

LETTERS TO THE EDITOR

NAET®: Great for Allergies

CASE STUDY-1

Dear Editor,

I had asthma for about 25 yrs. During that time I needed hospitalization on at least three occasions. I also had very low immunity and would catch coughs and colds several times a year.

Using the inhaler was part of my daily routine, in fact, I would often have to use it twice a day.

In 1998, I discovered NAET. At that time there were no practitioners in India so, I decided to go to LA for treatment at Dr. Devi's Clinic in Buena Park. This was a turning point for me in my life.

I stayed in LA for 10 weeks, during which time, I was treated for all the basics. I remember that B Complex was a BIGGIE! I could not open my eyes during the 25 hour avoidance period. It was as if I was drugged. Amazingly, once the 25 hours were over, I felt strong, well and active. I had passed it!!

After the basics, I was treated for Psuedomonas, Flu Mix, Bacteria and Virus. These were done one after the other and I cannot exactly say which was/were the significant one(s). All I know is that once these treatments were done, I no longer needed my inhaler! I could pretty well eat all combinations of foods without getting breathless or bloated. Yeast had also been a big problem and clearing it made a big difference.

Tea with wheat in any form (cookies or toast) would instantly make me breathless. Mala found this combination I needed and treated me for it. It was miraculous!

Before returning to India, Dr. Devi said to me, "In a year, you will feel even stronger and better." My reaction was, "*In a year???*" She laughed and said, "All my patients say that". How right she was. As time went by I noticed my immunity getting stronger and stronger. From catching a cold or flu, several times a year, I now have perhaps one attack a year. I am no longer afraid to be around people with colds and my one time security blanket, the inhaler, is no longer a part of my life, thanks to NAET.

Phiroza Moose
Bombay, India

CASE STUDY- 2

In Bombay, India, we see several cases of asthma. The high humidity levels and sea breezes seem to aggravate the condition.

To treat asthma, we do the NAET basic-15, followed by virus mix, psuedomonas, flu mix and humidity. We often need to do salt mix more than once because the salty atmosphere makes it difficult for people to pass the treatment.

We recently had an interesting case. A lady of 56 years with asthma from childhood came to us for treatment. We worked through the NAET basic-15 and then did the above mentioned treatments. She was much better and had reduced her medication and used the inhaler S.O.S. (when needed) only. But somehow, she just could not be rid of her asthma completely. Off and on she would get symptoms and feel that she had lost her treatments. She would insist that we test her again and again for all the basics that we had done. All would test strong. She then realized that she would always get symptoms when she ate fish. We tested her at least ten times

for Vitamin A mix including fish and shellfish with combinations....always very strong. We tested through each other as surrogates, also very strong! Then we thought, maybe we should try to find the primary source of her attacks and it came to a contactant. We narrowed it down to a chemical in her kitchen. We then asked her what she cooked her food in and she said that she fried her fish in a teflon pan. Eureka!!!! We had found it at last, she was very allergic to teflon. We treated it and fish never bothered her again!

This experience has taught us never to give up but to keep investigating till we find the allergen. Every symptom has one or more allergens as the culprit.

CASE STUDY-3

Dear Editor,

In the last six months we have seen three cases of chronic cough which had turned to bronchitis.

All three clients had the cough for more than six months. They had been on several courses of antibiotics, had tried several home remedies and two of them had also been treated by homeopaths.

One lady, came to see us from another city. She was at her wits end. She was unable to sleep at night and was completely drained and tired. On testing her through all the basics at the first appointment we found her testing strong on most of them. She was allergic to spices. We tested them individually and found her to be very allergic to garlic. She could hardly believe it. She was taking a homeopathic tincture of garlic for her cough. No wonder it was not getting any better. NAET came to her rescue and now she's hale and hearty without any cough at all.

The second case was a lady of about 70 years of age. Once again, she came in with a chronic cough and once again, guess what she was allergic to.....garlic. Yes, garlic again! We treated her for it and her cough is completely cured.

