

BOOK REVIEW

SAY GOOD-BYE TO HEADACHES¹

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REVIEW BY MELANIE MOORE, MA²

INTRODUCTION

While some individuals may be able to tolerate their headaches, more are likely to experience frustrating, intolerable, and sometimes debilitating pain. The statistics are staggering: over 29.5 million Americans suffer from migraines, over 157 million workdays are lost due to migraines, and over 45 million Americans are seeking medical help for headaches. *Say Good-Bye to Headaches* is a timely new publication that could finally offer some relief. In the newest addition to the NAET® *Say Good-Bye to...* series, Dr. Nambudripad (a.k.a. “Dr. Devi”) differentiates over 30 types of headaches, and offers detailed insights regarding causes of headaches in general, as well as causes, common triggers, diagnosis, and treatment (both standard and alternative) for many of the specific types of headaches.

For healthcare providers and patients interested in going beyond Western medicine’s symptomatic treatment, *Say Good-Bye to Headaches* offers a multidisciplinary solution that can relieve or eliminate acute and chronic headaches of varying severity. “Until now, there has been no known permanent successful method of treatment for headaches using Western medicine except controlling the symptoms using drugs.” Even NAET® specialists will find this to be a very practical addition to their library, with new assessment tools and differential diagnostics specific for headaches. Providers and patients alike will find encouraging new case reports of challenging headache cases successfully treated with NAET®.

INTEGRATING ANCIENT TRADITION AND MODERN SCIENCE

Understanding this 20-year-old globally practiced approach requires knowledge of the underlying theories, based in ancient Oriental medical tradition and modern medical dis-

ciplines. From the Introduction through Chapter 2, *Say Good-Bye to Headaches* offers answers to such questions as:

What is NAET®? (Nambudripad’s Allergy Elimination Technique, or NAET®, is “a non-invasive, drug-free, natural solution to eliminating allergies of all types and intensities, using a blend of selective energy balancing, testing, and treatment procedures from acupuncture/acupressure, allopathy, chiropractic, kinesiology, and nutritional disciplines, ... to bring better health.”)

What is an allergy? (Multidisciplinary perspectives are discussed, including the Oriental medicine perspective that an allergy is a disturbance in the Yin-Yang energy balance; the chiropractic perspective that an allergy can result from and/or contribute to a pinched nerve that causes an energy disturbance; and the Western medicine perspective that an allergy is an immune system reaction to what it perceives is a threatening substance.)

What causes allergies? (Chapter 2 also details 9 cat-

egories of allergens, with hundreds of specific examples. The categories include some that are common sense, such as inhalants (e.g., pollen, perfumes), contactants (e.g., poison oak, pets), and ingestants (e.g., food, beverages); as well as others that may be surprising, such as emotional stressors (e.g., sadness, joy, disgust), physical agents (e.g., heat, cold, wind), or genetic causes (e.g., rheumatic fever may be transmitted genetically from parent to child, but the child's manifestation could be migraines).

Chapter 4 outlines some of the Oriental medicine concepts underlying NAET®, i.e., the main function and symptoms of imbalance of the 12 acupuncture meridians. For example, the lung meridian is associated on the physical level with pain in the eyes, sore throat, and sneezing (as well as over 50 other symptoms), and on the cellular level with depression and low self-esteem (as well as 20 other emotional conditions); essential nutrients to strengthen the lung meridian include proteins and vitamin A (as well as over 10 other nutrients). Other helpful features include illustrations of both standard and NAET® testing procedures (in Chapter 5), as well as suggestions to the prospective patient to enhance the success of NAET® treatment.

RELIEF FOR HEADACHES

After an interesting historical perspective on this ancient ailment, readers learn that there are over 19 general causes of headaches, ranging from expected causes such as nerve irritation, infections, hormonal imbalances, and stress, to perhaps less often suspected causes such as toxic overload, nutritional deficiencies, and allergies. Diagnosis of headaches, described in Chapter 3, generally includes a detailed medical history, in-office examination, laboratory tests, and other helpful tests. (This is not a surprise to those familiar with Western medicine; however what may be surprising to those less familiar with Oriental medicine is that the location of the headache – back/front/side/top of the head or around the eyes – provides a clue for the affected acupuncture meridians; for example, the bladder meridian is associated with headaches located at the back of the head, while other specific meridians are associated with headaches at other locations.) Over 55 questions are listed to delve into the patient's medical history; several other detailed tools are included to facilitate the diagnostic process. In this general discussion, Dr. Devi also describes a few standard treatment and prevention strategies, over 10 alternative treatment strategies, including NAET® (toward the end of the book she also

includes NAET home help tips: acuthery for different types of headaches), and a general prognosis for people with headaches.

