

LETTERS TO THE EDITOR

NAET®: Great for Allergies

NAET® Cleared my Post Nasal drip

Dear Editor,

After the (caesarean) birth of my second child, I constantly “did not feel well”. I was diagnosed as having developed allergies to dust and mold. My problem was post nasal drip that when started was like a “faucet” that could not be turned off. After being on several prescription antihistamines and nose sprays for a couple of years, nothing seemed to work. My allergist started me on allergy shots to build up my immunity. I pursued these shots for 8 years along with the antihistamines and nose sprays. Still my symptoms seemed to get more severe. For two weeks in the spring and then again in the fall, my post nasal drip was so relentless that I would end up with an upper respiratory infection and laryngitis. Not only would I have to go on antibiotics to clear up the infection, but I would have to get a steroid shot to calm down the inflammation.

I tried acupuncture and a variety of homeopathic remedies that were said to improve allergies. My allergies weren't “seasonal” as it seems is the case with most allergy sufferers. I had more bad days than good year round. My allergist suggested I see an Ear, Nose and

Throat specialist. He put me on nasal steroid shots. This helped a bit, but still twice a year I had my “episodes” that ended with the same results. I continued these shots for 4 years, constantly reading anything I could find related to allergies.

There was an article in a magazine on people with “environmental allergies”. They were affected by changes in seasons, temperature, climate, humidity, barometric pressure, etc. No wonder it seemed to me like I was allergic to everything, I was! I live in NJ where 30° temperature changes in 24 hours are not uncommon. I could not wait to discuss this with my doctor. He was fully aware of this condition and advised me to move to the Southwest desert where the climate is stable year round!

After 23 years of various specialists, not only was I the one to figure out what my problem was, but also I was told there was no treatment that would alleviate my symptoms, outside of moving. I could not believe it but finally resigned myself to living with it.

My husband and I heard about NAET briefly on the news. It seemed so “hoaky” but he encouraged me to give it a try. It did not take me long to have a major breakthrough. I started in the spring. My third visit I was well into one of my “episodes” and had been sick

for days. I was treated for calcium and on my ride home, I thought I could feel my post nasal drip stopping! I thought for sure it was my imagination. My husband assured me it was. By the next morning, it HAD stopped and I was feeling like I had been on antibiotics for 3 days! After Mira treated the basics, it amazed me that I could be treated for hot, cold, humidity, temperature change, etc. We then did most of the pollens, but had to stop until the next frost.

I have since gone through one fall and spring season without an “episode”. I occasionally have minor symptoms but far and few apart. They are ALL good days now. I will resume treatments in the fall. I am eternally grateful to both Dr.Devi and my wonderful practitioner Mira Champaniera.

Monica Miller
New Jersey

Head And Neck Pain Gone!

In 1998 I suffered a severe whiplash in an auto accident. It has left me suffering for many years with intense symptoms of migraine headaches, constant nausea, insomnia and very unpleasant neurological episodes.

In September of 2003, I called Dr. Marilyn Chernoff complaining of a very intense headache that throbbed and hurt where the car accident damage occurred creating a pounding sensation when I would bend over.

Dr. Chernoff cleared me for cinnamon. While on the table the pressure started leaving the head and neck. My nose made a loud audible creaking sound as the pressure diminished. Also, the glands on the injured side of the head, from the ear down to the neck, returned to normal from a swollen state by the time I left the office!

Thank you Dr. Chernoff for this wonderful NAET treatment!

Vaishali,
Naples, Fl

A SCARE OF A LIFETIME!

I have been lucky enough to experience NAET first-hand through my daughters’ allergy treatments. I have watched them overcome reactions to all kinds of food and environmental illnesses. I’ve seen their immune systems get strong. And I’ve come to know who they really are, without the behavior alterations due to allergic reaction.

But I was not prepared to experience this process in myself.

I have been under a lot of stress lately with a new promotion at work, my husband teaching full time and coaching in the evenings and two very demanding little girls (ages 21 months and 5 years). Sleep has been at a minimum and my bad habits have surfaced. I have been drinking lots of caffeine in order to keep myself going.

I woke up one morning with my right breast very tender and lumpy in one area. It was out of sync with my regular menstrual cycle and its typical accompanying breast tenderness. I was scared. Just to rest my arm on the area or to get a hug from one of the girls would really hurt.

