

# LETTERS TO THE EDITOR

## NAET®: Great for Allergies

### Common Cold

Dear Sister Naina,  
Greetings!

I am really sorry about my delay in reply.

Your treatment is surely a miracle which one can believe after the experience.

Its amazing how just controlling food habits can cure deadly diseases which are even genetically inherited.

Cold weather had a crippling kind of effect on me ever since I can remember. Whenever I am exposed to cold, it often gives me severe headaches, body aches, flu-like symptoms (common cold) and my parents had taken me to every place which promised a cure just to be disappointed with no results.

But ever since the first day of this treatment my general sensation of cold was stopped completely along with that I was relieved of my headaches and other symptoms. Now during winter I can walk around without being dressed like an eskimo.

You found me allergic to a few other important things that I use in my daily life. I really hope I can continue the rest of my treatment as soon as possible. Unfortunately I have been held up with other responsibilities in college.

I really suggest all who are reading this to try this treatment and experience the difference. I was one of

those lucky people who experienced the difference in just one sitting. Usually that is not the case. You may have to eliminate one by one for several allergens before you can experience the well-being. I was treated for cold first time itself because Sister through her magical testing detected that my body can handle the treatment for ice for the first time itself ( she used an ice cube as the sample to treat me).

“ Common Cold” is common indeed but the suffering one goes through is immense. I had it for 24 years and just one sitting did it all.

Thanks Sisters

Hope to see you all soon,

Regards,

Monica

### Severe Migraine Headaches

In 1978 I launched a medical & surgical supply business in one of my husband's five pharmacies. Ironically, that began migraine headaches that got worse as I got older. They were consistently lasting 3 days out of every 10-12. I tried every new drug that could be prescribed, Xert, Immitrex, Fiorinal with codeine just to name a few. In Nov of 2002, I began taking this magical botanical juice that contains the entire husk pureed of Mangosteen. And over a period of about 3 months, I noticed that my headaches were becoming less frequent and less intense. Valentines day (2004) was my 1 yr

anniversary with no drugs and no migraines after 26 yrs of suffering. Just think, if this Mangosteen botanical can help only 50% of people who are in pain. What a difference this can make in people's quality of life. In addition, my physician had me tested for risk of stroke and/or heart attack due to my father dying at the age of 63 with a heart attack and my C-REACTIVE PROTEIN score (new biomarker and anything over a 3 is high risk! ) was a 7.1. The highest my physician said she had anyone of her patients ever score (obviously not a good thing!). In February, when I returned for my yearly check-up, not only were my migraines gone, but also my lab results with my C-Reactive Protein score was DOWN TO a 0.3! Now that's undisputable, scientific proof that the Xanthonenes in Mangosteen did what most other course of treatment would not accomplish.

- Sandi Cohen, P.S. AZ

#### No More Migraines

I had severe migraines all my life. Whenever I got them I had to go to the emergency room to get a shot. Then I had to sleep for three to four days. Finally my migraines would go away. After Dr. Nambudripad's treatments for food allergies (about 30 treatments), I do not get migraines anymore. I haven't had one in 11 years. Thank you, Dr. Nambudripad, for discovering this revolutionary treatment!

Sara Evans  
Marina Del Rey, CA

#### No More Migraines!

I had severe migraines all my life. Whenever I got them I had to go to the emergency rooms to get an injection to reduce my pain, then I had to sleep for three to four days. Finally, my migraines would go away. After Dr. Devi's treatments for food allergies, I do not get migraines anymore. I am one of her guinea pigs from her early days of practice. NAET works! I haven't had one migraine in 14 years.

Sara Pavlov  
Glendora, Azuza

#### 40-Year-Old Migraine

I used to have severe migraines for 40 years or so. I also developed severe arthritis. I had bad psoriasis for 20 years. When I went to Dr. Devi five years ago, I was in a mess. I was limping and walking with the help of a cane because my arthritis and bursitis were so bad. Dr. Devi treated me for food allergies. I was also treated for pollens, grasses and flowers. I do not have migraines anymore. My arthritis is almost 90 percent gone. Whenever I try a new food without testing, my ten percent of the arthritis returns. My psoriasis is almost gone, except for some pinpoint spots at the elbows. I have lots of energy. I walk four miles every morning. I am making up for the lost time in my youth due to pain. I don't have any pain now. I enjoy every precious day of my life now.

Maxine P.  
Bellflower, CA

#### My Chronic Neck And Backache Is No More!

I suffered from frequent severe stiffness of the neck and upper backaches for the last 14 years. I was taking various prescriptions and over-the-counter pain pills for my neck and shoulder pain. I was told by many other doctors that it was from stress. When I was treated for spices by Dr. Devi, I was very sick during the first 18 hours after the treatment. When I woke up the next morning, I was free of my chronic neck and upper backache. It has not returned in three years.

Deborah B.  
Artesia, CA

#### Lettuce and Backache

Being a former football player, I suffered occasionally from lower back pain. During one particular period, the slightest movement was causing me discomfort. I had been keeping track of what I had been eating. Dr. Devi found out that I was allergic to lettuce. After two

treatments, the back pain went away and has not returned in four years. I have been a patient of Dr. Devi for over four years and I return whenever any problems occur.

