

Workshops

aman kanwar

reduce your allergic potential

Practical Steps to Combat Summer Allergies

In this workshop Aman reviews how a variety of external triggers, like air quality or certain foods or household chemicals, can cause allergic reactions. He then looks beyond these external triggers to explain why some people experience allergic reactions whereas others do not. He introduces the concept of allergic potential and outlines some practical steps to keep your allergic potential low so that you can increase your ability to withstand external triggers and reduce your susceptibility to experience allergic reactions. As part of the practical steps Aman will demonstrate some Colourpuncture treatments that can help reduce your allergic potential.

Aman Kanwar's expertise lies in diagnosing and treating functional weaknesses in the various organs and systems of your body. This approach can be particularly useful in treating a wide spectrum of allergies where the reasons that cause them can be complex and not easily pinpointed. Aman uses Iridology as a diagnostic tool and Naturopathy, Herbalism and Colourpuncture as therapeutic tools where appropriate.