Two days ago, we had another lady come to us. She is a medical doctor but stopped practicing after she was diagnosed with breast cancer. She has been free of cancer for 7 years and now helps other breast cancer victims cope with their diagnosis and treatments. She has been coughing for the last two years! She has been on several courses of antibiotics which have led to acidity but no relief from the cough. A month ago, she cracked two ribs from coughing. One of our clients forced her to come to us. She arrived reluctantly and told us that since her training was in allopathy and her husband was also a medical doctor, she was not very convinced but came on the off chance that we might be able to detect the

allergen. (The doctors had also tested her for lung metastases). Along with coughing, she had recently started breaking out in hives which made her suspect that the cough was indeed allergic in nature. Once again, we tested through the basics. She was found allergic to the yeast group and guess what else....GARLIC!! She is going away on a holiday and will start treatments after she returns. We have advised her to avoid garlic as much as possible and we are very hopeful that she will get relief and her ribs will get a chance to heal more quickly!

Is this a coincidence or is it not? We leave it to you to decide!

Phiroza moose, D.Ac
Meher Davis, D.Ac
Bombay, India

CASE STUDY -1

Dear Editor,

In our health clinic, we have treated a few hundred cases of asthma patients very successfully over the past four years. We would be delighted to share some of our patients results with the readers.

Suffered Asthma for Over 36 Years!

A 47-year-old female presented to us with the following complaints:

Suffered from allergic rhinitis since childhood.

As a teenager started asthma.

Highly allergic to dust, and odors and many environmental allergens.

Very low energy, unable to walk without gasping for breath.

Suffered from indigestion, abdominal bloating and constipation.

Patient had tried, allopathic medicines ayurveda, homeopathic medicines and Yoga.

Patient was on high steroid inhalers and steroids and other medications. Even with all these medications, she had an asthmatic attack at least once a day.

Treatment:- Tested and treated for all basic 55 classic NAET allergens, all available variety of perfumes (about 10 different kinds), cooking smell, food samples from her daily diet, incense burning smell, smoke from burning coconut and clarified butter at Hindu rituals, carbon monoxide, car exhaust, carpet dust, all her medicines, DDT, water chemicals, immunoglobulins, and histamines.

At present, the patient is not taking any medicines. She hasn't had an asthma over 1 year now. Patient feels healthy

and energetic. We have instructed her to carry the inhalers with her all the time.

We also instruct our patients to be examined by their pulmonologists once every six months for follow-up care and return to us if they encounter any more allergy problems.

CASE STUDY-2

Bid Good-bye to Asthma after 60 years!

A 63-year-old female came to us with the following complaints:

Complaints:- chronic wheezing, allergic rhinitis, joint pains wheezing started when she was a young child. Patient remembers not being able to tolerate food and elders told her that she was considered a sick child and that she used to sleep 24 hours of the day. Patient suffered mental pain as no one was able to understand her health problems.

Patient tried almost all schools of medicine.

Patient heard about NAET from her friends two years ago.

Treatment:-Patient was treated for all basic and classic NAET allergens (65 allergens), environmental allergens from her own environment, immunoglobulins, histamines, thyroid gland, thyroid hormone, virus mix, bacteria mix, heat and cold. All these allergens were desensitized over two year-period.

Present Condition: The patient is healthy and has plenty of energy. She can eat and drink whatever she desires without triggering any asthmatic symptoms. Patient does not need any medications and breathes normally. She has not taken medication for asthma for a year now. She has been instructed to carry inhalers with her all the time. She also visits her pulmonologist once every six months for follow-up care.

CASE STUDY-3

Wheezing Followed by Fever!

A 4-year-old female was brought to us with the following complaints:

Patient gets fever and cold frequently and goes into wheezing.

Treatment:- NAET- basic 10, samples from daily food, ice, dampness, dust and pollen.

At present:- patient is healthy and has no complaints of wheezing.

CASE STUDY-4

Colds & Coughs Turns into Wheezing

A 6-year-old male came to us with the following complaints:

Patient gets cold and cough and it turns into wheezing

Patient was on steroids and other inhalers.

Treatment:-Patient was treated for egg mix, vitamin C, treated for seven times on seven different days, vitamin A and beta carotene, artificial sweeteners, MSG, food flavorings, food coloring, rain water, dust, endorphins, flower, pollen, sun radiation, plastics, perfumes and cigarette smoke.

Present Status: At present:- patient is free from cold and wheezing. Patient hasn't had any episode over 1 year now.

CASE STUDY-5

Asthma Since Infancy

A 65-year-old female was brought to us with the following complaints:

Wheezing from the time the patient could remember. Patient was on medication as an infant. Patient has tried all kinds of medicines. She heard about NAET from her friends.

