

(Commonly seen Combinations: Acid, Base, Acid+ Base, DNA, RNA, DNA+ RNA, Heat, Cold, Heat+ Cold, Organ mix, Brain mix, Carbon, Oxygen, Nitrogen, Hydrogen, Hypothalamus, Hormones, Blood, Body fluids, Chemicals, Pesticides, Formaldehyde, Adrenals, Neurotransmitters, CRA & CMI (aka emotions).

**17. VITAMIN K:** (Phytomenadione, Phytonadione, Phylloquinone, and Menadione)

YOU MAY NOT EAT OR USE: kelp (no sushi), algae, kiwi, all vegetables (except potato and cauliflower), all beans, soybeans, all oils, eggs, margarine, all nuts, all herbs, and liver.

YOU MAY EAT OR USE: fruit (except Kiwi), potato, cauliflower, poultry, meat, tomato, tomato sauce (with no herbs, onions, olive oil, or garlic), pretzels, dairy, yogurt, pasta, all grains, breads, black tea and green tea, decaf coffee, and black pepper. If adding milk to tea, do so after the tealeaves are removed, since Vitamin K is fat soluble.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_  
Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_  
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Notes: \_\_\_\_\_  
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**18. HEAT ENERGY** (Add Sensation of heat - hold hot water in a glass tube while treating)

YOU MAY NOT EAT OR USE: Any food or beverages that is warm or hot. Do not walk in the heat.

YOU MAY EAT OR USE: Eat and drink cold food and beverages. Use things at room temperature. Stay indoors with air-conditioning or fan.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_  
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**19. COLD ENERGY** (Add Sensation of cold - hold ice cubes in a glass jar while treating)

YOU MAY NOT EAT OR USE: Any food or beverages that is cold or freezing. Do not walk in the cold weather.

YOU MAY EAT OR USE: Eat and drink warm food and beverages. Use things at room temperature or higher temperature. Stay indoors with heater on if the weather outside is cold.

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

Notes: \_\_\_\_\_  
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**20. RIBO MIX** (Ribonucleic acid or RNA)

YOU MAY NOT EAT OR USE: animal or vegetable Proteins or supplements with RNA/DNA.

YOU MAY EAT OR USE: Eat green leafy vegetables, white rice, white pasta, sugar, salt and oils. Drink purified water, herbal teas and freshly made juices.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_

Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_

Notes: \_\_\_\_\_  
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**21. DEOXYRIBO MIX** (Deoxyribonucleic acid or DNA)

YOU MAY NOT EAT OR USE: animal or vegetable Proteins or supplements with RNA/DNA.

YOU MAY EAT OR USE: Eat green leafy vegetables, white rice, white pasta, sugar, salt and oils. Drink purified water, herbal teas and freshly made juices.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_

Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_

Notes: \_\_\_\_\_  
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**22. BRAIN MIX** (Frontal lobe, Parietal lobes, Temporal lobes, Occipital lobe, Hemispheres, mid brain, Pons, brain stem, cerebellum and basal ganglia).

YOU MAY NOT EAT OR USE: Brain meat, and other ground beef products. Wear gloves if necessary.

YOU MAY EAT OR USE: Vegetables, fruits, grains, dried beans, sugar, oils, chicken, turkey, fish, shellfish, and vegetable oils. Drink clean, purified water and warm or cold herbal teas.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_

Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_

Notes: \_\_\_\_\_  
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**23. GLAND MIX** (Testes, Hypothalamus, Adrenals gland, Lymph gland, Mam gland, Ovary, Parathyroid gl., Parotid gland, Pineal gland, Pituitary gland, Prostate gland, Salivary gland, Seminal gland, Suprarenal gl., Thymus gland and Thyroid gland)

YOU MAY NOT EAT OR USE: Organ meats and brain meat, gland meats, and other organ meat products. Wear gloves if necessary.

YOU MAY EAT OR USE: Vegetables, fruits, grains, dried beans, sugar, oils and vegetable fats. Drink clean or purified water and herbal teas.

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

Notes: \_\_\_\_\_  
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**24. GLANDULAR MIX:** (Serotonin, ACTH, Acetylcholine, Adrenaline, Cortisol, Epinephrine, Dopamine, GABA, Glucagon, Glycerol, Glycogen, Gonadotrophin, Growthhormne, Hydrocortisone, Insulin, Melanin, Melatonin, N-epinephrine, Pituitrophin, Oxytocin, Pancreatin, Parathyroid hormone, secretin, Thyroid mix: Thyroxine, T3, T4, Thyrotropin, TRH, TSH, Vasopressin; Body Fluid mix:Urine, Blood, Sweat, Mucous, Saliva and pheromones).

YOU MAY NOT EAT OR USE: Avoid supplements of glandulars. Avoid meat products.

YOU MAY EAT OR USE: Vegetables, fruits, grains, dried beans, sugar, milk, dairy products, oils and vegetable fats. Drink clean or purified water and herbal teas.

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

Notes: \_\_\_\_\_  
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## **25. CARBON**

YOU MAY NOT EAT OR USE: Avoid polluted air. Avoid coal products, burned toast, burned food, water filtered through charcoal system, fire smoke and brush fire smoke. Stay indoors.

YOU MAY EAT OR USE: properly cooked meat and fish, fresh or cooked vegetables, fruits, grains, dried beans, sugar, oils and vegetable fats. Drink clean or purified water and herbal teas..

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

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## **26. OXYGEN**

**YOU MAY NOT EAT OR USE:** Avoid clean fresh air. Avoid going near healthy plants. Stay indoors. Wear a mask for 25 hours so that you breathe your exhaled air mostly that is carbon dioxide.

**YOU MAY EAT OR USE:** well-cooked meats, fish, vegetables, fruits, grains, dried beans, sugar, oils and vegetable fats. Drink purified water and tea or coffee.

