

THE GATE POINTS of N.A.E.T.

These are the classic acupuncture points that help secure the treatment into the body through the meridians. Rub (or massage with an electronic massager) each point for a count of 15 seconds. Also stimulate these points throughout the 25 hour period after the treatment to help save the treatment should you come in contact with the allergen. These points can be used any time for general meridian balancing.

1. Starting on the right hand in the fleshy section midway between the thumb and index finger rub this point for a count of 15 seconds. Large Intestine 4 (LI-4)

2. Next move to the wrist on the right arm, straight down from the little finger on the outside of the transverse crease of the wrist. Heart 7 (H-7)

3. Next, flex the elbow and find center point of inside elbow crease on the right arm, rotate 1" up of the forearm. Large Intestine 11 (LI-11)

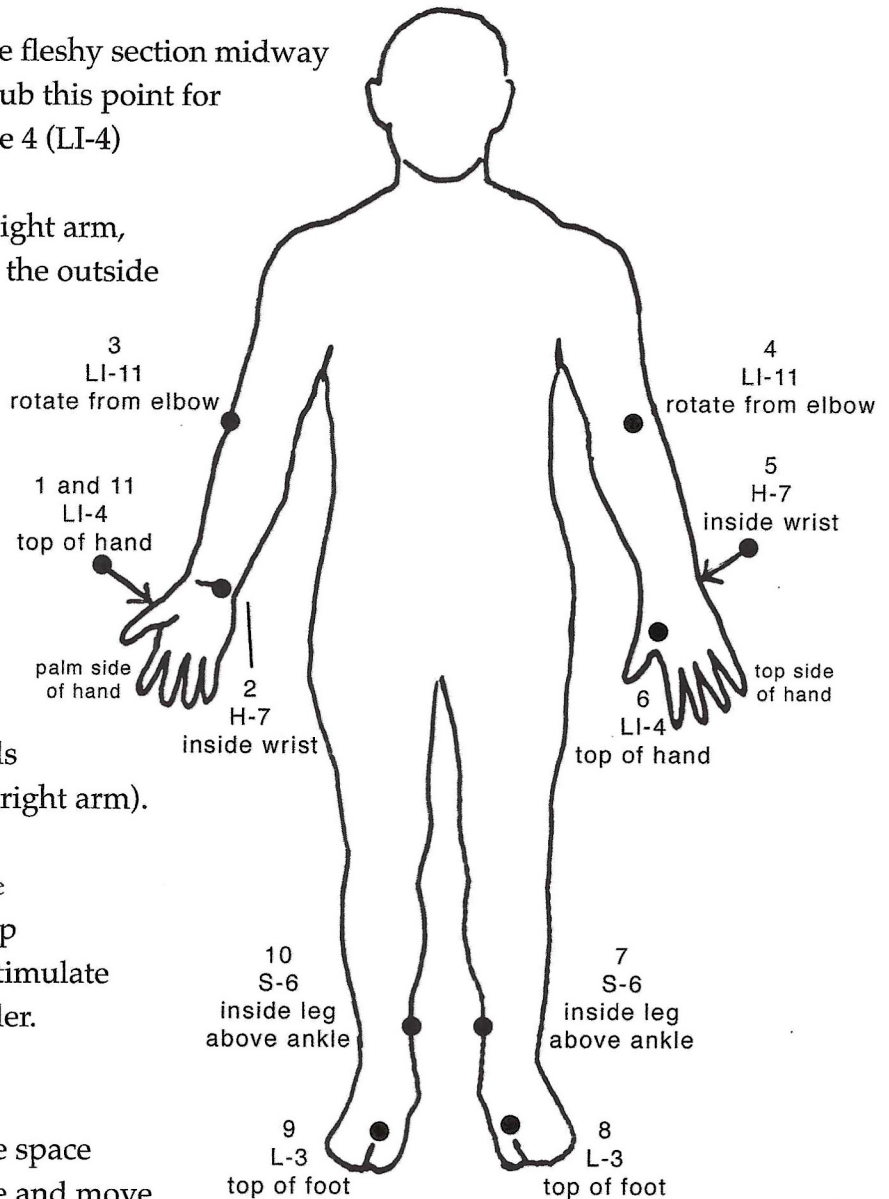
4. 5. and 6. Next, move to the left arm and do the LI-11, then H-7, and then LI-4 each for a count of 15 seconds (the mirror image of the points on the right arm).

