or meridians, this method may be used to balance the nervous system to bring the body to a state of homeostasis or balance. This is done in the presence of a given allergen, so that an allergic reaction will not result upon future contact with that same substance. When this result is obtained, the patient is said to have been 'cleared' of his/her allergy to that substance.

8. How long does this 'clearance' last?

A. In our experience, if the clearance is still effective 25 hours after treatment, it is lasting and should be permanent for the life of the patient unless the lifestyle of the patient does something to disrupt it. After all allergens are cleared I wait three months and then have the patient back in to test all the allergens that were positive initially. There might be one or two allergens that need a booster treatment. I have re-tested patients 10-15 years later and found that only one to four allergens have reoccurred.

9. I have always been told to completely avoid foods that made me ill. Do I have to follow this same protocol after my NAET and BKT treatment?

A. When a particular allergic food is treated you will be asked to avoid it for 25 hours. Once you have been 'cleared' for a particular food, you can usually return to eating it.

10. How does the nutritional assessment help NAET and BKT?

A. Once you have been completely cleared for a particular food or environmental substance, it will no longer be necessary for you to avoid it. The reason we do nutritional assessment and balancing with a series of treatments by NAET and BKT, is to restore strength and vitality to the body, which has long been deprived of its proper share of nutrients due to the allergic sensitivity to the items in the diet. Supplements are used to make the treatments more effective and permanent.

11. NAET and BKT treatment procedures? What are they and how do

they work?

A. After diagnosis has been completed using simple, painless muscle response testing to identify the allergens involved, a systematic treatment procedure is begun in which the central nervous system is mildly stimulated in the presence of each allergen, in order to reprogram the brain with the new message. Most patients can successfully be treated by Chiropractic adjustments and laser acupuncture (not acupuncture with needles) around the spine to stimulate the nerves which convey messages to and from the brain going to the organs and other tissues all over the body.

12. Will I be completely cured of my allergies?

A. 80-90% of the patients thus far treated by NAET and BKT have experienced complete relief from their allergic symptoms to the items for which they have been treated. Most of them report that contact with previously troublesome food or environmental substances no longer cause adverse effects. No one has not been helped to some degree.

13. How long will it take before I experience this degree of success?

A. The total length of the treatment program varies greatly from one individual to another, depending upon the number of specific allergies, and the overall intensity of the allergic condition. It may take anywhere from 10 to 40 visits, depending on your condition and the number of allergens that you are allergic to, to note significant results. For best results, usually just one allergen (or one group of closely related allergens) should be identified and treated per office visit. *But remember, when a specific allergen has been 'cleared', it is usually permanent.*

14. What's going on doctor? One minute, I feel fine and the next minute I feel miserable?

A. This question is asked by more than half the patients seeking answers and relief to the misery of their mysterious health problems. They may be simply suffering from allergic reactions to what they inhale, ingest or contact in their environments every day. They may in fact be living with hidden or undiagnosed allergies.

15. Can allergies cause real illness? Serious illness?

A. They certainly can. When a virus attacks, this sets off a struggle, to rid the body of the invading virus and the symptoms. Fever, coughing, aches, fatigue, vomiting, etc. are signals that the body is trying to throw off the invading virus and its toxins. Untreated, the symptoms increase, usually with serious results.

Similarly, continuous contact with an allergen produces toxins in the body, causing similar reactions to occur. An undiagnosed or undetected allergic condition will produce conditions that are equally serious. Many times, the allergic reactions produce symptoms that mimic other conditions. Just about any health condition can be a symptoms of underlying allergies. If such conditions are not diagnosed correctly, the patient may receive a treatment procedure that could further complicate and worsen the patient's condition. Also, when a person is allergic to a specific nutrient, their body will not absorb that nutrient and they will then be susceptible to the whole host of nutritional deficiency symptoms and conditions.

There is hardly a symptom or condition that is not either caused, aggravated, or accelerated by allergies.