Treatment:- NAET basic 10 (severly allergic to milk and vitamin C. Took several office visits to desensitize these two groups of allergens), samples from daily food, dust, smoke and pollen.

Present Status: At present- No wheezing, patient feels well and has stopped the NAET treatment.

CASE STUDY-6

Cold, Dry Cough and Wheezing

A 9-year-old female was brought to us with the following complaints:

Cold, dry cough and wheezing.

Patient was on steroids and inhalers.

Treatment- NAET for egg mix, milk mix, vit C, B complex, dust, weed, grass, flower mix, pollen mix, freon and cold.

Present status:- At present, the patient has no wheezing problem. Does not take any medicines any more. Takes part in the school activities as other normal children.

CASE STUDY-7

Cold, Cough and Wheezing

A 7-year-old male was brought to us with the following complaints:

Cold, cough and wheezing

Treated:- NAET for basic 10, dust, dust mites, perfume, chlorine, carbon monoxide, car exhaust, rain water, smoke, MSG, cold, dampness, potassium, flower mix, pollen mix, and local flowers and pollen.

Present status:-At present, the patient has no complaints of wheezing

CASE STUDY-8

Cold, Cough and Wheezing

A 1 1/2 year-old female was brought to us with the following complaints:

Cold cough and wheezing since six months of age.

Treated:- NAET for basic 20 allergens from NAET classic allergens, dust mix, pollen mix, formaldehyde, paintmix, chemical mix, perfume mix, and bacteria mix.

Present status: After 36 treatments, the baby has no health problems.

CASE STUDY-9

COUGH, CONGESTION AND ASTHMA

A 3-year-old male was brought to us with the following complaints:

Cough, congestion and asthma

Treatment:-NAET for egg mix, cal mix, milk, B complex, vitamin A and beta carotene, IGM, artificial sweetener, alcohol and all NAET environmental allergens, freon, dampness, car exhaust, carbon monoxide, bournvitta and chocolate. He did 40 treatments and he is fine.

Present status: He has no asthma and has no health problems now.

CASE STUDY-10

WHEEZING, COUGH AND BED WETTING

A 7-year-old male was brought to us with the following complaints:

Wheezing, cold, cough, bed wetting, and poor concentration.

Treatment:-NAET for egg mix, milk and cal.mix (two times treated) Vitamin C, B complex, sugar mix, potassium, rice, iron mix, salt mix, nuts mix-1, nut mix-2, virus mix, yeast mix, artificial sweetener, spice mix-1, gelatin (treated two times), all medications, dried bean mix(treated two times), Vit E, food colorings, dampness, carbon monoxide, chocolate, night shade vegetables, own urine, food chemicals, car exhaust and vegetable fat. He had 35 treatments.

Present status: When he completed above 35 treatments, he stopped having asthmatic symptoms and other health problems. He has not had any asthma attacks over a year now.

Sister Naina and associates
Bangalore, India.

Reprints Request:

Sister Naina and associates
Sophia Health Clinic
Sophia Opportunity School
Bangalore, India.

CASE STUDY

I STOPPED SMOKING IN 1989 AFTER NAET

November 11, 1989 was a very special day in my life. One thing that happened on that day was my neice's baby shower, another was the purchase of my first computer, and THE MOST IMPORTANT THING was the fact that on that day I quit smoking.

Dr. Devi treated me for the addiction of smoking and it was the last time I had a cigarette.

I had been a smoker for twenty-five years, approximately two packs a day, and had tried to stop several times with no lasting results. After dr. devi treated me for smoking that morning, I have not had a cigarette, have not had the urge to smoke or have not been tempted by anyone around me smoking since that time.

I can't tell you how much better I feel since I stopped smoking. I also have an extra bonus in that I don't have the smell surrounding in my house and it all stays so much cleaner.

With all the money I saved on not buying cigarettes, I have done quite a bit of traveling.

Thank you very much Dr. Devi.

Dolores Alberts
East Brunswick, NJ.

CASE STUDY

Dear Editor,

I want to express my heartfelt thanks to NAET Practitioner Marcia Costello for introducing me to NAET. It has changed my life in so many ways.