7. Now go down the left leg to the inside bump of the left ankle and go up 4 finger widths directly above it and stimulate for 15 seconds. This point is often tender. Spleen 6 (S-6)

8. Now move to the left foot to the space between the big toe and the second toe and move up one inch and stimulate for 15 seconds. Liver 3 (L3)

9. and 10. Now go to the other foot and stimulate L-3 on the right foot and then do S-6 on the right leg in the same way as the left leg points.

11. Now finish up by going back to the fleshy section on the top of the right hand and redoing LI-4 which completes the circuit of energy in a clockwise manner around the body.



ENERGY BALANCING MASTER - KIT

Vegetable Fat
Turkey
Food Colorings/ Food Additives
Gelatin/Gum Mix
Starch mix
Vir mix
Bac mix
Par mix
Ins mix
Night shade veg.....
Salicylic acid
Vitamin D
Alcohol
Baking Powder/Baking Soda
Gelatin/Gum mix
Vitamin E
Vitamin F.....
Vitamin T.....
Heavy Metal mix
Newspaper/Ink
Chem mix
Formal mix
Perfume Mix.....
Plastics
Pes mix.....
Dust mix
Ani. Epithelial/Animal Dander
Crude Oil.....
I.D.....
Rad mix
Smok mix.....
Pollen mix
Grass mix
Weed mix
Mold mix
Tree mix
Wood Mix.....
Fabric mix.....
Flower mix.....
Latex.....

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DETAILED NAET® TREATMENT GUIDE

1. BBF: (Brain Body Balance Formula - Proprietary Formula)

This is to balance the overall energy of the body. If the overall energy is not in a balanced state, an individual can experience difficulty in clearing other allergens in the list. This BBF sample contains a combined energy of various vital organs, tissues, other elements and ingredients those are necessary to maintain a good nervous system. There are no food elements here; hence no food avoidance is necessary after this treatment. This should be treated on the first visit before treating for anything else. Ninety-nine percent of people tested in our office have shown the need for BBF treatment on their first visit. Therefore, it is important to treat the BBF alone first. BBF may be used as a combination with all other basic allergens, if it is indicated. However, treat only after each single group has cleared first.

Avoid: Avoid stress. Relax for 25 hours and try to drink five to six glasses of “non-allergic water” during the 25 hours following the treatment for BBF. “Non-allergic water” is any type of water for which you do not have an allergy. Drink water spaced throughout the day.

Date treated: _____ Cleared: _____

Symptoms Noted during 25 hours following the treatment: _____

Notes: _____

2. EGG MIX: (Egg Yolk, Egg White, Chicken, Tetracycline, Ovomucin, Lysozyme and Feathers).

YOU MAY NOT EAT OR TOUCH: Do not eat above components of the egg, or take tetracycline antibiotic. Avoid all food products containing egg or chicken including crackers, cookies, soups, breads, mayonnaise, salad dressings that contains egg product, cakes, pastries, pies, pancakes, foods baked or fried in egg batter and thick sauces. Also avoid birds, feather pillows, down comforters, vitamins and protein drinks made with egg, shampoos, conditioners and skin lotions with egg products.

YOU MAY EAT OR USE: brown or white rice, pasta without eggs, imitation eggs (make sure there is no part of real egg is present in the product), pancakes and waffles made with imitation eggs, vegetables, salads, oil and vinegar salad dressing (avoid creamy salad dressings-may be egg added), fruits, milk products, oils, beef, pork, fish, dried beans, lentils, green pea, potato, French fries, idli and dosa (made from white rice and white lentil), coffee, juice, soft drinks, water and tea.

If any person is severely allergic to Rice and Rice products, you may treat for white rice and starch mix before treating for Egg mix since most of the “you may eat section” contains white rice.

Date treated: _____ Cleared: _____

Symptoms Noted during 25 hours following the treatment: _____

Notes: _____

3. CALCIUM MIX: (Albumin, Casein, Calcium lactate, Calcium gluconate, Calcium citrate, Calcium Malate, Calcium Fumarate, Coral Calcium, Vitamin D, Milk mix, Breast milk, Lactic Acid, Cheese mix, Lacto globulin, Cow's Milk and Goat's Milk).

