

## PREFACE

The purpose of this book is to help practitioners who treat their patients with Nambudripad's Allergy Elimination Techniques (NAET®) and patients who undergo NAET® treatments. When practitioners take the seminars, they seem to understand everything. However, when they begin to work with allergic patients, many questions come up. Then, from their busy schedule, they have to make time to contact our office or another practitioner who attended the seminar to get their questions answered. Likewise, when patients go through NAET® treatments, they also have many questions. Since this is a new method of treatment, patients get confused without understanding the whole procedure. They also are frustrated when they do not get hundreds of their questions answered by their busy practitioners.

This book hopefully will answer most of your questions related to what to eat and what to avoid after each NAET and help you to go through the treatments easily and happily. The "You may eat" section will help the patient to find a few essential items to eat during the 25-hour avoidance period after the treatment in the doctor's office. Readers should understand that this list does not give a complete list of food and food products allowable. It is advisable to consume a minimum variety of food items during the 25-hour clearing stage. You may eat any amount of the item allowed however, keep the number of items to a lower limit. This will help the body to dispense less energy for food digestion of different kind and more energy to help clear blockages from the energy pathways.

For the best and fastest results, patients are encouraged to get treatments in the order of allergens specified in page 44 in this book. Before the patients come to the practitioner's office, they can look up the next prospective item for treatment and plan the life-style for the next 25 hours. This way the patients can help themselves get through treatments with less stress.

Record keeping is a problem for everybody. Accuracy of record keeping will help the patient to achieve maximum results in a short period. This book is designed to help the patient and the practitioner keep better treatment records with less effort. This book can replace the runner file in the office. Practitioners can keep one book for each patient and mark the treatments and results in the book. The patient can keep another book for himself or herself, and can have a personal journal about the NAET® treatments. If the patient decides to visit another NAET® Practitioner in another town or state, she/he could take his/her own NAET® treatment record with them to the new practitioner and continue to receive the uninterrupted care instead of waiting for days for the patient-record to arrive from the other doctor's office to begin treatments.

Patients are encouraged to read "Say good-bye to Illness" or "Say Good-bye to Your Allergies" or listen to the audio book CD of "Say Good-bye to Your Allergies" prior to starting NAET® treatments with their practitioner. These books and CD will give you some understanding about allergies, allergy related diseases, and how a non-invasive, easy to follow, holistic treatment can give you freedom to live comfortably again. Many case histories of managing various health problems are given in these books as well as in the CD. Young infants from day five to older patients as old as 94 have been treated with NAET® with excellent results. Many so-called incurable problems have been traced to food or environmental allergies and treated with great success.

The current list of NAET® specialists worldwide who have completed the NAET® Basic and NAET advanced training and who are qualified to treat with NAET® is available on the web site: <http://www.naet.com>.

If I can somehow lessen the frustration of the patients and the practitioners, and help the patients get well and lead a normal life, my dream is fulfilled.

Devi S. Nambudripad, MD., D.C., L.Ac., Ph.D.

Fullerton, California, USA

THE LIST OF NAET BOOKS BELOW ARE AVAILABLE FROM  
[www.naet.com](http://www.naet.com) BOOKSTORE and  
[www.amazon.com](http://www.amazon.com) bookstore.

1. Introduction to NAET: ISBN:978-1-934523-14-8
- ISBN: 2. Say Goodbye to Illness, 3rd Edition: ISBN: ISBN: 0-9704344-8-0
- Also translated into Spanish, French, German, Korean and Japanese.
3. Despidase Las Enfermedades (Spanish): ISBN: ISBN: 0-9658242-6-8
4. Living Pain Free: ISBN: 0-9658242-0-9
5. Say Goodbye to Allergy-related Autism, 3rd. Ed.: ISBN: ISBN: 978-1-934523-17-9
6. Say Goodbye to ADD and ADHD, 2nd Ed.: ISBN: ISBN: 0-965824-4-1
7. Say Goodbye to Children's Allergies, 2nd. Ed.: ISBN: ISBN: ISBN: 0-9658242-8-4
8. Say Goodbye to Asthma: ISBN: 0-9743915-1-4
9. Say Goodbye to Headaches: ISBN: 0-975927760
10. NAET: Say Goodbye to Your Allergies, 2nd Edition: ISBN: 978-1-934523-19-3
11. Freedom from Eczema: ISBN: 978-1-934523-01-8
12. Freedom from Chemical Sensitivities: ISBN: 09759277-8-7
13. Freedom from Environmental Sensitivities: ISBN: 0-9743915-8-1
14. Eliminate Your Pet's Allergies: ISBN: 0-9759277-7-9
15. NAET Pain Relief: ISBN: 978-1-934523-07-0
16. Help is Here for the Injured: ISBN: 978-1-934523-10-0
17. The NAET Guidebook, 10<sup>th</sup> Ed.: ISBN: 978-1-934523-33-9
18. Book Audio CD of Say Goodbye to Your Allergies: 837101306713.
19. Resetting Your Emotions



# **THE NAET® GUIDE BOOK**

## **The Companion to Say Goodbye to Illness**

### **BY**

**Dr. Devi S. Nambudripad, M.D., D.C., L.Ac., Ph.D.**

## **INTRODUCTION**

This Guide Book has been prepared as a handy practical reference for patients as they go through treatments for various allergies according to Nambudripad's Allergy Elimination Techniques (NAET®). NAET® is the trademark name for the noninvasive, drug free, natural, gentle, desensitization treatment that uses acupressure techniques to reduce or eliminate food and environmental allergies from sensitive people. Knowledge from acupuncture and Chinese medicine is utilized in the noninvasive NAET desensitization method to reduce allergies to food, chemical and environmental allergens. We cannot overemphasize the need for complete cooperation between the patient and the doctor in order to achieve the most satisfactory results with the least discomfort, inconvenience or complications.

All patients are expected to read the book "Say Good-bye to Illness" or "Say Good-bye to Your Allergies" or listen to the audio-version of the Book-CD of "Say Good-bye to Your Allergies" before the initial NAET® office visit. It is very important for the patient to understand the NAET® approach thoroughly before beginning NAET® desensitization sessions. These books will help the reader understand all about food and environmental sensitivities and will answer the most commonly asked questions about sensitivities and allergies from Traditional Chinese Medicine (TCM) standpoint.

NAET® is not widely known among the allopathic medical community or to the public yet. Because it is a new development in the field of medicine, we do not, as yet, have enough written material on NAET® circulating among interested people. As people discover NAET®, through friends or books, they may be anxious or fearful due to lack of information, even though it is a non-invasive, gentle allergy desensitization technique. The books and CD listed above will explain what NAET® is all about and what it can do to improve one's health using this method. Case studies from the author's practice about various allergies and allergy-related illnesses, will give the prospective patient enough confidence and encouragement to try this new technique. Lessening the patient's fear and concern about our allergy desensitization treatment will make the patients' and doctors' lives easier while going through the treatment. When one understands the treatment and completely cooperate with the NAET® doctor, one can achieve faster results and better health.

## **DOCTOR'S OFFICE**

Let us begin our journey with the NAET® practitioner's office. The NAET® practitioner must take special care to keep his/her office suitable for allergic patients. When the patients find one particular practitioner's office comfortable and safe to be in during the few minutes of treatment, word will spread quickly through the vast allergic community (which is now one of the largest communities, worldwide). Patients will begin flying to that office from all over the world. Therefore, it is very important for the practitioners to keep their offices as comfortable as possible, if they are serious about treating allergic patients with NAET® desensitization method.



## The NAET® Guidebook

The office should be kept clean all times. The practitioner should try to renovate and refurnish the office with hypoallergenic carpets, paints, chairs, etc. All electrical outlets should be well grounded. Electrical equipment also should be checked for proper functioning of the machines to prevent any unwanted electrical radiation. Chemical cleaning agents with strong smells are to be completely avoided. The office should be free from cooking smells, fragrances from flowers, soaps, incense, perspiration and body odors, massage oils, aroma therapy oils (natural, organic or synthetic), herbal extracts, hair sprays, deodorants, etc. Patients with food, chemical and environmental sensitivities and allergies are very sensitive to mold, dust, smells from air-conditioning or heating units and vents, smells from perfume, formaldehyde, newspaper, wall paper, Clorox, bleaches, detergents, fabric softeners, carpet deodorizers, air fresheners, old or fresh paint. Smells from these substances are devastating for environmentally sick patients. The practitioner must take special care that his/her patients and staff follow the rules carefully. No one should wear perfumes or scented hair sprays, bath powders, or colognes. Fresh flowers or plants must not be allowed in the office.

The staff and the patients should be instructed not to consume food in the patient waiting areas. Food preparation, brewing coffee, popping popcorn, cooking in the microwave oven, etc., should be prohibited in the office. Air purifier can be used to remove unhealthy smells from the rooms or the whole office. Electric air purifiers can sometimes cause unpleasant reactions in patients with electric or electromagnetic sensitivity. It is not advisable to use such equipment in the presence of sensitive patients. Avoid loud music and loud noises. If there are noisy children among the patients, parents should move them to separate room where they can entertain themselves while waiting. Loud noises can irritate environmentally sensitive people. These immune deficient patients can faint or lose control of their equilibrium and muscles in the presence of any smell or loud noise. The receptors for smell and hearing become supersensitive in the environmentally sick person.

### **BUDDY SYSTEM FOR PRACTITIONERS**

Practitioners are encouraged to form a buddy system with other practitioners in their vicinity. If a practitioner cannot find the cause of a flare up condition in a patient, or if he/she needs help with a new case, the buddy system can help. Sometimes two heads are better than one. Please do not be hesitant to ask for help if you need it. No one is perfect, and we all may need help sometimes. After all, our aim is the patient's welfare. We have more than 16,000 plus well-qualified NAET® practitioners around the country and world. It is very easy to form small groups in your area. NAET® buddy practitioners should make it a point to meet once a week or once a month, to exchange ideas and suggestions. Whenever anyone comes up with a new useful idea, please share it with NAET® family, also known as Nambudripad's Allergy Research Foundation or NAR FOUNDATION.

### **CLEARING PRACTITIONER'S ALLERGIES**

It is imperative that practitioners know they must clear their own allergies as soon as possible. They may have a parallel weakness to the patients' allergen. When the practitioner is free of his/her allergies, the energy system is balanced and refined. In that way he/she is more effective using neuromuscular sensitivity testing (NST) with allergic patients. The practitioner must also test and desensitize allergies to the patients and vice versa if necessary. The practitioner must be proficient in his/her NST since NAET® depends mainly on NST to determine allergies on a day today basis and plan the appropriate desensitization sessions.



## **NAMBUDRIPAD'S ALLERGY RESEARCH FOUNDATION OR NAR FOUNDATION**

Our nonprofit foundation, NAR Foundation is dedicated to further investigation and research in NAET®. The Foundation puts out a bimonthly newsletter (6 issues/year) to the foundation members for a yearly membership fee. Information on the newsletter can be found at the research foundation website: [www.narfoundation.com](http://www.narfoundation.com). NAET® has a website. [www.naet.com](http://www.naet.com). NAET® practitioners who have completed the live or online NAET Basic course and the advanced NAET® training and have satisfied the training requirement of NAET® will be listed on the site under the practitioner locator area. To get information about membership to the Foundation website, please log on to:

**NAR Foundation Website: [www.narfoundation.com](http://www.narfoundation.com)**  
**email: [questions@naet.com](mailto:questions@naet.com)/[narfoundation@yahoo.com](mailto:narfoundation@yahoo.com)**  
**NAET Web-site: [www.naet.com](http://www.naet.com)**  
**(Phone): (714) 523- 8900**

## **SUPPORT GROUP FOR PATIENTS**

It is a good idea to form a support group for the allergic patients. Encourage the patients who are beginning to get well, and are on the way to recovery, to form a support group among themselves. With permission their telephone numbers can be made available to the newer patients. If new patients experience any unpleasant allergic reactions during treatments, members of the support group can give moral support to one another. Family and friends are encouraged to get involved with the NAET treatment of the patient. Most patients suffer from unpleasant reactions while they go through the first few treatments. It is very important to maintain the patient's spirit during this time, and any support will help. If someone has no family, they should at least have a friend support him/her to help through the initial days of treatment. Some severely allergic patients can experience unpleasant reactions anywhere from few hours to 25-30 hours after the treatment. It will be comforting for the patient to talk to a supportive person during those hours. A patients' support group can help in these situations.

## **NORMAL REACTION AFTER TREATMENTS**

Is there a "normal" reaction after a successful NAET® desensitization treatment during the first 25-hour period? Some patients experience no changes with their first NAET® treatment. A few patients find the changes to be very subtle. Others may experience one or more symptoms from the list given below. Anything you notice, other than being pain-free or symptom free, with an overall sense of well-being mentally and physically, is an abnormal reaction. Most of these reactions clear up when the 25-hour waiting period is passed. The intensity of the reactions during the first 25-hour period depends on many factors, such as age, the duration of the illness, intensity of the illness, the status of the immune system and the carefulness/carelessness of the avoidance of the treated allergen.