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

Notes: \_\_\_\_\_  
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## **27. NITROGEN**

**YOU MAY NOT EAT OR USE:** Nitrogen products, processed meats, dried beans, and proteins.

**YOU MAY EAT OR USE:** well-cooked unprocessed meat, fish, cooked or fresh vegetables, fruits, grains, sugar, oils and vegetable fats. Drink clean or purified water and herbal teas.

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

Notes: \_\_\_\_\_  
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## **28. HYDROGEN**

**YOU MAY NOT EAT OR USE:** Avoid exposure to hydrogen products, helium products, balloons, etc.

**YOU MAY EAT OR USE:** cooked meat, fish, vegetables, fruits, grains, dried beans, sugar, oils and vegetable fats. Drink clean or purified water and herbal teas.

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

Notes: \_\_\_\_\_  
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**29. VACCINE MIX:** (Anthrax vaccine, BCG., Chickenpox Vaccine, Cholera Vaccine, D P T., Diphtheria, Hepatitis A, Hepatitis B, Hepatitis C, Hepatitis D, Hepatitis E, Hib, Influenza Vaccine, MMR, Measles, Mumps, Polio Vaccine, Pertussis (Pertussin), Rubella, Rubella Germ., Small pox Vaccine, Silver nitrate, Tetanus toxoid, Tetanus Antitox., Thimerosal, Tuberculin test, Typhoid and Yellow fever Vaccine).



Vaccine Adjuvants: monophosphoryl lipid A, albumin salts, phenols, glycine, Egg protein, Formaldehyde, Monosodium glutamate, sesame oil. and Peanut oil.

YOU MAY NOT USE OR SMELL or TOUCH: Avoid contacts with anyone who had any immunizations or vaccinations.

YOU MAY USE OR EAT: Eat and drink freshly cooked foods and drink boiled cooled drinks.

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

Notes: \_\_\_\_\_  
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**30. ARTIFICIAL SWEETENERS:** (Aspartame, Equal, Nutra sweet, Saccharine, Sorbitol, Sweet and Low, Sucralose, Splenda, twin, Truvia and Agave).

YOU MAY NOT EAT OR USE: items with the above artificial sugars, like soft drinks, sweet relish, pickles, sauces, cookies, candy, tooth paste, mouthwash, ice tea, vitamin C, etc.

YOU MAY EAT OR USE: Anything made with real sugar is ok. Use freshly prepared foods without any artificial sweeteners from the above list.

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

Notes: \_\_\_\_\_  
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**31. CAFFEINE MIX:** (Coffee, black tea, cocoa, tannic acid, green tea, dark chocolate, white chocolate, chocolate Syp., chocolate mix, carob, decaf coffee, decaf Tea, and caffeine)

YOU MAY NOT USE OR SMELL: Coffee, tea, caffeinated drinks, leather goods, tannic acids.

YOU MAY EAT OR USE: anything that has no coffee, caffeine; or chocolate. Avoid also decaffeinated coffee, tea and products made from them.

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

Notes: \_\_\_\_\_  
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**32. NUT MIX 1:** (Peanuts, Black Walnut, and English Walnut)

**YOU MAY NOT EAT OR TOUCH:** Peanuts, walnuts, black walnuts, and English walnuts or anything made from these nuts or their oils. Peanuts are anaphylactogen to several people. Please check with your practitioner about managing anaphylaxis through NAET if you have severe allergy to peanuts.

**YOU MAY EAT OR USE:** any foods that do not contain the nuts listed above including their oils and butters.

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

Notes: \_\_\_\_\_  
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**33. NUT MIX-2:** (Almond, Brazil nut, Cashew nut, Pecan nut, Pistachio nut, Filbert, Hazelnut, Sweet chestnut, Water chestnut, Pine nut, Soynut, Macadamia nut, Beech nut, Palm nut, Coconut kernel, Palm kernel, Kola nut, Bush nut, Ginkonut, Sheanut, Hickory nut, Lychee nut, Almond butter and Cashew butter.

**YOU MAY NOT EAT OR TOUCH:** any of the above mentioned nuts or oils.

**YOU MAY EAT OR USE:** Any foods that do not contain the nuts listed above including their oils and butters.

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

Notes: \_\_\_\_\_  
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**34. SPICE MIX-1:** (Basil, Bay leaf, Cardamom, Cinnamon, Cloves, Chives, Coriander, Cilantro, green, Curry leaves, Cumin, Dill, Fennel, Garlic, Ginger, Mint, Nutmeg, Saffron, Spearmint, Turmeric).

**AVOID:** above listed spices in any form. These spices and their oils are encountered in candies, chewing gums, toothpaste, massage oils, shampoo, conditioner, body lotions, mouthwash, aroma therapy ingredients and toiletries.

**YOU MAY EAT OR USE:** all foods, and products without these items.

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

Notes: \_\_\_\_\_  
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**35. SPICE MIX-2:** (Allspice, Anise seed, Capers, Celery, Caraway seed, Chervil, Cream of tartar, Fenugreek, Horseradish, Lemon grass, Lemon rind, Mace, Marjoram, MSG, Mustard, Oregano, paprika, Parsley, Poppy seed, Rosemary, Saffron, Scallion, Sage, Sumac, Thyme, Vanilla, Onion mix, and Pepper mix.

Onion mix: (White onion, brown onion, green onion, yellow onion, red onion and dried onion).

Pepper mix: (Aleppo Pepper, Anaheim Pepper, Banana Pepper, Red Pepper, Black Pepper, Cayenne Pepper, Jalapeno Pepper, Serrano Pepper, Tabasco, green Pepper, yellow pepper, purple pepper, white Pepper, Capsicum, Pimiento, Pasilla Pepper, Chipotle Pepper, habanero Pepper, savina Pepper, Bell Pepper, Trinidad Pepper, Carolina Pepper, Peter Pepper, Jamaican Pepper, Peruvian barbecue sauce and A-I Sauce)

YOU MAY NOT USE OR EAT: any of the above spices.

YOU MAY EAT OR USE: All foods and food products without the above listed spices.