Dave Almirah  
Whittier, CA

#### Sciatic Neuralgia

At a restaurant, chopped red onion came with the chili I ordered. So I ate it. I seldom eat onion. Within thirty minutes, my lungs reacted with wheezing and coughing. The next day my left leg was very sore. The wheezing turned into bronchitis. The leg pain kept getting worse each day with pain radiating into my left thigh, back of the knee and ankle. It continued for three weeks. I saw my internist, who prescribed some antibiotics and a pain killer for me. However, I continued to cough and had pain in my left leg.

Dr. Devi was on vacation. After three weeks, I came to see Dr. Devi. I still had the excruciating leg pain. My cough was also still there. During her evaluation she found that I was allergic to the red onion I ate at that Mexican restaurant. She gave me a treatment for the onion and the leg pain disappeared in a few minutes. Two weeks later, my friend took me to the same restaurant. I ate the same chili but this time, I had no wheezing, coughing or leg pain. NAET gives me freedom to eat my favorite food in any restaurant. I have a life again!

Rosemary D.  
Buena Park, CA

#### Cluster Headaches

I suffered from cluster headaches ever since I moved into our new house five years ago. I tried allopathic medications, Chinese herbs and homeopathic remedies without any help.

I have had allergies all my life and have just resolved to live with them. I would break out in rashes on my face; my lips and eyes would swell and itch. The doctors would give me medications and ointments and gradually it would recede temporarily for a few minutes

to a few hours. No one knew the reason. But I never had cluster headaches. I was getting treatments at one of the famous hospitals in San Diego. One day (1990) I opened the San Diego Tribune newspaper and read about Dr. Devi and NAET on the cover page. I immediately made an appointment with her. In her office she discovered, by simple muscle testing, that the built-in wood work in my house was the culprit. I was asked to bring shavings from various wood fixtures, including the kitchen cabinets, from my house. After she cleared me for the wood shavings, I did not suffer from cluster headaches anymore.

Cynthia B.  
Laguna Beach, CA

#### Gone Are My Gall Bladder Troubles!

I have found Dr. Devi Nambudripad to be very helpful in my life. Through her allergy treatments I can now eat cheese, wheat, potatoes, onions, oils, butter, and many other foods that I was allergic to. Before I received NAET treatments, my gallbladder was in pain and discomfort most of the time after I ate any food and my digestion was very sluggish. I now feel great, have more energy, and can eat any type of food. My life is working!

Julie S.  
Fullerton, CA

#### NAET Gave Me My Life Back!!

On August 18, 1999, I knew I was blessed. Earlier in the month my best friend in Atlanta Georgia called to tell me about NAET. She had been undergoing NAET treatment and had noticed a great change. After having prayed for guidance, I found Dr. Marilyn Chernoff on the net (naet.com-practitioner locator site). I had actually made an appointment with another practitioner in

Santa Fe, but cancelled that appointment after speaking with Dr. Chernoff. I was diagnosed with Celiac disease at age two, and had suffered all my life with poor digestion, swelling and pain in the abdomen, depression, and fatigue. As an adult I also suffered from asthma, which I realized after many years, was “Grain” specific. Two months before meeting Dr. Chernoff I had eliminated all grains from my diet. I did however indulge on occasion and the consequences were immediate asthma.

What I did not expect was to be cleared of so many other maladies. On my first visit we discussed my chronic fatigue, forgetfulness, incontinence, hypoglycemia, swelling and pain in the abdomen. Everything was equally troubling me. I could not pinpoint one problem as being the most disabling one. I wanted to be cured from all. She did a series of NAET muscle testing on me and decided to address the issue of incontinence. With her testing skills, she determined that the incontinence had been caused by botulism. She stated that at some time in my life I had gotten very sick and had assumed it was the flu when in fact it was food poisoning. I easily remembered that my incontinence started when I was pregnant with my son 19 years ago. I had become violently ill. The incontinence started just after his birth and increased in frequency over the years. Doctors had told me that this was a consequence of birth. I had literally taken to wearing only black jeans so that I could change easily after a mishap. Girl clothes were a nightmare and on the occasions when I had to wear professional clothes for work, I walked fast and prayed, a lot...

One treatment proved the cure. I have not had an incident since that first day. After that treatment she continued with my basics, then she treated me for kidney; which turned out, was a major deterrent to my well-being. I had been wearing magnetic insoles in my shoes because I suffered from swelling in my ankles and calves.

After the second treatment, my ankles no longer swelled. My calves still swelled somewhat, but I was

able to wear a short sexy dress and remain feeling sexy till after midnight. This I have to tell you first. My ankles have swelled since the late 60's. Guess who hated short dresses in those days.

All my life I had suffered from constipation. I virtually lived on laxatives. I never had a solid stool and just accepted this as a way of life. Five years ago a colonoscopy revealed that I had the colon of “an 80 year old man”. (The doctor could have at least said an 80 year old woman). By the way I was 45 at the time. Needless to say this did not make me happy. Dr. Chernoff found the root cause, treated me and like magic my stools have been solid ever since. I still take a laxative, but only one herbal, and I no longer have any problem.