16. Then my symptoms are genuine? I'm not just imagining them?

A. NO !! You are not imagining them! In their mildest form, allergies may be mere nuisances. But for some people with severe allergies, accidental contact with a particular allergen may produce terrifying symptoms, almost as though the person had swallowed poison.

In either case, diagnosis is not simple, but usually the milder the complaint, the harder it is for the patient to get effective treatment.

For example, how do you get proper diagnosis and treatment for "feeling out of sorts?" ...for a slight loss of memory or occasional mental confusion? ... for a slight but persistent sore throat, cough, or backache? ... for a tingling feeling in the hands and arms that cannot be diagnosed by a neurologist? Some of these unfortunate people have seen so many physicians, so many times, that they eventually are labeled incorrectly as hypochondriacs, when, in fact, they are people with genuine health problems hidden allergies.

17. Will my medical insurance pay for the treatments?

A. Check with your insurance company to find out if you are covered. An insurance policy that covers Chiropractic treatments and/or acupuncture may reimburse you for the appropriate amount for Chiropractic care and/or acupuncture according to the policy's provisions. However, the services of our office are on a pay-as-you-go basis. We do accept cash, checks, Visa, MasterCard, Discover, and American Express. Payment plans are available. Your HSA or flex account usually pays also.

**To restore quality back to your life, Call Dr. Wilson now at (612)
866-7575**

**Dr. Wilson's
Patients Speak
On How They
Eliminated Their
Allergies**

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Dear Dr. Wilson,

I want to extend my appreciation to you for the help our family and friends have received from you. You have a gift. Before I received help from you, I received 14 years of allergy shots at a clinic in Minnetonka, Minnesota. I received 10 years of antigen drop treatment from an allergy clinic in LaCrosse, Wisconsin. I was diagnosed with seasonal asthma by a hospital in Rochester, Minnesota. I also endured several tests by an infectious disease ward at a hospital in St. Louis Park MN.

When I was one year old, my parents discovered that I was severely allergic to pollens, cats as well as other things. When I was eight years old, my spring allergies caused a sinus and ear infection that caused me to permanently lose my hearing in my left ear. During this time, I was treated four times by a large hospital in Robbinsdale, Minnesota. If I had received a steroid treatment at this time, I would have regained my hearing.

For 39 years, I dreaded spring, fall and cats. I also endured food and chemical sensitivities. I considered buying a condo that was located 10,000 feet above sea level where I would reside in the spring and fall. Every spring, I spent 4-5 weeks inside my home. If I went outside for a period of 10 minutes, I was sick. This was a depressing time for me. In the spring of 2011, I started researching alternative treatment. In the process, I discovered you.

After my first treatment with you, I received more help for my allergies than I did with all of the above mentioned treatments. After I was treated for minerals, nutrients and proteins, I started to lose weight. I lost 30 pounds in 45 days. Today, I have lost 39 pounds and am at a healthy weight. I feel better today than I have ever felt in my life. Many odd symptoms that I used to have are now nonexistent.

Our family and friends have noticed the many positive changes in me and 14 of them have sought treatment with you as well.

If there is a way to share my experience with others, I would be happy to do so. Thank you so much for your help!

Sincerely,

Duane Stobbe

612-889-3800

"Dr. Jay Wilson,

Thank you very much for bringing our son back!

I was very much concerned about Duane, he had so many years of poor health. We are so thankful for what you have done for our family, there is not enough words, to express all the help you have given our family.

Love,

Erwin & Marian Stobbe"

(Parents of Duane in the previous letter)

I suffered from psoriasis, psoriatic arthritis, fatigue, adrenal fatigue, 50+ allergies, and more. While we ate better than the Standard American Diet (S.A.D.), I nonetheless did not eat as healthy as I could have. I was on a path of disability and heart disease and that motivated me to seek help.

Beginning with a detox/cleansing diet we immediately cut my positive allergens total in half. Then Dr. Wilson treated each allergy and I cleared those. The changes in diet plus the allergy treatments led to a near elimination of the arthritis and a dramatic reduction in psoriasis, and an increased feeling of energy and wellness.

