

ONE STEP BEYOND

BY BERT H. BROOKS, DVM

ABSTRACT

Amplification of the effectiveness of the elegant procedure known as Nambudripad's Allergy Elimination Technique might be possible simply by modifying the first step.

INTRODUCTION

This observation is in no way meant as a criticism of the procedure which thousands of practitioners and their patients know as Nambudripad's Allergy Elimination Technique (NAET®). Furthermore, Dr. Devi S. Nambudripad's monumental contribution to health care is in no way diminished by the observation presented here, and no practitioner who successfully practices NAET® needs to alter any techniques which have already been mastered in order to continue a successful practice.

The observation is made by an actively practicing licensed mixed animal veterinary practitioner with twenty-seven years experience who has seventeen years of experience using NAET® with every patient. My observation is

simply that practitioners of NAET® might become *even more effective* on behalf of their patients if they learn to use information which is now routinely discarded during rudimentary patient preparation prior to allergy testing.

Specifically, I refer to the accepted procedure of "rubbing out" or "re-balancing" when reading reflexe imbalances are found using muscle response testing¹ (MRT) over certain areas of the body during preliminary set-up when no allergen is being tested. These reading reflexes are routinely "rubbed out, erased or re-balanced" prior to testing with an allergen, and the information they indicate is thereby lost to the practitioner.

If the experienced practitioner is satisfied with

the practice of allergy elimination as it is now presented, then s/he should continue with NAET® therapy as currently taught. NAET® identifies and eliminates allergies effectively and completely while conventional medicine offers patients only avoidance of allergens or use of pharmaceuticals. There is plenty of work to keep practitioners busy with NAET® alone without adding anything to it.

Alternatively, this article offers those interested in acting on *more* of the information available from patients a means of using that information in the attempt to improve patient health even beyond the benefits obtained by the practice of NAET® alone. Using techniques also based on MRT, others have developed procedures which identify weakened organ systems associated with disease processes that may be re-balanced by herbs, acupuncture, homeopathic medicines and other modalities including especially the administration of nutritional supplements. (Most of the techniques now taught ignore the presence and correction of allergies.) In my opinion, the best medicinal energy that can be used to repair and maintain mammalian bodies is that derived from balanced food sources, though the other modalities mentioned above may be indispensable to the rapid restoration of optimum health.

My wife, Melissa, and I have developed an MRT technique that we call Entity Testing Analysis (ETA).² During the development of this technique, for philosophical and practical reasons, after identifying the weak organ systems in the usual manner alluded to above, we believed it was important to identify the *cause* of the weakness of the organ system involved. We did this by “tracing” from the weak organ system already discovered in the following manner:

After determining the reading reflex which indicated the weakened organ system, we again used MRT to determine the “polarity” of the reflex by first testing with the doctor’s palm above the reading reflex on the patient while simultaneously exerting pressure against the patient’s extended arm

in the usual way, and then repeating the test with the back of the hand above the reading reflex. If the patient’s arm weakens when the doctor’s palm is above the reading reflex, the reflex is said to have positive polarity. If the patient’s arm is strong when the doctor’s palm is above the reading reflex, but weak when the back of the hand is above the reflex, then the reflex is said to have negative polarity. (The designation of “positive” or “negative” polarity is for convention only. There is no intrinsic “positivity” or “negativity” to the energy responsible for the reading reflexes.)

The polarity discovered in the above manner is then used to erase the reading reflex by rubbing downward above the reading reflex on the front of the body with either the palm or the back of the hand as determined by polarity determination. (If the reflex to be erased is located on the back of the patient’s body, erasure is accomplished by rubbing upward.) Then the polarity of the hand used for erasing the reading reflex is used to identify the cause of the weakened organ system indicated by the reading reflex.

Different testing systems may use different landmarks on the patient’s body in order to specify causes of weakened organ system. In our experience, it is unimportant which landmark is selected by the practitioner as long as testing is consistent and all possible causes of disease are included in the list (the order of listing is usually unimportant):

1. Bacterial Infections;
2. Viral Infections;
3. Yeast Infections;
4. Chemical Accumulations;
5. Mechanical Conditions;
6. Nutritional Deficiencies;
7. Radiation;
8. Genetics.

If the practitioner considers that other possible causes of disease need to be included, they may

be added to the list (and appropriate landmarks selected) as long as consistency is maintained.

After months of using the pre-ETA system with every patient to determine the cause of the weakened organ systems found, we abruptly and consistently started noticing a surprising change: Whichever chronic disease is suffered by a feline, canine or human patient, the weak organ systems involved always trace to “viruses” as the cause. Whatever the reason for this change in results of MRT, a new name needed to be applied to our resulting technique and Entity Testing and Analysis (ETA) was born.

Over time, as we put ETA to the test, we found means of identifying and eliminating species specific viruses so they no longer affected their patients. Simultaneously, symptoms of chronic disease began disappearing from patients. When we first started addressing viruses, it required approximately two years of therapy to eliminate the viral infection. With experience and trial and error we now believe it is possible to eliminate viruses within an average time of ninety days in nearly every patient.

After the elimination of viruses during the first ninety days, a new cause replaced the viral reflex: namely the parotid (salivary gland) or chemical accumulation reflex. At this time, the major emphasis became identification and elimination of various chemicals (instead of viruses) which the body had accumulated over time. We find that the body will permit working on eliminating batches of three to seven or eight chemicals at any given time. Usually, approximately three to eight weeks are required for elimination of the chemicals identified so that they no longer exert an adverse effect on the body. Simultaneously with the chemical elimination, symptoms of the presence of those chemicals also disappear.

Several months may be required to eliminate all pertinent chemicals, depending on the number, toxicity and concentrations of the chemicals involved. Chemicals addressed may or may not be allergens, but most are toxic and responsible for symptoms of greater or lesser intensity.

Of course it should go without saying, during elimination of viruses and chemicals, as part of every session, it is important to check for allergies and eliminate them when detected according to the protocols taught by Dr. Nambudripad.

After the elimination of important viruses and chemicals (i.e., all of those that are indicated by MRT), there may remain organic balancing to be done. After the latter is accomplished, most symptoms will be due to allergies and can be handled by NAET® as currently taught. Testing for nutritional balance should then be repeated at quarterly or semiannual intervals as indicated by MRT.

After the MRT described above has been completed, it will be found that the patient is now prepared for testing with NAET® without further necessity for “rubbing out” or “rebalancing” procedures.

A more complete description of the above processes complete with step by step description of the events which led to the discoveries are contained in my 2007 book, *More Than A Theory: A New Medical Paradigm* which is available from my website: www.cchvs.com.

Please direct any questions to me at holisticvet@hughes.net.

(Endnotes)

1. Scientific Validation of the Mind/Body

Read

More Than A Theory: A New Medical Paradigm



by Bert H. Brooks, DVM

*(A veterinary practitioner who became
dissatisfied with the status quo.)*

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**"Health professionals, medical researchers,
patients and pet owners can benefit from reading
this book. It offers hope for patients suffering
from any type of disorder."**

— Devi S. Nambudripad, NAET, M.D.