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

Notes: \_\_\_\_\_  
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**36. DRIED BEAN MIX:** (Adzuki bean, Black beans, Blackeye peas, chick pea, Garbanzo beans, Green beans, Kidney beans, Lentils, Lima beans, Mung beans, Fava beans, Navy beans, Peas, green and yellow, Pinto beans, Red beans, Urad dal, and Soy beans)

YOU MAY NOT USE OR EAT: Beans as listed above, premade hamburgers, soy sauce, bean dip, any oils made from above beans.

YOU MAY EAT OR USE: EAT anything other than beans or bean products (rice, pasta, vegetables, meats, eggs etc.).

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_  
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Notes: \_\_\_\_\_  
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**37. AMINO ACIDS:** (Essential and non-essential amino acids)

Essential amino acids: Lysine, Methionine, Leucine, Threonine, Valine, Tryptophan, Isoleucine, and Phenyl-alanine).

YOU MAY NOT EAT OR TOUCH: any type of food that contains proteins, and protein products that are used for external application.

YOU MAY EAT: Cooked white rice, lettuce, French fries, cooked white potato, oils, salt, lemon, sugar and water.

Non-essential amino acids: alanine, arginine, aspartic acid, carnitine, citrulline, cysteine, glutathione, glutamic acid, glycine, histidine, ornithine, proline, serine, taurine, and tyrosine).

YOU MAY NOT EAT OR TOUCH: avoid protein -rich foods like meats, poultry, eggs, dairy, beans, protein shakes, etc. White rice, white pasta, iceberg lettuce (less than 2% protein)

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_  
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Notes: \_\_\_\_\_  
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**38. PHENOLICS:** (Acetaldehyde, Acetylcholine- chloride, Anilin, Apiol, Caffeic Acid, Calciferol, Camphor, Carotene, Chloroge Acid, Cinnamic Acid, Coniferyl alcohol, Coumarin, Eugenol, Furfural, Gallic Acid, Indole, Limonine, L-Dopa, L-Glutamine, Malvine, Enthocyanide, Menadione, Octopamine, Oxytocin, Phenyl-ethylamine, Phenylisothioc, Phloridzine, Pinine, Piperine, Pyrole, Salsolinol, Thiophene, Thujone, Thymine, Thymol, Tryptamine, Terpene, Tyramine, Uric acid, Vanillamine, Aspartate, Glutamate)

YOU MAY NOT USE OR SMELL or TOUCH: Natural and artificial food colorings, naturally aromatic foods, green leafy vegetables, carrots, oranges, lemons, aromatic herbs and spices)

YOU MAY USE OR EAT: Steamed rice, pasta with oil and salt, cauliflower, cabbage, white potato, chicken, fish, meat, and eggs.

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

Notes: \_\_\_\_\_  
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**39. ANIMAL FAT:** (Butter, Lard, Chicken Fat, Beef Fat, Lamb Fat, and Fish Oil).

YOU MAY NOT USE OR TOUCH: butter, lard, meats, egg, fish and fish oils, skin lotions with lanolin or animal fat, food fried in animal fat, refried beans, chili beans, corn chips fried in lard etc.

YOU MAY USE: Anything other than the above including vegetable oils.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_

Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_

Notes: \_\_\_\_\_

**40. VEGETABLE FAT:** (Avocado oil, Caster oil, Coconut Oil, Canola oil, Olive oil, Linseed oil, Mineral oil, Superheated veg oil, Wesson oil, Flax seed oil, Oregano oil, Essential Fatty Acids, Free fatty acids, Unsaturated fatty acids, Black Olive, Green Olive, Vegetable Oil, PUFA (Polyunsaturated fatty acids), MUFA (monounsaturated fatty acids), Linoleic acid, Oleic acid, Safflower oil, Sunflower oil, Grapeseed oil, Grapefruit seed oil, Almond oil, Peanut oil, Walnut oil, Wheat germ oil, Soybean oil, Crisco oil, Hydrogenated fat, Corn oil, Cottonseed oil, Palm oil, Sesame oil, Mustard oil, Black current oil, Black walnut oil, Borage oil, Evening primrose oil, Heated fat, Lemon oil, Orange oil, Citrus oil, Wintergreen oil, Eucalyptus oil, Peppermint oil, Lavender oil, Corn oil, Canola Oil, Peanut Oil, Linseed Oil, Sunflower Oil, Safflower oil, Palm Oil, and Flax Seed Oil).

YOU MAY NOT USE OR SMELL or TOUCH: Vegetable oils, foods containing vegetable oils like breads, crackers, cookies, sauces, drinks, and skin lotions, makeup items, shampoo, conditioner etc.

YOU MAY USE OR EAT: steamed vegetables, steamed rice, meats, eggs, chicken, butter and animal fats.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_

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Notes: \_\_\_\_\_

**41. TURKEY (Turkey, Serotonin)**

YOU MAY NOT USE OR SMELL or TOUCH: Turkey in any form, milk products, tryptophan, vitamin B1, B3 and B6 and all the products with these vitamins (vitamin B1, B3, B6, tryptophan are the precursors of serotonin, the predominant enzyme found in Turkey).

YOU MAY EAT OR USE any food that does not contain the above listed items.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_

Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_



Notes: \_\_\_\_\_  
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**42. FOOD COLORINGS/ FOOD ADDITIVES:** (Natural and artificial food colorings, Blue, Red, Yellow, and orange food colorings.) An allergy to food colorings may cause ADD, ADHD, Autism, restless leg syndrome, sweating of the palms. and blurred vision

**FOOD ADDITIVES:** (Sodium nitrate, sodium phosphates, calcium sulfates, calcium phosphates, BHT, and whiten-all). An allergy to food additives may cause seizure disorders, hyperactivity, migraines, muscle aches, arthritis, anorexia, anorexia nervosa and restless leg syndrome.