As you know, I have suffered from allergies/hayfever since youth. I have been treated on and off for years. The most significant were shoots in the late 70's to mid 80's at which time I was declared, "cured". I still had problems in the spring and fall, however. In the 90's I turned to over the counter medicines at times double and tripple dosages to survive. On March 15, 1994 I started homeopathic cure process which was effective. I have not had medication since. However, I have suffered while mowing grass (headaches and wheezing) and in the spring and fall with flowering trees and falling leaves. This is all history now. I had a lot more problems that were masked by a constant congestion and ill feeling that I just got used to. Another problem I had was my body getting used to any new environment when I traveled. Even with the homeopathic "cure" I would feel like I had a flu for a day when I would go from Boston to Minnesota (my home state) then again for a day going to visit relatives in South Dakota from there. The reverse was also true returning back. So in a one-week vacation I probably felt myself and enjoyed myself for 3-4 days, that is if there was no fresh cut grass. Well, now the rest of the story: You introduced me to NAET. My initial complaints were problems breathing while cutting grass and arthritis. Your first treatment was for chicken and feathers. Two days I mowed grass and for the first time without a breathing problem and residual headache. What can I say!!! Marvelous! Lets go on: After clearing for calcium my diagnosed (through CT scan) osteoarthritis pain in my clavicle joint started to subside to the point it is essentially gone now. As you know I could hardly get a shirt on because of the restriction and pain. After clearing the sulphur my arthritis is almost gone. After mold treatment, I was more clear-headed and freer of breathing problems. The oak treatment again enhanced clear headedness, more focus and calmer demeanor. The most recent treatment that made the most miraculous change, namely for flowers and perfume two weeks before my mother passed away. When the flowers arrived at the funeral home I thought I would be in serious trouble. To my surprise hardly an effect... no headache or congestion, etc. Later the flowers were brought to the home, which again my body was able to adapt and have no problems or side effects. Now that we have the beautiful flowering trees which in the past ruined my spring. This is the first spring that I have enjoyed walking and enjoying the trees and beauty... no headaches, congestion, etc. I am overjoyed. I just returned from a trip to Minnesota and South Dakota. I enjoyed ever day! No getting used to the new environment each part of the trip as in the past. I love to golf in the morning, which in the spring is the

worst time because of the pollen and fresh cut grass (golf courses mow the grass early in the morning). I would react to these allergens by developing neck and shoulder tightness and tension. Obviously, the worst spot on the body to ruin a golf game. That so far is no longer a problem and my golf game has improved. Finally, I had mucus build up during the night and especially bad upon getting up. That symptom is virtually gone. I can finally wear the teeth night guard that my dentist insists I wear. I could not previously wear it through the night because of my congestion which is now gone and I can now protect my teeth at night by wearing the night guard. I have probably missed some of the other changes and look forward to further improvements. Again thank you for your effective NAET treatments. It has been painless and without the side effects of drugs.

Regards
Dave

Request Reprints:

NAET Sp: Marcia Costello, R.N., M. Ac., L.Ac
Trinity Building, 31 Springhill Ave.
Marlborough, MA 01752.

CASE STUDY

My Son's Asthma

My four year old son was in one of his extreme asthmatic attacks, even using his facial muscles to breathe—this after just having spent two hours on a hospital inhaler. Dr. Devi had me listen to his distressed lungs through a stethoscope and it was frightening! A few moments after one NAET treatment for water chemicals we listened to his lungs again—and they were perfectly normal! Since then he went through the complete NAET program. He is a teenager (15) now and he is free of asthma. He makes sure that he checks everything with NAET self-testing procedures before using. As Dr. Devi has instructed, he also carries his inhaler with him all the time even though he never had to use it in years.

Vone Deporter
Woodland Hills, CA

CASE STUDY

Bronchial Asthma & Body ache

For approximately 15 years ever since I was a child I have suffered with frequent colds which turn into extended bouts with bronchial asthma and extreme weakness and fatigue. The doctors treated me with extensive doses of anti-

biotics, steroids, antihistamines, and cough medicine. I was usually depressed and so weak I could hardly move out of bed and I had to get shots every day for weeks. Along with it my stomach would gurgle and hurt for the duration of the medication. The doctors thought the stomach problems were due to steroids.