### **PHYSICAL SYMPTOMS EXPERIENCED BY ALLERGIC PATIENTS**

- a. High/low energy in varying degrees, extreme fatigue, sleepiness, insomnia, restlessness, general body aches.
- b. Sensation of tingling anywhere in the body, electricity in the body, movement in the body, and temperature variation.
- c. Pain: shooting, dull, distended, pinprick sensation, and tightness in the chest.
- d. Hyperacidity, abdominal bloating, belching, and hiccups.
- e. Sensation of dust-like particles in the lungs, sneezing, coughing, tearing, and post nasal drip.
- f. Palpitation, cardiac arrhythmia, increased blood pressure, decreased or increased heart rates, paroxysmal tachycardia, sudden venous congestion or varicose vein.
- g. Excessive or low libido.

### **EMOTIONAL SYMPTOMS EXPERIENCED BY ALLERGIC PATIENTS**

- a. Anxiety, nervousness, butterfly sensation in the stomach, depression, mood swings, crying spells, obsession, suicidal thoughts, and excessive laughing.
- b. Blurred vision, choking, throat constriction, headaches, nausea, ringing in the ears, temporary loss of sensation in different parts of the body, sensation of hair-like particles in the eye(s).
- c. Diarrhea, constipation, itching in the private areas of the body in either sex, impotency and low libido.
- d. Craving: salt, sugar, spices, sour things, coffee, popcorn, sweet smells (flowers or perfumes), chemical smells (bleach), smell of sweat, etc. One patient carried her husband's sweaty shirt during the 25-hour-avoidance period after treatment and smelled it often to keep her from getting depressed.

Most of the time, if you experience one or more symptoms from the list of physical symptoms, NAET® treatment at the spinal level is adequate along with acupressure/acupuncture at the gate points. If the patient experiences any symptoms from the list of emotional symptoms, emotional components also should be checked and treated.

All patients should wait in the doctor's office for 20 minutes following each NAET® desensitization treatment. Occasionally a patient may experience the symptoms immediately or within the twenty-minute waiting period in the doctor's office. If that happens, the patient is advised to inform the doctor immediately. The doctor can administer further treatments as needed before the patient leaves the office. In some cases, it may take many hours for the patient to experience unpleasant symptoms. Some patients have gone as long as 23 ½ hours before they experienced any unpleasant symptoms. In such cases, they may have to suffer the symptoms until they return to the office, unless they have been taught to balance their own body, in order to reduce or eliminate unpleasant symptoms. My book, "Living Pain Free" with acupressure, may be helpful to learn self-balancing techniques. This book is available from the web bookstore: [www.naet.com](http://www.naet.com) and at many bookstores and as well as through Delta publishing Company: [questions@naet.com](mailto:questions@naet.com). The self-balancing points are also shown in the diagram on page 83 of this book. Please ask your practitioner to show you how to do the self-balancing procedure using these points.



## COMMONLY SEEN REACTIONS DURING NAET®

While going through NAET®, patients can respond in many ways:

**Group 1:** These are the patients who feel great relief immediately after their very first NAET® treatment and continue to feel good. They may be presently sick and allergic to many items, but have found a way to maintain a strong immune system. When the body is clean, without many toxins in the system, NAET® treatments are easier and faster. It is advisable to go through some cleansing program when you suffer from severe allergic reactions. For example, taking immune system stimulants, going through effective detoxifying program: liver cleansing, colon cleansing with herbal products, homeopathic products; limiting the variety of food intake, juice fast, allergy shots, colonics, and vigorous exercises are things to consider. Incorporating yoga and meditation practices, regular chiropractic or acupuncture treatments, enzyme therapy, vitamins, mineral or herbal supplements, etc., into one's life-style on a regular basis after clearing any allergy to them will have beneficial effects.

The liver, our garbage disposal can get overloaded with accumulated toxins. Toxins, under pressure, will convert into heat and circulate in the body. The trapped heat will cause blockages in various parts of the energy channels giving rise to various health problems. The symptoms will be directly related to the area that is being blocked.

If the lung energy channel is blocked, the patient can suffer from respiratory disorders like bronchitis, asthma, etc. If the colon energy channel is blocked, the patient can suffer from constipation, diarrhea, eczema, skin disorders, etc. The unwanted heat cannot get out of the body without some help. Chiropractic manipulations, acupuncture, a liquid or water-fast, exercise, sauna, cleansing programs, detoxifying programs, etc., can create a port for the trapped toxic heat to exit the body. Regularly done, any of the above programs will release the toxic heat as soon as it is produced.

**Group 2:** These patients may feel good soon after the treatment, however, as the hours go by they may begin to experience tiredness. Some patients can sleep through 25 hours. People in this group can take as long as 35-40 hours to pass a treatment. When they complete the hours, they usually feel better. Massaging the self-balancing points on page 83 once every two hours while awake, might help.

**Group 3:** This group of people may not feel good soon after the treatment, but as the hours go by they get better and towards 25 hours, they feel great. Massaging the self-balancing points on page 83 once every two hours while awake, might help.

**Group 4:** Patients from this group may experience a roller coaster effect. Initially, they may experience very slight or no improvements at all. They may have a few good hours in a day once they have gone through five to ten basic treatments. Gradually, as they receive more treatments they will have more good hours of relief. Eventually the number of good days will outnumber the bad days, until finally, they experience all good hours and days. These patients fall into the immune deficiency disorder group, suffering from long standing, chronic illnesses or a low immune system, and may need to be treated with many combinations.

**Group 5:** Patients from this group may have suffered from many emotional traumas and various types of abuses since childhood. Continuous emotional traumas may have caused the immune system to weaken. The poor immune system will lead them to physical and chemical reactions as well. Immune system

becomes weak, patients will begin to react to all substances around them. They need to be treated and cleared physically for basic allergens to strengthen their immune system. Along with the basic treatments, they should also receive emotional clearance for their traumas. Some suffer from painful flashbacks, even becoming suicidal at times. Such patients should also receive professional psychological counseling along with regular NAET® treatments and NAET® emotional treatments. They will need continuous emotional support for a long time even after completion of NAET®. NAET® specialists are not trained mental health specialists (psychologists or psychiatrists). NAET® specialists are trained to unblock the obstructed emotions in the acupuncture energy meridians in connection with food and environmental substances. During the NAET® treatments for emotional conditions, the normal flow of energy through the emotional parts of the energy meridians will be reestablished. Patients will feel better as a result of the normal energy flow. However, we should remember that mentally or emotionally sick people have their weaknesses in the emotional parts of the energy meridians. The emotions are also transmitted through certain physical areas of the nerve fibers. If these segments of the nerve fibers are weak, repeated reactions can affect these areas and the emotional reactions can repeatedly take place until the area gets stronger. Emotionally hypersensitive people should take nerve-strengthening supplements for a long time along with emotional support (counseling). This group will also require combination treatments with the allergen and brain tissue or different parts of brain. Please check with your practitioner for more information. These patients will need large amounts of supplements of B complex, minerals, amino acid, L-Glutamine, phenylalanine, and tyrosine after clearing the allergy.

### **NAET® EMOTIONAL BALANCING SESSIONS**

NAET® emotional balancing sessions are very effective when the patient shows emotional imbalances along with food and other substances. There are other holistic emotional treatments you can get along with NAET®. If you suffer from severe emotional imbalances, you may consider the care of a psychiatrist during this release method and, if necessary, non-allergic herbal or prescription medication should be used to control depression, severe mood swings, unpleasant or frightening flashbacks. The NAET® practitioner can test each supplement or medication for an allergy. If necessary, the patient should be desensitized through NAET® for the medicine before taking it. He/she will be able to go through NAET® faster and easier by keeping the symptoms under control.

### **DAILY LOG**

Patients are encouraged to maintain a daily log of all the different foods they are eating, any and all symptoms they are experiencing, and all the places and people they are visiting. All other activities and events, especially if there is an unusual one, (new visitor to the family, death or accidents in the family, divorce or any unhappy events, unexpected trauma, illness, any newborn and new additions to the family) are to be noted. After two or three successful NAET® treatments, it is suggested that patients eat only foods that they have been treated for and have passed.

### **WHAT IS A SUCCESSFUL NAET® DESENSITIZATION TREATMENT?**

The patient is rechecked with NST (Neuromuscular Sensitivity Testing) for the allergen 25 hours or more after the NAET® desensitization treatment. The patient's indicator muscle should test very strong in the presence of the treated allergen. This strong response is called a successful treatment. For example, 25 hours after the first treatment of "BBF" or "egg mix," if the indicator muscle tests very strong, we can assume that about 80-90% of the allergy to the egg mix (egg white, egg yolk, chicken or feathers) is gone



and it is safe to use the product. With the first treatment to a complex food item like “egg mix,” one will not get 100% freedom from that allergy. Because egg has many nutrients, it is not easy to clear all nutrients in one treatment. The rest of the remaining 10-20% of the allergy to the egg will clear up when all the basic fifteen treatments are completed. Some severely allergic cases may need a few more treatments on egg white or egg yolk alone and more combination treatments to eat eggs freely without triggering any previous symptoms.

Egg is a good protein and highly reactive item for many people. Egg contains many vitamins and minerals. NAET® basic treatments treat all the essential vitamins and minerals along with the basic food groups. When the basic treatments are completed, the vitamin-mineral-amino-acid content of the egg will also clear along with the remaining 10-20% of the egg allergy. If the indicator muscle tests slightly weak, one will need to treat egg mix again until one produces a strong NST since the mushy muscle-test shows that only 50-60% of the allergy is taken care off. One can have an allergic reaction when one eats or uses products with 40-50% allergy still left to clear. After the successful NAET® treatment, when the allergy is cleared (strong NST), patients without high serum IgEs should be encouraged to eat a small portion of the food daily for a few weeks. This way the new imprinted memory will stay strong in the brain’s memory bank.

Special care may be needed while treating if a patient has a specific problem, like history of anaphylaxis, severe allergy to gluten, milk, egg, nuts, latex, penicillin, aspirin, shellfish, and suffering from hepatitis, diabetes, alcoholism, addictions, or if the patient is on any special treatment procedures like chemotherapy, radiation therapy, dialysis, wearing a pacemaker, etc. Please check with your practitioner for more information in these areas to receive better benefit with NAET®.

### **NAET® HOMEOPATHIC BASIC NUTRIENT/REMEDIES**

Buying individual ingredients from the NAET® Basic food groups for daily consumption for a few weeks can be expensive. In order to make the food item introduction program effective and to acquire optimum benefit without spending much money in buying individual foods, NAET® has created a homeopathic product line for basic 15 by taking special attention to include all individual ingredients in the said food groups. After successful completion of each treatment for the basic group, it is advised to use the NAET® homeopathic remedy in drop form mixed with non-allergic water daily for a few weeks. Example: After egg mix clearance, add one drop of egg mix remedy in 12 ounces of water and drink it through the day and continue for four weeks or until the remedy bottle is finished. After completion of the second food group treatment (Calcium mix), begin to add one drop of calcium mix remedy in the 12 ounce-water bottle along with egg mix remedy and drink the mixture through the day. After each successful treatment of all 15 NAET® basics, add one drop of each of the treated remedies into the same bottle of water in the morning, shake well and drink through the day. When one remedy is finished one can stop adding that remedy to the water bottle. One doesn’t need to restock the item. By using the remedies in this fashion, two things can be achieved: (1). introduction of the desensitized food group into the body in an easy manner and (2). getting the food combining benefit. Please check with your practitioner for more information on the products.

After successful desensitization of a food group, the individual item from the group can be added to the list of safe foods. In order to get faster relief from their symptoms, after desensitizing about 5 food groups with NAET®, patients should be encouraged to eat foods from the food groups they have been desensitized for, provided there is no abnormal IgEs tested on their laboratory work on these foods. IgE-mediated allergies will not clear by this straightforward NAET regular treatments. Special treatments with NAET is required to clear IgE-mediated allergies. Check with your practitioner.



When one is highly sensitive to all nutrients in food groups, it is not advisable to eat 100% organic food soon after the first five basic NAET® desensitization treatments. Organic products are very nutritious and complex. It takes more enzymes and energy to digest and assimilate nutrients from complex nutritious products. Body probably does not make enough or appropriate amount of digestive enzymes initially for a few weeks or in some cases body's enzyme production begins to function normally after months of the NAET® initial treatment. So, it is better to eat semi-whole grain products for at least six to 12 months more after the initial treatment. For example, bread made with 50% whole wheat and 50 percent enriched flour, etc., also fruits and vegetables should be cooked well before one consumes them to avoid reactions. Fruit juices can be heated first and then cooled before drinking. Cooking helps with digestion of food. Gradually, one can train the body to digest wholesome foods without any adverse reactions. In cases like Crohn's disease, irritable bowel syndrome, ulcerative colitis, etc., it may take more than a year before uncooked wholesome products can be digested without any reaction. To avoid pain and discomfort, patients with weak digestive tract should eat well cooked, small meals at frequent intervals. Non-allergic food and drinks should be encouraged to reduce the reactions or discomfort. Taking five drops of "Homeopathic Acid Remedy" in a glass of water 15 minutes before meals, and taking five drops of "Base Remedy" in a glass of water one hour after meals can help improve digestion. One may also take "Multizyme" 1 after meals (Available from Standard process of So. California) to help speed up the digestion and assimilation of the protein nutrients.

### **INDIRECT TESTING OR SURROGATE TESTING**

Patient and practitioner should be alone in the room when the patient gets an NAET® treatment. If the patient is unable to be tested and treated, a surrogate can be used. A third person or animal in the room can steal the treatment from the patient. In such cases, the third person will get better and the patient could get sicker or show no improvement. Small children should not accompany mothers for NAET® treatments. If the patient is getting tested or treated through a surrogate, the patient should maintain a constant skin-to-skin contact with the surrogate during testing and treatment. If the patient loses the contact intermittently, the treatment may not work.