I made an appointment with my OBG and she did a breast exam. She asked general questions, had I been under a lot of stress lately, any changes in my diet, etc. Of course I answered yes to most of her questions. After a breast exam, she did not think there was anything to be concerned about, but she ordered a mammogram and ultrasound just be sure. I was 38 and had not yet had a mammogram and I wasn’t excited about going through one with a very painful breast.

I asked Dr. Marilyn Chernoff as a side request when she was doing a treatment for the girls, if she could tell what might be going on. She told me right away that it was an allergy to caffeine and that she could treat me for it.

I had never experienced a treatment; I’d only experienced my daughters’ treatments vicariously and had witnessed the varying reactions during the 25 hour avoidance period. I was not prepared for how intensely

my body would detox. I felt truly awful for a day and could do little more than curl up in bed.

After the detox I felt much better and within two days, the pain had gone away in my breast. I cancelled the mammogram and ultrasound and have had no pain since the treatment. I also have not been craving the caffeine nearly as much. My energy has been higher and I've been able to drink water and feel completely satisfied.

I have no doubt that Dr. Chernoff stopped a process that would have eventually led to a major illness. The standard tests would not have found anything to speak of, just as my OBG did not. After this experience, I wonder how many major illnesses and diagnoses could have been arrested using NAET.

My OBG had started down the right track by asking questions regarding a cause, but there was no correlation drawn, no thorough investigation of underlying issues. Once again, I have no idea how a pressing health situation in my family would have turned out, had it not been for the excellent care we've all received from Dr. Chernoff and NAET. It is truly a revolutionary approach to health care with real, tangible, life-altering results.

Kerren Berg
New Mexico

MIRACLES DO HAPPEN!

It is with the greatest gratitude and respect that I recommend Dr. Chernoff. I have been taking my two daughters, ages 14 months and 4 years to see her since January. It is now July, and the change in both girls has been nothing less than a miracle.

Both daughters are highly allergic and sensitive to their environment, although it was the youngest, Arianna, whose issues led me to Dr. Chernoff and NAET. Arianna's allergies manifested outwardly with rashes, swelling, vomiting, difficulty breathing, and

overall fussiness and anger. Sophia's allergic reactions were more internal involving stomach pain, chronic sinus and ear infections and emotional outbursts. It was only after both girls were treated that I saw how much Sophia had been reacting to allergies as well.

Arianna (Aria)

My daughter Arianna is now 20 months old. She was my inspiration for trying NAET and has made a miraculous improvement due to Dr. Chernoff's work with her. Aria's reactions to allergies were predominantly external in the form of rashes, severe eczema and cradle cap, swelling of the face, hands and feet, irritability and restlessness, acid reflux, vomiting and breathing difficulties. Although we did not have to carry an epi-pen, she was on a daily dose or more of Benedryl, and was in constant discomfort. I had taken her to several pediatricians for her issues, who recommended dermatologists, who recommended hydrocortisone on a regular basis. This was the only advice I was given and I was told she would mostly likely "outgrow it."

Her allergic reactions came on suddenly, in spite of my efforts to maintain her diet. At one point, I used a lip balm that contained shea butter and later dipped the finger with which I'd applied the lip balm into her bottle for the night (to test the heat). Within 15 minutes she was having trouble breathing and vomited several times until my husband and I were able to get her to keep down some Benedryl. After this experience my pediatrician recommended allergy testing, even though she wasn't yet 2 years old.

Aria was allergy tested by an allergist in January and the results were severe allergy to dairy and eggs, and moderate allergy to soy, wheat, gluten, corn, nuts, fish, and citrus fruits. The allergist recommended an elimination diet, Benedryl when she needed it, and hydrocortisone for skin reactions. He gave me a website to consult for recipes and recommended we come back when she was 2 to see if she might have outgrown any of the allergies. As I contemplated feeding this child I felt desperate and depressed. What

in the world was I to make for her and how could we ever eat socially again?

A few weeks later, Dr. Nambrudipad's book Say Goodbye to Allergies found its way into my hands. I read the entire book in one night, jumped online and ordered her other books. When I looked through the website I saw that you could look up local practitioners. When I found Dr. Chernoff I was thrilled to see her credentials and how up to date she was on all of the workshops and NAET information. I emailed her and received a call from her assistant Nancy, the very next day. After speaking with Nancy and hearing that there was non-invasive, effective help available, I wanted to cry. No one had offered me any lasting solutions up to this point and suddenly I felt a ray of hope.