**YOU MAY NOT USE OR SMELL or TOUCH:** Colored foods, pre-mixed powdered spices, frozen vegetables, sauces, candies, chewing gums, chips, cookies, soft drinks, ice creams, hot dogs, sausages, pre-packed meats, soups, crackers, certain cookies (read labels), salad dressings, sauces, processed foods, fast food, lipstick, cosmetics, crayons, coloring books, etc. etc.

**YOU MAY EAT** fresh raw or steamed vegetables, rice, pasta, eggs, chicken, fish, milk and purified water.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_  
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Notes: \_\_\_\_\_  
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**43. STARCH MIX** (white rice, rice flour, Corn starch, Potato starch, all purpose flour, Arrowroot flour, Glucomannan, Sago palm flour and bleached wheat flour)

**YOU MAY NOT USE OR SMELL or TOUCH:** Avoid all starches, Root vegetables, Yogurt, Ketchup, Table salt, Toothpaste, all other refined flour, certain salad dressings, and sauces. Read the labels.

**YOU MAY USE OR EAT:** Green leafy vegetables, broccoli, cabbage, cauliflower, zucchini, cucumber, green beans, fish, meat, eggs, and chicken.

Special consideration: Several NAET treatments suggest you to eat white rice for 25 hours following the treatments. That is because white rice when rinsed well and cooked in large amount of water and drain the water, the left over rice will be left with much nutrients. All added or fortified nutrients get washed away and you will be eating just the starch left behind. If you eat a lot of white rice to fill up your stomach, you will not be hungry for the following 25 hours. Therefore, it will be easy to avoid the treated item. However, some people are very allergic to starches of all kinds. They cannot tolerate eating white rice during the 25-hour avoidance period. For such people you can treat starch mix as a second treatment. Right after BBF, if you treat the starch mix, when the egg mix is treated patients can eat white rice without any problem.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_  
Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_  
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Notes: \_\_\_\_\_  
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**44. VIR MIX:** (E.B.V., C.M.V., herpes simplex, herpes zoster, and influenza and more).

**YOU MAY NOT USE OR SMELL or TOUCH:** Contact with infected persons for 25 hours. If someone is infected with a virus, treat for the specific sample like herpes zoster, etc. In addition, you may take a sample of your own body fluid (saliva, urine, stool, blood, skin tissue, etc.) and treat for it.

**YOU MAY EAT** everything well cooked and drink boiled, cooled water.

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

Notes: \_\_\_\_\_  
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**45. BAC MIX:** (Staphylococcus aureus, Streptococcus (viridans & non-hemolytic), Strptococcus-Pneumoniae and Klebsiella-Pneumoniae, Desulfovibrio desulfuricans and more).

**AVOID** contact with infected surfaces, salads, raw vegetables and fresh fruits.

**YOU MAY EAT** everything well cooked and drink boiled, cooled water.

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

Notes: \_\_\_\_\_  
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**46. PAR MIX:** (Pin worm, tapeworm, hook worm, amoeba, giardia, protozoa, and more).

**AVOID** eating anything uncooked. Avoid camping, well water, swimming in the lakes, etc.

**YOU MAY USE OR EAT:** Eat freshly cooked foods and drink boiled, cooled water.

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

Notes: \_\_\_\_\_  
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**47. INS MIX:** (Bee, Red ant, Spider, Flea, Fly, Body Louse, Cockroach, Mosquito and ticks).

AVOID touching or going near any insect or getting bitten by any insects.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_

Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_

Notes: \_\_\_\_\_

**48. NIGHTSHADE VEGETABLES:** (Tomato mix, Potato mix, Egg plant mix, Bell pepper, Chili Peppers, Ground Cherries, Tomatillo, Cape Gooseberries, Chinese lantern, wolfberry, petunia, Browallia, Lycianthes, Datura, Mandragora, Atropa belladonna. Pimento, and Paprika. Petunias contain Solanaceae, so should avoid this to prevent failure. Collect a sample of all local nightshade vegetable when treating this. If indicated treat each one individually). **Solanine is a glycoalkaloid poison found in species of the nightshade family . It can occur naturally in any part of the plant, including the leaves, fruit, and tubers.** All nightshade vegetables have Solanin. People with an allergy to nightshade may be missing an enzyme that supposed to help to digest the factor Solanin that is in the nightshades.

Nightshade vegetables are known to cause asthma, eczema, digestive disorders, joint disorders, acute and chronic, pain disorders and different kinds of arthritis in sensitive individuals.

Tomato Mix: (Green, Yellow, Red Tomato, GMO, Lycopene)

Potato Mix: (Russet, white, red, yellow, sweet, yam).

Egg plants: (Chinese eggplant, regular eggplant, Italian eggplant)

Bell pepper (Green, red, yellow, purple and white bell peppers)

Nicotine and tobacco. has nicotine something similar to Solanine.

Solanine is also found in black and green tea, peppers and cauliflower.

AVOID: Avoid all vegetables and items made with nightshade vegetables. Add all available local vegetables while treating with this sample.

YOU MAY EAT OR USE any foods which contain the items listed above.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_

Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_

Notes: \_\_\_\_\_

**49. SALICYLIC ACIDS:** Salicylic acid is an ingredient used in many over-the-counter acne medications. Salicylates are a major ingredient in aspirin and other pain-relieving medications.

Fruits and vegetables are natural sources of salicylic acid, with fruits having large amounts of salicylates, particularly berries. Some herbs and spices contain quite high amounts. Meat, poultry, fish, eggs and dairy products all have little to no salicylates. Of the legumes, seeds, nuts, and cereals, only almonds, water chestnuts and peanuts have significant amounts.

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Very high levels (>1mg/100 gr): champignon, green pepper, olive, mushrooms, tomato, radish, chicory, apricots, blackberries, blueberries, cantaloupe, dates, guava, raisins, almonds, peanuts, canella, cumin, curry powder, dill dry, garam masala, oregano, paprika hot, rosemary, thyme, turmeric, and mustard. High amounts are seen in the following items (0.05-1mg): Alfalfa, broccoli, cucumber, fava beans, spinach, sweet potato, apple Granny Smith, avocado fresh, cherries, grapes red, mandarin fresh, tangelo fresh, pine nuts, macadamia nuts, and pistachio nuts.