One night I had the flu and started wheezing, so I took some of the cough medicine I used to take. I had not had a cold since I moved out of Louisiana's humid climate, but I still had some of my old cough medicine. One hour later, I awoke aching all over, with my stomach hurting and gurgling. I called Dr. Devi and she told me to bring the cough medicine. As soon as she treated me for it I got my strength back, was no longer depressed and my stomach felt normal.

For years, I had severe body pain, and headaches. My pains left for good when I completed treatments for classic NAET groups.

Carole W.,
Irvine, CA

CASE STUDY

Asthma and Sinusitis

I came to Dr. Devi through a friend in 1985. I suffered from asthma since childhood. During the last 7 years I developed severe sinusitis. I was on antibiotics at least 20 days of a month. My symptoms were sinus headaches, shortness of breath, coughing and wheezing. Within the first two months, my sinus headaches were reduced by 90 percent. By then the coughing and wheezing were virtually gone. I was treated by NAET for 8 months and I was completely free of symptoms. Previously I tested positive for grasses, pollens and trees. As per her advice I waited for 10 months more after completion of NAET to do a traditional allergy testing (RAST). I tested negative for grasses, pollens and trees this time. I am free of asthma and sinusitis for the past 14 years! Thanks to Dr. Devi and NAET.

Greg A.
Anaheim, CA

CASE STUDY

Sinus Headaches and Allergic Rhinitis

I came to Doctor Devi a year ago with sinus headaches, shortness of breath, coughing, runny nose and wheezing. Within the first two months, my sinus headaches

were reduced almost by 90 percent. The coughing and wheezing are virtually all gone. Now, we are working on eliminating allergy symptoms. I have been very pleased with her treatment and I have recommended her to many others.

Jim Ashley
Anaheim

CASE STUDY

Tomato Induced Asthma!

I used to get a severe asthma and sinusitis whenever I ate tomatoes or anything made with tomatoes. Spaghetti with basil and garlic sauce was my favorite. Every time I ate that I used to get my throat tight, and in another few minutes, I would begin to get asthma. After I was treated for tomatoes by Dr. Devi, I no longer get any reactions after I eat tomatoes.

Jean Trott
Anaheim

CASE STUDY

Fear Triggered His Asthma

Every Saturday my seven year old son suffered from asthma. Medication or sprays did not help him at all. I had to take him to the doctor's office or emergency room. Just by sitting in the emergency room waiting area, his asthma would go away. Saturday was his father's turn to take him for the weekend. Since he was not feeling well on Saturday night, he could not go with him. When I brought him to Dr. Devi, she found out that the cause of his asthma was an emotional issue.

He was afraid to go with his father because he would have to spend the night in his room with his gay roommate; so he began having asthmatic episodes, spending Saturday evening in the emergency room. Then Sunday, his father would take him out for a couple of hours. After he was treated for his allergy and fear of his father's roommate, he stopped having Saturday night asthma.

Belle Cole
Fullerton, CA

CASE STUDY

Testimonials from Xango (Mangosteen juice)!

Asthma is an inflammatory disease of the small airways of the lungs, which results in wheezing, chest tightness, breathlessness, and coughing. A severe asthma attack can be life threatening and the number of deaths in children and

young adults from this disease has been increasing rather than decreasing. It is a potent killer of the young.

Air pollutants, inflammatory complications of allergies, and viral infections have been shown to cause asthma. The American Lung Association estimates that 6.3 million U.S. children under eighteen have asthma. It is the leading serious chronic illness among children. The number of cases of asthma has been dramatically rising but the reason why remains unclear.

Researchers at Cornell University studied over six thousand children, aged four to sixteen, who took part in the third National Health and Nutrition Examination Survey conducted by the U.S. Centers for Disease Control and Prevention from 1988 to 1994. The researchers looked at the results of health exams, household questionnaires on whether or not asthma had been diagnosed, blood tests measuring antioxidant levels, and exposure to cigarette smoke.

The xanthenes alpha-mangostin and gamma-mangostin are potent antioxidant agents and may be beneficial in helping to control asthma. These same xanthenes from the mangosteen are powerful anti-inflammatory agents. Scientists in Japan demonstrated that gamma-mangostin prevents prostaglandin release (an inflammation stimulator).

Prostaglandins are also partially responsible for the pain and swelling associated with most inflammation. If the swelling of lung tissues in an asthma attack can be inhibited or hindered, then the airways will remain open.

