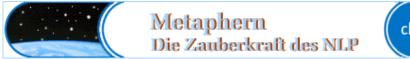
## Neuro-Linguistic Programming the NLP Communit











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Monday, 28 April 2014

## **Neuro-Linguistic Programming** Research Data Base [ Witt K, 2008. | Id:313 ]

Witt K: Neuro-Linguistic-Psychotherapy (NLPt) treatment can modulate the reaction in pollen allergic humans and their state of health. International Journal of Psychotherapy 12(1): 50-60, 2008.

Abstract: This article explores the effects of mental allergy therapy the Hildesheim Health Training which is based on NLPt. There are numerous evidence that points to a close association between psychosomatics and allergy. The strength of a allergy seems to be influenced by psychological factors. The reported experiment shows that NLPt is able to achieve feed-forward effects and positive changes to the immune function. In a randomised study was with help of psychological tests, a diary of medical consumption and ailments and skin prick tests as a read-out system examined, how NLPt like the Hildesheim Health Training influence the allergic immune function on birch pollen allergic humans

- 1. In comparison to the people of the control groups the participants of the NLPt-HHTgroups experienced highly significant improvement in all psychological-diagnosticmeasurement.
- 2. The in vivo results demonstrated a significant difference between the treatment groups in both, symptoms and medicine consumption.
- 3. The force of the allergical reactions showed a drastically decrease during the following season of birchpollen. It seems possible to influence immune function like allergies and the (subjective covariate) state of health by NLPt.

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