When she treated me for “Strep and fungus” she was able to clear my chronic bronchitis and I have not yet succumbed to any colds or flu. For about 25 hours after the treatment I felt as if someone had given me a frontal lobotomy. I walked around like a zombie. I could feel the treatment lift after the 25 hours and I had a great surge of energy.

In 1977, I was diagnosed with hypoglycemia. The doctor stated at that time that it was the worst case he had ever seen. At it's very highest my blood sugar stayed just below 100. I felt fairly good when on occasion my sugar would hit 90, but the ups and downs were difficult and I was always tired. My blood sugar controlled my vision and I never knew when my vision would turn to a blur.

My last two treatments addressed this problem and although the actual sugar treatment made me worse till I could see Dr. Chernoff one week later, the treatment for my actual hypoglycemia has given me a renewed sense of energy, joy and balance. I now eat because I am hungry, not because I am crashing.

I am sitting here working through the treatment for my salt allergy. And my next treatment is grains,

(finally). You have no idea how excited I am to have reached this point.

Thank you NAET and thank you Dr. Chernoff for giving my life back for me. We still have a little ways to go but I would shout from the rooftops and sing your praises. Matter of fact, I have done that. Did I mention that I am an Insurance Adjuster handling Workers' Compensation? I have recently referred a worker to Dr. Chernoff for severe ulna neuropathy. She had a very unsuccessful surgery on her right arm due to what the physician described as pre-keloid disease.

She had developed a very painful hypertrophic scar and was seeking something alternative to surgery for the pain in her left arm. Dr. Chernoff did two treatments and the worker is completely pain free. As a matter of fact she has since brought her mother to see Dr. Chernoff. I guess that is a testimonial to alternative health care. Workers' Compensation recognizes alternative health care. Now if only my health insurance would become aware of the health benefit and savings the NAET system of treatment provides!

I am going to tell you another story, just because it too is a miracle. My boyfriend suffered from back pain for 20 years. He too is an insurance Adjuster and Ex-Navy pilot. I tell you this so that you understand that, unlike myself, he is not into "New Age" and he saw a big difference in me, but still remained skeptical. His pain was chronic and severe, encompassing his cervical, thoracic and lumbar spine.

The first treatment addressed the heart and with that his lumbar pain disappeared. The second treatment addressed mercury and with that his thoracic and cervical pain became almost nonexistent. He never actually comprehended his level of pain before the treatment, he just knew he hurt all the time and felt he just had to live with it. It wasn't until after the treatment that he understood how much pain he had been living with. One day after having driven for 15 hours, he showed signs

of being uncomfortable. Concerned, I asked if his pain was back. He stated "a little." I then asked him what it used to be. It was only then that I found out that he had lived and functioned at pain level of "nine".

Thank you Dr. Chernoff for bringing NAET into our lives and giving us back our lives. We still have work to do, but never have I found anything that has worked so well. This is not a magic. This is not faith healing, this is a matter of treat, wait and watch. This is real medicine. Any questions, please call me.

Virginia Stair  
Albuquerque, NM

### AMAZING NAET

My children and I started seeing Dr. Chernoff in the early part of 2000, "mainly," I told myself, "for my children's allergies." But, she has proven to be the best doctor for me also.

My 15 year-old son was having *chronic migraines* and the medical doctors wanted to put him on increasingly stronger medication each time we went in. I didn't feel good about putting more chemicals into this boy's body, since I thought that chemicals were causing his migraines. Well, my friend had recently started seeing Dr. Chernoff and I decided to try it. She cleared his migraines, along with some allergies in just a few visits. He hasn't had a migraine headache like that since then and he's 20 years old now.

My daughter was suffering from *eczema* so bad that she had open sores from it. Her doctor kept giving her topical ointments (with steroids in them) that kept "burning" her skin. I took her to see Dr. Chernoff, who took pictures of the sores, and cleared her of the lesions in a few visits. My daughter has scares from those sores, but she doesn't suffer from them anymore.

As for myself, I started with clearing the *food allergies*, which in itself made me feel better. Not long after that, though, I started having a pain in my pelvis area.

I went to see my doctor several times about it. She couldn't find anything wrong and told me to get up during the night to urinate and that would relieve the pain. Well, it didn't relieve the pain and every time I stood up to walk, a pain went shooting through me. I decided to test out Dr. Chernoff and she immediately found that I had a gallbladder infection. After she treated me for it, I felt so good, no pain, no trouble urinating. Another thing she has helped me with recently is *phantom pain*. Since my amputation two years ago, I've felt like my phantom foot was always in a vice grip, gnarled up and throbbing with needles. Dr. Chernoff treated me for emotions connected to losing my leg and the strep A/staph combination. During the treatment of the bacteria, I could

feel the energy in my phantom leg release and it was as if my leg was there. It was such an awesome feeling! I have been making good progress towards feeling better and NAET has helped in this process.

Wanda,

Albuquerque, NM

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