Moderate amt. found in(0.25-0.49mg): Asparagus canned, Chinese vegetables, lettuce, marrow, canned black olive, pumpkin, snow peas, grape fruit juice, kiwi, lychee, loquat, nectarine fresh, plum, watermelon, coconut, brazil nuts, and fennel.

Low amount found in: (0.1 to .25 mg): Asparagus fresh, cauliflower, chikoo, mushroom fresh, onion, golden apple, & red delicious, sour cherries, canned green grapes, fresh lemon, mango, passion fruit, tamarillo, pecans, peanut butter, sesame seeds, hazelnuts, sunflower seeds, vinegar, soy sauce, and saffron.

Negligible amount found in: Green peas, green beans, celery, cabbage, lentils, banana, Pear, cashews, garlic, parsley, and chives.

YOU MAY USE OR EAT: Anything other than in the above list.

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

Notes: \_\_\_\_\_  
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### **50. VITAMIN D:**

(Ergosterol, Calciferol, Cholecalciferol or Cholecalciferol, Ergocalciferol, Sunshine Vitamin)

AVOID: Fish liver oil, egg yolks, milk, butter, sprouted seeds, mushrooms, sunflower seeds and sunflower oil.

YOU MAY EAT any foods not listed above including fruits, vegetables, poultry and meat.

### **51. ALCOHOL:** (Beer, Red Wine, White Wine, Rubbing Alcohol, Cooking Wine, Champagne, Tequila and Vodka.)

AVOID: All alcoholic beverages, vanilla extracts, vanilla ice creams, foods cooked with wine, sugar and starchy foods, fruits, hair sprays, medicine with alcohols like cough syrups, shampoos, hair products, cosmetics, aftershave, makeup products and rubbing alcohols.

YOU MAY USE Things not listed above. May eat vegetables, meats, fish, eggs and chicken.

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

Notes: \_\_\_\_\_  
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## **52. BAKING POWDER/BAKING SODA**

Avoid: Baking powder, foods, medications and tooth pastes, deodorants, antiperspirants, talcum powders, soaps, detergents, cotton crotches of female underpants containing baking soda.

YOU MAY EAT OR USE: any foods which do not contain the items listed above including fresh fruits, vegetables, fats, meat and chicken.

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

Notes: \_\_\_\_\_  
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## **53. GELATIN/GUM Mix: Gelatin: (Animal and vegetable source).**

YOU MAY NOT EAT OR USE OR SMELL: Soft drinks, glues, chewing gum, cream cheese, and carbonated drinks, skin of fruits esp. apples, pectin, hard skin of other fruits, okra, gelatin from chicken, meat, gelatin capsules, Jell-O, gelatin- added puddings, sticky candy, cosmetics, facial masks, and other makeup products. Please read the labels on the products and food containers if you are buying anything from the market for your use following the hours of avoidance after NAET.

YOU MAY EAT OR USE any foods which do not contain the items listed above including fresh fruits, vegetables, fats, meat and chicken.

**GUM MIX:** (Acacia, Karaya gum, Xanthine gum, Black gum, Sweet gum and chewing gum).

AVOID : Soft drinks, glues, chewing gum, cream cheese, processed foods, jello, marsh mellowes, gummy candies, and carbonated drinks. Please read the labels on the food containers if you are buying from the market.

YOU MAY USE or EAT: things not containing gums.

You may eat whole, unprocessed foods, vegetables, fruits without skins, meats, eggs and chicken.

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

Notes: \_\_\_\_\_  
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Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_  
Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_

Notes: \_\_\_\_\_  
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**54. VITAMIN E:** (Tocopherol, d-Alpha Tocopherol, or Tocopheryl, D1-Alpha Tocopherol, or Tocopheryl, Mixed Tocopherols).

AVOID: Wheat germ, soybeans, vegetable oils, broccoli, brussels sprouts, leafy greens, spinach, enriched flour, whole wheat, whole grain cereals, eggs, unrefined cold pressed crude vegetable oils, wheat germ, soybean oils, whole, raw or sprouted seeds, nuts, grains, seafood, squash, pumpkin, olives, butter, and quinoa.

YOU MAY EAT potatoes, poultry and meat. Drink purified water and regular teas.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_  
Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_  
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Notes: \_\_\_\_\_  
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**55. VITAMIN F:** (Unsaturated fatty acids-linoleic, gamma-linoleic and arachinoidic factors).

AVOID: Vegetable oils, wheat germ oils, linseed oils, sunflower oils, safflower oils, soybean oils, peanuts and peanut oils, flax seeds, evening primrose oils, all nuts and breast milk.

YOU MAY EAT anything that is not in the above list.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_  
Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_  
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Notes: \_\_\_\_\_  
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**56. VITAMIN T (Seeds)**

YOU MAY NOT USE OR SMELL or TOUCH: Any kind of seeds nuts.

YOU MAY USE OR EAT: Eat vegetables, white rice, white pasta, meat, fish, and fruits.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_  
Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_  
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Notes: \_\_\_\_\_  
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**57. HEAVY METAL MIX:** (Lead, Mercury, Cadmium, Chromium, Arsenic)

**Source of exposure**

Heavy metals enter plant, animal and human tissues via air inhalation, diet and manual handling. Motor vehicle emissions are a major source of airborne contaminants including arsenic, cadmium, and lead. Plants are exposed to heavy metals through the uptake of water; animals eat these plants; ingestion of plant- and animal-based foods are the largest sources of heavy metals in humans. Lead-based wall paint may be a source for entry of lead. Certain coffee may contain cadmium. Galvanized pipes, coffee and tea may contain cadmium. Absorption through skin contact, for example from contact with soil, is another potential source of heavy metal contamination. Toxic heavy metals can bio accumulate in organisms as they are hard to metabolize. Mercury can get into the body through vaccinations (that contain mercury), exposure to pesticides, through fish products.