Mary, a 30 year-old mother received treatment for 9 months for chronic fatigue and fibromyalgia symptoms. She was treated for over 62 items. The patient began getting worse day after day instead of getting better. Finally, the desperate practitioner sent her to me. Through NST I found her to be still allergic to all the items she was previously treated for. She was treated again for the first three basic items and she began feeling better. During the fourth treatment, while the treatment was in process, one of the toddlers from the waiting area wandered into the treatment room. I stopped her treatment until the toddler was removed from the room. The observant patient inquired the reason for the pause when the child entered the room. When she was told that the presence of the third person could steal her treatment, she knew why she had not passed the previous 62 treatments.

Her two-year-old daughter accompanied her to the practitioner's office and ran around in the room or clung to her feet during her visits and treatments with the previous doctor. When she began the treatment with the doctor, her daughter was very sick with sinusitis, frequent bronchitis, colds, ear infections, etc. After Mary received just a few NAET® treatments, the child regained her health rather quickly. In this case, the daughter was being treated through Mary as a surrogate while Mary received no benefit without the practitioner or patient being aware of it.

Patients should be encouraged to learn NST so they can test allergy to the items before they buy at the market. They may have treated for all the Basic items, yet all of a sudden, can react to eggs, milk,



vegetable, fruits, etc. They may not be reacting to the original item here; it may be the pesticide or other chemicals in it. If patients are able to test themselves, they can live their lives with confidence. After clearing the Basics, and learning to test everything, the chances of getting sick from the allergens are very much reduced.

### **ALCOHOLISM**

Patients with a history of alcoholism may need repeated treatments on sugars and B complex vitamins, especially B12 and PABA. They will need mega doses of vitamin B complex supplementation. Complete all the fifteen basics, before treating for alcohol. People with addictions may have several emotional imbalances as well. They should be checked and treated for emotional components.

### **CIGARETTE SMOKE**

Addiction to cigarette smoke, drugs, cosmetics and caffeine, etc., can be treated after the fifteen basics. When one treats to desensitize cigarettes or to stop smoking, inhalation of cigarette smoke while applying acupressure on the spinal level is necessary to complete treatment. First treatment should be for the energy signature of the cigarette smoke. After clearing the allergy for the energy of the cigarette, on the following visit, treat for the smell of the cigarette smoke. This method of clearance applies for all smells: perfume, coffee, smell from chemicals like bleach, detergent, carpet cleaning chemicals, urine, stool, etc.

### **PERFUME**

Energy of the perfume will be treated on the scheduled visit. After passing the energy, the smell should be treated on the following visit. If one is allergic to perfumes, spray a few drops of different perfumes into a glass container with wet cotton balls at the bottom, close the lid. Then bring it to the practitioner on the following visit of energy treatment. Smell from flowers, new fabrics, chemicals, formaldehyde, building materials, paints, paint thinner, nail polish, molds, popcorn, coffee brewing, cooking smell, smell from deep fried oils, spices, herbs, hair products, newspaper, marker-inks, etc., should be treated this way. Please check with your practitioner for more information in these areas to receive better benefit with NAET®.

### **CONCRETE, CERAMICS, WOOD, AND BUILDING MATERIALS**

Many people react violently to ceramic cups, tiles, knife, knife-handle, marbles, concrete floors, driveways, wood furniture, woodwork, wooden cabinets, wood floors, paints, building materials, ungrounded electrical outlets, sockets, etc. Patients suffer from general body aches, joint pains, restlessness, weakness of the knees, ankles, or the whole limb, and frequent falling down on the floors while walking on concrete or tiled surface. Some people may trigger asthma or anaphylaxis from concrete floor and products. Wood work, pressed wood, and wood floors are heavily treated with pesticides. Please collect a sample of these material and take to your practitioner for treatments if you suspect any of the above causing any health problem. Please check with your practitioner for more information in these areas to receive better benefit with NAET®.

### **TREATING FOR ATMOSPHERIC CHANGES**

#### **HEAT/COLD/HUMIDITY/DAMP HEAT/DAMP COLD/DRYNESS**

One can also be sensitive to atmospheric changes. Many people have problems in extreme weather. Some people are very sensitive to heat. Some patients suffer from extreme fatigue and irritability during summer time. When the atmosphere begins to cool they feel better. NAET can desensitize you towards

cold, heat, humidity, dryness, damp heat, damp cold, etc. Please ask your practitioner about treating for atmospheric agents.

### **HIGH ALTITUDE**

Some people get shortness of breath at high altitude because the oxygen content of the air is very low and carbon dioxide is predominant. This problem can be treated with NAET® effectively. Please check with your practitioner.

### **TREATING FOR THE EFFECT OF CLOUDS**

Many people complain of various levels of discomfort (migraines, asthma, shortness of breath, joint pains, depression, etc.), when there are lots of clouds in the sky, or before a heavy wind or a storm. Oxygen content of the air falls very low during these episodes making carbon dioxide more predominant. You may be reacting to oxygen or carbon-dioxide. Please have it checked and treated if necessary.

### **LOW ALTITUDE**

Some people react to low altitude, morning ocean breeze, cold, fog, etc. People who live near the ocean may suffer from this sensitivity. Some people sensitive to ocean air or early morning fog may suffer from depression and other mental imbalances. Please ask your practitioner to check you for this type of sensitivity.

### **DAMPNESS**

Allergy to dampness is one of the major causes of asthma among asthma sufferers. Some people complain of asthma or sinus blockages in the early morning or after waking up. Usually dampness is the cause. Dampness and cold, dampness and mold, dampness and fungus are some variations of dampness that may need to be checked. Please ask your practitioner to check out if you have any of those problems.

### **DRYNESS/ DRY HEAT**

Dryness can cause simple dryness of the nostrils, eyes, and skin. It can cause skin disorders (eczema, psoriasis, acne, and itching of the skin) and asthma. NAET can help resolve such sensitivities. Please ask your practitioner about it.

### **WIND/DROUGHT**

Walking in a windy area especially after taking a shower or bath, or sleeping under a fan can cause headaches, common cold, runny nose, sinus blockage, sore throat, Bell's palsy, etc., in some people. They are simply allergic to wind. Please have it checked and treated if necessary.



## **TREATING FOR SENSATION OF PRESSURE IN THE HEAD**

Some people feel pressure pains at the head or at various parts of the body, especially when there are changes in the weather or atmosphere. After completion of salt mix and mineral mix treatments, patient can be tested for atmospheric pressures. This pressure treatment can be also beneficial in fibromyalgia patients who suffers from general body pain with mild pressure on his/her body. Such people would avoid wearing tight clothes around them (like bra, underwear, belt, etc.).

## **AIR-CONDITIONING**

Many people suffer from sensitivity to air conditioning all over the world. Sore throat, sinusitis, cough, asthma, body aches are some of the symptoms arising from this allergy. Your practitioner will help you to desensitize for air-conditioning reactions.

## **EXERCISE AND BODY MOVEMENTS**

People can be allergic to exercise and movements: walking, jogging, running, skating, playing tennis, dancing, sailing, rowing, driving a car, etc. Different movements make sensitive people very sick. Allergy to these movements can be treated through NAET® and after successful NAET® treatment, one can enjoy all activities one likes without any unpleasant reactions. Please check with your NAET® practitioner for appropriate treatments needed by individual patient. Such treatments can also benefit people who have inner ear imbalance or certain types of vertigo.

## **INTESTINAL DISORDERS**

In the cases of chronic irritable bowel syndrome, Crohn's disease, ulcerative colitis, gluten allergy, etc., treat for the basic fifteen first. Then treat for starch, spices, fats, dried beans, alcohol, vitamin E, food colors, food additives, gluten, wheat, and other combinations. Treat only one combination at a time. Do not try to treat too many items in one treatment because the patient's condition could get worse. One cup of rice broth before each meal can help with the intestinal pain and discomfort. Patients should be encouraged to save a sample of all the items ingested in a day. The combined foods should be treated at the end of the day or the next day. Repeat the procedure every other day for a few months to a year. Since most people eat different food items on different days, various food groups will be treated this way and reactions to combined foods will be eliminated.

## **DIABETES**

Special care is needed in treating diabetes with NAET. Please ask your practitioner to help you with managing diabetes with NAET.

## **DEPRESSION**

Patients with depression suffer from allergy or a deficiency in brain nutrients. After completing the basic fifteen treatments, check hormones, serotonin, dopamine, phenylalanine, tyrosine, and glutamine. Treat them alone, then in combination if necessary. After allergy desensitization, some of these items should be supplemented in mega doses for a few months. Please check with your NAET® practitioner for information.

## **YEAST/ CANDIDA**

Many people suffer from yeast/ candida problems. Treat them for the basic fifteen, alcohol, yeast and common combinations, yeast and heavy metals, especially mercury, yeast and sugar, yeast and parasites, yeast and bacteria, yeast and daily nutritional supplements, and yeast and mixture of daily food (to eliminate the food combining reactions). Sensitivity to undergarments, fabric chemicals, toilet paper, tissue, mouthwash, toothpaste, etc., also can mimic yeast-like symptoms in sensitive people. If you have yeast or candidiasis please discuss with your practitioner to plan your treatment to help with these issues.

## **VIRUS / BACTERIA/LYME DISEASE**

Apart from treating for the specific virus (EBV) and/or bacteria (streptococcus, E. Coli, etc.) the patient's saliva, urine, other body secretions, and a sample of their own blood should be treated with NAET®. In severe cases, it is advisable to get a sample of the energy of the specific bacteria or the infecting organism and treat for faster results. Please check with your practitioner how to incorporate these treatments.

## **FUNGI/ PARASITES**

People who suffer from fungus and parasite infestations need to be treated separately for each agent and then in combination with candida, mold, sugar, mercury, virus, bacteria, blood, etc. Your practitioner will help plan your treatment to help with these issues.

## **OTHER CONDITIONS TREATED WITH NAET®**

NAET® desensitization treatments produce good results in the following allergy-based health disorders: Autoimmune Disorders/ Blood Disorders/ Anemia/ Polycythemia Vera/ Platelets Irregularities (high or low)/ Low White Blood Cells/ Leukemia/ Cancer/ Chronic Infections/ Migraines/Chronic Fatigue Syndrome/Chronic Pain Syndrome due to unknown cause/Fever due to Unknown cause / Fibromyalgia/ Addictive Disorders/ Various types of Arthritis/ Lupus/ Eczema and other Skin Disorders.

Treat the basic fifteen, next treat for the food combinations: breakfast alone, lunch alone, and dinner alone, then all samples from the whole day can be treated every night by self-help procedure. Continue for a year or more until your symptoms are under control. Then treat for different body secretions and tissues (urine, semen, mucous, sweat, saliva, blood, biopsy slides, samples of different tissues from the body, etc.). Sometimes, body fluids and tissue samples may have to be treated several times at different intervals, (every week, month or so) to get maximum benefit.

## **IMPORTANCE OF PATIENT EDUCATION**

NAET® practitioners should hold patient education meetings at least once a month to educate patients about NAET® desensitization programs. Friends and family should be encouraged to attend the meetings. Patients can have support group meetings every so often. The doctor should also get involved with the group.



## **IMPORTANCE OF THE BOOK, "LIVING PAIN FREE"**

All new patients should be encouraged to get a copy of the book titled, "Living Pain Free with Acupressure" by Devi S. Nambudripad, available at each of the practitioners' office or at the [www.naet.com](http://www.naet.com) book store. All NAET® patients should learn the simple technique to balance the body that is explained on page 58 of the book, "Living Pain Free". If you do not understand the technique just by reading, please ask your practitioner to explain it further. This technique is to be used once or twice a day by NAET® patients to achieve and maintain balance in the body and reduce unpleasant symptoms following any NAET® desensitization. This book contains acupressure treatment points for over 280 health problems. Temporary symptom relief can be achieved by using these specially designed acupressure points. The book has 133 illustrations with acupressure points marked in colors for most commonly seen health emergencies. This unique and practical book will assist patients in keeping their unpleasant symptoms under control while going through NAET® desensitization.

## **PREPARATION FOR TREATMENTS**

It is recommended that patients shop in advance for the food and other items used during the 25-hour period after the treatment. Food, gloves, mask, distilled water, fabrics etc., are the items one may need during the 25-hour period. Another reason to shop before the treatments is that many times the stores are filled with odors (including cooking odors) that can cause a reaction in sensitive patients causing them to lose the treatment.

Patient should be encouraged to prepare the appropriate foods before coming for a treatment. Patient should eat some food within an hour before of receiving NAET® desensitization, because the treatment should not be taken on an empty stomach. If there is a long wait in the doctor's office, patient should bring some food and leave it in the car. Ten minutes before the treatment, he/she could go out of the treatment area and eat the food. Patient should rinse the mouth (if he/she ate food immediately before treatment), wash his/her hands with soap and water before the treatments.

Distilled water should be used with the treatments of salt mix, mineral mix, calcium mix and chemicals. When the patient is not treating for anything, he/she should be encouraged to drink a lot of spring water or purified water. Drinking a lot of water (6-8 glasses of water) helps the energy move freely through the energy meridians. One should not drink distilled water continuously because it can deplete the essential minerals from the body.