YOU MAY NOT EAT OR TOUCH: milk or milk products, eggs, uncooked vegetables, dark leafy vegetables like lettuce, cabbage, spinach, dandelion greens, Brussels sprouts, broccoli, sesame seeds, oats, navy beans, milk products, cheese, soybeans, almonds, dried beans, walnuts, sardines, salmon, peanuts, sunflower seeds, calcium supplements and any pre-packaged food fortified with calcium.

YOU MAY EAT OR USE: cooked rice, pasta, cooked vegetables, cooked potato, beef, corn, yams, cauliflower, sweet potato, carrots, dried cranberries, artichokes hearts packed in water or marinated, well cooked beans (black, brown, green, lentils), red meat, bacon, ham, chicken, chicken wings without added breading, canned chicken liver pate, sesame oil, olive oil, corn oil, canola oil, vegetable shortening, regular ranch dressing, imitation low calorie mayonnaise, white sugar, sucralose or splenda, reduced-calorie gelatin desserts, low calorie or calorie-free carbonated beverages that are artificially sweetened, drink coffee and regular black tea without added milk, herbal tea. Use distilled water to wash your hands, face, brushing your teeth, etc. Always consult product labels. You may not eat fruits since all fruits have calcium. Avoid using toothpaste for 25 hours. Any food without calcium derivatives is ok. If the food label says the food contains less than 2%, then it is ok usually. Read the label. Idli or dosa made from white rice and lentil is ok. Cooked vegetables may contain a small amount of calcium, but once it is well cooked, they don't seem to make patients lose treatments.

Date treated: _____ Cleared: _____
Symptoms Noted during 25 hours following the treatment: _____

Notes: _____

4. VITAMIN C MIX: (Ascorbic acid, Acerola C, Oxalic acid, Rose hip, camu camu, plum mix, Bioflavonoid, Citrus mix, Citric acid, Berry mix, Fruit mix, Chlorophyll, Cucumber, Melon mix, L. Gunololactone, Vinegar mix, Hesperidin, Rutin, Quercetin, quince seed, and vegetable mix).

You may gather a small sample of all local vegetables, fruits and any vitamin C supplements you are taking to the practitioner to have them treated along with vitamin C treatment on the same visit.

YOU MAY NOT EAT OR TOUCH: fresh fruits, vegetables, leafy vegetables, citrus fruits, dry fruits, juices, flavored drinks, soft drinks, different sauces, ketchup, salad dressings, vinegar, tomato sauce, Tabasco sauce, soft drinks, milk, artificial sweeteners, vitamin C supplements, body lotions, cosmetics, hand soap, body soap, detergents, shampoos, hair conditioners with vitamin C products like citric acid, lime, lemon scented, etc. Avoid going near grasses, plants, trees, flowers, gardens, etc.

YOU MAY EAT OR USE: cooked white or brown rice, idli, dosa without sauce, pasta without sauce, boiled or cooked dried beans, lentils, overcooked vegetables, boiled or poached eggs, baked or broiled chicken, fish, cooked red meat, turkey, toast, hot dogs, deep fried food, French fries, baked or cooked potato without sour cream, cheeses, chicken fries or nuggets without sauce or ketchup, salt, any nut oils, white sugar, water, and coffee without milk. Any food that does not have vitamin C or its derivatives is ok. Read the label. Less than 2% on the label is ok.

Date treated: _____ Cleared: _____
Symptoms Noted during 25 hours following the treatment: _____

Notes: _____

5. B COMPLEX MIX: (B1, 2, 3, 4, 5, 6, 9, 12, 13, 15, 17, PABA, Inositol, Choline, and Biotin).

YOU MAY NOT EAT OR TOUCH: whole grain products, fruits, vegetables, meats, dairy products, anything with B vitamins. Avoid grasses, plants, trees, flowers, walking in the gardens, etc.

YOU MAY EAT OR USE: Donuts, jello & white sugar are found to be ok with most patients. Please have the practitioner check with OCM before you eat sugary foods. Cooked white rice is ok as well as cooked white pasta, cauliflower raw or cooked, well cooked or deep fried fish, salt, nuts, black coffee, fried or well cooked potato, idli or dosa (steamed rice cakes made from white rice and lentils) and purified water while treating for any of the B vitamins. Rice should be washed well before cooking. Cook the rice or pasta with lots of water and drain the water after cooking the rice (pasta) to remove the fortified vitamins. If you find it difficult to treat all fifteen B vitamins in one session, please break them down into small groups and treat each small group in one session. Then avoid only the treated components of B vitamins.

