

March 2025

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**Disclaimer:** All information in this newsletter is for educational and entertainment purposes. It is not meant to diagnose, treat, or cure.  
Please discuss your health concerns with a qualified health professional of your choice, including holistic practitioners whenever possible. Contact Nan for a list of possible alternative practitioners.



### ➤ **Could Sensitivity Elimination Technique Help You Overcome Food/Pollen Sensitivities?**

By Dana Christisen, Naturopath; Grace Wellness Studio (see ad p. 4)

Did you know that one of the fastest-growing type of immune reactions today is food sensitivities? In the United States, approximately 32 million people are affected by food sensitivities, with 26 million adults and 5.6 million children experiencing reactions to certain foods. But what if there was a way to "turn off" those responses?

Enter the **Sensitivity Elimination Technique**—a method that helps communicate directly with your brain to stop it from viewing specific substances as threats. By doing so, the technique prevents your immune system from overreacting. Essentially, this method trains your brain to recognize that certain foods and environmental factors (like tree pollen, weeds, grasses, or pet dander) are not harmful, which can help eliminate the unwanted immune responses.

This technique works for a wide range of sensitivities, including **gluten, grains, nightshades, seafood, peanuts, and eggs**. And the best part? The sessions are quick, painless, and require no supplements. The results are permanent, meaning your body can begin to tolerate foods it once reacted to.

#### **How Does It Work?**

Think about sensitivities you may have to environmental factors, such as pollen or dust. The Sensitivity Elimination Technique is based on the idea that your brain can be retrained to stop seeing those substances as a threat. When this technique is applied to foods, the same principle applies. In just a few sessions, your brain can learn to be less reactive to substances like gluten or nightshades, making it possible for you to enjoy these foods without the adverse effects most of the time.

#### **The Benefits for Your Immune System**

One of the most significant benefits of this technique is that it helps free up your immune system. When your immune system is no longer wasting energy responding to substances that aren't truly harmful, it has more resources available to deal with real threats. For example, you want your immune system to focus on combating viruses you might catch—not on reacting to a harmless banana you eat.

By reducing unnecessary immune responses, your body can more efficiently manage its defenses, allowing you to feel better overall and enjoy more foods without fear of a reaction.

➤ **Estrogen Dominance**, Dr. Mark Schopp, DC (see ad on p. 4)

Estrogen dominance is certainly a problem. I find it mostly in women but also in men and children. Most of the children I find have increased hormones due to their parents being on hormones. Transference happens when someone who is on hormones touches someone else and the hormone transfers through the skin. This is one of the problems with hormone replacement therapy.

This can happen when a woman has excessive, normal or deficient estrogen but has very little progesterone compared to the estrogen level. So women with even low estrogen can be estrogen dominant if their progesterone is low enough. Also, that irritating triceps fat that hangs down or lower abdominal or hip fat can be Estrogen dominance where it is stored in the fat cells. This is why the comprehensive DUTCH test is so valuable because we can determine where a patient's hormones are. We can also see if too much Estrogen is going down the toxic pathway which could increase the chance of Estrogen sensitive problems. That would have the possibility of damaging DNA and increasing the chance of breast, endometrial and prostate cancer. With nutrition we can usually change those ratios and decrease that chance. We can also see if they are metabolizing their Estrogen which requires certain nutrients.

Excess estrogen can be received from many sources. Xenoestrogens imitate estrogen in the body. They are non-biodegradable and fat soluble. Major sources include plastic bottles, detergents, petroleum products, make up, skin care, pesticides, spermicides, condoms and vaginal gels. Styrofoam cups are also a big problem especially with hot coffee. Never heat your food in plastic as this can cause a problem. Any of these can contribute to estrogen dominance. And what else believe it or not. The credit card receipt that you receive when you purchase something is loaded with endocrine disruptors.

Here is a list of problems that can occur with Estrogen dominance:

- |   |  |
|---|--|
| ⌚ Acceleration of the aging process   | ⌚ Copper excess  |
| ⌚ Allergies, including asthma, hives, rashes, sinus congestion                  | ⌚ Decreased sex drive                                      |
| ⌚ Autoimmune disorders such as lupus erythematosus, thyroiditis, and Sjogren's; | ⌚ Depression with anxiety or agitation                     |
| ⌚ Breast cancer   | ⌚ Dry eyes   |
| ⌚ Breast tenderness   | ⌚ Early onset of menstruation                              |
| ⌚ Cervical dysplasia  | ⌚ Endometrial (uterine) cancer                             |
| ⌚ Cold hands and feet as a symptom of thyroid dysfunction                       | ⌚ Fat gain, especially around the abdomen, hips and thighs |
| ⌚ Foggy thinking  | ⌚ Fatigue  |
| ⌚ Gallbladder disease   | ⌚ Fibrocystic breasts                                      |
| ⌚ Hair Loss   | ⌚ Uterine fibroids   |
| ⌚ Headaches   | ⌚ Water retention & bloating                               |
| ⌚ Hypoglycemia  | ⌚ Zinc deficiency  |
| ⌚ Increased blood clotting (increasing risk of strokes)                         | ⌚ Blood Clots  |
| ⌚ Infertility   | ⌚ Elevated Blood Pressure                                  |
| ⌚ Irregular menstrual periods   | ⌚ Fibroid Breasts  |
| ⌚ Irritability  | ⌚ Infertility  |
| ⌚ Insomnia  | ⌚ Irregular Menstrual Flow                                 |
| ⌚ Magnesium deficiency  | ⌚ Uterine Fibroids   |
| ⌚ Memory loss   | ⌚ Breast Tenderness  |
| ⌚ Mood swings   | ⌚ Mood Swings  |
| ⌚ Osteoporosis  | ⌚ Uterine Cancer   |
| ⌚ Polycystic ovaries  | ⌚ Hair Loss  |
| ⌚ Premenopausal bone loss   | ⌚ Depression   |
| ⌚ PMS   | ⌚ Weight Gain  |
| ⌚ Sluggish metabolism   | ⌚ Migraine Headaches                                       |
| ⌚ Thyroid dysfunction mimicking hypothyroidism                                  | ⌚ Spotting   |
| ⌚ Uterine cancer  | ⌚ Breast Cancer Risk                                       |
|   | ⌚ Insomnia   |
|   | ⌚ Inflammation   |

- ⌚ Abnormal Pap Smears
- ⌚ Fluid Retention
- ⌚ Cramping
- ⌚ Vaginal Dryness

- ⌚ Thyroid Imbalances
- ⌚ Decrease in Memory
- ⌚ Low or No Sex Drive

It is essential to reduce your exposure to the Xenoestrogens. Supplementation can help greatly but is different for each patient. The Liver pathways which deal with estrogen are sulfation and methylation. Certain supplements can be very helpful in clearing those pathways. Adrenal support is also essential in these patients. Also using proper supplementation to clear excess hormones is needed.

The worst thing to do is just go get on hormones. Though it may give some relief of symptoms it will down-regulate the HP axis in the brain and lead possibly to further problems including transference as described above. Women who have husbands on testosterone will by touch get some testosterone which can be converted to more estrogen.

Is bioidentical hormones are to be used they should never be given until seeing a DUTCH test and making sure there is not too much Estrogen going down the toxic pathway. If there is too much then addressing that and getting that level down needs to be addressed first with proper supplementation and eating cruciferous vegetables. However, by utilizing a DUTCH test most of the time a practitioner can balance the hormonal levels without the use of Bioidentical hormones.

➤ **Join Me for Group Sound At The Common Ground:** Saturday, March 22nd at 5 PM  
The Common Grounds, 107 North Mill St, Festus Missouri 63028  
Kandice Steitz, Owner and Founder of Vibrational Patterns

Immerse yourself in a peaceful experience during our Sound Session, where the healing power of sound will gently guide you into a state of deep relaxation and restoration. Think of it as a sonic massage – a way to gently soothe your body and mind through the power of vibration.

**Stress Relief Made Easy:** No experience is necessary! Simply lie down, close your eyes, and allow the sounds to wash over you. The vibrations naturally promote a state of deep relaxation, helping to melt away stress and tension.

**A Natural Way to Rebalance:** Sound healing is a gentle and non-invasive way to support your overall well-being. The vibrations can help to clear energy blockages, promote emotional balance, and leave you feeling refreshed and revitalized.

**Your Time to Unwind:** In today's fast-paced world, It's essential to prioritize self-care. This session offers a dedicated space to disconnect from the outside world and reconnect with your inner peace. In this session, I will be utilizing an array of instruments, including gongs, drums, singing bowls, mantras, a shruti box, chimes, and more. Each sound will resonate through your body, helping to release tension and invite a profound sense of calm.

You'll be comfortably lying on the floor, so please bring your yoga mat(s), blankets, eye pillow, and anything else that will help you relax and settle in for an hour and a half of blissful sound exploration.

Spaces are limited, so be sure to reserve your spot today at [www.vibrationalpatterns.com](http://www.vibrationalpatterns.com). I can't wait to share this soothing experience with you!

Looking for a more personalized, one-on-one experience? I offer private sound sessions at South River Yoga off Meramec Bottom Road. These sessions allow for an even deeper and more impactful sound experience tailored specifically to your individual needs. Visit my website for more details and booking information.

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Sound Practitioner

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*for more information and booking visit:*

*[www.vibrationalpatterns.com](http://www.vibrationalpatterns.com)*

***Be Educated to Preserve Our Constitutional Rights!***

***Check out These Resources:***

✓ [EagleForum.org](http://EagleForum.org)

✓ [JBS.org](http://JBS.org)

✓ [TheNewAmerican.com](http://TheNewAmerican.com)

Educate yourself and your children today!



**Dana Christisen, Naturopath**

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