## **TREATMENTS FOR BASIC ESSENTIALS NUTRIENTS**

"What are the basic treatments, and why should you treat them first?" "Can't I treat for my allergy to the cat first?" "Can't I treat my allergy to dust first?" "I don't react to any food. I only want to treat my allergy to the pesticides. Can't I treat that first?" Almost everyone asks these questions.

The basic treatments include treatment for the essential nutrients, vitamins, minerals, and those that are needed for the normal physical, physiological and emotional functions of the human body. These nutrients are necessary to maintain a good immune system. NAET® is a non-invasive, gentle, energy manipulation treatment. If the immune system is good, the energy can be manipulated with the least effort on the energy system. When one does not have a good immune system, allergic reactions are intensified.



When one tries to desensitize a severe allergy without improving the immune system first, reactions can be very unpleasant and severe. Sometimes, a sudden shift of energy can cause light-headedness or fainting spells. With poor immune conditions, the energy flow could be slow and it may take a number of treatments to clear one allergen. The basic treatments consist of the essential nutrients which are absorbed from the regular food that is consumed every day and these nutrients are the key to a good immune system. When one is allergic to the food or the nutrients in the food, one cannot absorb or assimilate nutrients from the food. Nutrients are absolutely necessary for: normal body functions, growth and development, to repair wear and tear in the body, fight infections and diseases, prevent invasion of foreign energies or bacteria and for proper maintenance of bodily functions. When one is allergic to eggs, milk, fruits, vegetables, or grains, etc., one is also allergic to the nutrients contained in them such as proteins, calcium, vitamin C, B vitamins, sugar, iron, vitamin A, minerals, etc. These are needed for various body and enzymatic functions.

Proteins are the most essential factors in our body. Allergy to proteins (eggs) can make one more susceptible to frequent colds, flu-like symptoms, bronchitis, sinusitis, pneumonia, many other infections, asthma, skin problems, hair problems (poor growth, falling hair, premature gray), breathing problems, digestive disorders, muscle and joint pains, fatigue and weakness of the muscles, poor blood circulation, high cholesterol, high blood pressure, water retention in the tissues, mental or manic disorders, poor memory, poor concentration, headaches, sleep disorders, irritability, and hyperactivity, etc.

Allergy to each nutrient like calcium (milk), vitamin C, B complex, etc., prevents normal body functions and causes damages to the body tissue (please refer to a vitamin book to understand the functions of vitamins in the human body). When one is treated for all the 30-40 essential basic groups of foods and environmental items, one will begin to assimilate the essential nutrients from everyday meals. This will help build a strong immune system. Sudden occurrences of colds, flu's, pains, and various other health problems including allergic reactions will be easily prevented.

The basic treatments encompass: proteins, calcium, vitamin C, B-complex, sugars, iron, vitamin A, trace minerals, sodium chloride, corn, grains, artificial sweeteners, caffeine group, nuts, spices, fats, yeast group, vegetable proteins (beans), alcohol, gums, gelatin, starches, food colors, food additives, stomach acids, digestive enzymes, hormones, pesticides, parasites, chemicals, fabrics, and bacteria.

Allergies always affect the weakest tissue of a weak area in the body. If someone has a weak lung, the patients' allergies will affect the lung tissue. The patient will suffer from asthma, bronchitis or other respiratory disorders whenever they come in contact with an allergen. During elimination of most of the allergies, while the immune system improves, the presenting symptoms can change.

While being treated for many allergies, a woman with fibromyalgia noticed her general body ache had diminished. For months, any allergen she contacted caused her to have localized pain in her little finger. Her little finger pain was due to excessive toxins in the small bowel. It would be beneficial at this stage to eliminate the accumulated toxins with a few colonics or colon cleansers.

One does not have to be sick or bedridden to have NAET® treatments. NAET® can be used as a preventive health measure. Clearing the basic allergies helps one to lead a normal life. For example, assume one has a minor sensitive-skin disorder. By clearing all the basic allergies, one's skin will improve. Then one day, he/she drinks a glass of orange juice, and develops rashes and hives all over the body. Immediately, he/she would know that some foreign substance in the juice caused the rashes. He/she can take a few drops of the juice and self-treat with NAET®. The rashes will disappear in a few minutes and he/she won't have to go to an emergency room for treatment of hives. If one has never been treated for the basic allergies



and severe skin rashes appeared, he/she would not know which part of the food caused the rashes. He/she might have to go to the emergency room to get some relief. When one clears all the basic allergies, life becomes a lot easier. That is why the basic treatments are so important. If possible, every one (sick or not) should be treated for at least the basic fifteen items. Better health can only be achieved through proper nutrients, and “proper nutrients” mean non-allergic nutrients. Better health through the right nutrients can give one a better quality of life for a longer period.

### **ORDER OF TREATMENTS**

It is very important to follow the order of treatments as given in the following pages. The items are listed according to priority of importance to the body.

#### **Brain-Body Balance Formula**

Brain-Body Balance Formula is created by combining the energy of major meridians that connect and balance body and different parts of brain together. This has been found very beneficial in balancing patients by permitting the unrestricted energy flow through body and brain in children with brain irritability, attention-deficit disorders, autism, learning disability, brain fog, chronic fatigue and autoimmune disorders. So balancing the brain-body can be the first treatment if it is indicated.

#### **The First Nutritious Item**

The first nutritious item to treat in the NAET® program is the Egg Mix after BBF, because the human body depends on protein for its normal every day functions. Egg protein is as close to a complete protein that our body will recognize. Even if we do not eat eggs, our body recognizes the egg protein, due to the similarities to the human body proteins.

#### **The Second Preferred Item is Calcium**

The second preferred item is Calcium, the next important item for body function. Calcium is necessary for any movement in the body such as walking, running, eating, heart beating etc. These require a certain amount of calcium in the blood. If patients are allergic to calcium, they cannot absorb calcium from their food to sustain daily normal body functions. The result may be fatigue, body aches, muscle aches, constipation (the colon is unable to relax), hyperactivity, irritability, high blood pressure, inability to calm down and relax, or insomnia, etc.

#### **The Third Important Item is Vitamin C**

The Third important item is vitamin C, needed for the growth, development, repairing wear and tear of the cells and tissues, clearing poisons from the blood, etc. Vitamin C is a very good antioxidant. After the vitamin C treatment, most fruits and vegetables eaten will be non-reactive. Patients can begin to add more healthy foods into their diet list after treating for vitamin C. Many environmental substances contain vitamin C: grasses, pollen, soaps and detergents with citric acid (lemon scented), strawberry or mint flavored toothpaste, mouthwash, etc. After the Basic treatments, reactions to the environment will be reduced. Vitamin C allergy causes repeated bladder infections, frequent yeast and other infections, poor circulation, skin conditions and indigestion, etc.

### **The Fourth item is B Complex**

The Fourth item is B Complex. These vitamins are necessary for various body functions such as enzymatic and nerve functions. In addition to treating the B complex as a group, it may be necessary to treat the individual B vitamins separately. Check each B to see whether it should be treated individually. B vitamins are the food for the nerves. With a starving nervous system one cannot get any body functions to run right. Sensitivities can occur when one's nervous system does not function normally. A good, efficient nervous system is necessary for clear thinking and other brain and body functions. Allergy to B complex vitamins and mal-absorption cause various brain disorders: hyperactivity, attention deficit disorders, autism, restlessness, sleep disorders, depression, addiction to drugs, alcohol, smoking, overeating, skin disorders, body ache, fatigue, etc.

### **The Fifth item Is Sugar**

The Fifth item, sugar is necessary for the normal absorption and assimilation of B complex vitamins. B complex vitamins travel in the body from one place to another with the help of sugar molecules. Sugar works as the seeing-eye-dog for the B complex vitamins. If one is allergic to B complex, one can suffer from a malfunctioning nervous system. If one is allergic to sugar, the same thing can happen, because B complex cannot function without sugar. Various nervous disorders, addictions, overeating, sinusitis, susceptibility to frequent infections, alcoholism, smoking, insomnia, fatigue, allergies, hyperactivity, hypersensitivity etc., could be due to an allergy to B complex, sugar or both.

After these five major treatments, patients should be encouraged to eat food from these five groups only, so they can begin to feel better. Most people begin to see dramatic health changes when they complete the first five treatments from the food groups.

Iron, vitamin A, mineral mix, salt mix, and grain mix are the next five items in the basic-fifteen series. These fifteen groups of items are important in building-up and maintaining a good immune system. If the patient has a strong immune system, he/she could get through the NAET® treatments easier. When one has a weak immune system, he/she may experience some side effects like light-headedness, nausea, lack of energy, etc., during the 25-hour period after the treatment. Experience has shown us that one may get through NAET®, with just one treatment per item, if the exact order of treatment and 25 hour avoidance are followed.

On occasion, we have seen, someone hurry into doing coffee mix, spice mix or formaldehyde without completing the first fifteen items. This patient may take many treatments (anywhere from two to fifteen) on that item, before they can get through the treatment or feel comfortable. In some cases, someone with a strong immune system may be able to get through the treatment, without side effects to any item, even if treated out of order. The doctor should be able to detect who needs to follow the order strictly, through NST testing. It is all right to treat out of order once testing detects the patient has a good immune system.

Generally, it is advised to complete the fifteen basic treatments before beginning treatments for hormones, thyroid, medications, radiation, chemotherapy drugs and environmental items such as: chemicals, fabrics, pollens, weeds, grasses, insects, formaldehydes, paints, perfumes, animals, etc.

If one follows the order as given in the list of basic allergens, it is possible that the patient will take less number of treatments, since one overlaps another. For example: when treated for vitamin A, most people do not react to beta-carotene, carrots, fish or shellfish mix. If one decides to treat fish mix as a first item, he/she will consequently have to treat fish mix, shellfish mix, vitamin A and beta-carotene separately.



## **TREATING FOR FOOD ALLERGY FIRST**

People with environmental allergy will also have food allergy. Most of the environmental allergens contain food elements. Grass, weeds, etc., contain vitamin C, vitamin A, minerals, vitamin B, etc. In most cases, when treated for nutrients, their environmental reactions will reduce greatly. It is easy to stay away from grasses, trees and weeds etc., but it is not easy to stay away from food for too long. When treated for nutrients, one can begin to consume nutritious foods and be able to absorb them, which will help strengthen the immune system and make the treatments easier.

## **FREQUENCY OF THE TREATMENTS**

NAET® requires the patient to stay completely away from the offending allergen for 25 hours after a treatment. This involves careful restriction of the diet during the treatment period for food allergies and regulation of the environment as well. We recommend that one undergoes one treatment per week if one is very sick, or the immune system has been lowered by allergies or long term illness. If one is fairly healthy, but has many allergies, one may be able to take two treatments per week. Only the individual practitioner can make that decision. The allergen being treated must be completely desensitized before going on to a new allergen.

If the allergen is not completely desensitized, the patient can get an exacerbation of existing complaints. For example, when treating for sugars, the presenting symptoms are skin irritations, eczema, psoriasis, acne, vision problem, etc. If the treatment for sugar is incomplete, the skin condition can get worse. If, by NST, the practitioner is unable to detect any weakness on the treating allergen at that time, please do not treat another allergen. Instead, wait two days to a week, then repeat the test for that allergen and all combinations. The patient should be feeling better by then if the treatment is completed. If the patient is still reactive to the allergen, the practitioner will be able to find it at this time. After a few days of rest, the body will reveal the weakness towards the allergen.

## **IF THE PATIENT WAS NOT FEELING WELL AFTER NAET TREATMENT**

Let us look at this situation. The practitioner could not find any weakness for the particular allergen after testing the patient 25 hours following the initial treatment. However, the patient was not feeling well, and felt worse than before the treatment. Possible reasons for this include:

1. The practitioner could be suffering from an allergic reaction. His/her blockage is not allowing the detection of the patient's allergy.
2. The energy of the practitioner or the patient is reversed or switched.
3. The practitioner or the patient is dehydrated or starving for food.
4. The practitioner is not very skilled at NST.
5. The patient is overpowering the practitioner.

6. The patient is too weak and the practitioner is overpowering the patient.
7. The patient has passed about 90 % of the treatment, and the last 10% is too difficult to detect immediately after 25 hours.
8. Patient has passed the physical and chemical levels. The emotional level needs to be treated again.
9. If the patient is being treated for a large group (like vitamin B or C, etc.), one or some of the items are not completely cleared.
10. The patient was not cleared for individual items in the combination treatment before he/she was treated for combined mixed energies for various groups. For example: before clearing the basic fifteen, the practitioner decided to treat an acute reaction to a chocolate chip cookie, because the patient reacted to the cookie on that day and has no time to continue on the basic fifteen. In such a case, the practitioner should check the patient for the allergy to the individual items in the cookie, i.e.: flour, sugar, chocolate chip, salt, egg, fat, additives, colors, water, the baking pan, etc. Then do a temporary clearance on each item before he/she performs NAET® for the actual cookie. At a later point, when the patient feels better, treat him/her for all the basic allergens.
11. Patient did not wait for the specified restricted time (usually 25 hours, or as it is determined by the practitioner) before he/she came in contact with the allergen. If the patient comes in contact with the treated allergen before completing the 25 hours, do not panic. He/she should wash his/her hands immediately or rub the palms together for a few seconds and give himself/herself a balancing treatment (see the diagram at the back of this book). The practitioner and patient should work together to solve the problem, if the need arises.
12. The patient is pregnant, the fetus may be getting the treatment, not the mother.
13. Patient's energy is not compatible with the doctor or the doctor's energy is not compatible with the patient's.
14. Patient may have severe true allergy (IgE mediated allergy) the patient's blood was not tested for IgE- specific antigens before beginning the NAET treatments.