Date treated: _____ Cleared: _____
Symptoms Noted during 25 hours following the treatment: _____

Notes: _____

6. SUGAR MIX: (Beet sugar, Brown sugar, Cane sugar, Corn sugar, Cellulose, Date sugar, Dextrose, D-Mannose, Pentose, Hexose, D-Ribose, Fructose, Galactose, Glucose, Grape Sugar, Honey, Lactose, Maltose, Maple sugar, Molasses, Sucrose, Raw sugar, Rice sugar, Coconut palm sugar, Turbinado sugar, Crystal sugar, Demerara sugar, Barbados sugar, Invert sugar, Barley sugar, Powdered sugar, Castor sugar, Berry sugar, Granulated Sugar and Sugar cubes).

YOU MAY NOT EAT: Brown rice. Please note that white rice is in starch mix. You may NOT eat whole grains, carrots, fruits, beets, milk or milk products, anything with any of the above sugars, sauces, drinks with sugar. Do not use powdered spices in pre-packaged containers, toothpaste and mouth washing liquids. Even though toothpaste may have artificial sweeteners, the brain is still stimulated with the taste of sweetness and some patients have lost treatments in the past.

YOU MAY EAT OR USE: white rice but make sure it washed and cooked well. You may eat pasta without sauce, raw or cooked vegetables, well-cooked dried beans and lentils, green salads, oil and vinegar dressing without sugar added. Avoid creamy salad dressings. You may also use vegetable oils, any type of red meat, eggs, chicken, turkey, fried or well-cooked potato, fried chicken (avoid the skin), fried fish (without batter or any sauce), water, coffee, tea without milk (milk contains lactose) and sugar. Read the label.

Date treated: _____ Cleared: _____
Symptoms Noted during 25 hours following the treatment: _____

Notes: _____

After completing this treatment, it may be ok to treat for emergency items immediately in need for the particular person: CRA, CMI, grasses, pollens, smoke, medication, etc. Your doctor will advise you

appropriately.

7. IRON MIX (Ferrous gluconate, Ferrous sulphate, Iron bisglycinate, Ferrous Fumarate, Ferrous Citrate)
Dark meat of the Chicken, Beef mix, Pork, Lamb, Raisins, Dates, Bacon, Ham, Gelatin Pepperoni, Crude iron,
Wrought iron and Iron Wok.

YOU MAY NOT EAT OR TOUCH: apricots, peaches, banana, plantain, black molasses, dates, prunes, raisins, brewer's yeast, whole grain cereals, turnip greens, broccoli, Brussels sprout, spinach, beet tops, alfalfa, beets, sunflower seeds, walnuts, sesame seeds, whole rye, dry beans, lentils, kelp, egg yolk, liver, red meat, pork liver, beef, lamb, organ meats like kidney, heart and liver, farina, raw clams, oysters, nuts, asparagus, coffee, herbal tea, regular tea, ice tea, chocolate and iron supplements. Avoid leather belt, shoe, purse, wallet, or any other leather goods. Avoid ornamental iron work, iron skillet, wok, universal iron works, etc.

YOU MAY EAT OR USE: All oils - including olive, vegetable, canola, palm, nut and fish oils - are iron-free. Butter, margarine and imitation spreads, mayonnaise, shortening and lard are also devoid of iron. Artificial sweeteners, club soda, tonic water, bottled water and tap water, and unsweetened instant tea, distilled alcoholic beverages, such as vodka and whiskey, white rice and white flour-pasta without iron fortification, sourdough bread without iron, cauliflower, ice berg lettuce, squash, apple, potato, egg white, light meat of the chicken, light green vegetables, water, orange juice, spices: turmeric, white and brown onions, Sour cream, Ice cream cones, flavors other than chocolate, baby food, ginger and garlic.

Date treated: _____ Cleared: _____

Symptoms Noted during 25 hours following the treatment: _____

Notes: _____

8. VITAMIN A MIX: (Beta Carotene, vitamin A, salmon, Shellfish mix, and Fish Mix).
Shellfish mix: Abalone, Clams, Crab, Crappie, Cray, Lobster, Mackerel, Oyster, Scallop and Shrimp.
Fish mix: Ahi tuna, Anchovy, Barracuda, Catfish, Cod, Eel, Escargot, Flounder, Haddock, Halibut, Mahi Mahi, Pollock, Sardine, Sea bass, Shark, Sole, Red Snapper, Sword fish, Squid, Tilapia, Trout, Tuna, Opah, Saxitoxin, and Salmon.

