

## LETTERS TO THE EDITOR

### NAET®: Great for Food Allergies

#### MY SON IS FREED FROM ALLERGY TO MILK AND MILK PRODUCTS

My son who is 7 years old suffered severe stomach pain whenever he had milk or anything that had milk or cheese in it. I could not give him anything that he liked. I took him to many doctors, each one gave some medicines which never helped him. I decided to never expose him to milk though my son was craving to eat ice creams and pizza. I heard about Sister naina and the NAET treatment from my sister's father-in-law. I came to sister and sister treated him for milk and other milk products. To my surprise, now he can eat ice creams and pizza and anything and everything with milk. He absolutely has no problems. I thank Dr. Devi for inventing this treatment. I thank Sister Naina who graciously treated my son. My mother-in-law and myself also have started NAET treatments.

SEEMA  
BANGALORE  
INDIA

#### I AM GOING TO BE WELL AGAIN!

Here's my story. At age 52 my teaching career ended in a Texas high school that was found by the Texas Department of Health to be contaminated by mold and other environmental toxins. That was in 1992, and I had never been "allergic" before to anything that I knew of. Except for a back injury I was a healthy, energetic person. It took only 18 months for that school to destroy my life. When I left, 1/3 of my students were also "symptomatic".

My diagnosis was Multiple Chemical Sensitivity. Later, after moving to New York and seeing five EXPERTS in environmental medicine in NY, PA, and MA, I also had diagnoses of Chronic Fatigue, Fibromyalgia, Asthma, Toxic Encephalopathy, and Arthritis, but no one said I had food allergies.

My life from 1992 forward became HELL. Following protocols of avoidance, desensitization, detoxification, nutrient therapy and other modalities, I did gradually improve. However, I had suffered anaphylaxis at least five times before I found Robert Hackman in Ithaca, NY. Each time I recovered, I was in bed for MONTHS. Yes, MONTHS!

Honestly, I THOUGHT I had "tried everything." Although I always thought God would give me a miracle for healing, I had just about given up. I was virtually a prisoner

in my home. I went out only when I absolutely had to, and I paid the price by being even sicker when I came home.

By the time I found Robert, I had also read every book I could find. Dr. Sherry Rogers and her books were a tremendous help, but no matter what I did or didn't do, I could not attain the level of wellness she speaks of in her books. I must have had every test known to "regular" MDs and Environmental MDs. I bought a sauna. I really TRIED to GET WELL, and every time I had a few "good days", my heart leaped with hope, THINKING that I was "getting well." The bad days came back every time. Honestly, until NAET, I had MOSTLY bad days! I was also in bed or on the couch about 18 to 20 hours out of 24.

I had actually heard of NAET about six years prior to trying NAET, but the way it was described to me didn't make "sense". I had tried acupuncture and acupressure so I didn't ask more questions. Years later, my dear friend, Dora Martinez, who had become ill in Texas too and who had gone to Dr. William Rea and the Environmental Health Center in Dallas, told me about hearing of NAET. She had read the book and thought it might help us.

I was hesitant to buy "one more book", but I did because I have always tried to keep an open mind. However, at that point in my life, I was resigned to "managing" my illness and having "some good days and some bad days." So many people, including doctors, had told me I might never be completely well again.

I bought the book. I actually UNDERSTOOD the principle involved, but I was skeptical, so I emailed Robert and two other people. One therapist was too far for me to travel and the other person never responded. Robert did respond, and he complied with my request to speak to one of his clients who might be "as sick." After hearing one of his clients say, "I have my life back now," I decided to try it.

Since sometime between the fall of 1990 and the spring of 1992, I had not been able to walk without pain. The morning of January 14, 2005 I got out of bed in pain and held onto the walls as I made my way to the bathroom and later the kitchen. That was the day I first met Robert Hackman.

After testing me, Robert treated me for egg allergy. After treatment I became so tired I felt I might have to stop along the road to sleep in my car, but I made it to my couch and slept for several hours until the telephone rang. I went to bed early and slept well. On the morning of January 15, after brushing my teeth, I started down the hall to the kitchen. Midway down I stopped. Something was different. Oh, my God! I realized I was not holding onto the walls! I was also walking normally, heel to toe, not stiff legged as before, and I had NO PAIN. I walked the rest of the way to the kitchen with my mouth open in astonishment.

After the third NAET® treatment (an allergy to calcium and milk) I stood in my kitchen and cried and prayed aloud, thanking God for sending me the miracle I always knew He would send me.