**Toxic effects and allergic effects and symptoms:**

Toxic heavy metals can bind to vital cellular components, such as structural proteins, enzymes, and nucleic acids, and interfere with their functioning. Symptoms and effects can vary according to the metal or metal compound, and the dose involved. Broadly, long-term exposure to toxic heavy metals can have carcinogenic, central and peripheral nervous system and circulatory effects.

Avoid: All root vegetables, tap water, mineral water, metal utensils like copper, silver, aluminum, etc. Avoid metal cookwares and utensils. You may cook in glasswares or ceramics.

YOU MAY USE OR EAT: Eat green vegetables, white rice, white pasta, meat, fish, washed and cooked in distilled water. Eat fruits washed in distilled water. Use plastic spoons and forks to eat. Use paper plates or plastic plates. Drink distilled water.

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

Notes: \_\_\_\_\_  
\_\_\_\_\_

**58. NEWSPAPER/ NEWSPAPER INK**

AVOID: Contact with any newspaper, printed material, old printed books, newspaper inks, travel brochure, flyers, glossy papers, etc.

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

Notes: \_\_\_\_\_  
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**59. CHEMICAL MIX:** (Soaps, detergents, fabric softeners, cleansing chemicals, chlorine, Chlorox, bleach, chemical fumes from nearby factories, auto shops, etc.).

Acetone, acetic acid, benzoic acid, citric acid, glutamic acid, malic acid, oxalic acid, pyruvic acid, sorbic acid, uric acid, acrylic resins, aflatoxin, ammonium benzoate, ammonium carbamate,



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ammonium iddatum, ammonium phosphoricum, ammonium valerianicum, amyl nitrosum, anthracenum, antimonium crudum, antimonium tartaricum, acetylcholinchloride, acid asparagine, acid cisacontitum, acid fumaricum, acid hydrochloric, acid nitricum, acid phosphoric, acid saliculi, acid succininum, acrylate, adipinic acid, aluminium, ammonium bromide, ammonium causticum, ammonium muriaticum, ammonium picratum, amyl alcohol, aniline, antimonium Arsenicosum, ant. sulphuratum auratum, argentum metallicum, argentum nitricum, asbestos, autocrylate, bar iodide, benzene, benzochinon, borax, perchloroethylene, phenylendiamine, phosphate cement, polypeptide aga, propylthiouracil, silica, sorbic acid, sulfa-urea, toluol, urethanum, xylol, zincum oxdatum, zincum valeriant, arsenic, aurum metallicum, barbitonic acid, bar oxalsuccinicum, benzoic acid, bismuth. petonum, petroleum, phenylmercurinitrat, picric acid, polyvinyl, pyruvic acid, sincore, succinic acid, sulphur, urea, vinblastinsulfate, zinblastinsulfate, zincum cyanatum, zincum picratum.)

YOU MAY NOT USE OR SMELL or TOUCH: contact with the above items for 25 hours. Wash your clothes in plain water prior to treatment.

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

Notes: \_\_\_\_\_  
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### **60. FORMAL MIX (FORMALDEHYDE)**

YOU MAY NOT USE OR SMELL or TOUCH: new buildings, new clothes, newspaper, liquid paper, pressed woods, paints, paint thinner, fumes, perfumes, certain ice creams. Wear a mask and use a pair of gloves. Remove name tags from the clothes or tape them with masking tape. Wear mask and gloves if necessary.

You may eat or drink anything that doesn't contain formaldehyde.

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

Notes: \_\_\_\_\_  
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### **61. PERFUME MIX**

AVOID perfumed soaps, makeup products, hair sprays, flowers and skunk oil.

You may wear a mask to avoid the smell.

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

Notes: \_\_\_\_\_  
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**62. PLASTICS** (Soft plastics, hard plastics, all plastic and crude oil products including computer keyboards, telephones, pens, vinyl chairs, containers, book covers, toothbrush, hair brush etc.)

AVOID all plastic and crude oil products as given above.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_

Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_

Notes: \_\_\_\_\_

**63. PES MIX** (pesticides) (Antikeimmetel A, cyol hahm, diphenylamine, dichlorvos (DDVP), HCC-B (endosulfan intermed.), naphthalene HCL, pentachlorophenol, dorphosina, paraquat, aminotrazol, heptachlor, atrazine, aldicarb, methyl Mercaptan, sodium pyrophosphoric, parathion, para dichlorobenzene, superphosphate, calicum cyanimide, DDT, isopropyl-N phenylcarbamate, HCC (lindane), dinitrocresol, diazonine, trichphim, 2,4,5 tester, toxaphene, hexachlorbenzol, endosulphan, dithiocarbamate (ferbam) 2-mercapto-benzothiazol, sodium-o-phenylpholate, sodium sulfate, polychlorinated biphenyl, phthalate B Ester, thomas-mehl.) Fresh vegetables, fruits, meats, insecticides, new mattress, malathion sprays, ant baits, fumigated or pesticide-treated house (sensitive people should avoid living in such houses for three weeks at least), grass, weeds, lawns, trees that have been sprayed for pesticides.

YOU MAY EAT: Organic foods. Wash well before cooking. Eat cooked grains, meat, vegetables and fruits.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_

Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_

Notes: \_\_\_\_\_

#### **64. DUST MIX AND DUST MITES**

AVOID dusty areas like closets, attics, garages, et. Clean up the living area and bring a random sample from your vacuum cleaner in a baby food jar with a lid before going in for the treatment. Wear a mask for 25 hours.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_

Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_

Notes: \_\_\_\_\_

## **65. ANIMAL EPITHELIAL/ANIMAL DANDER**

AVOID contact with the animals, their saliva, hair, dander, any other products made from animals or used by the animals. If you have a pet, arrange to stay away from him/her for 25 hours.