Josh Kruger
Stewartville, MN

Twelve years ago after I was exposed to a strong chemical cleaner, I was left with a bad cough, coughing fits 4-5 times per hour—meaning about 60 coughing fits per day. After working with Dr. Wilson I cough maybe 5 times per day at most and we're working to eliminate those.

Barbara Schmidt

My 7-8 year old daughter had stomach issues and been diagnosed with GERD by her pediatrician. Additionally, she had seasonal allergies where we would give her Claritin two times daily to make her comfortable. After going to Dr. Wilson and him treating her for allergy elimination her symptoms are

almost non-existent (she is still being treated). She would miss school because her acid reflux and her stomach issues made her so sick and she would vomit.

She no longer needs any seasonal medications (i.e. Claritin). She hasn't missed school or camp. Additionally, we took her to get skin tests and blood work done from an allergist. Her percentage of the allergen indicator in her body went from 14% to 1% after Dr. Wilson's treatment. She is more rested and feels better. We know Dr. Wilson's treatments are working and we look forward to zero symptoms and a healthy girl. We are happy and grateful.

My son had acid reflux for years. At age 8-9 he went to see Dr. Wilson. My son now has zero issues after his allergy elimination treatment.

Christine Ruzek

for her daughter Kahlen and son Drew

My daughter (age 11) suffered from severe stomachaches, to the point that she could not eat. She has suffered from reflux disease since she was three months old. All her doctors would do is give her Prevacid, a medication for reflux. I tried everything with no results.

Ever since she was treated by Dr. Wilson (almost after the 5th or 6th visit) she has not had any stomach pain. She eats everything and has not complained even once.

I am so grateful to have found Dr. Wilson as I had exhausted all other options with no results. Now this is no longer an issue for us.

SP for her daughter JA

"Before finding Dr. Wilson it was heart-wrenching, frustrating, feeling like we had nowhere to go, no one willing to help us . . . I feel like my son has been suffering since birth, with severe eczema over his entire body as an infant, a persistent cough, chronic ear infections, with bouts of asthmas, pneumonia, and influenza. My son was miserable. I finally convinced his pediatrician to test him for allergies at 9 months old after numerous doctor visits and no improvement. From the blood test, we found out he was allergic to milk, wheat, soy, egg, peanut, cats and dogs. We were advised to eliminate these things, including our family pet. His skin condition finally improved with his new restricted diet. Regular visits to a chiropractor greatly reduced the occurrences of ear infections. However, we suddenly had the overwhelming task of managing EVERYTHING that went into his mouth to avoid a possibly life-threatening reaction, including having to trust his caregivers with his food allergies. We even had to limit visits to family and friends who had dogs or cats in their home because of his respiratory response to them. When he was retested at age 3, his allergy levels had increased, despite following doctor's orders. Yes, it was an inconvenience to deal with his restricted diet, but we were able to manage it. Then, at around 3 years old, his behavior drastically changed—and it wasn't just typical "toddler tantrums." He was out of control, aggressive, and full of rage that could not be calmed. This we weren't able to manage. He would have "episodes" several times a day and he was getting poor reports from preschool. He wasn't socializing with his friends anymore. It was a daily struggle that broke my heart because I knew what a sweet boy he was, that something was causing this behavior. Then at 3 ½ years old, he broke out in full-body hives for 48 hours—something that had never happened before and we did not know what caused them. We were told to "just give him Benadryl every four hours." It felt like nobody wanted to find out what was causing all of this. We were emotionally exhausted.