Because of financial problems I had to skip four months of treatment, but by now I have had about eight months of NAET® treatment, one or two a week as I could afford, and I'm happy to say that I believe I am going to be COMPLETELY WELL. I also believe that day is not far off. Now, I have MORE GOOD DAYS than BAD DAYS!!!!

I no longer use oxygen. My asthma has disappeared. I am virtually pain free but when I have pain, I can usually identify what the allergen is. I eat well. All cravings have gone. The mystery of my weight gain was revealed.

I have a wonderful MD, Dr. Barbara Harvey, of Athens, PA., and her tests confirmed NAET® tests showing that I was actually allergic to all the essential fatty acids. Doctor Harvey told me that I would NOT be able to lose the weight until I could use conjugated Lineolic Acid because her tests indicated that I was among only 3 percent of the population that actually needs that particular fatty acid. NAET® tests revealed I was allergic to ALL fats and oils, but in just the past few months, after clearing all those, I have lost 26 pounds WITHOUT DIETING OR EXERCISING. My body is beginning to use and metabolize food "normally" again!

By the way, Doctor Harvey is now sending her "difficult" cases to Robert Hackman of Ithaca, New York. Robert says I am the "grandmother" of about twenty of his new patients.

Four of my neighbors have tried NAET® and found it to be a "miracle." I have a brother who is feeling better now because of a few NAET® treatments with Doctor Teresa Jenkins of South Carolina, and I have one former neighbor who is seeing someone in North Carolina. She no longer has migraines. One of my Texas friends thinks he may not have diabetes any longer after ONE NAET® treatment! His blood sugar is between 80-90 now. The stories go on and on, because I tell everyone I know about the miracle of healing that is available through NAET®. My husband was cleared of milk and dust allergies. He only had two allergies but didn't know it. I was the one who dragged him in to see Robert.

One of Doctor's Harvey's tests revealed that I am a "non excreter" and that I had the "worst possible profile." I discussed that problem with Robert. Robert used NAET® to determine that there were THREE HERBS that could be used to help me eliminate the toxins. Robert made a tea, which I drank for two weeks. My face, scalp, arms and back broke out with a toxic release that looked like teen age acne. When I take Doctor Harvey's test again, I expect I'll see dramatically different results.

I AM GOING TO BE WELL AGAIN, and I am going to be able to use the rest of my life productively to help others. I'm sixty six years old now. I have not "had a life" since age fifty two. Not only do I have my life back, but I have so much JOY in my heart. Thank you again, all of you who have helped to heal me, but thanks especially to NAET®, To Dr. Devi and to Robert Hackman. I thank my good God who made all of you and who revealed NAET® to Dr. Devi and through her to the world.

**THANK YOU, DR. DEVI, NAET SPECIALIST MALA MOOSAD, AND ROBERT HACKMAN, NAET SPECIALIST OF ITHACA, NY.**

Sincerely,

Gulie Molkenthin

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## PRACTICING NAET: DOCTOR-PATIENT RELATIONS

Dear Editor,

For the past 8 years I've been practicing primarily the Nambudripads Allergy Elimination Techniques (NAET®). Till then, as a dentist, I practiced oral surgery and child dentistry. During that time and for more than 12 years I was the medical manager of one of Israel's largest dental clinics, with more than 60 employees and about 60,000 patients. This huge transformation in my practice was forced upon me because of a brain tumor. I must confess and say that today NAET® is one of the best things in my life. For that I have to thank Dr. Devi Nambudripad and surprisingly my brain tumor.

The circles of life, the pathways in people's lives, sometimes are very tricky. Using NAET® is a great way to help my patients walk upon those byways and guide them peacefully through their many hazardous medical symptoms. These techniques I'm writing about are convenient, elegant and non invasive procedures. Almost everyone can be treated and achieve good results or at least obtain a significant improvement in their medical symptoms. These improvements

can cause positive changes in their quality of life. For me, personally, good life quality is invaluable.

During the years I've practiced NAET®, I have discovered two important things about this technique. The first is that people can react and develop sensitivities and symptoms to every known substance including to themselves. The second is that the variations and the versatilities of NAET® are really amazing.

The first few NAET® appointments and the first set of treatments sometimes are quite shocking to many patients. This is mainly because of the easy way NST (Neuromuscular Sensitivity Testing) is done which helps us to find out the reasons and causes of our sensitivities. The diagnostic steps are followed by very comfortable treatment procedures. For some patients the technique appears to be like magic and from time to time we hear the praise: "We are coming to get treatment from the magician."

From my own experience many of our patients come after being examined, tested and treated by many professionals, mostly conventional but sometimes alternative.