At the first meeting with Dr. Chernoff, I knew my girls were in good hands. She was kind, knowledgeable, and sure that the treatments would work. During the first treatment, Aria broke out from head to toe in a terrible rash and was crying, fretful and angry for 24 hours. After the treatment, all of these side effects went away. One by one, we have treated Aria for the major groups and her specific problems. Every time we have done a treatment for her, she breaks out in a rash and experiences severe emotional responses such as anger, fussiness, hitting and crying. Once her body has cleared the item, all of the reactions go away. It has truly been remarkable. She can now eat bread and eggs, drink milk and eat corn and fish. After several more of the major treatments, I have no doubt that Aria will be able to eat almost anything she would like. She has become a happy, busy toddler with beautiful clear skin and bright eyes. It is a miracle.

Most recently, I took her in for her 18 month pediatric appointment. I had missed her 15 month appointment, so she was given 3 vaccinations, a double-dose for polio, one for whooping cough and one for DTP. With Dr. Chernoff's urging, I asked the nurses to give me the shot casings from the vaccinations in case she had an allergic reaction to one or more of them. Other than the common bump at the site of the DTP shot, Aria seemed to be fine for the first few days. Then things began to get worse. She was angry and fussy at

night, often screaming for hours on end with no way to console her. Then she began to get sick with a temperature, drowsiness, lethargy and fussiness. This was almost 2 weeks after the vaccinations, however, so I did not think they were connected. When I asked Dr. Chernoff about Aria's state, she said immediately that it was the vaccinations.

That upcoming Saturday I went into the Boulder office to see Dr. Chernoff with both girls. My step mother accompanied me to help with the girls as they took turns for their treatments. I had put the shot casings in a glass jar in my backpack. As we drove to the office, I took the jar out of the pack to get something for Sophia and I put the jar on the car seat next to me. In the back seat, Aria began to cry and she screamed the rest of the way to Boulder (for 20 minutes). Once there, Dr. Chernoff muscle tested me for the vaccinations and I went extremely weak. Aria's emotion tied to the reaction was intense anger at the vaccinations themselves, which I had been sensing since she'd received the shots, but couldn't explain. It had become blatant hostility. Dr. Chernoff treated her for the vaccinations. The polio in particular was affecting her brain. Then she took the shot casing and the samples and we placed them on Aria's body. For the next 20 minutes, Aria screamed at the top of her lungs. My step mother held her so I could do a treatment for Sophia. After 20 minutes I went to get her from my step mother and she was still screaming, her body rigid and covered in sweat. When Dr. Chernoff took the casings off Aria's body, she literally growled at them and Dr. Chernoff put them away, out of her energy field. After a few minutes, Aria was completely fine, happy, talking, running about the office playing with toys, as if nothing had ever happened. Over the next 24 hours she would go from being completely peaceful, to detoxing intensely. She threw up 4 times that night and was sick for much of the following day. After the 24 hours, she went back to her happy, sweet self, sleeping well, eating well and restored to full health.

After this experience, I had Sophia treated for her 5 year vaccinations which were polio, MMR and DTAP. Dr. Chernoff treated Sophia in advance for them and Sophia was sick for the full 24 hours. When she got the shots the following week however, she had no side

effects and did not get sick from them at all. I was taught so much during this experience about needing to prevent the reaction and stress of the vaccinations in advance by having the girls treated for the specific vaccinations.

Sophia

Sophia was born 3 months premature and withstood many challenges common to the NICU experience, including a blood transfusion, a month on a ventilator, and acid reflux so severe she would suffer bradycardia, or a brief spell of non-breathing during which she would turn blue and would only “come back” with patting and rubbing of her back, face and feet. The acid reflux was the last hurdle before she came home. We had tried all of the common pharmaceutical options such as Prilosec, to no avail. The final option was a surgical procedure called a Nissen fundalplication. This surgery ends the acid reflux and avoids a permanent feeding tube by wrapping the stomach around the esophagus. After the surgery, as the stomach fills, it closes off the esophagus and prevents the reflux from shooting up the tube. The procedure was successful and Sophia only had to endure a feeding tube for 6 weeks. After 2 years she could burp; she still is unable to vomit and may never be able to. The reflux is gone, however.

