

## BOOK REVIEW

# Say Good-bye To Illness

(By Devi S. Nambudripad)

An excellent guide to good health

## INTRODUCTION

The book, "Say Good-Bye to Illness", is an excellent resource about food, chemical and environmental allergies. The subtitle, "A Revolutionary Treatment for Allergies & Allergy-Related Conditions" is filled with practical advice and tips on how to help eliminate allergies permanently with complete success. This third edition of the book is timely as the prevalence of allergies is increasing exponentially with little help from traditional medical treatments. The book offers the importance of finding the problem and eliminating it. In other words this book helps to nip the source of the problem in the bud without any side effects.

**W**hen a person consumes a food substance or a medicine the body believes is harmful, then the immune system mistakenly believes that the substance is harmful to the system. In its attempt to protect the body, it creates specific antibodies. The next time the individual eats that food, the immune system releases massive amounts of chemicals and histamines in order to protect the body. These chemicals trigger a cascade of allergic symptoms that can affect all the systems of the body such as the gastrointestinal tract, respiratory system, genitourinary system, skin, the mind, the nervous system, and the cardiovascular system. According to traditional medicine, the only way to treat food allergies is to avoid the foods or substances that are triggering the reactions. This book teaches that you can get yourself treated for the allergic substance so that your body no longer causes the allergic reactions to that substance and you do not have to avoid the item that was an allergen prior to the NAET treatment. After desensitizing successfully with NAET, the patient can continue to have the item treated whether it is a food or medication.

So why is this book important? This book provides information and the knowledge to understand the ways to

identify your body's allergens and the ways to get desensitized for them. This book is the answer for those searching for ways to combat their allergies using the NAET (Nambudripad's Allergy Elimination Technique). NAET sees the allergic problem in a similar way to viewing the onion peeling off. As you take off each layer of a problem the problem gets less intrusive and more manageable. Through a series of detailed treatments, NAET offers the prospect of relief for those who suffer from allergic reactions. It provides a means of reprogramming the brain to let one live in better health.

The preface of the book details how the author struggled through her own allergies since childhood until she discovered the cure for her allergy-related problems. The reader knows that s/he is not alone. Each of the 22 chapters details an aspect of allergies, then talks about how to identify the allergy causing the reaction, and finding possible solutions. Throughout the book the Author has given several examples of symptoms, what caused them and how they were eliminated. She has given several testimonials to give the reader examples of the effectiveness of the treatment. The book contains true stories of people who rid themselves of pains and illnesses of all sorts. It talks about how NAET successfully eradicated

disease conditions like peanut anaphylaxis, allergy to shellfish, constant sciatic pain, food allergies, hives, irritable bowel syndrome, Crohn's disease, colitis, lactose intolerance, hay fever, bronchitis, asthma, dust allergy, eczema, hair loss, arthritis, osteoarthritis, sports injury, psoriasis, lupus, bed wetting, allergy to dairy products, PMS, sinus headaches, migraines, multiple sclerosis, insomnia, osteoporosis, diaper rash and so many more.

There are many people suffering from allergies to things they eat, drink, or inhale. These people don't have a clue as to what kind of health problems these allergies are creating. Everything under the sun including the sun itself can be an allergen and can cause allergic reactions at any given time. Treating allergies with NAET, as suggested in this book, can lead to the elimination of the root cause of one's illnesses and thus promotes better health. Over all this book (the Third Edition) is like a 'bible', you can carry the book with you and refer to it to check on the cause of an illness or a physical pain; either ours or someone we know, and narrow down what could have caused it and then identify possible solutions. This is an excellent reference book for people who don't want to pump toxins into their bodies but instead want to eliminate their allergies before they cause severe damage. The Author's theory of eliminating the toxins that block the energy circulation is well explained in this book. I like to think of it as yet another example: when our wash basin gets all plugged up and water does not drain off easily, the wash basin soon has an overflow outlet of water which runs off to the floor and damages the beautiful flooring or the rug. Then we have to bring in the rotor-rooter person to clear the blockage. The water then starts flowing down easily which eliminates the overflow problem. Of course, if we wait too long to call rotor-rooter, the damage may not be completely repairable unless we spend more time and money to fix the aftermath (the side effects of the overflow).

According to the information explained in this book, YES we can eat anything we want again! The key of course is eradicating the allergies you have to the foods you love. We can learn to handle both our physical and emotional allergies in the privacy of our homes when we master the self-balancing techniques described in the book. We can do it. This book includes tips to master self-testing.

This 544-page book includes information for the multiple chemical sensitive patient as well as vital nutritional advice to maintain good health.

## CONCLUSION

The book "Say Good-Bye to Illness" helps make living enjoyable. It is like a dream come true as normal activities return to life instead of swallowing pill after pill, still groaning and moaning in pain. Active life is a real possibility again for so many of us, and it can be a life changing experience for some of you. I highly recommend the book!

Say Good-bye to Illness is also translated into Japanese, French, German and Spanish languages.

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## REFERENCES

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