YOU MAY NOT USE OR TOUCH: yellow, orange or red fruits, yellow vegetables, banana, carrot, spinach, green fruits, green vegetables, green peppers, fish or fish products, cheese, milk product, butter, tomato, and corn products.

YOU MAY EAT OR USE: brown or white rice, pasta without tomato or cheese sauce, idli, dosa, potato, cauliflower, peeled red apples, well-cooked dried beans and lentils, chicken, turkey, red meat, egg white, sugar, water, salt, olive oil, and coffee.

Date treated: _____ Cleared: _____

Symptoms Noted during 25 hours following the treatment: _____

Notes: _____

9. MINERAL MIX: (Trace minerals, Aluminum, Antimony, Barium, Beryllium, Boron, Bromide, Caesium, Chromium, Chloraminum, Chlorine, Cobalt, Copper, Electron, Europium, Fluoride, Gallium, Germanium, Gold, Iodine, Lead, Lithium, Manganese, Magnesium, Mercury mix, Molybdenum, Neutron, Nickel, Palladium, Potassium, Phosphorus, Proton, Rubidium, Samarium, Scandium, Selenium, Silica, Silver, Sodium, Sulfur, Strontium, Thallium, Thorium, Tin, Titanium, Tungsten, Uranium, Vanadium, Zinc and Zirconium).

YOU MAY NOT USE OR TOUCH: metals, tap water, mineral water, root vegetables like onion, potato, carrots, turnips, fish and shell fish. Avoid any exposure to pesticides. Wear gloves while touching metal surfaces. Metal on the eye glasses, buttons on clothes, shoes, hand bags, wedding rings or religious rings, door knobs (Chrome), water faucets, etc. can be covered with masking tape before going in for treatment. Avoid cosmetics and make up products with metal and mineral components. Ladinoes, avoid lipstick. Use plastic and glass utensils to cook and paper or plastic plates, cups, plastic spoons and forks to eat. Do not use cast iron or crude iron woks, and aluminum dishes or metal products. Use a pair of gloves during 25-hour period to avoid touching metals. If you have any amalgam filling, please wear a pair of gloves even to bed, so that you may not touch your mouth or tooth filling with your fingers during sleep.

YOU MAY EAT OR USE: use distilled water for drinking, washing and showering. Wash and cook rice, pasta, corn, other grains, vegetables, fruits, meats, etc. in distilled water and keep the cooked foods in a plastic or paper container before going in for treatment. You may cook the food in regular stainless steel cookware, but transfer them into paper or plastic dishes before going for treatments. Cooking in stainless steel dishes are ok. You may eat eggs, milk and milk products, chicken, turkey, all types of cooked red meat, cooked vegetables, salads, bread, coffee and tea.

Date treated: _____ Cleared: _____
Symptoms Noted during 25 hours following the treatment: _____

Notes: _____

10. SALT MIX: (Sea Salt, Table Salt, Rock Salt, plain salt, iodized salt, Kosher salt, Sodium, and Chloride)

YOU MAY NOT USE OR TOUCH: kelp, celery, romaine lettuce, watermelon, seafood, processed foods with salts, fast food, table salts, soy sauce, fish, shellfish, carrots, beets, artichoke, dried beef, brains, kidney, cured meats, bacon, ham, coffee, watercress, seaweed, oats, avocado, Swiss chard, tomatoes, cabbage, cucumber, asparagus, pineapple, tap water, and prepared, canned or frozen foods. Read labels for sodium content.

YOU MAY EAT OR USE: distilled water to drink and bathe, cook in distilled water. cooked rice, well-cooked beans and lentils, pasta without salt, added sauce, idli and dosa made without salt, or prepared with salt substitutes, potato, fresh vegetables and fruits not listed above, chicken, turkey, all cooked meats and sugars.

Date treated: _____ Cleared: _____
Symptoms Noted during 25 hours following the treatment: _____

Notes: _____

11. GRAIN MIX: (Wheat mix, Corn mix, Seed mix, Gluten mix, Rice mix, Oat mix, Rye, Barley, and Hops.)
Oat mix: steel cut oats, rolled oats, toasted oats and oat bran.