Some patients have been suffering for a long time, both physically and emotionally, from unsolved medical problems. In some cases those unsolved medical problems are the reasons for financial problems. This is mainly because of working disabilities caused by the illness and expenses related to the medical treatments. Sometimes people are very skeptical about medical treatments and about the possibility of changing their own medical conditions. Sometimes they say, "We've already tried everything and nothing really helped".

It is not always easy to regain the trust of suffering people who have already made a long medical journey. But it is always a good thing to do.

Although practicing "good medicine" sometimes seems like making the right technical procedures, there is no doubt in my mind that trust is one of the basic milestones for treatment success. I still remember a long discussion I had with a well known Israeli pediatrician. We were talking, sometimes almost arguing, about the ideas, achievements and success of "alternative medicine." I can still quote some of the things he said. "After many years of practicing medicine I must tell you that I don't really understand what you're doing by moving people's hands from here to there. But anyway, according to what I see and hear you really do help them.....so I believe that about 30% of the medical improvement you see with your patients is probably because they believe that you can help them. The other 30% of the improvements are achieved because you have the time to discuss their problem with them and listen".

Those sentences he said to me that day still ring a bell in my mind.

It rings a bell because I can find and understand the logic behind it. Nowadays when there are so many complicated, expensive medical tests to be done, when medical knowledge is available everywhere, when there is so much medical information to collect about every medical condition and disease, it is so common to send almost every patient to do tests that only experts can translate or for tests that gives the practitioner information he can hardly or never use. Sometimes this information is collected not to benefit the sick person but for medico-legal reasons of the clinic and practitioner. In many occasions the tests are done not because the medical professionals think it's necessary but upon demand of the patient or his/hers family or their advisors. After all that has been done there is actually **no time left to sit and listen to the sick people themselves**. You may think that I have something against medical testing or medical investigation, but I really don't. There is no doubt that medicine has gained a lot because of those investigations and medical tests. Many lives were saved and still are, using this knowledge. I'm just calling for rebalancing the importance of those tests and bringing back to consideration the huge importance of **listening and compassion**.

In our modern world, people are surrounded by media and electronic communication; we can achieve information about almost everything within a very short time, including about most of our medical conditions. We can learn about every new medical examination, new medical aid instruments or brand new medications across the globe. We can do this very easily by using the mass media or from a multitude of internet websites. But when it comes to the point for us to need and seek medical help we usually prefer not to use virtual ways but instead we prefer to use the very old fashioned way for communication, **person to person contact and communication**. This kind of personal contact gives almost every one of us a better feeling, mostly because of the way it makes us feel more secure. We can hear the tunes beyond words; we can make direct eye to eye contact and see body and facial expressions and sometimes when needed we can simply smell and touch each other.

This old way of communication between living creatures, including humans, is safer and better accepted than some of the newer ways of communication. This is simply because it involves all our senses. We can say that: "Maybe you can fool one or two senses, but you can't fool them all."

Although practicing NAET® can become a very technical procedure, it is not.

From my years in practice I can surely say that by adding humanity and personal communication to our profession we can do much better for our patients.

We must remember that people are coming to us because they have problems and they're seeking our help. So the first step is to listen to them and try to understand their feelings about themselves and about sickness. This stage is very important for understanding the patient, his/her beliefs and expectations. In some cases this is not the right time to begin treatment!!!

During the time I'm taking a medical history and records, I always encourage my patients to tell me about all the treatments they have had, conventional and alternative. That way I can learn more about the patient's attitude toward treatment and find out if those treatments are safe. I write that down in the records and do not discourage their use. I think that this attitude is a new kind of doctor-patient relationship that can maintain credibility and trust. Most of the information about NAET® is written in English including Dr. Nambudripad's books and the NAET® official web site There is almost no information in Hebrew except for the information pamphlet for my clinic. So during the first appointments I always explain and demonstrate the basic ideas and concept of NAET® and NST. Otherwise it really seems like magic.

From time to time people ask me if I'm 100% sure I can help them, if there is a guarantee for success or if the treatment is good for a lifetime. I always use those questions to gain their trust simply by saying: **After practicing medicine for the last 25 years, I can only promise to do everything I can for you**. I find this truth one of the most powerful tools because people appreciate dignity and honesty.

From the beginning of treatment I attempt to make people understand that I'm not taking responsibility for their health. I try to make them understand that we together are participating in a team work and team efforts to improve their medical condition. Much more than that, I tell them that there is no instant cure and it can take some time before they feel an improvement. Together we start an exciting NAET journey towards much better health. I am sure that personal contact and direct informative communication is the basic core of doctor-patient relations. Doing it correctly and practicing NAET will improve results significantly.

Sincerely,

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