Then, we found Dr. Jay. From the first phone call to set up a consultation, I knew and trusted that Dr. Wilson genuinely cared about my son and wanted to help. Now, my son is "himself" again. Within a few short weeks after beginning his allergy elimination treatments, the "episodes" went away and haven't returned. I distinctly remember crying one day as I realized that I had my little boy back. His teachers at preschool also noticed the difference in his attitude and behavior. I had no idea that allergies could affect behavior. During the initial allergy testing, we also discovered many more food and environmental allergies that we never knew he had—and concluded that a high allergy to corn was probably the culprit of the full-body hives. We also noticed that his appetite increased. He is experiencing and enjoying new foods. We feel a new sense of freedom, able to go out to eat on a whim, take a last-minute weekend trip—all without worrying about what to pack to eat, making sure we had Benadryl and epinephrine, etc. And most importantly, we don't feel that sense that his health/life may be threatened if he eats something. The allergy elimination treatments have made a world of difference for us. All of this without medications or painful treatments."

DF, on behalf of my son AF - Buffalo

"Our 9-year-old son was being tested for ADHD and the doctor mentioned that sometimes allergies are a key factor in a child's ability to focus. We knew our son had allergies; in fact, his environmental ones were so bad that he was on a nebulizer and inhaler most of the spring and fall. We asked our pediatrician to do an allergy test to see if that may be a cause - they would only do the test for suspected allergens. We brought him into Dr. Wilson's office and had the initial screening - 48 allergies and many of them fairly severe. To be honest, we were skeptics that the treatments would work - it is hard to understand why they work - but we knew several others that had been significantly helped by the process. Today our son takes no allergy medication and his ability to focus has improved tremendously. He used to rock slightly

back and forth when he sat and he no longer does this. Others have commented on how mature he has become over the last year but I think it's largely due to the allergy treatments. We are so grateful to Dr. Wilson for giving him this gift and have recommended Dr. Wilson to several of our friends."

Nate and Erica Messmer

"Dear Dr. Wilson,

Thank you for treating my allergies. I feel less stuffy and pay attention more. See you in a couple of months."

From: Ethan Messmer

age 9

After 3 months of "living without", a friend recommended we see Dr. Wilson as he had treated a friend of hers for some food allergies. Never would I have guessed the journey we would have started that day. My son was diagnosed with a peanut, pea, soy and egg allergies at his one year check up with his pediatrician. We were told the only way to live was to eliminate these foods from his diet and hope he grows out of it. His allergies were so severe we were given a prescription for four Epi-pens. In January we had our initial consultation with Dr. Wilson which revealed Jackson didn't have 4 allergies, he had 27. I looked at my husband in awe. Neither one of us have had any sort of family history of allergies – that we knew of. It took us 9 weeks to get thru the treatments with Dr. Wilson. Through these weeks, we not only were able to "fix" my son of his allergies, we were educated on our life choices around food in general.

Since we initially saw Dr. Wilson for Jackson's allergies, my husband and I have completed the treatments as well. I've recommended Dr. Wilson to my co-workers, my family and many of my friends. All of which have completed the treatments as well. I'm a firm believer in his practice. For me I initially viewed it similar to my faith. You can't always see exactly what is going on, but you can believe. Then one Saturday after Jackson was treated for eggs and cleared, we fed him some scrambled eggs. He was fine! And he enjoyed the whole bowl.

There's something about watching your child eat something that we were told would cause him to go into shock and now he is just fine that makes you know it works. The other confirmation for us was 9 months later at Jackson's 2 year appointment with our pediatrician when they tested his blood again for the allergies. Gone or greatly reduced. Our pediatrician was amazed. His egg allergy was completely gone and all his others were so low she said "a normal person could live their whole life with this level of allergies and not know they were allergic". Dr. Wilson doesn't just fix the problem that you think you have when you walk in the door – he cares about you and your whole life. He is willing to help you get to the root cause and then walk with you on the journey to health.