When a patient fails a treatment, and for some reason decides to stop the NAET® treatments, he/she should not panic. NAET® is not a dangerous technique. It does not cause any severe or permanent damage to anyone or any system. It is a mild, gentle, non-invasive, precise energy manipulation technique.

If the practitioner is successful in removing the energy blockage and establishing the energy flow in the right direction, the result will be great and the patient will get the expected results. If the energy flow did not get established in the right direction during the treatment, the patient will not be adding more blockages to the existing ones. He/she will still have the blockages as before. Attempts to remove the blockages will make the patient tired or uncomfortable for a short period. For the first few days he/she may not feel very good. If this happens, drink 6-8 glasses of non-allergic water daily. The reaction will wear off gradually. In a week or two, the patient will reach his/her pre-NAET® condition.



The body is very good in adapting and adjusting to any environment. The body will adapt to normal self as soon as it has adjusted to all the allergies throughout the patient's life before he/she started NAET®. However, it is very important to drink lots of water. Water enhances the energy flow through the energy pathways.

Some allergens can be contacted in unlikely places. This guidebook has been prepared to alert unsuspecting patients to some common hideouts for these offending substances. Some of the restrictions for particular items during the 25-hour period may seem inconvenient. The guidelines outlined in this book are suggested to not only simplify the treatment process, but also to speed up the process by avoiding unintentional contact with the allergen the patient is being treated for.

### **25-HOUR-MERIDIAN-TIME RESTRICTION**

There are 12 major energy pathways (meridians) in the body. Energy units take 2 hours to pass through one meridian when there is normal energy flow. During the NAET® treatment, the normal energy flow of the particular unit of the allergen is established through the energy pathways. If the energy unit can complete its travel through 12 major meridians without interruption and return to the original starting point in 24-25 hours, the uninterrupted journey of that particular energy is imprinted in the brain as harmless or beneficial energy. The brain will be friendlier towards that energy or item with any future contact with that substance.

Occasionally, the patient may overcome allergy to the treated item in a few minutes, or in a few hours. In the majority of cases it takes 25 hours to clear. In many instances, the patient may still experience severe symptoms even in the case of a minor blockage, until the blockage is cleared with NAET®. The practitioner can also find the approximate time needed for clearance through NST testing.

Depending on the severity of the allergy, it may take 30-60 hours to clear an allergy. Anyone falling in this group should take extra precaution for more than 30 hours or the amount of specific time detected after each treatment. One should adhere to the 25 hours avoidance period all the time. If one cleared in 2 hours or ten hours and still followed the 25 hours restriction, there would be nothing to lose. If one fails the treatment due to negligence (not avoiding the allergen for 25 hours or whatever time is needed), one may have to go through the treatment again. That means, making another trip to the doctor, spending more money and another depressing day of avoiding the allergen!

Less allergic or sensitive patients have been known to clear the allergy sooner than 25 hours following treatment. They may be able to touch the item without losing the treatment. If you are a highly allergic patient, you should avoid any contact with the allergen during the required time.

Cleansing and flushing of the allergic foods and nutrients from the system takes place after the treatments. This continues for the next 24 to 25 hours following the NAET® treatment. I strongly recommend avoiding the allergic group for at least 25 hours following the treatment to achieve the added benefit of cleansing the years' old poison from one's system. Patients who do not observe 25 hour clearance for an allergen, tend to come up with many combination treatments per item later on. If the patient takes good care for 25 hours, he/she will have fewer combinations on the same allergen and less future treatments on other items. We have also noticed a slight weight gain with patients who do not observe 25-hour waiting after NAET® treatments. Later, these patients had to repeat the same treatments all over with 25-hour avoidance and able get their gained weight down to normal.

After the 25 hours, the doctor rechecks the patient's response to the allergen with NST. If the NST is strong, the patient should use a small amount of the allergen and test the physical response to the allergen. If there is any further adverse reaction, report to the doctor immediately and if necessary repeated treatments on the substance or in combination with other items, should be given.

### **HISTORY OF ANAPHYLAXIS**

Anaphylaxis is a life-threatening medical emergency because of rapid constriction of the airway, often within minutes of onset, which can lead to respiratory failure and respiratory arrest. Brain and organ damage rapidly occurs if the patient cannot breathe and get sufficient oxygen. Due to the severe nature of the emergency, patients with a history of anaphylaxis should be instructed to carry epinephrine (adrenaline or EpiPen) with them all the time. Epinephrine prevents worsening of the airway constriction, stimulates the heart to continue beating, and may be lifesaving. Epinephrine acts in the lung as a powerful bronchodilator. However, use of an EpiPen or similar drugs only provides temporary and limited relief of symptoms. Patient should be instructed to call 911 immediately if the patient experiences any symptom related to an anaphylaxis.

Patients can experience anaphylaxis with any allergen. Most commonly seen allergens causing anaphylactic reactions in allergic people fall in this group: egg, milk, fish, shellfish, peanuts, tree nuts, wheat, soybean, almond, hazelnut, pistachio nut, corn, mushroom, aspirin, penicillin, perfume, formaldehyde, latex, hair dye, and endorphin.

### **CARRYING EPI-PEN**

Anaphylactic patients can be treated successfully using NAET® method of allergy elimination. Please find the practitioner who has attended NAET Advanced 2P class. This practitioner is trained to manage various types of reactions including anaphylactic reactions through NAET methods. It is highly recommended for a patient with the history of anaphylaxis to be under care of a traditional board certified allergist, and carry Epi-Pen all the time and learn to use it if needed. Please carry your Epi-Pen with you when you go for NAET treatments. Please check with your NAET practitioner about treating with NAET to reduce severe reactions.

### **NEED FOR AN INDIRECT CONTACT OR SURROGATE**

Please remember that for hypersensitive patients, a little taste or smell can initiate a very strong reaction. The allergen's energy in the vial may be too strong for some patients to be near. You must bring in an indirect contact /surrogate (a healthy person) in order for you to receive NAET allergy treatments.

Over time, a strong allergen may begin to show subtle signs of reacting again if the treatments are not completed initially. When this happens, the exact reacted item needs to be retreated.

Please remember that the idea of treating for a severe allergic item is to protect or prevent the person from having an unexpected life-threatening situation upon accidental exposure to the item. The patient may still be advised to avoid taking the allergic item by mouth, depending on the severity of the allergy based symptoms and IgE test results. Please ask your practitioner if you have more questions in this area.



## **To Eat or not to Eat**

One of the frequently asked questions is “Must I eat during the 25 hours or can I fast?” NAET® treatment may appear to be an easy treatment. But various energy changes and energy rearrangements along the energy meridians are taking place during and after the treatments. These rearrangements take a lot of energy. One can replenish the needed energy from food intake. So, fasting is not recommended after NAET® treatments. Eat the minimum number of foods from the recommended list of items. Please avoid too many variations of foods soon after the treatments. Limit the food intake to this limited variety of items. Eat any amount from one or two categories. Different foods or food groups take different levels of energy for digestion. When one eats too many varieties following the treatments, the brain may need to spend more energy digesting the various items. Eating one or two items only helps the cleansing process.

The lists of food that can be consumed safely are given in this book after each allergen (in the next few pages). We have given just a few items after each treatment. You may find more items to eat safely after each category of allergen. But please limit the items for your own benefit.

After completion of the Basic fifteen, the patient is advised to collect his/her breakfast items together and self-balance daily for a week. On the following week, collect lunch items daily and self-treat for a week; then on the following week, collect dinner items together and self-treat daily for a week. Then the patient should be encouraged to gather a sample of whole day meals and self-treat at bedtime. This food combining treatment should be continued for a couple of months to a year. This will reduce the need for food combination treatments. When there is a need for combination treatments several symptoms can be observed. Many people react by abdominal bloating, poor absorption, etc., when they eat carbohydrate and protein together; yogurt and meat, proteins and fats, etc. NAET® treatments on combined multiple foods can easily remove that problem. The patient will be able to eat carbohydrate, proteins, fats and spices all at once and absorb the nutrients from the group without any unpleasant reactions.

When treating for the environmental items like grass, dust, trees etc., the patient is instructed to bring samples from his/her neighborhood to the office. To collect samples of local pollen or dust: on a windy day, leave a flat dish with water in an open area near the house for a couple of days. After the wind settles down, pour the water into a glass bottle and take it to the doctor to be treated along with the sample in the doctor's office. This rule can be applied to vegetable mix, household chemicals, vitamin supplements, etc.

Please do not treat children, extremely weak patients, elderly patients, and debilitated patients with more than one item at a time. Plenty of clean, non-allergic water (6-8 glasses /day) should be taken throughout the day. Herbal teas can be taken with all treatments except with vitamin C, B complex, and spices. Salt can be used with all treatments except for salt treatment.

## **EATING REFINED FOOD**

Refined foods should be avoided as much as possible. Eat more allergy-free complex carbohydrates, fresh fruits and vegetables. In the initial stage, cook food well if it is hard to digest. If one is not a vegetarian, eat non-allergic lean meats. Avoid excess fat consumption. Excess fat in the food will slow down the energy circulation through the energy meridians. White rice should be used with B complex, iron, sugar and vitamin E treatments. Brown rice can be used with all other treatments.

## **HOW ABOUT A JUICE FAST?**

Fasting with juices is highly recommended after clearing for Vitamin C group. Extremely weak, tired, chronically sick patients, persons with mal-absorption problems, immune deficient patients, patients with cancer, Aids, chronic fatigue syndromes, gastric ulcers, fever, etc. should be drinking lots of juices initially. Juices do not require much energy for digestion. Nutrients from the juices can be assimilated easily. After the patients gain enough strength, they can begin to eat nutritious solid foods and increase roughage. Drink more vegetable juices than fruit juices. Fruit juices should be limited to one or two glasses daily. When on a juice diet, drink 6-8 glasses of non-allergic clean water daily. Water will help the assimilation of nutrients.

## **FOOD CRAVING DURING TREATMENT**

When one is treated for an allergen with NAET®, one may experience an unusual craving for that particular item. For example, if one is treated for salt, sugar, or spices, one may crave salt, sugar (ice cream), or spicy food respectively during the 25-hour period. Some people may experience withdrawal symptoms. If they resist the temptation and follow the restriction for the 25-hour period, the craving and withdrawal symptoms will subside the next day. That allergen will probably never bother them again for the rest of their lives, unless the items are chemically contaminated.

Soon after a successful completion of treatment, one may crave the particular food for a few days. For example, after finishing treatment for B complex vitamins, one may crave bread and grain products. This is because the long-term allergy has created a huge deficiency of the essential nutrients in the body. The brain simply demands to bring more of the essential nutrients into the body. In such cases the patient may need to take large doses of vitamin or mineral supplements for a certain period. In cases of pain disorders, one may need to take large amount of calcium, magnesium, zinc, phosphorus, etc., for a few weeks. The doctor will help to decide the duration and amount of large doses of vitamin/mineral supplementation.

## **NEED FOR SUPPLEMENTS**

After completing the treatment for the essential nutrients (like Calcium, B-Complex, Vitamin A, Iron, Vitamin E, trace minerals, mineral supplements and amino acids) it may be advisable to take supplements for a few months to reduce the deficiency by assisting the body to recover faster.

People who take appropriate supplements after treatments usually get better faster than people who do depend only on food to supplement their needs. One should be careful to check the allergy to the particular vitamin/supplements before taking them. Even though the patient was treated for vitamins like B Vitamins, C Vitamins, Minerals, Enzymes, etc. he/she can react with various, unusual health problems just by taking allergic products. So each item should be checked for an allergy before taking it. Another concern about supplements is the possibility of overdose. After NAET® treatments, the body is able to assimilate 80-100% of the nutrients from the products consumed. Check the daily need frequently and adjust the dosage accordingly. An overdose can produce allergy-like symptoms which can be treated with NAET® (as an allergy). Supplements in mega doses are often needed for a number of months in the following cases: arthritis, fibromyalgia, chronic fatigue, any chronic problems related to allergy, hair loss, constipation, degenerative diseases, cancer, etc.



## COMBINATION TREATMENTS

The stomach has strong acids to help break down the food we eat. The intestinal tract produces strong alkaline juices. When the food mixes with the acid, a chemical reaction occurs. The end result of any chemical reaction is a new product and heat. The new product produces new characteristics and thus new energy. One may be allergic to this new product's energy. This reaction can be reproduced by combining the energy of the food and acid. If there is an incompatibility between this new energy and the patients' energy, it can be demonstrated by NST. If there is a reaction, it can be eliminated the same way as desensitizing for the individual allergen.

Likewise, in advance, we can find the reaction between an allergen and alkalinity and RNA/DNA. Heat is being produced in the body during any chemical process. Sometimes, proper digestive steps do not take place when ice (cold) is consumed. It is necessary to clear the reaction between heat and the food, or cold and the food. In the same way an allergen can react with the organs (allergen and lung, allergen and heart, allergen and brain etc.). Sometimes an allergen can react with female hormones, male hormones, pituitary gland secretion, adrenaline, serotonin, pineal gland, one's blood, sweat, etc.