RICE MIX: brown rice, yellow rice, red-yeast rice, Uncle Ben's rice, parboiled rice, wild rice, rice bran, and black rice.

WHEAT MIX: wheat bran, wheat germ, durham wheat, red wheat, white wheat, farro, sprouted wheat, organic green wheat, whole wheat, kamut, milo, spelt, sorghum, and teff.

CORN MIX: corn blue, corn red, corn yellow, corn white, corn silk, and popcorn.

SEED MIX: amaranth, buckwheat, chia seeds, flaxseed, hemp seeds, poppy seed, pumpkin seeds, sesame seed, safflower seed, sunflower seed, poppy seed, millet, and quinoa.

GLUTEN MIX: gluten and gliadin.

YOU MAY NOT USE: whole grains and items made from above whole grains.

YOU MAY EAT: washed and cooked white rice, white pasta, vegetables, fruits, meats, cooked dried beans and lentils, chicken, egg, turkey, milk, coffee, tea, sugar, oils, butter, salt and drink plain water.

Date treated: _____ Cleared: _____
Symptoms Noted during 25 hours following the treatment: _____

Notes: _____

12. YEAST MIX: (Baker's Yeast, Brewer's Yeast, Torula Yeast, Yogurt, Whey, Candida al. and Sour cream)

YOU MAY NOT EAT OR USE: Brewer's yeast, bakers yeast, and any foods containing these items including baked goods, sugars, fruits, soy sauce, yogurt, butter, ice cream, sour cream, any fermented foods like miso, tofu, tempeh, saurkraut, cheese, cottage cheese, and alcoholic beverages.

YOU MAY EAT OR USE: white rice, white pasta without sauce, fresh or cooked corn, vegetables, potato, fries, well-cooked dried beans and lentils, unleavened bread or flat bread, meat, chicken, turkey, oils, salt and fish.

Date treated: _____ Cleared: _____
Symptoms Noted during 25 hours following the treatment: _____

Notes: _____

13. STOMACH ACIDS: (Aldehyde, HCL, gastric acid, gastrin, sugar digestion, acid regurgitation).
Gastric acid contains: mucin, stomach mucosa, mucus, acid Reflex, H. pylori, Secretin, parietal cells, Chief cells, Intrinsic factor, pepsin, pepsinogen, Ghrelin, tubulovesicular memb., carbonic anhydrase, acetylcholine,

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histamine, adenylyl cyclase, M_3 (muscarinic receptor), H_2 (Histamine receptor-2), Somatostatin Receptor, Prostaglandin receptor, CCK_A , CCK_B , Icholecystokinin), PLC(phospholipase C), G cells (Gastric cells), Mucous neck cells, ECL (Enterochromaffine-like cells), Gastric D cells, enterogastrone, neurotensin, lingual lipase, lysozyme, haptocorrin, R-factor, serous cells, mucous cells, gastric enzymes, GIP (gastric Inhibitory peptide), and DMG)

YOU MAY NOT EAT OR USE : Sugar, white rice, starches, fruits, grains, meats, other acid forming foods, supplements like betaine hydrochloric acid, coffee, etc.

YOU MAY EAT OR USE: herbal teas, raw and steamed or cooked vegetables, raw tomato (raw tomato is basic, cooked tomato is acidic), cooked dried beans and lentils, eggs, oils, clarified butter, salt and milk.

Date treated: _____ Cleared: _____
Symptoms Noted during 25 hours following the treatment: _____

Notes: _____

14. BASE: (Digestive enzymes, Enzymes mix). Enzyme mix contains: amylase, Bile acids, Bromelain, carbohydrase, Cellulase, Chymotrypsinogen, duodenal S cell, P ductal cells, Zymogen, P Acinar cells, Elastase, Lactase, p. Lipase, Maltase, nuclease, Papain, PGE_2 (prostaglandin E_2), GIP, Duo K cells, Fructase, Galactase, Pancreatin, carboxypeptidase, Peptidase, triglycerides, glycerol, Sterol esterase, phospholipase, Pan.amylase, motilin, P. delta cells, Sodium bicarbonate, Protease, Ptyalin, Sucrase, trypsinogen, and Trypsin).

