

Hayfever Remedy



Hayfever happens because you fire off an immune response that is inappropriate given the nature of the threat i.e. it interprets pollen as a threatening virus. This download retunes your mind to think of all the other things it lets pass through your system that are harmless and apply that same response to pollen.

Listen a couple of times the first day you get it and then daily for as long as you have any symptoms. I would expect you to see an immediate change in your symptoms, even to a small degree. Within 2 days most symptoms should be either gone or significantly reduced.

It is most likely that eventually you won't need to listen anymore, but if you're symptoms ever return, just have a listen until they go again

Please note the Hayfever download asks your immune system to react less to the pollen coming into your system and to treat it like it treats all the other grains that you breath in and process harmlessly. If you have some sort of auto-immune disease/condition or you have a heightened dependency on your immune system due to a known illness such as cancer I would advise you not to use it.

This download is just an MP3 file that can be put on any device. If you put it on your phone it means that you can listen to it whenever you have symptoms. Listening to this download will allow you to get on with your day in whichever way you want to.

Buying this download is a one off cost. Once purchased the file is yours to use as many times as you want on as many of your own devices as you need to. Anyone else wanting to benefit from the download will need to purchase their own copy.

Thank you for buying the Hayfever Remedy download

Dawn Walton
Cognitive Hypnotherapist
Dawn@thinkitchangeit.com
www.thinkitchangeit.com
07717722415

"Nothing needs to be the way it's always been"