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

Notes: \_\_\_\_\_  
\_\_\_\_\_

## **66. CRUDE OIL**

YOU MAY NOT USE OR SMELL or TOUCH: Avoid plastics, fabrics made from crude oil, petroleum jelly, polyester, acrylic, tooth brush, etc.

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

Notes: \_\_\_\_\_  
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## **67. I.D. (immune deficiency disorder)**

Avoid contact with fresh blood from anyone else. Avoid meat, fish and eggs.

You may eat cooked vegetables, grains, milk, and cheese. Drink clean or purified water and herbal teas.

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

Notes: \_\_\_\_\_  
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## **68. RAD MIX: (Sun, Microwave, TV, X-ray, cell phone, iphone, laptop, and computer)**

AVOID sun, T.V., microwave, X-ray, computers, cell phones, land phones, i-pod, i-pad, blue tooth, MP3, and any such devices for 25 hours.

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

Notes: \_\_\_\_\_  
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**69. SMOK MIX:** (smoke from Nicotine, Tobacco, cigar, etc.)

AVOID smoking areas, smoke from cigarettes, clothes and substances made contact with cigarette smoke, banana, malt, cow's milk, potato, tomato and yeast mix.

You may wear a mask for 25 hours.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_

Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_

Notes: \_\_\_\_\_

**70. POLLEN MIX**

AVOID going outdoors. Wear a mask. Avoid any product made from pollens including Bee Pollens.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_

Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_

Notes: \_\_\_\_\_

**71. GRASS MIX** ( Alfalfa, Barley-cultivated, Bermuda grass, Blue-Canada, Bluegrass, Brome-Hungarian, Canary grass, Clover-sweet, Corn-pollen, Grama-blue, Johnson grass, Meadow Fesue, Oat-cultivated, Quack grass, Rye, Rye grass, Rye grass-perennial, Sorghum grain, Sweet Vernal grass, Velvet grass, Wheat grass-Western, Bahia, Bent-creeping, Blue-annual, Blue-Kentucky, Brome grass, Chess-Southern, Corn-cultivated, Five Grass mix, grass pollen, June grass-Western, Oat grass-Western, Oat Grass-tall, Orchard Grass, Redtop, Rye-cultivated, Rye Grass-Italian, Salt Grass, Sudan Grass, Timothy Grass, Wheat-cultivated).

AVOID going outdoors. Wear shoes and socks while walking outside. Avoid products made from these grasses. Avoid whole grains. Whole grains come from grass family.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_

Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_

Notes: \_\_\_\_\_

**72. WEED MIX** (Broom Weed, Cocklebur, Dock-sour, Allscale, Careless Weed, Dock-Rumex Mix, Firebush, Goldenrod, Hemp-common, Lambsquarter, Marsh Elder-narrow leaf, Mexican Tea, Pigweed-rough, Pigweed mix, Rabbit Bush, Ragweed-false, Ragweed-short, Ragweed- Southern, Ragweed- Western Giant, Ragweed Mix, Sagebrush-common, Sage-pasture, Sage Mix, Shadcale, Sugar Beet Pollen, Western Water

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Hemp, Winterfat, Wormwood-Annual, Dock-yellow, Greasewood, Jerusalem Oak, Marsh Elder-Burweed, Marsh Elder-rough, Mugwort-common, Pigweed-spiny, Plantain-English, Quail Bush, Ragweed-desert, Ragweed-giant, Ragweed-slender, Ragweed-Western, Ragweed-Woolly, Russian Thistle, Sage-Dragon, Sage-Prairie, Saltbush-annual, Sheep Sorrell, Weed Pollen Mix, Wingscale, Wormwood-common, Cabgrass, Chickweed, Morning glory, Quack grass, Buckhorn Plantain, Holly, Dandelion weed, Regular Ivy, Baby breath, Daisy).

AVOID going outdoors. Wear a mask. Avoid weeds and products made from these weeds.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_

Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_

Notes: \_\_\_\_\_  
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**73. MOLD MIX** (Black mold, mold mix and Mold-PMG: Agaricus musc., Aspergillus Flavus, Aspergillus Glaucus, Aspergillus Terreus, Aspergillus ochraceous, Aspergillus clavatus, Aureobasidium pullulans, Bermuda Grass Smut, Botrytis, Cephalosporium, Chaetomium Globosum, Claviceps Paspali, Coccidiomyces Immitis, Curvularia Spiciufera, Actinomyces Israel II, Alternaria Tenuis, Aspergillus Fumigatus, Aspergillus Niger, Barely Smut, Loose, Blastomyces Dermatitidis, Candida( monilia) Ablicans, Cephalothesium Roseum, Cladosporium Fulvum, Cladosporium herbarum, Claviceps Purpurea, Corn Smut, Epicoccum Cinabarinum, Foxtail Smut, Fusarium Solani, Fusarium culmorum, Geotrichum Candidum, Helminthosporium Sativum, Histoplasma Farcinosum, Helminthosporium halodes, Johnson Grass Smut, Microsporum Canis, Monotospora, Mucor Racemosus, Neurospora Sitophila, Nocardia Asteroides, Penicillium chrysogenum, Penicillium Robrum, Pullaria Pullulans, Rhodotorula Mucilaginosa, Rinkel Mold Mix B, Scopulariopsis, Sorghum Smut, Dermatophilus Congolensis, Fusarium Vasinfectum, Gelassinosporea Cerealis, Gliocladium Fimbriatum, Histoplasma capsulatum, Hormodendrum Clad, Microsporum Audouini I, Microsporum Gypseum, Mucor Corymbifera, Mucor racemosus, Mycogone Albha, Nigrospora Sphaerica, Oat Smut, Penicillium Notatum, Phoma destructive, Rhizopus Nigricans, Rinkel Mold Mix A, Rinkel Mold Mix B, Spondyloclandium Airovirens, Sporophytrichum Pruindsum, Stachybotrys Atrata, Stachybotrys chartarum, Stemphylium botryosum, toe Mix, Trichophyton Equinum, Trichophyton Mentagrophytes, Trichophyton Rubrum, Trichophyton Verucosum, Wheat Bunt, Wheat Stem Rust, Stemphyllum Sarcinaeforme, Trichoderma Lignorum, Trichophyton Gallinae, Trichophytonm ent, Trichophyton Tonsurans, Verticillium Albo (Atrum), Wheat Smut.)

