

# A DOG TALE

Dear Dr. Perry,

I've always been a dog lover, though dogs haven't always loved me. My husband, daughter and I had one dog – a sheltie/keeshond mix. But, because we both worked at the time, and my daughter was at school all day, we were concerned that Sparky was lonely. So, we got another dog – a golden retriever named Sandy.

Shortly after Sandy came into our lives, problems started. It was as if I lived at the doctor's office because I was always ill. One sinus infection after another, it was as if I could never breathe. My doctor suggested I undergo allergy testing. When I did, we discovered that I was allergic (at that time) to only two things: animal dander and animal epithelial (tissue?), particularly dog and cat. The allergist strongly suggested that we part with one of our dogs to ease my problems. It was her impression that the addition of a second dog to our family is what threw me "over the top", so to speak, in my body's ability to withstand reacting to animals. With much regret, we gave Sandy to my sister, who had recently lost her own dog to cancer.

Then I began seeing Dr. Wolk-Weiss for problems in my neck and shoulders. While waiting for my adjustments, I began seeing people in the office holding jars with small vials in them. I inquired as to their purpose. This was how I first heard about NAET, an allergy elimination technique. Knowing that I had a problem with animals, and was recently told about a milk allergy, I decided to try NAET.

Dr. Wolk-Weiss took me through the basic allergens necessary to prepare me before moving on to more specific allergens. It took a number of visits before overcoming my reactions to animal dander and epithelial. I'd be fine around one dog, but react around two or more. Finally, we made it!

Last Saturday, my husband and I went to Petco to get guinea pig food (our alternative to dogs, for my daughter's sake.) An animal rescue organization was there offering pets for adoption. There were a large number of dogs, cats and puppies present. My husband and I fell in love with Oscar, one of the puppies up for adoption. Standing amidst all these animals, I held Oscar while we discussed the adoption process with a representative from the organization. Every now and again, I'd put my nose up close and sniff Oscar. My husband asked what I was doing. So used to reacting immediately to animals with teary eyes, runny nose and closed nasal passages, I was impressed at my ability to breathe clearly with no symptoms from the past. We both wondered if I might react later in the day, but no reactions came!

Not only did NAET restore my ability to be around animals, it removed my digestive system's reactions to milk/lactose items. I can now enjoy foods, cheese (pizza!), and other things I had been staying away from for years because of the discomfort they caused when I had them.

I started NAET with a great deal of skepticism, but Dr. Wolk-Weiss made a believer out of me!

K. Rzewnicki