Sophia started seeing Dr. Chernoff in January. We went through the common 15 treatments and then began to do treatments for specific allergy groups. Sophia had suffered from recurring colds, which led to sinus and bronchial issues and culminated in ear infections always treated with antibiotics. By the age of three, she was often having to do 2-3 rounds of antibiotics for each infection and was on a daily dose of Pulmicort and Albuteral with a nebulizer for her lungs and cough. The doctors “anticipated” she would suffer from asthma due to her lung problems as a premie. We were counseled to give her nebulizer treatments every day throughout the winter season for preventive care.

What Dr. Chernoff explained to us was that Sophia’s allergies were affecting her stomach and ear and sinus areas. The allergies would trigger the rounds of cold, cough, ear infection and the ever-present

stomach pain. I had come to expect Sophia to say “My belly hurts” after every meal and assumed it was due to her fundalplication. Only after we had completed many of the treatments did I hear her say after dinner one night, “Mommy! My belly doesn’t hurt!” I asked her if it bothered her most of the time and she said “Oh yes, it always hurts after I eat.”

After so many treatments, I have started to see the connection between what Sophia eats and how her body reacts to that food, often within minutes. She would eat wheat bread and within minutes her nose would be running. She would eat dairy of any sort and within minutes she would be coughing. I always expected her belly to hurt. You would think I would have noticed this, but it was just part of her daily behavior and I had no idea it was something that could be cured.

Now I can take Sophia to a typical birthday party and she can eat the pizza and the cake and not end up with an ear infection two weeks later. She is no longer allergic to wheat, dairy, soy, food additives and colors, nuts and sugar. She no longer needs the nebulizer and has not had one ear infection since completing the treatments.

As the girls have gone through the treatments, it’s been fascinating to observe the side effects and then watch them disappear after the treatment is completed. I have watched them both get rashes, feel sick as if they had the flu, have ear aches and nose bleeds and behave in all sorts of extreme ways during the treatment period. The connection between behavior problems and food/environmental allergies has become painfully obvious in this process.

For example, when Dr. Chernoff treated both girls for turkey, Sophia had a bloody nose off and on all day long and complained constantly about her ear hurting as it does when she has an ear infection. Arianna broke out in a rash over both legs from her knees to her feet. Both girls were moody and grumpy, tired and fussy. At the end of the treatment period, the nose bleeds stopped and the ear pain and rash went away. Both girls were peaceful and easy to be with. All of those reactions were connected to the turkey/serotonin treatment. Now they can both eat turkey without any side effects.

I know that the investment I've made in these treatments for the girls will ensure that they live long and healthy lives, full of pleasure in eating what they choose and the ability to express themselves without the mask of allergic behavior problems.

Kerren Bergman

Westminster, CO

Practitioner: Dr. Marilyn Chernoff

Aggressive Behavior in a 3 year old

Our first experience with Dr. Chernoff was in June 2000. I have to say that I was very skeptical as to whether or not the treatments would make a difference in my son's behavior. My son exhibited a very aggressive and angry behavior both at home and occasionally at daycare. At home, he would throw temper tantrums, scream and yell, and become very argumentative and distractive. Needless to say, I was anxious to see a change in his behavior so I began treatments for him in June 2000.

The first treatment required three of us to restrain my son because he became so angry and aggressive. I became very emotional because I had never seen him react in this manner. After several treatments, I noticed changes in his behavior. He was more willing to listen and was not so hyperactive.

In October 2000, my son was treated for Vitamin B and sugar allergies. After these treatments, I noticed a significant change in his behavior. To my amazement, he exhibited a very calm and loving behavior shortly after these treatments. He is cooperative, agreeable, extremely affectionate, calm and relaxed.

I am truly amazed at the behavioral changes these treatments have brought about and would highly recommend NAET to any parent. Dr. Chernoff has helped my son tremendously over the past several months.

Sincerely,

Dayna G.

Practitioner: Dr. Marilyn Chernoff

DIOXIN

I came to Dr. Marilyn Chernoff to clear some food allergies. During some of our testing, I mentioned a symptom of emotional paranoia, which Dr. Chernoff quickly linked to a chemical allergy. After she did some investigating, she found that the chemical was Dioxin — a chemical found in meats and dairy products as well as the production of paper and cardboard materials.

After doing a treatment for Dioxin, I was supposed to stay away from paper, meat, and dairy products. I put on rubber gloves for less than 5 minutes, and the gloves turned a nasty color orange. This goes to show how quickly and how well the NAET treatments really work. Thank you Dr. Chernoff, for the expertise and the care with which you have performed my treatments. After receiving these treatments, I am a whole new person!

James D

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