In cases where an allergy is inherited, one may need many combination treatments to overcome the allergic reactions completely. A few examples of possible combinations with the allergen are:

- stomach acids, alkalinity of the intestinal juices (Base), RNA, DNA
- heat (salt and heat), cold (freon and cold in case of an allergy to air-conditioning)
- individual vital organs (stomach, heart, lung, liver, gall bladder, pancreas, small intestine, etc.)
- liver (pesticides and liver)
- pancreas (sugar and pancreas in cases of diabetes)
- kidney (salted nuts and kidney)
- lungs (bacteria and lung in case of lung infection, bronchitis, etc.)
- stomach (garlic bread and stomach tissue in a case with acidity of the stomach after eating garlic bread)
- cotton and urinary bladder (cotton underpants with urinary bladder tissue in a patient with frequent bladder infection, interstitial cystitis, where one is allergic to cotton underpants).
- colon (gluten and colon)
- gall bladder( gall bladder and oils)
- heart (sulfites and heart)
- brain enzymes (serotonin and brain tissue)

- hormones (hormones and endorphins in case of fatigue after exercise)
- hormones and calcium - (in case of osteoporosis)
- hormones and sugar - ( in hot flashes)
- hormones and salt - (in P.M.S).
- hormones, sugar and heat - (in hot flashes)
- sugar and spleen - (in sugar craving, fatigue)
- sugar and brain tissue - (in brain fog, brain fatigue)
- fats and brain tissue - (in sensation of heaviness in the brain)
- fats, sugar and blood vessels (in high serum triglycerides)
- calcium, fats and blood vessels (in arteriosclerosis)
- bacteria and lung tissue - (in pneumonia)
- proteins and lymph (in edema or water retention in the tissues)
- amino acid and stomach acids - (in hyperactivity, autism)
- amino acid, and digestive enzymes - (in abdominal bloating)
- fats, cold and hormones (in obesity)
- fats and vitamin C - (in obesity)
- vitamin C and blood vessels - ( bruising easily, Raynaud's disease)
- cholesterol and blood - (in high serum cholesterol)
- calcium and sugar and proteins - (in scleroderma), etc.

### **EMOTIONAL ALLERGY**

Many times, origin of the physical symptoms could be traced back to some unresolved emotional trauma. A woman in her fifties complained of hypoglycemia since childhood. She was found to be very allergic to sugar. When she was treated for sugar with NAET®, she cleared her physical and chemical allergy. However, her emotional allergy remained the same and her hypoglycemic reaction was exaggerated. She recalled that she was restricted from eating sugar. When she was five years old her parents told her sugar was bad for her health. One day, as a gesture of love, a family friend gave her a box full of chocolate bars.



As soon as the friend left the house, her mother snatched the box from her and flushed the chocolates down the toilet before she had a chance to eat one. The child felt very bad and cried for a long time. Her mother did not take time to explain the reason for her insensitive behavior. This puzzled the child and left an unhealed wound in her heart and brain. Ever since that event, for 48 years, with each contact of sugar or sugar products, she experienced unpleasant reactions, misdiagnosed as hypoglycemia. When she was treated for this emotional blockage with NAET®, she no longer suffered from hypoglycemia.

A young man of 32, tested allergic to almost all food items. After treating for the Basics, he still got sick and complained of nausea after each meal. He tried to eat just a few items which had been absolutely cleared for allergies by NAET® and confirmed by NST. He was tested for emotional blockage by NST and found he was afraid to eat any food that was tied to his childhood. As he was growing up, his abusive, maniac father abused his mother verbally and physically and often beat her or threw the dishes at her while eating. Watching all these horrible incidents frightened young Jim, who often lost his appetite and went without eating. These unfortunate incidents left deep wounds in his mind in association with foods. When he was treated for his childhood fears, he was able to eat food without getting sick.

Suppose two men were fighting while eating popcorn. One got upset and walked out of the room. The second person was very angry. Without paying attention, he kept eating popcorn while thinking of a way to solve his problem or to get back at the other person. In fact, later he may not even remember that he ate popcorn at all. While he was eating popcorn, his brain was stimulated with anger and resentment. That was forgotten; however, the brain was aware of eating popcorn, and it was forced to associate this with anger and resentment. The brain, always watching over our welfare, makes a note of this association. In a future contact with popcorn, the brain will caution him about the previous episode of anger and resentment while he eats popcorn, which can mimic an allergic reaction.

After the successful completion of treatment for an allergen, the physical and nutritional allergy may never return. Nevertheless, the emotional allergy can return any number of times if one is not careful to avoid unpleasant things while eating or cooking.

It is very important to respect food preparation and consumption for better assimilation of the nutrients and to avoid the recurrence of emotional allergies.

### **DEVELOP GOOD EATING HABITS AND PREVENT EMOTIONAL BLOCKAGES**

Avoid eating when under stress. Always have pleasant thoughts while eating and enjoy your food. You can play your favorite music while you eat whether you are eating alone or with your eating partner. When you send the food into your stomach accompanied with feelings of love and happiness, your body and mind will cherish the nutrients with love and happiness, which will help the body and mind to grow healthy.

Many people bless the food before they eat. This ritual gives you a chance to clear the mind of all troubled emotions. Fill the mind with a sense of spirituality before eating, avoiding troubled emotions and food associations. Try to eat with people who share pleasant thoughts and make eating a pleasing event. Avoid fights, exchanging unpleasant words, bad news, etc., while eating in order to prevent repeated emotional blockages associated with food.



**DIET:** NAET® patients are encouraged to eat non-allergic food whenever possible. After three or four treatments, you are encouraged to eat strictly non-allergic foods from the groups that have already been treated. After completion of each treatment, add that group or item into your diet. This will help you to get through the rest of the treatments faster with limited unexpected reactions. NAET® patients should drink 5-8 glasses a day of clear, non-allergic water.

**EXERCISE:** Regular exercise is very important to distribute the nutrients evenly in the body. Begin very slowly if you are very sick or haven't exercised recently. Ten minutes of any kind of exercise, twice a day is advisable. If someone feels joint pains or excessively tired after exercising, it is advisable to take 500 milligrams of calcium before you exercise. Drink a large glass of water after exercising to help eliminate the toxins produced from the workout.

**MASSAGE:** Massages could be taken before the NAET® treatment. Therapeutic massages improve circulation and thus help distribute nutrients. Massages help to rid the toxins produced during the treatments. The patient should drink a full glass of water after the massage to help eliminate the impurities produced. Vigorous exercise, massage, swimming, Jacuzzi, extreme hot baths etc., are not advisable after the NAET® treatment. Wait at least 6 hours before engaging in any of these activities.

**ACUPUNCTURE:** Acupuncture is used to balance the body. Traditional acupuncture with many needles, etc., should be given to the patient before NAET®. Other kinds of acupuncture treatments are not advisable during the 25 hours after the treatment. Just four, six or eight needles should be used on the balancing points to maintain homeostasis of the body after NAET®. Balancing points always remain the same for most people. During the NAET® treatment, patients react differently to the needles. Depending on the severity of the allergens, some people feel varying degrees of pain and discomfort at the needle site. Severe reactions can be expected for severe allergens: shooting pain, shock like pain, cramps, pulling like pain, dull and distended pain, red welts, etc., can be found around the needles. Most often the reactions will disappear a few minutes after the needle insertion. If the redness continues beyond 15 minutes, it is advisable to retain the needle for a longer period of time. If the patient feels light headed, or experiences extreme emotional variations like agitation, anger, crying spells, etc., shortly after the stage-1 treatment (spinal treatment) or during the 20 minutes waiting period, the needles should be removed immediately (if they are with needles). Emotional blockages should be checked and treated right away. If the patient is alone or with others in the waiting area and experiences such unusual symptoms, the practitioner should be notified immediately.

After 20 minutes of treatment, if a drop of blood appears when the needle is removed, it is a good response to the treatment. Toxic energy will have a chance to come out of the body through the blood-let area. If there is a red streak, welt or redness around the needle, the needle should be left in for a few more minutes until the reaction diminishes. If there is edema, a black and blue mark, etc., present at the needle site after removing the needle, it denotes that the allergen being treated is a strong one.

Sometimes, the patient can experience various types of energy movements, in different parts of the body, while holding the allergen during the 20 minutes after the stage-1 treatment. If the sensation is too uncomfortable, the patient should not hold the allergen. The allergen can be removed from the palm and placed next to the body.

If the patient reports that he/she tends to get severe allergic reactions to an allergen (history of anaphylaxis) please treat her/him through a surrogate. If someone reacts violently to the allergen, it is not necessary to hold the item in the hand during the stage-2 treatment (needle, acupoint massage, 20



minutes waiting period, etc.). If the patient had a huge bruise, swelling etc. at the site of the needle, if it caused tissue damage in the surrounding area, the doctor should avoid inserting needles at that particular acupuncture point for approximately a week. If there is a hematoma, pain in the needle area, please apply hot moist compresses for a few minutes, it will be resolved shortly. In a day or so the tissue will go back to normal.

### **CONSIDERATIONS FOR UNUSUAL CONDITIONS**

NAET® treatment should be avoided in the first three days of menstrual cycle. Acupuncture is not advised during the first three days of menstruation and in pregnant women. Emotional NAET without inserting acupuncture needles may be ok to treat during menstrual cycles if OCM permits.

Young children under 15, extremely weak patients, pregnant women, women who are in their first three days of menstrual cycle, patients who are afraid of acupuncture needles, patients with history of acupuncture needle shocks, patient with skin infections, swelling of the limbs, etc., should not be needled. Massages on the acupoints will be sufficient to complete the treatment.

Patients with spinal deformity, severe case of spinal segmental degeneration, moderate to severe scoliosis, severe arthritis, patients with highly sensitive back, recent back surgery, abnormal growths on the spine or on the back, young children under two, etc., should not be treated directly on the back. Use a surrogate in such cases.

### **RECORD KEEPING**

Space is provided in this guidebook for the patient to keep a record of individual treatments and notes of progress. In addition, pages are provided to help the patient start a food diary and chart exposure to other potential allergens and the appearance of any symptoms. After clearing for the major allergens, you might notice numerous reactions to various simple items. When your body gets rid of severe allergies, other allergies could easily be noticed. By maintaining a diary, the patient is able to help the doctor pick up the next most important item to be treated. These records of the frequency of reaction to certain products along with dates, may prove helpful in uncovering unrecognized allergens.

One patient reacted to anything she ate from her freezer. More investigation proved that she was allergic to the fungus and molds found in the freezer. Another patient's complaints of frequent angina pain, sinus problems, arrhythmia, frequent eye inflammation etc. were completely relieved after treating for fungus. Even though she was not eating frozen foods, every day she would pet her dog who was suffering from some unknown skin problem related to fungus. In this case, the dog was also treated for fungus, and the dog's skin problem improved.

Another patient had a reaction to elm trees since childhood. Since she was not getting better with food treatment, she was treated for elm trees. Her condition worsened with the initial treatment, breaking out in huge hives all over her body. She needed repeated treatments for elm tree for one week. At the end of the week, not only did her skin clear up, most of her other allergies improved.

This guidebook is intended to help patients understand the importance of avoiding contact with the allergen for which they are being treated during the 25 hour period, and to make that process easier for them. In no way do these guidelines replace the advice of the professional carrying out the treatments, and all patients are encouraged to discuss any individual problems thoroughly with their doctor.



## **INSTRUCTIONS TO A NEW NAET® PATIENT BEFORE BEGINNING TREATMENT**

### **I. Introduction**

The new patient is required to read Dr. Devi Nambudripad's book "Say Good-bye to Illness" or "Say Good-bye to Your Allergies" or listen to the book CD of "Say Goodbye to Your Allergies" before coming to the first appointment. You may also be asked to view an Introductory DVD about NAET when you come for the first appointment. Most patients come to NAET practitioners as referrals from their family or friends. Most of them come to NAET without having any real knowledge about NAET and how can NAET help them with their individual health needs. If the patients had some knowledge about NAET, it would help them understand the testing and energy balancing procedure better. This book, SGTI" educates the reader about the NAET testing procedures and some self-balancing procedures. NAET treatment procedures are not explained in this book, that should be done by a trained NAET practitioner. The book also shares numerous case studies about various health conditions and testimonials from previous NAET patients.

Nambudripad's Allergy Elimination Techniques (NAET®) is a method that helps to balance energies in the body. NAET® is not a primary care procedure. The patient is required to seek the care of a primary care physician while getting NAET®. If the patient suffers from a specific health problem, he/she should also seek care of an appropriate medical specialist to manage the health needs related to their condition (e.g. heart disease, mental challenges, etc.)

According to Oriental medical theory, when one's body energies are maintained in a balanced state, one does not suffer from most health disorders that arise from an energy imbalance. As per NAET® theory, food, environmental and chemical sensitivities and true allergies (Immuno- globulin E (IgE) mediated allergies) can cause energy imbalances in the energy meridians. NAET® theory postulates that, an energy imbalance or disturbance is the primary cause for any sensitivity reaction towards any substance. When any allergen that initiated the energy disturbance is identified via NAET® Testing procedures, when that allergen is desensitized properly using appropriate NAET® desensitization techniques that particular allergen has not shown to produce adverse bonds or unpleasant reactions in the body on future contacts. NAET® is a mild, noninvasive, gentle, energy balancing procedure. It has not been shown to cause any long-term adverse effects on anyone within the last thirty-three years. While going through NAET®, patients should try to keep their symptoms under control by taking necessary medications, therapies, acupuncture, chiropractic, massages or other therapeutic modalities.