Emily Paul

I have suffered with headaches since grade school. They have varied from low-grade to splitting headaches depending on the day. Doctors attempted to pinpoint the problem: adjusting blood sugars, prescribing me eye glasses, blaming seasonal allergies and sinus problems, but nothing resolved the headaches. I thought it was just a way of life. In college I found an allergy medication that diminished the problem. I quickly became dependent on medication, switching pills when the affects began to weaken, just to find another pill. I have blamed my sinuses for most of my life, rotating from seasonal allergies to household mold and dust. However, in recent years I began to find some more correlations between what I ate and how I felt. Also, I have suffered with a major allergic reaction to cats. Besides the typical runny nose and itchy eyes I also had an asthma related respiratory reaction which sent me to the emergency room. A friend of mine recommended Dr. Wilson and his allergy elimination treatments. Her son had great results and I respected her opinion. I remember filling out the questionnaire at my first appointment regarding my own health and I realized how skewed my "normal" had become. After reading the list of allergies I tested positive for there was no way to avoid the environmental allergens and I had such a wide variety of food allergies it would have been impossible for me to eliminate them from my diet and still actually eat food. Thankfully, my appointments

didn't stop at simply identifying the problem. Dr. Wilson gave me hope and started sharing with me the vision of a "new normal." After only my first week I felt a major difference as my body was learning how to process food in a whole new/correct way. I have completed my treatments and I'm amazed. Headaches were my major symptom, but now I wake up with energy. I realized my shoulders were always achy and that has been relieved. The (literal) hollow feeling in my stomach has been filled. I'm a mom of two and the playground is actually fun for me. I have always had a joyous and fulfilled life, but now at age 30, I'm able to experience it at a whole new level. Thank you Dr. Wilson. My 4-year-old daughter is now being treated after her first complaint of a "hurting forehead." I'm so thankful for his work in her life as well.

Honja Kocemba

"Before our treatment with you spring time meant going to the doctor for allergy medication. I thought that's just how life was. I knew to stay away from fruits, nuts, and especially cats. Fruit and nuts made my throat swell shut and cats gave me an instant asthma attack. After being treated these problems no longer exist. We have seen a tremendous change in our eldest son. He no longer takes his four prescriptions and has not been to the emergency room since we started our treatment. His attitude has made a 100% turnaround. He is no longer irritable and he can now be an active boy again.

Spring is now my favorite season. Being outside watching my boys running, laughing, and enjoying life means everything to me. It's amazing how you feel when you have no allergies. Thank you for all you have done for me and my family. I am very grateful."

Brad Schmeriman—Elk River

Dear Dr. Wilson,

I am so thankful for you, and how God has used you to heal and strengthen my body. It has forever changed my life.

For years I had been extremely ill with so many symptoms that no matter how many doctors I went to, or medicines they had me try... there were no answers. It had reached a point where I was couch/ bed-ridden the majority of the time. This was devastating as I was only 30 years old and had 3 small children. I couldn't be the kind of mom or wife I desired to be. Almost every night I would go to bed with a bucket next to my pillow, as I was so nauseous and in so much pain. I would cry myself to sleep praying that God would spare my life in the night, as I thought I may not wake up in the morning. My body was literally shutting down, and I was pretty sure I would not be around to watch my children grow up.

In the spring of 2011 I was at the Mayo clinic for 2 weeks undergoing countless tests. After leaving the Mayo, I received numerous prescriptions for medications they said I needed to take. They ranged from strong vitamins to heart meds, anti- seizure meds, inhalers, blood thinners, oral steroids, etc. I was diagnosed with a page full of serious health conditions such as: Addisons disease, endometriosis, cardiomyopathy- with beginning stages of heart failure, severe fibromyalgia, asthma, extensive allergies, early onset osteoarthritis, Chiari malformation type 1, significant hypotension, migraines, blood disorders, nerve disorder, and more that I cannot even remember. I left discouraged, as I felt there was no hope for healing of all of this and that the amount of medications and their side effects were sure to pose more problems as well.

I decided to pray, and wait before starting any medications. I gradually started to see that I was being led to try natural methods of healing my body first, and being led back to you, Dr. Wilson. (I say 'back' because I had met you a few years prior when my son was born and you treated and helped him.)