Xanthenes, as a family of biochemicals, also possess antiviral properties. Thus, the mangosteen appears to be the ideal botanical intervention for children with mild to moderate asthma since it possesses anti-inflammatory, antimicrobial, and anti-allergy qualities.

Mangosteen Medical Reference
J. Frederic Templeman, M.D.

CASE STUDY

Dear Editor,

My daughter was diagnosed with asthma when she was 6 yrs old. She had a bad attack that put her in the hospital. After that she didn't have too much trouble until she got a little older and was running and being more active. She carried an inhaler with her to gym class. Our whole family started on the mangosteen juice 1 and a half years ago. Brittany has had great results. Last winter she was able to go sledding and didn't have any problems with her asthma. She said that she was running up the hill for about the third time and thought, "Wow, I'm not having trouble breathing." She was excited this fall that she was able to run her laps in gym instead of having to walk/run them because she

couldn't breathe. We have been very happy with the results we have seen.

I also have asthma and have seen a great deal of improvement. I would definitely try it.

Karen Carmody

CASE STUDY

XanGo!!!

I've had chronic asthma since I was 6 months old. When I was a kid, I would be in the hospital for breathing treatments on a regular basis. I was also on two pills & 4 inhalers. I only wish this juice was out back then, as I'm sure it would have helped.

Grown up now, I still should have an inhaler, but I can't afford one. When I feel asthma coming on, I just take 2 sips of my juice & the symptoms are usually gone within a few minutes. Since my asthma has been so chronic, I've had to be on the juice for about 5 months now before I saw it helping those symptoms. I exercise regularly, eat right & still have some problems with my asthma, but I definitely see it improving. It will probably be a couple of years before I see myself being completely asthma free, as I've had it for almost years & it takes time for the mangosteen to heal that many damaged cells.

Hope that helps,
Kristen

CASE STUDY

Better Sleep - Less Pain

I can certainly testify to the wonderful benefits and healing qualities of the mangosteen fruit. I began taking 4 ounces of mangosteen juice a day the last week of November 2003. The second night I was taking the mangosteen juice, I slept five hours! Before then, I was only getting three hours a night sleep due to the pain I was in from arthritis, breathing problems from asthma, sinus drainage, and depression I was suffering because of the health problems. I wake up rested and with so much more energy.

I was taking 10 mg of Lortab three times a day and using lidocaine patches on my joints. Around the first of week of December, I noticed my pain level was greatly reduced; I was able to stop using the Lidocaine patches completely. I have only taken a couple of 5 mg of Lortab since then. I had been using a walker and needed help getting up from a sitting position. I can now get up by myself! The only time I use my

walker now is when I am around a lot of people, and that is only as a safety precaution to prevent being bumped into and losing my balance.

My asthma and sinus problems are greatly improved! The last thing I did before going to bed at night was a breathing treatment. I had been waking around 2 am feeling like I was drowning and choking. I would have to use the Jet Neb Machine and do another breathing treatment. Often I had to have help because I was choking so badly, I could not do anything for myself. My days started with another breathing treatment. Also, I frequently used my pocket inhaler throughout the day.

My blood pressure is now about 125/75 instead of 180/90 like it has been for the past 30 years, even on medications. Occasionally, the doctors had managed to get my blood pressure down to 155/85 but those readings were not often. My depression is much better. I no longer cry as often or as easily. My complexion is so soft and smooth and much younger looking! All my friends have noticed how much better I look and have commented on the improvement.

After barely three months on mangosteen juice, a close friend, who had not seen me since I began taking it, saw me and said, "Wow, you look ten years younger girl! What in the world are you doing?" I have lost 35 pounds since the first of December! I feel like a new person! Thank you, mangosteen juice! You have given me my life back!

Nina Harrison
Georgia

CASE STUDY

Dear Editor,

It is very good to hear that Mangosteen juice has helped people with Asthma. I am 52, have had bronchial asthma my whole life. Just this past month, my brother who has highly benefitted from the Mangosteen juice for his own particular situation, shared some with me. Within one week, I noticed a difference. I woke up less tired, the drastic inflammation my ankles and feet are prone to subsided substantially...and this is just the beginning.

Thank you for sharing your stories.

Christine
Eugene, Oregon

Reprints Request To:

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