NAET® is only an energy-balancing procedure that helps to remove energy blockages from the energy meridians and restore normal circulation of the vital energy in the body, with the result, patients may claim to have achieved several health benefits including relief from severe allergies and allergy-based health disorders. However, one should understand that NAET® is not a primary care procedure. NAET has not had the opportunity to conduct double blind studies on various aspects of the health problems arising from sensitivities and treatments through NAET. We only have anecdotal references and testimonials from the beneficiaries now except for just a couple of published case studies and one double blind study. We are hoping to have more published studies in the near future.

### **II. Before the First NAET® Session**

1. Prior to your first appointment or when you arrive at the office, these guidelines will be provided to you or to your guardian or caretaker. You **MUST** read and comply with these rules before beginning the NAET® evaluation procedures and NAET Testing procedures.



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2. You should bring in a copy of ALL previous medical records, any report on prior allergy testing and treatments, laboratory and radiological reports. It is highly recommended to have your blood tested for (1). total IgE, (2). IgE (Immunoglobulin-E) and (3). IgG (Immunoglobulin-G) on a list of commonly consumed foods and commonly contacted environmental substances. Your practitioner can provide you the list on your first visit and you may have the tests done through your primary care physician and have him/her send a copy of the result to your NAET practitioner. You will be required to complete the following forms in the office: (1). Personal data information sheet, (2). history forms, (3). symptom-survey form, and a (4). consent form.

3. If you have a history of severe hypersensitivity reaction (anaphylactic reactions or like severe reactions) toward any allergen, you must tell the NAET® practitioner before beginning the evaluations. Only practitioners who have taken the NAET® Advanced-2P class (Case Management for severe allergies) are qualified to manage severe allergies or anaphylactic symptoms. With the knowledge from this advanced training your NAET® practitioner can take adequate precaution to prevent you from becoming anaphylactic during evaluations or treatment. NAET® protocol for severe hypersensitivity reactions (such as anaphylaxis) SHOULD be followed strictly while getting NAET desensitization procedures. Your qualified NAET® practitioner will instruct you appropriately.

### **III. Before Each NAET® Session**

4. PLEASE do not wear any perfume, perfumed powder, strong smelling deodorant, hair spray, or after-shave and do not eat strong smelling herbs like raw garlic, seafood, etc., when coming to the clinic for NAET®. If you suspect something is responsible for causing an unpleasant sensitivity reaction, you may bring the item to the NAET® office in a thin glass container with a lid (as in a baby food glass jar with lid), wrapped in brown paper or placed in a brown paper bag. Please do not bring items in plastic containers or plastic baby food jar. Plastic containers cannot be used in testing.

5. There is NO smoking allowed in or around the office. PLEASE take a shower before you come to the office for NAET® since you should not shower for six hours following NAET (it may cause you to lose the treatment). Please do wear freshly cleaned clothes to avoid smells of herbs, spices, perspiration, etc. Various smells can cause irritation and reactions in you while going through treatment, as well as in other sensitive patients in the clinic waiting room. Please do not eat or drink coffee or juices that has fruity smells (e.g. Pineapple juice, etc.) within the office. Another patient in the office waiting room might react to the smell of your food. Drinking plain, purified water is ok.

6. Wear minimum jewelry when you come in for NAET®. Avoid wearing large crystals or large diamonds. NAET® can be done while wearing your own clothes provided you wear simple, loose clothes without ANY artwork or embroidery with crystals, beads, stones, metals, glass or plastic pieces. It is fine to wear simple wristwatches while testing or doing NAET. Avoid watches with sharp needles, cell phones, calculators, tape recorders, cameras, etc., on it.

7. PLEASE do not wear any guns or knives to the office even when they are part of your job requirements (patients who are police officers, CIDs, etc. when they come to the NAET office in their uniform for treatments, they need to be instructed to put away their work tools safely elsewhere before they come for treatments. Police officers should be treated on their off days. Some CIDs have to carry their revolver even if they are not in uniform. In such cases, they should come with a friend and the friend can keep the tools in the car and watch for him.) Please do NOT bring sharp metal objects, large keys, sharp toys, heavy toys, or toy guns to the office.

8. Turn off your cell phones inside the waiting room and in the treatment room. Other sensitive



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patients might react to your cell phone. Cell phones should be off and kept away from your body during NAET® testing and treatment.

9. ALWAYS eat before you come for NAET®. You should not take NAET® and acupuncture when you are hungry. If you have a long wait in your practitioner's office, please bring a snack with you, leave it in the car or outside the office. Five to ten minutes before your turn, please go outside the clinic and eat your food, wash your hands with soap and water, and rinse your mouth before you return to the clinic for NAET®.
10. Please WASH your hands with soap and water before beginning the evaluation for NAET®. Hand-washing will remove any residue left on your hands from contacting other substances prior to coming to the office.
11. Do NOT get treated if you are extremely tired, worked a night shift, or worked too many hours without any breaks and for women during the first three days of their menstrual cycle. Immune system is at a low edge during these periods and the patient may have problem to pass the treated item and may need additional office visits.

### **IV. During Each NAET® Session**

12. You should NOT have any companions with you standing or sitting within your magnetic field during NAET® session. You should not bring any children or pets to the room while you receive NAET®. You should be alone with your NAET® practitioner while you receive evaluation or NAET®. If your small child is the patient, then the practitioner will use you as a surrogate then you will be in the same room testing and treating your child through you. Your practitioner will explain the procedure. Also please read Chapter 6 in the book, "Say Goodbye to Illness" to learn testing procedures.
13. Since NAET® is a mind-body balancing procedure, the NAET® practitioner needs to receive permission from the conscious and subconscious minds of the patient before performing NAET®. Signing the consent is the permission from the conscious mind. However, permission from the subconscious is necessary for a successful NAET®. For a trained practitioner it takes only a few seconds to seek permission from the subconscious. In rare occasions, it has been shown that certain person's subconscious mind does not grant permission to perform NAET® evaluation or treatment on a particular day. In such cases, the NAET® practitioner may NOT proceed with NAET® evaluation. Instead the NAET® practitioner will make appropriate referrals for further evaluations related to your health conditions.
14. On a particular visit, if the patient's brain did not give favorable signals for NAET® on a new item, then he/she will be rescheduled for another date. This is for your best benefit. It has been shown that even severe hypersensitivity reactions also can be successfully managed for the allergens triggering such reactions when the NAET® practitioner gets permission from the patient's subconscious brain before doing NAET®. You may rest for a few days until your brain and body are ready to get more NAET® sessions or you may be able to receive other immune system supporting procedures like chiropractic adjustments, acupuncture, massage, Yoga, etc., while waiting.
15. While performing NST (Testing procedure), the patient SHOULD wash or rub his/her hands together for 30 seconds between touching different samples. The energy of the previously tested sample has shown to produce false results if the energy of the previous item has not been removed from the hands before touching a new one. Only three substances (three groups from the NAET Basic list) will be tested at any given day to prevent unexpected sensitivity reaction from cumulative results contacting several reactants within a short period.



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16. While going through NAET® testing PLEASE make a loose fist with your free hand (one without the sample) in order to prevent contact between the table or your clothes with your finger-pads while testing.

17. Do not eat candy or chew gum DURING NAET® testing and treatment.

The NAET® practitioner will not have ANYONE observing the NAET® procedure or taking notes, from a close proximity. The distance varies with each patient for each allergen. Your practitioner will know how to determine the distance for a particular individual for the specific allergen.

18. If you are unable to test yourself (if you are a child, old person, too strong, too weak, disabled, advanced stage of pregnancy, etc.), then you SHOULD be tested through an indirect contact (IC or surrogate) so that the practitioner can get accurate information about your sensitivities. You should maintain skin-to-skin contact with the IC during testing and the IC should rub his/her hands together or wash hands between testing different items.

19. NAET® can also be done through the IC's body and get the exact benefit as if it was done directly on your body. Patients in advanced stage of pregnancy, morbidly obese, with psoriasis or other debilitating skin problem, back surgery, scoliosis, or a history of severe hypersensitivity reactions, etc., SHOULD receive NAET® through an IC.

### **V. The Basic 15 treatments**

20. The NAET® Basic 15 groups include the basic essential nutrients for everyone: BBF, Egg mix Cal mix Vitamin C mix, B- Complex mix, Sugar mix, Iron mix, Vitamin A mix, Mineral mix, Salt mix, Grain mix, Yeast mix, Acid, Base and Hormones. You will receive one treatment per item or group once or twice a week depending on your immune system status. Cellular memory imbalances will be also checked related to the item treated and if found, will be treated during the same visit. You should strictly avoid any contact with the treated item for 25 hours. If more hours of avoidances needed your practitioner will instruct you. After you complete the Basic 15 groups, your practitioner will recheck all 15 groups one at a time, checking for complete clearance of the group treated. He/she will also check if any need to treat for individual ingredients in the group, or any possible combinations. If you are sensitive to the basic 15 groups, your body may not absorb adequate nutrients by consuming the foods from these groups. That will cause to lower the immune system function and may cause to have various health disorders due to nutritional deficiencies brought on by sensitivities, intolerances and allergies. After clearing your allergies to B vitamins, it is suggested to supplement adequate amount of B complex vitamins right away so that your adrenal system will begin to function better, nervous system will begin to relax and your immune system will begin to improve with each dose of vitamin B complex. B complex vitamins are the food for your nervous system.

21. When your immune system is maintained at a normal level, not only you feel better overall, your allergies and sensitivities will be reduced with the result, you need fewer NAET® sessions to get maximum results.

### **VI. Reasons Why NAET® May Need to be Given Out of Order**

22. If you have sensitivities to white rice, or pasta, their energies should be desensitized before the Basic 15 groups. White rice or white pasta, cooked in large amount of water, the water drained out, is permitted to consume in any amount to satisfy your hunger during 25-hour avoidance after each NAET in the basic 15 groups. If you are sensitive to white rice or pasta (starches), then you will not feel good while consuming them through basic 15 groups. So you must clear the allergy to white rice before other treatments.



23. Hard-to-avoid items like prescription drugs should be treated first in the doctor's office after completing NAET® for first 6 NAET groups of allergens from the Basic 15. Then the patient will be taught to balance his/her energy system once every two hours at home. In case of a drug that cannot be avoided, NAET® treatment should be done first time for the drug in the doctor's office, then you should self-treat your 6 gates using home-based balancing procedure (HBP) before and after you take the drug as well as self-treating once every two hours while awake for the 25 hours after the initial NAET®. When you sleep, you do not need to set an alarm to wake you every two hours to get up and treat. Instead whenever you wake up, you can continue the self-treatments again. This procedure is not done on regular foods and environmental samples in order to skip the 25-hour avoidance. If you do so, treatments will not pass. You will have to retreat again following 25-hour avoidance strictly.

When a patient has an ACUTE problem, practitioners will address the acute problem before resuming the normal order of NAET® if the patient's brain gives permission to do so. For instance, when a patient is reacting to a particular food that was eaten recently, a medication that is essential for the patient's survival (like pain medication, cortisone, antihistamine, antidepressants, heart medication, etc.), fire-smoke, accidental exposure to fumes, drinking water, city water, acute cellular memory imbalances (emotional traumas) like sudden hospitalization or the death of a loved one, etc. NAET® on these issues can be done as an acute care procedure before completing the basic fifteen groups as long as the body permits. If someone has severe reaction to pollen, weeds, cigarette smoke, regular drugs like chemotherapy drugs, antibiotics, person-to-person allergies, etc., these can be done after completing six basic groups of allergens (after completing sugar mix). When the NAET® for acute care procedure is completed satisfactorily, you should go back to the basic 15 and continue as before.

24. You must wash your hands with plain water after each NAET®, before you leave the office. After the NAET®; if you cannot wash or rinse your hands, then vigorously rubbing your hands by interlacing your fingers for 30 seconds will be sufficient.

25. After a desensitization treatment for an allergen through NAET®, PLEASE do not exercise vigorously for 6 hours. A mild walk is fine.

26. AVOID exposure to extreme hot or cold temperature after the desensitization through NAET® for any allergen.

27. Do NOT bathe or shower or swim for 6 hours following the NAET®.

28. Do not read or touch other objects with your FINGERS during the 20 minutes waiting period after NAET®.

29. Do NOT cross your hands or feet during the first 20 minutes following the NAET®. Lying or resting with a calm mind will be beneficial. You could visualize positive, warm energy circulation through the 12 meridians while resting. Meditation is allowed. After an emotional balancing treatment through NAET®, you are advised to think positively during the 20-minute waiting period about the issue which was treated or keep your mind blank, don't think about anything at all.

30. Your practitioner WILL ask you to avoid the desensitized item for 25 hours or more as indicated by his/her testing after the completion of the NAET® in the office. After the NAET® you should avoid eating, touching, or coming near the item treated for the specific number of hours determined by your practitioner. It is also suggested after completing your NAET® satisfactorily for an item, that you consume a small amount of the item daily for three to four days, provided your IgEs on specific allergen is tested class I or lower. If



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the NAET® is not completely finished for the item, upon consuming the item, you will bring out some minor symptoms and your practitioner can investigate the reasons behind those symptoms and reduce them. Another benefit of introducing the desensitized item into your body is to reconfirm with the brain and nervous system about the harmlessness of the item you were treated so that your nervous system will not forget about the harmlessness of this desensitized allergen with any future contact even if you never ate them later for years. This rule does not apply to patients with the history of severe hypersensitivity reactions (IgE class I or more).

