

## BOOK REVIEW

### NAET: Say Good-bye To Asthma

by

(Devi s. Nambudripad)

**An excellent source of Information to rid of your Allergies**

**Book Review by Frances Taylor, MA.,**

#### INTRODUCTION

##### **NAET: Say Goodbye to Asthma**

A Revolutionary Treatment for Allergy-Based  
Asthma and Other Respiratory Disorders

Devi S. Nambudripad, MD, DC, Lac, PhD  
(Acu)

This very thorough book describes the NAET® method of diagnosing and treating allergy-related asthma and other respiratory disorders. Anyone who suffers from asthma or an allergy related disease or condition should read and utilize the methods described in this book. Traditional medicine only controls asthma. NAET® treatment can not only lessen the severity and frequency of attacks, but in many instances, can eliminate it.

The Forward, Preface, and Introduction are extremely informative and are an integral and important part of *Say Goodbye to Asthma*. They enable the reader to better understand the contents of this book as well as the development of NAET®. This book will also give the reader a good overview of NAET®, how it works and how it can be used to treat many different conditions.

Excellent case studies and testimonials are included throughout the book, and will help the reader understand asthma better as well as allowing them to understand the help NAET® has to offer. These case studies and testimonials should inspire readers with asthmatic symptoms to investigate this method of treatment.

NAET® has a relationship to Oriental Medicine, and these origins are explained. The meridians and the nutrients that will strengthen them are described. Special diagrams show with great clarity where important points

are located on the meridians, and how these points may be used in treatment. Points for resuscitation are also given.

Diagnosing asthma is discussed in detail. The importance of health history is emphasized and explained, as are the conditions under which asthma develops for the patient. Helpful questionnaires are included. The role of the NAET® practitioner or specialist for cases of asthma is also described, as are the conditions under which a pulmonologist and the emergency room should be utilized.

Allergy-related asthma has the possibility of hundreds of different triggers, and some patients may have more than one trigger. Identifying these triggers is essential to treatment. Many of these triggers are identified and explained in this book, as well as testing for them. Categories of allergens are thoroughly discussed and can include inhalants, ingestants, contactants, injectants, infectants, physical agents, genetic factors, mold and fungi, and emotional stressors. The details included regarding these classes of allergens will help the reader understand and investigate what his/her personal triggers may be.

Neuro Muscular Sensitivity Testing is one of the important tools of the NAET® practitioner. A chapter devoted to this technique describes this type of testing as well as the variations. Self-testing as well as surrogate testing are included. Photographs further clarify, enhance, and explain this testing method.

A chapter on Allergies, Nutrition, and Exercise explains nutritional disorders, and presents the major nutrients with a description of each as well as foods in which they may be found. Information regarding water intake, diet, and exercise is also included in another chapter. Tips for the difficult task of living with asthma are given, as are tips for beginning treatment with NAET®. Facets of NAET® treatment are described as it applies to asthma.

Self-testing is presented, and points to use for self-testing are described. Many balancing methods that will

help with asthma are included as well as self-balancing the body during asthma. Special techniques for small children are also given. However, none of these techniques substitute for NAET® treatment by a practitioner trained in these techniques.

This book has an excellent glossary containing terms with which both patients and practitioners should be familiar.

Reading this book is a must for anyone having asthma, as well as for anyone who knows someone who has asthma. Its contents offer hope and help for sufferers of asthma. Reading this book is also a must for all NAET® practitioners and specialists.

Frances A. Taylor, MA, CHom  
Los Alamos, NM

## REFERENCES

- American Academy of Allergies, Asthma and Immunology (AAAAI), 2004, 5
- Health and Safety Topics, Centers for Disease Control and Prevention, 2005.
- Journal of Allergy & Clinical Immunology* (JACI).
- Journal of NAET Energetics and Complementary Medicine, Vol.1, No.1, 2005.
- Nambudripad, D.S. *Living Pain Free*, Delta Publishing Co., Buena Park, CA. 90638, 1997.
- Nambudripad, D.S. *Say Good-bye to illness*, Delta Publishing Co., Buena Park, CA. 90638, 2002.

## Reprints:

NAR Foundation  
6714-32 Beach Blvd.  
Buena Park, CA 90621