Since starting treatment with you, my life has completely changed! My body is healing and is so much stronger. I no longer am bed-ridden, I don't even nap during the day! I no longer sleep with a puke bucket next to my pillow, or cry myself to sleep in worry that I won't survive the night. I am able to play with my children, run around with them and even wrestle, as it no longer hurts to have them hug me. I have been able

to cancel my second surgery for endometriosis, and no longer suffer from the daily intense pain caused from this. I am no longer on my daily steroid inhaler for asthma and have not needed my emergency inhaler. My diet has amazingly increased as food allergens have been eliminated, and I am no longer in constant fear of anaphylaxis while eating. My headaches have decreased, along with joint pain, muscle pain, numbness and tingling. My blood pressure has increased to a healthier level, and I am no longer blacking out.

I apologize because I know there is so much more, but I cannot even put it all down on paper. I praise God and thank you from the bottom of my heart for caring for my family and me. Thank you for giving us a new and better future.

With love and affection,

Amber Quiring and family.

"I suffered with seasonal allergies; certain foods were difficult to digest (especially dairy products); and raw apples caused a pain in my esophagus that was so intense I had it stretched two times. After treatment with Dr. Wilson I am now allergy-free. Fall and spring are truly my favorite seasons. Each day I am able to eat a raw apple with no adverse effects."

KN - New Brighton

"I was miserable. My seasonal allergies were awful and I was very nervous because my wedding was coming up during a time when I normally felt horrible. I also was allergic to cats and my roommates had two cats which I was around on a daily basis. I was constantly blowing my nose and wiping my eyes. It was a horrible feeling.

"Now my allergies are gone. I am not sick at anytime during the year and my wedding was wonderful. I feel great. I am able to be around cats for any amount of time and feel wonderful. I no longer need to carry Kleenex or allergy medicine with me wherever I go. The difference I feel is amazing."

JN - Edina

"I had chronic fall allergies, weeks every fall with itchy, runny eyes, itchy throat, and sneezing.

After treatment with Dr. Wilson my allergies have not returned for two fall seasons in a row."

NB - Minneapolis

"Before care with Dr. Wilson, I was wheezing and could not breathe. The sinuses were plugged. Not much energy. Sleeping at night was interrupted about 4-5 times. I had constant coughing, drainage in my throat. Spirometer (breathing tester) was only going to 325. Now I'm hitting 400-420. I was taking meds and using inhalers that didn't help and the medical doctor wanted me to double those!

"Now, after Dr. Wilson's treatments I breathe better, no more wheezing, sinuses are clear, no drainage in the throat. I am sleeping at night. I have very little coughing and more energy. I quit the inhalers and meds."

BH - Stillwater

"One morning, at the age of 16, I woke up to find that my eyes and mouth were swollen. One eye was so bad that it was actually swollen closed. This was the beginning of my battle with chronic hives (urticaria). I was prescribed prescription-strength Benadryl and was directed to take as needed. Of course Benadryl makes you drowsy and so I practically slept through the next four years of my life. Despite the doctors' prediction that my hives would go away on their own, they didn't.

"Over the next 15 years I continued to take prescription antihistamines on a daily basis to control my hives. Thankfully, prescription antihistamines had evolved so that I no longer got drowsy and slept through the day. I did, however, become an "antihistamine junkie" that became quite nervous if I found myself to be separated from my antihistamines at any time. I considered it necessary to have them with me because if I missed a dose, my hives would return with a vengeance. After 19 years of taking antihistamines to control my hives and countless allergy tests (that showed that I had no allergies in the traditional sense), I was all set to explore alternative solutions.

"Testing with Dr. Wilson revealed that I was reacting to a number of environmental substances plus three of my favorite food items (chocolate, coffee & caffeine - the three "C's). After treatment with Dr. Wilson, I am able to live life normally without antihistamines. Somewhere I have a full prescription of antihistamines but I don't know

where they are right now. In fact, I don't even care where they are."