31. It is highly recommended after NAET® for the first four Basic 15 groups (after Vitamin C treatment), you TRY to consume foods and drinks from the desensitized groups only. Add items to your list as you complete NAET® on each new group or item. This will reduce your overall discomfort while going through the rest of the allergen groups and your NAET® treatments will be more effective and you will be able to see results with NAET® faster. Depending on your immune system, the visits can be scheduled. A patient with severe allergies and poor immune system can only tolerate one session per week. However, patients with better immune system have shown to tolerate three or more NAET® per week. Your practitioner can test your body for the appropriate plan.

32. If you are a highly SENSITIVE person, or if you experience any discomfort during the 25-hour-avoidance period after the NAET® (crying spells, depression, interference by unusual cellular memories or unusual pains anywhere in the body, etc.), you may need to self-treat your 6 gates points once every two hours on your own at home while you are AWAKE. Please refer to page 58 in the book, Living Pain Free. Also, refer to the last page in 10th edition Guide Book. Then on next morning return to the practitioner for further evaluation and necessary treatment.

33. It is highly recommended to find foods that do not contain the desensitized allergens to eat during 25 hours following each NAET®. Infants and children can be given NAET® in the evening or before going to sleep for hard-to-avoid items. 25-hour-avoidance should be followed even by the infants and children to receive lasting results. Please ask your practitioner if you have questions.

34. If someone has a hard time avoiding a desensitized allergen for a specific amount of time for any particular reason (treating for grains or sugar on a diabetic patient, treating for a heart medication on a cardiac patient, etc.), he/she should massage his/her energy balancing points every two hours as well as before and after exposing to the item. Please do not use this procedure while treating regular groups or items from basic 78 groups to bypass the 25-hour avoidance. In case the patient has developmental disabilities (autism, ADD, mental retardation, etc.), caretakers should be instructed to massage the points (read Page 58 in the book, Living Pain Free) once every two hours during the 25 hours and also before and after touching the item, still must avoid eating them. Your practitioner will teach you the self-balancing technique if you do not understand by reading the book, Living Pain Free. It is advisable for you to BUY this self-help book, with Illustrations (Living Pain Free) since it can help you to control or reduce various sensitivity reactions and discomforts arising from other sensitivities by massaging the appropriate acupressure self-balancing points whenever the need arises.

35. No adverse reactions have been noted when a person eats food INCLUDING the food he/ she was treated, for 20 minutes following the retest of the initial NAET® for the reactant. Exception: highly sensitive patients: Patients who has lower levels of abnormal reading of IgEs in the blood may pass the NAET treatment upon recheck after 25 hours, may feel better for a few weeks or months then their symptoms will begin to return needing NAET repeatedly for the same item. If you repeat your blood test for IgEs, you may find the reading has not changed at all from the initial reading. If you were not tested for IgEs initially, if you require repeated NAET on certain items this is the indication that you may have abnormal levels of IgEs in



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the blood. If you do have abnormal levels of IgEs in the blood, standard NAET will not be sufficient to reduce the IgEs. You will require advanced level NAET approach. (patients with class II IgEs or above and patients with a history of anaphylaxis should not eat or touch the items until the blood test becomes normal). The 25 hour-restriction begins 30 minutes after the completion of the NAET®. Do not eat HEAVY meals before or after the NAET® or acupuncture treatments, but DRINK a glass of water before the NAET®. Energy moves better in a well-hydrated body. Drink 4-6 glasses of water spaced through the day after each NAET® sessions to help flush out the toxins produced during the NAET®.

36. You are advised to MAINTAIN a food diary and the level and type of reactions if there is any during the 25 hours following the NAET treatment in The Guide Book after each session. You should carry this record with you if you decide to see other NAET® practitioners in another city, state or country during your vacation or other travel time then your NAET® can be continued uninterrupted. Write down all the good and bad symptoms you experience during 25-hours following each treatment and bring it to your practitioner on the following visit. If you have frequent health problems and you do not know the cause of your problems, write down your daily activities for a month in a separate notebook. Record all the food and drinks you consumed even if they were in small portions and record also anything new you have purchased for the house or work area just before the problem started. Bring your record to the office and let your NAET® practitioner test you for the items in your list to find the culprit.

37. You may need to take EXTRA precaution while you get NAET® for environmental substances: (mineral mix, metals, water, leather, formaldehyde, fabric, wood, mold, mercury, newspaper, chemicals, flowers, pollen, grass, smoke, etc.). Apart from staying away from these items, you may also need to wear a pair of gloves, mask, socks, shoes, gowns, scarves, earplugs, etc. You can also massage the 6 gate-points once every two hours while awake during the 25-hour period if it is not completely avoidable. Complete avoidance is highly suggested.

38. During the 25-hours of NAET® or afterwards, if you get a life-threatening experience from an allergen (either from the one you were treated earlier in the office or another new item), you MUST seek emergency help immediately from a primary care physician or emergency room, or by calling 911 in USA or numbers appropriate to the country.

39. Once every month or so, or after completing the first FIFTEEN NAET® group, your practitioner will repeat NAET testing on all treated items from the beginning. If the desensitization for an allergen was not successful over 50 percent at the time, they will be boosted up again. No avoidance is necessary at this time. AFTER the Basic Fifteen groups with the practitioner, patient should begin to gather a small sample of every day food and drinks and holding the sample, massage the 6 gate points every night before bedtime. Please ask your practitioner to explain the procedure how to do so.

40. DRINK one 6 ounce-glass of water first thing in the morning. Drink 1 glass of water before bedtime. Remember to CHECK with your practitioner for the item you were treated with NAET®, after 25 hours, and at least within one week to make sure you have completed the NAET® satisfactorily.

## **VII. Additional Information about NAET®**

41. NAET® is a HOLISTIC procedure. It balances the entire body including: physical, physiological and cellular level (emotional) functions. Everyone needs balance in all these three levels of the body to be healthy. If one area is not balanced properly, other areas cannot function normally. NAET® cellular memory imbalance removal procedure (emotional balancing treatments) has been shown to produce marvelous results in people who suffer from environmental illness, chemical reactions, chronic pain disorders, other chronic illnesses, autism and ADHD, etc. This CLIR procedure will be provided to the patient without additional cost if done in conjunction with any NAET® session. After completion of Sugar mix (after completing six basic sessions),



NAET® Cellular level Memory Imbalance Removal procedures can be administered upon your request.

42. NAET® CLIR procedures do NOT replace the need for traditional psychological or psychiatric help. If you are getting treatments in these areas prior to NAET®, please continue with your therapies and medications as needed. If you for any reason do not like to be use the CLIR procedure (due to religious reasons, etc.), you should inform the NAET® practitioner on the initial visit, then CLIR will be excluded from your treatment plan.

43. If you did not complete the NAET®, or if you could not complete the specific NAET® for some reason, do not panic. NAET® is a mild, energy balancing, non-invasive, gentle procedure. It has not been shown to cause any long-term adverse effects on anyone since its discovery within the last thirty-five years. Your temporary symptoms may be due to the incomplete session and may continue for up to two or three weeks, maximum. Drink about 4-6 glasses of boiled cooled water or non-allergic bottled, purified water (not distilled water) daily to help with your energy circulation.

44. Eventually the particular symptoms will wear off and you may return to your pre- NAET® status if you did not repeat the NAET® for the unfinished item. For example, if you suffered from insomnia prior to NAET®, you may continue to have insomnia; if you suffered from pain disorders, you may continue to suffer from pain disorders, etc. Any allergen that was desensitized halfway has not shown to render any benefit to the patient at all. Human body forgets and adapts to new ways fast. The incomplete NAET® is forgotten in about three days to a week in most cases, but in some cases it has shown to take as long as three weeks, then the body learns to focus on current events. Thus, in a few days, an incompletely desensitized reactant is usually viewed by the body as a reactant that has never been treated before.

45. But if you had to stop the NAET® for the particular allergen because you had no means to get to the office, then you can self-treat the energy for the particular item at home on your own by holding the item while massaging the 6 gates as shown in the guide book or in the book, *Living Pain Free*, once every four hours while awake for two to three weeks or as short or as long as the body needs to view that as a friendly item. This method will only work after one has initiated the NAET® with a trained practitioner, and the NAET® was not completed on one item for some reason. If it is an uncomplicated, individual item, like a piece of sourdough bread, a piece of meat, a hot dog, a laxative or a pain pill like Tylenol or another drug, a particular piece of fabric (a shirt, scarf), etc., then the patient or the caretaker can complete the NAET® in this manner at home. Caution: this should be done only on a single item.

46. After completing NAET® for an allergen, if NST tested strong on recheck but the patient is still suffering from prior symptoms, the patient should be allowed to rest for a few days to a couple of weeks without any new NAET®. This is in fact to rule out or to determine if the desensitization towards the particular item was successful or not; and to determine if the presenting symptom is arising from another source or not. If the particular desensitization on the item is incomplete, if you wait a few days the NST will produce a weak response either on its own or with some combinations. Then the NAET® on the item itself or with a combination can be repeated at that time. While waiting to detect the outcome of the previous NAET®, it is OK to boost up the immune system with acupuncture, chiropractic treatments, massages, herbs or other therapies. Or the patient can continue to self- balance the 6 gates at home as described without holding the allergen, this will help you to maintain your energy in balance.

47. Sometimes, the patient continues to have the same symptom but NST does not show any weakness on the previously desensitized allergen. In such cases, it has shown that the particular desensitization on the allergen was successful but another allergen capable of producing similar symptoms has been identified as the culprit. Usually people with history of sensitivities react to more than one or a few items at a time. When one item is desensitized and eliminated from the body, others will get noticed easier, hence the symptom of the previous allergen continues until other major allergens are desensitized with NAET®.



48. When one has a weakness in any particular area of the body, every allergen affects that area of the body giving rise to symptom similar to the first one. This pattern is especially noticed in patients with asthma, sinus problems, autistic disorders, attention-deficit hyperactive disorders, chronic pain syndrome, as in degenerative arthritis, fibromyalgia, lupus, headaches, migraines, backaches, myofascial pain, peripheral neuropathy, PMS, insomnia, manic or depressive disorders, etc. Because of this mechanism, in some cases, until you complete NAET® for Basic fifteen and more, you may not see much changes in your health.
49. When you are sensitive to a food substance, your body produces many endogenous toxins. After you are desensitized to an allergen, it takes 24 hours for the body to release the adverse bond towards the treated allergen (detoxify) from all 12 major meridians (each meridian takes 2 hours) to get the toxins out of the body after each NAET. SOME patients may not have 25-hour avoidance or restrictions. Some may process the adverse bonds of the allergen right after the NAET®; some may take just a few hours; some may take 25 hours, yet some others may take 40 hours. Even though NST demonstrated that you would clear the adverse bond on the allergen in 1 hour or so, it is to your advantage to avoid the treated item for the whole 25 hours (24 hours plus one more hour guard-band) allowing the body to detoxify naturally. After a few NAET®, you have the option to go on a good detoxification program using different products (herbs, minerals, etc.) or go through NAET detoxification treatments after the basic 15 treatments where the detoxification is strictly done through NAET without using any products to clean up your system. But if you faithfully follow the 25-hour avoidance, you may not need any special detoxification since the body is able to naturally eliminate the toxins in time if given a chance.
50. You are advised to continue ALL medications and other treatment modalities as they have been prescribed unless otherwise directed by the doctors who prescribed them. PLEASE do not stop any other treatment you are on: medication, therapy, chiropractic treatments, acupuncture, homeopathy, whole body massages, etc.
51. NAET® has NOT been shown to interfere with any other treatment. In fact, if you can keep your body free of toxin accumulation and keep your symptoms under control by using medication or therapies, NAET® has shown to produce better results.
52. For FEMALE patients: NAET® is not advisable during the first three days of menstrual cycle, especially treatments with acupuncture needles. CLIR treatments without the usage of acupuncture needles may be ok. Your practitioner will be able to determine your body's need.
53. NAET® during pregnancy have not shown to cause any adverse effects to the mother or child so far. In fact, tremendous benefits have been noted in both cases. When the mothers receive adequate NAET® sessions during pregnancy (at least 15 basics and for all known allergens of the mother desensitized), their children are born with minimal reactions to substances when compared with their siblings who never had exposure to NAET® before birth.
54. When you go through the NAET® program, you will be advised to get supplemented with appropriate amount of vitamins, minerals, and other nutrients for a while if it is indicated. When the nutrients are supplemented appropriately pain and discomfort arising from various disorders like chronic fatigue, general body aches, arthritis, depression, insomnia, and other pain disorders due to deficiencies, etc., will be reduced.
55. If you do not show any improvement in your health status after successfully desensitizing NAET Basic fifteen allergen groups at all three levels, your practitioner should reevaluate your status. This is a good time to repeat your blood work related to a total IgE, at least for specific IgEs and IgGs for commonly consumed foods and commonly encountered environmental allergens. If there are abnormalities found in the levels of total IgE, IgEs and IgGs in the blood-serum, different NAET® approach may be necessary to receive lasting benefits. Please ask your practitioner to refer you to your primary care physician to repeat the blood work and further assessment of your condition. Then if necessary you may be also referred to another healthcare facility for further evaluation.