AVOID treating on a cloudy, rainy day. Clean up the house well. Keep the house dry. Stay away from leaky bathrooms, old houses, ocean side houses, beach houses and area, etc. Wear freshly washed clothes. Avoid yogurt, cheese, and fermented products. Avoid food made from mushroom family.

You May Eat or Use: Eat well coked freshly made foods and drinks,

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_

Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_

Notes: \_\_\_\_\_  
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**74. TREE MIX** (Acacia, Alder-red, Alder-white, Ash-Arizona, Ash-green, Ash-Oregon, Aspen-Quaking, Bayberry, Beech-American, Beefwood, Birch-mixed, Birch-river, Box-Elder, Cedar-Pinchot, Douglas fir, Eucalyptus, Birch-red, Birch-white, Cedar-mountain, Cedar-red, Cottonwood-Arizona, Cottonwood-Eastern, Cottonwood Mix, Cottonwood-Western, Cypress-Bald, Elm-American, Elm-Chinese, Elm-American, Elm-Cedar, Elm-Chinese, Elm Mix, Elm-slippy, Gum-black, Gum-sweet, Hackberry, Hazelberry, Hazelnut-American, Hemlock-Western, Hickory-mixed, Hickory-Pignut, Hickory-Shellbark, Hickory-white, Iodone Bush, Juniper-one-seeded, Juniper-Rocky Mountain, Magnolia, Maple-hard, Maple-soft, Mesquite, Mulberry-red, Mulberry-paper, Mulberry-white, Oak-black, Oak-Blackjack, Oak-live, Oak-bur, Oak-post, Oak-red, Oak-white, Olive-European, Osage-orange, Palm-date, Pecan, Pepper, Pine-mixed, Poplar-Lombardy, Poplar-white, Privet, Spruce-blue, Sumac-Upland, Sycamore, Tree of Heaven, Walnut-black, Willow-black, Willow-Pussy.)

AVOID going outdoors. Wear shoes and socks while walking outside. Wear mask and gloves if you are going out. Avoid any products made from these trees.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_  
Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_  
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Notes: \_\_\_\_\_  
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#### **75. WOOD MIX**

AVOID contact with woods, things made with woods like dining table, wall cabinet, side tables, wooden floor, etc.

You may wear a pair of gloves and shoes to avoid contacts with wooden surfaces.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_  
Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_  
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Notes: \_\_\_\_\_  
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#### **76. FABRIC MIX**

Try to treat one kind of fabric first, like cotton or polyester, etc. Then wear the allergy-cleared item while treating for the fabric mix.

AVOID contact with the fabric that is being treated.

Date treated: \_\_\_\_\_ Cleared: \_\_\_\_\_  
Symptoms Noted during 25 hours following the treatment: \_\_\_\_\_  
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Notes: \_\_\_\_\_  
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**77. FLOWER MIX**

AVOID going outdoors. Wear shoes and socks while walking outside. Wear mask and gloves if you are going out. Do not smell flowers or perfume.

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

Notes: \_\_\_\_\_  
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**78. LATEX** (IgE to Latex is available now. Please have your practitioner get the laboratory IgE test done on Latex, if you suspect allergy to latex)

Latex allergy is the allergic reactions to the proteins present in natural rubber latex. Latex allergy generally develops after repeated exposure to products containing natural rubber latex. When latex-containing medical devices or supplies come in contact with mucous membranes, the membranes may absorb latex proteins. The immune system of some susceptible individuals produces antibodies that react immunologically with these antigenic proteins. As many items contain or are made from natural rubber, including shoe soles, elastic bands, rubber gloves, condoms, baby-bottle nipples, and balloons, there are many possible routes of exposure that may trigger a reaction.

Persons with latex allergies may also have allergic reactions to some fruits banana, pineapple, avocado, chestnut, kiwi fruit, mango, passion fruit, fig, strawberry and soy. Some but not all of these fruits contain a form of latex

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

Notes: \_\_\_\_\_  
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MISCELLENEOUS EXTRA TREATMENTS

Item Treated:

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

Notes: \_\_\_\_\_  
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Item Treated:

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

Notes: \_\_\_\_\_  
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Item Treated:

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

Notes: \_\_\_\_\_  
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Item Treated:

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

Notes: \_\_\_\_\_  
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Item Treated:

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

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Notes: \_\_\_\_\_  
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Item Treated:

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

Notes: \_\_\_\_\_  
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Item Treated:

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

Notes: \_\_\_\_\_  
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Item Treated:

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

Notes: \_\_\_\_\_  
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Item Treated:

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

Notes: \_\_\_\_\_  
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Item Treated:

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

Notes: \_\_\_\_\_  
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A List of Abbreviations used in this Book

ACTH: Adrenocorticotrophic hormone  
BEBP: Bio-Energetic Balancing Procedure  
CLIR: Cellular Level Imbalance Removal  
CMG: Components of Master Groups  
CMI: Cellular Memory Imbalances  
CRA: Cell Receptive Antigen  
DHEA: Dehydroepiandrosterone  
DMG: Dimethyl Glycine  
GABA: Gamma-Aminobutyric\_acid  
GIP: Gastric Inhibitory peptide  
HCG: Human Chorionic Gonadotrophin  
HCL: Hydrochloric Acid  
IC: Indirect Contact  
NAET: Nambudripad's Allergy Elimination Techniques  
NAR: Nambudripad's Allergy Research  
NARF: Nambudripad's Allergy Research Foundation  
NST: Neuromuscular Sensitivity Testing  
PMS: Pre-menstrual Syndrome  
TRH: Thyrotropin-releasing hormone  
TSH: Thyroid stimulating hormone