DJ - Minneapolis

"Before Dr. Wilson's care I was miserable. My sinuses were always plugged, I couldn't smell and I was using Afrin heavily. I was so tired I would come home from work, eat dinner and shortly after go to bed, sleep all night and still feel tired the next day. Though I'm normally a very upbeat person I was starting to feel depressed most of the time over my constant feeling of illness and wondered if this was the way life would be for me now. I also had a lot of right side body pain.

"After only four months, my sinuses have improved greatly. I no longer need Afrin to help clear them. They have cleared about 50% and I have started to be able to smell things again. I never thought breathing through my nose would happen without sinus surgery but I can breathe through my nose almost all the time now. I have gained a lot of energy and am not going to bed right after dinner anymore. My mood has improved even more and feelings of depression have gone away. The right side body pain has also disappeared. I am so grateful I made the choice to be treated by Dr. Wilson!"

SH - Minnetonka

"Symptoms: Headaches on the right side of the head, starting around the eye extending all the way to the back of the neck, usually lasting 1 to 2 days, with sensitivity to light and an upset stomach also present.

"Previous attempted remedies: This condition was first diagnosed as a vision change due to the aging process that required reading glasses as a solution. That was done and there was no improvement.

"A number of years later an Otolaryngologist was contacted regarding the headaches and performed sinus surgery to correct a deviated septum and "clean out", scrape all the infection out that was present in the sinus system. That was done and allergy shots were also prescribed after correctly diagnosing a mold allergy to be the culprit. Unfortunately all the shots did was to exacerbate the condition until it began happening with such frequency that it became unbearable.

"Biokinetic treatment with Dr. Wilson: After a year of shots with continuing headaches went by, an alternative medicine approach pursued as a last hope.

Traditional medicine had done nothing to correct the situation at a cost of many thousands of dollars and lost work and family time.

"This new course of treatments began by correctly diagnosing food and environment related allergic conditions present that had not previously been known.

"After the very first treatment, which was for mold, a noticeable low level of constant anxiety and agitation in the body disappeared. With continued treatment, food and drink related allergic reactions disappeared and my quality of life quickly improved.

"The headaches became infrequent as the causes were narrowed down assisted by me as I actually brought samples in of things that appeared to have brought on recent headaches. Treatment is continuing and the prospect for complete elimination of these very debilitating symptoms seems within reach. No thanks to the medical community are due on this one."

SF - St. Louis Park

Before coming to see Dr. Wilson I was basically debilitated. I was allergic to so many things that a normal life wasn't an option. I didn't sleep more than a few hours a night. I constantly had dark red itchy eyes, dry mouth, skin rashes, a severely crippling fatigue, and daily headaches. I was on as many as 12 pills or supplements a day, couldn't do anything stressful, and had to live a very vanilla life. It was terrible. I had been to 12-15 doctors and spent greater than \$20,000. in doctor bills with no answers or clues to what was wrong.

Now after treating with Dr. Wilson I feel much better—No headaches—No fatigue—limited red eyes and most of my allergies are gone. I feel like a new man.

D.B. Minneapolis

I was diagnosed with fibromyalgia and had pains that nearly crippled me. I gave up on my love of sailing because my body hurt so much. Sleep was difficult. I gained 10 pounds in about 3 months. My will was updated because I was sure that I was dying soon. After working with Dr. Wilson and working to purge my body of crappy habits and foods, I am able to work and sail again. The pains that caused me to curl up and cry are gone and life is worth living again. Dr. Wilson is a wonderful man who loves what he does and truly cares for his patients. He has truly saved my life.

Barb Emahiser

Before seeing Dr. Wilson I was very allergic, reacting to pretty much everything, spring and fall were the worst (pollen, duct, etc.). I had bad headaches and body aches. I was depressed, had mental sluggishness, and was nervous and emotional; I could not fall asleep or stay asleep. After treatment with Dr. Wilson I am not reacting to everything in springtime. I am not depressed, I think clearer, am more relaxed and sleep better.

Tyler Strobel

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