YOU MAY NOT EAT OR USE : Raw and cooked vegetables, beans, eggs, and milk.

YOU MAY EAT: cooked grains, sugars, starches, breads, over-ripened fruits, and black coffee without milk.

Date treated: _____ Cleared: _____
Symptoms Noted during 25 hours following the treatment: _____

Notes: _____

15. HORMONES: (Estrogen, Progesterone, Testosterone). Other hormones: Androgen, Androsterone, DHEA, Estriol, Estradiol, FSH, HCG, Lutenizing hormone, Prolactin, and Semen.
(Check individual hormones in cases of Hot Flushes, PMS, Hormone Imbalances, infertility, etc. Check with your practitioner.)

YOU MAY NOT EAT OR USE: milk products, red meats and products from hormones fed or injected sources. If one is able to get the meat from an animal that has never received any hormone, it is OK to eat the red meat from that source. Avoid stimulating your own hormones by any means. Avoid treating during menstrual period.

YOU MAY EAT OR USE grains, vegetables, cooked dried beans and lentils, salads, oils, fish, meat and fowl without hormones, organic milk, organic eggs, organic chicken, and dairy products, sugar, and sugar prod-

ucts (avoid sugar when one has hot flushes).

Date treated: _____ Cleared: _____

Symptoms Noted during 25 hours following the treatment: _____

Notes: _____

16. ORGAN MIX: (Skin, Right lung, Left lung, pericardium, heart, stomach, spleen, pancreas, left kidney, right kidney, liver, gall bladder, small intestine, Uterus, prostate, Large Intestine and Triple warmer).

YOU MAY NOT EAT OR USE: animal fat, meat, and meat products. Avoid touching body parts and body organs. Wear gloves if necessary for 25 hours or more as indicated.

YOU MAY EAT OR USE: raw or cooked vegetables, fruits, grains, dried beans, lentils, sugar, vegetable oils and vegetable juice. Drink clean, purified water and herbal teas.

Date treated: _____ Cleared: _____

Symptoms Noted during 25 hours following the treatment: _____

Notes: _____

COMBINATION TREATMENT

A need for a combination treatment from the following list may not be seen until after three or four weeks of the initial treatment for the item. In some cases, combination treatment may not come up until after two years of initial treatment. You cannot treat for the combination until your body shows the need for it. After completing 15 treatments, your practitioner may test for combinations from the following list, if any item found weak with a combination, your practitioner will treat the individual combination item first, and then treat necessary combination as needed. Please know that each of the individual component of the combination has to be treated alone before your practitioner can combine different items together to treat for a combination allergy.

Possible Combinations needed: Acid/..... Base/..... DNA/.....RNA/..... Heat/.....Cold/..... (RNA+ DNA)=N/ N+Acid/.....N+ Base/.....N+ Heat/.... N+Cold/ .. N+Acid+ Heat/ N+Base+ Heat/... N+Acid+ Cold/N+Base+ Cold/..... Organs (like Lung, heart, stomach, spleen, liver, gall bladder, pancreas, kidney, small intestines, urinary bladder, colon, uterus, prostate, brain, ovary, etc.) /.....Pituitrophin/..... Serotonin/.....Hormones/..... Emotional Blockage/...Emotional Blockage +Acid/... Emotional blockage + Base / ... Emotional blockage +RNA + DNA/Emotional blockage+ HEAT/ ... Emotional Blockage +COLD/ Emotional Blockage + RNA+DNA/ ... Emotional Blockage +RNA+DNA+ Acid/.....Emotional Blockage + RNA + DNA +BASE /.... Emotional blockage + RNA + DNA + HEAT/.... Emotional blockage + RNA + DNA + cold/... Emotional blockage + Hormone/..... Emotional blockage + Serotonin/.....Eggs + Calcium/ Eggs + Vitamin C/ Eggs + B Complex/ Eggs + Sugar/ ... Eggs + Calcium (Milk) + B Complex (Flour) + Sugar+Spices (Cinnamon Cookies for example). One may find various reactive combinations like milk & cereal, breads, cookies, ice creams, various foods and drinks. After one completes the basic ingredients, one should combine everyday foods together like breakfast, lunch and dinner of Monday, or Tuesday etc. and self-balance at home. The acupoints for self-balancing is given on the back of this book . This balancing procedure can reduce the reactions arising from food combining. Ask your practitioner to show you the self-balancing procedure).