Branching out into the details, readers learn to differentiate among several specific types of headaches, including:

- migraines (classic, common, and 4 other types);
- tension (episodic and chronic);
- cluster (episodic, chronic, and 3 other types);
- traction (pathologic, e.g., brain tumor); and,
- inflammatory headaches (i.e. symptoms of other disorders ranging from stroke or sinus infection to head injury or overexertion).

Differentiation is made through discussion of specific symptoms, common causes, common triggers, the diagnostic process, standard and alternative treatments, prognosis, and prevention for the several specific types of headaches. For example, both migraine and cluster headaches can be characterized by excruciating pain, typically on one side of the head, and lasting for hours or days. However, migraines are typically preceded by a brief period of warning symptoms, such as seeing flashing lights or having tingling sensations in the face or hands; whereas cluster headaches do not have preceding warning periods, but are often associated with various signs of allergies such as runny/congested nose or watery/inflamed eyes. Both types of headaches can be triggered by stress or allergies to food or drugs; however migraines can also be triggered by hormone irregularities, thyroid problems, and visual disturbances, whereas cluster headaches also tend to be associated with other allergies such as furniture, plastics, and seasonal allergies. In most cases, headaches disappear when the triggers are detected and removed.

An 8-point “NAET Treatment Plan to Reduce Headaches” is offered in Chapter 6. The plan includes allergy desensitization, stretching, adequate nutrition, and supporting therapies from allied healthcare professionals. Remarkable stories are told in Chapter 7, by other healthcare providers and patients who have used NAET® to relieve headaches and other conditions. Robert Prince, MD, a Psychiatrist in North Carolina, explains how he and his wife (a registered nurse) had been “steeped in traditional allopathic medical principles, which made (us) especially leery of anything as non-traditional as NAET®. . . . We went from being the greatest skeptics about

NAET® to being some of its greatest supporters. The reason is simply this – it works!” Dr. Chen, an allopathic pediatrician and UCLA-trained acupuncturist, tells of how NAET® offered a “magnificent personal experience” of relief from a “previously diagnosed incurable illness”; and, how NAET® has subsequently changed the way Dr. Chen practices medicine: “I plan to treat and prevent chronic illnesses and minimize side effects of pharmacotherapy so that children can achieve their full potential without the distraction of their own illnesses or the undesirable effects of their medications.” Several other healthcare providers in the U.S. and Japan describe how NAET® helped them give their patients relief from agonizing headaches. Patients also tell of their experience with NAET®, as they finally found relief from previously incurable chronic severe headaches, in some cases lasting as long as 40 years!

CONCLUSION

Say Good-Bye to Headaches introduces various approaches to prevention and treatment of headaches, with a clear emphasis on NAET® for eliminating common headache triggers. Support for this approach appears to be from 20 years of anecdotal results, and the author’s thorough reading (suggested through an 8-page bibliography); clinical trial evidence is not mentioned. Careful readers will find a sobering reminder that “NAET® is not a ‘quick-fix’”, while also finding encouragement in the author’s finding that “80% of people with headaches diminish their symptoms and reduce

the need for medication by the time they successfully complete treatment for 20-30 NAET® basic groups of allergies.” The NAET® approach may not be easy, but it is non-invasive, and probably less expensive and longer lasting compared with other approaches to allergy relief, and perhaps compared with other approaches to headache relief. Providers and patients who apply this knowledge may too discover, as one NAET® provider remarked, “. . . how easily and thoroughly . . . patients are relieved of migraines and other types of headaches, and can enjoy a healthy life again or, in some cases, experience it for the first time.”

REFERENCES:

- ¹ Nambudripad, D. *Say Good-Bye to Headaches*. Buena Park, CA: Delta Publishing Company; 2007
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