

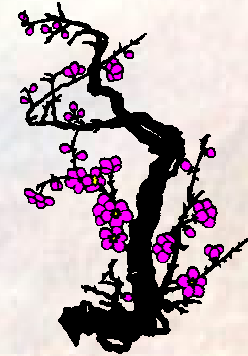


## Hypnosis in the media

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*Consumer Reports*, 1/05  
The healing power of hypnosis,  
*Prevention*, 3/06  
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*PBS*, 3/29/06  
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What Works,  
*NBC Nightly News*, 11/27/06  
The Mind Prepared: Hypnosis in Surgery,  
*Journal of the National Cancer  
Institute*, Vol. 99, Issue 17 |  
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*Edward C. Robb, CCHt.*  
*Certified Clinical  
Hypnotherapist*

*Psychotherapy through  
Hypnosis*



Ed Robb, CCHt, is certified by the International Medical and Dental Hypnotherapy Association, the National Guild of Hypnotists, and the International Association of Counselors and Therapists. He received his training as a Counseling Clinical Hypnotherapist at the Colorado School of Counseling Hypnotherapy, Longmont, CO ([www.coloradohypnotherapy.com](http://www.coloradohypnotherapy.com)).

Ed also has specialty certifications in Hypnotic Pain Management and Cellular Release Therapy™, and has received an advanced certificate in Emotional Freedom Techniques (EFT).



**Eliminate your Allergies**

**Enjoy better health!**

**314 S. Clarkson  
Denver, CO 80209  
(303)733-9962**

**[ed@edwardcrobb.com](mailto:ed@edwardcrobb.com)  
[www.edwardcrobb.com](http://www.edwardcrobb.com)**

## What is an allergy?

An allergy is a specific reaction of the body's immune system to a normally harmless substance, one that does not bother most people. People who have allergies often are sensitive to more than one substance. Types of allergens that cause allergic reactions include

- Pollens
- House dust mites
- Mold spores
- Food
- Latex rubber
- Insect venom
- Medicines

## What is an allergic reaction?

Normally, the immune system functions as the body's defense against invading germs such as bacteria and viruses. In most allergic reactions, however, the immune system is responding to a false alarm. When an allergic person first comes into contact with an allergen, the immune system treats the allergen as an invader and gets ready to attack.

*Don't let yesterday use up  
too much of today.  
...Cherokee saying*

## How can hypnotherapy help me?

An allergy is the erroneous reaction to a harmless substance by the body's immune system. The body learned an inappropriate way to deal with the particular substance which then results in an allergic reaction.

The immune system is run by the subconscious, just as breathing and heartbeat are. Habitual behaviors, such as smoking, are also stored in the subconscious. These behaviors can be changed through hypnosis. Just as a smoker can change their behavior to that of a non-smoker so can the body's allergic reaction to a harmless substance be changed to have the correct response.

Using hypnosis, I work with you to eliminate your allergic reactions to harmless substances. We target one allergy in a single 90-minute to 2-hour session.

## How will I know if the allergy is gone?

The best way to know if you have an allergy, and that it has been eliminated, is with a skin or blood test from your allergist. Following our work together, another skin or blood test after 10 days can confirm the elimination of the allergy.

## Is it a cold or an allergy?

Sneezing is not always the symptom of a cold. Sometimes, it is an allergic reaction to something in the air. Health experts estimate that 35 million Americans suffer from upper respiratory tract symptoms that are allergic reactions to airborne allergens. Pollen allergy, commonly called hay fever, is one of the most common chronic diseases in the United States.

Worldwide, airborne allergens cause the most problems for people with allergies. The respiratory symptoms of asthma, which affect approximately 11 million Americans, are often provoked by airborne allergens.

Overall, allergic diseases are among the major causes of illness and disability in the United States, affecting as many as 40 to 50 million Americans.

