

## LETTERS TO THE EDITOR

### NAET®: Great for Allergies

#### Rett Syndrome

Three and one half-months ago I began treating a 14-year old female diagnosed with Rett syndrome. The child was in wheel chair, nonverbal, experienced several seizures daily, unable to chew food or swallow easily, and would have a bowel movement approximately once every seven days. After clearing the egg mix treatment (second NAET® treatment), her mother called me on the following day to report an unusual response she noticed with her bowel movement. Her bowel movement contained undigested scrambled eggs. Her mother said this child had not eaten any scrambled eggs for weeks now. She asked me if it was possible to have the scrambled eggs remain in her digestive tract undigested for weeks? She also reported that after the egg mix treatment, the child reduced the seizures significantly in intensity and frequency. She had very mild seizures once every couple of days since the second NAET® treatment, that was for egg mix. The child is now eating food easily by chewing and swallowing properly. She seems to have developed a large appetite, she has regular normal daily bowel movements, and has very mild occasional seizures. She is not taking any

medication for seizures now. She is being treated for rest of the NAET® basic allergens. We are following the order of allergens listed in the Say Good-bye to Allergy-related Autism by Dr. Devi Nambudripad. She is getting stronger and more connected to the world day after day.

Thank you Dr. Devi for sharing NAET® with us.

L. Justus, NAET® Specialist  
justdna@sbcglobal.net  
405-377-6468

#### NAET Cured My Son's Skin Problems And Food Allergies

I am very happy to share my experiences with NAET® for my young son. My son was exactly 11 days old when we noticed his skin reacting to something. He would get these rashes that wouldn't go away soon. And over a period of time, things only got worse. We also figured that he was severely allergic to different food items. For the first 6 months of his life, he was exclusively breast-fed. Unfortunately, he reacted to unpredictable foods in

my diet. It was very challenging to figure out his allergens. And when things were really bad, he not only had rashes all over, but the rashes oozed, and got really bad. It was mentally and physically very challenging to see him like this. The only course of action suggested by the allopathic doctor was a steroid cream, and to wait it out till he out-grew his allergies. Now, that could be anywhere when he was 4 or 5 or 6 or 7 yrs old. Nobody could tell, and we were already having a tough time. Imagine having to wait it out till he was almost 10!!! In the meanwhile, his young skin having had multiple beatings, certain patches of skin lichenified! I was extremely uncomfortable applying the steroid creams on such a young child, and opted to go to a naturopath when he was about 3 months old. The naturopath suggested some taxing methods of clearing his skin. With no other choice in hand, I went through the rigorous diet and regime to just clear his skin. But, these methods only helped his skin, but did nothing to cure his allergies. When he was 6 months old, we had the tricky task of introducing solids to him. By trial and error, we realized that he was allergic to all of the following and more:

- Milk, yogurt, cheese, butter
- Oat, wheat, and other gluten-based food items
- Some vegetables like Brinjal
- Some dals like green gram, channa dal, etc
- Some fruits like Banana, Grapes, and Citrus fruits.
- Some medicines including his iron and vitamin supplements.

Life went on. I had to keep my older daughter away from my boy each time she was eating any of his allergens. I had to keep all food items out of his reach, and keep my floor absolutely free of food, lest he eats something that didn't agree with him. If he did accidentally eat some allergen, we had to tackle his skin for at least 10 days after that.

Anyway, one day, when I was comparing notes with another mom who was having a tough time with her baby's allergies, she happened to accidentally mention NAET® to me. I can only thank my stars for having helped me come across NAET®. When my boy was about 19 months old, I came to Sister Naina at Sophia Opportunity School for the NAET® treatment. Till then, my boy had never had milk or any of his other allergens - Milk being the most essential for his growth, since it was becoming evident that he was having calcium deficiency. Anyway, when I came to Sister for the first time, she re-assured me enough about how she will be able to "cure" his allergies. Now, I have never heard that before. Typically, in any other form of medicine, they only say that the child must outgrow the allergies on his own. This was like a miracle statement to me.

We went through a few sessions of NAET® treatments with her, and lo and behold he was able to drink milk and have NO reactions! Until then, he couldn't even touch milk without getting bumpy rashes. Actually drinking was out of the question. But, he was able to increase his milk consumption slowly, and in about a month's time since the start of the treatment, he was able to drink 3 cups of milk a day!!! And when we were also told about his calcium deficiency by his doctor, sister Naina treated him for Calcium and Vitamin D. This helped him absorb calcium and Vitamin D well, and his bones grew strong right in front of our eyes! Sister is continuing to treat him for all of his possible allergens. And I am only glad that we are going through with NAET®.

Since we saw such wonderful results with my son, all of us in the family are going through with NAET® treatment, even though we are not really allergic to anything in particular. Because I have come to believe that NAET® treatments can only do us good to clear of any hidden allergies, those that are not evident in any form now and improve absorption of the nutrients from our daily diet and thus improve our overall health. Thanks so much to Sister and NAET® for easing our lives soooo much!

Now, we can actually throw a birthday party for him and not worry about what he can or cannot eat. That was unthinkable for us even a few months ago. My boy is 2 years old now, and I am really happy with his progress since NAET®.

I am not associated with NAET® in anyway. I have no intention of promoting NAET® for any personal gains. I only want to help anybody who may be seeking solutions to any of their health problems. Please try NAET®, because it really made a difference in ours!

Sincerely,

Chitra

You are welcome to call me or email me if you want further clarifications of any sort.

Mobile: 99005 81884

Email : [chitra\\_aiyer@yahoo.com](mailto:chitra_aiyer@yahoo.com)

### **Health Freedom Finally!**

I treated a 70-year-old female recently. For 40 years, she was unable to wear any jewelry made with gold, silver, or imitation. It didn't matter if it was cheap or expensive, she reacted the same. She was also allergic to all dish detergents and always she had to wear rubber gloves to do the dishes. If she touched the soap or detergent, her hands would break out in painful blisters and they took very long to heal. Initially she was very skeptical of the NAET® process, but decided to give a try. By the time she completed NAET® basic 15 treatments, she was no longer reacting to the detergents and she was able to wash the dishes without wearing gloves. Her reactions to various metals were also reduced. She was tested for all her jewelry and found she was still allergic to them. So we treated her for all her personal jewelry. After the successful treatment for her personal jewelry she is able to wear rings, necklaces, and she got her ears pierced and now she

can even wear beautiful earrings. She said she is a believer in NAET® now and she is very happy that NAET® gave her the health freedom that she longed to own for her entire life.

Sherry Shoemaker, L.Ac., D.Ac.

Escondido, CA

[sherry.shoemaker@cox.com](mailto:sherry.shoemaker@cox.com)

### **Seasonal Allergy**

I treated a six year old boy for spring-time allergies who, when he first arrived in my office was suffering from watery eyes and runny nose everyday without relief. He experienced significant improvement with his watery eyes and runny nose, especially in the severity of his symptoms after being treated for just BBF and egg mix. As we continued with the basic treatments his condition normalized rapidly and I even received a phone call from his naturopathic physician, who was his attending physician for years, to express how happy he was to observe the rapid progress the child made with just a few NAET® treatments. He stated that he was very impressed with the efficacy of NAET® treatment methodology and he would be thrilled to refer more of his complicated patients to me for NAET® treatments.

E. Quigley Raleigh, M.Ac., L.Ac.,

NAET® Specialist

Cambridge, MA

### **No More Allergic To Animals!**

Tanner came to me with multitude of allergies. One of his major allergies was an allergy to animals. He would break out in hives if he came close to any animal. After the basic treatments, he was treated for

animal dander on a Saturday morning. After the 25-hour avoidance period, he visited his grandparents. They had a dog and he played with him by petting and touching for over an hour. He did not have any adverse symptom at all. Since he had numerous encounters with various animals without any trace of prior problems.

Dr. Rick clifford  
White house, TN  
(615) 672-3568

### **NAET Makes A Difference!**

My adopted son, Nathan, had struggled for years with ADHD, OCD, (obsessive compulsive disorder), and a tic disorder. (as diagnosed by neuro-behavior specialists and pediatrician). He suffered from multiple compulsions and tics, unable to remain calm in any crowded situations. (e.g. malls, grocery stores, school, church, movie theaters). He would run away and/or have angry outbursts and tantrums. He was homeschooled for this reason. He was unable to fall asleep until 11 or 12 at night. We had tried multiple treatment options, short of medicating Nathan, including homeopathy, craniosacral therapy, 'Brain Gym', NACD (National Association for Child Development), herbs, and behavior therapy. None of these modalities resulted in any relief and balance, for Nathan. When Nathan was 7, I learned of NAET and took him to Dr. Tom Anderson. Nathan received multiple NAET treatments, including nutritional 'Basics', neurotransmitters, vaccines, heavy metals, brain parts, and emotional treatments. Nathan is now 11 years old. He has been joyfully attending school for 4 years now! He has no more tics, nor aggressive outbursts or running away. Of his multiple compulsions, he has only one remaining, that surfaces only occasionally. I was so impressed with NAET and Dr. Tom Anderson's kindness in treating and teaching us about NAET, that I became an NAET practitioner in 2004. It is one

of my primary goals to educate people about NAET. Thanks, Dr. Anderson! Thanks, Dr. Devi!

NAET gave my son a new life!

Sincerely,

Kimberly Wagstaff, RN  
Salt Lake City, UT

Hello Dr. Marilyn,

Baby Jacob has arrived. He is one week old today. He was 8.7pds, 19.5in, with black hair, blue eyes, and a dimple in his left cheek (just like Matthew).

I wanted to thank you for all of the treatments that I received, especially Oxytocin, I think that it made a big difference. I dialated two weeks before delivery, and the delivery was a breeze, unlike Matthews. It was an amazing experience! I only had to push 6 times, unlike the 3.5 hours with Matthew.

Tracie M.,  
New Mexico

### **My New Year Resolution! by Sona P. Akkar**

Ask any college student, and they will tell you, the "freshman fifteen" is a force to be reckoned with. The combination of leaving an environment you've been comfortable in for 18 years, being thrust into college culture, and a newfound freedom brings along many joys, but along with it even more stress, most precisely measured on the weighing scale.

For me, the freshman fifteen was more like the freshman thirty. I was sixteen years old and

3000 miles from home, in a place where stress was plentiful, and food was primarily for comfort. As an engineering undergraduate at a top university, the pressure to perform was constantly eating at my brain, and before I knew it, I had no time to look after my health. I only realized a little too late that something had to be done about my weight. At 163 pounds, I was scraping the upper limit of my body mass index, and I was not happy.

I did portion control, spent hours at the gym, and even starved myself, yet I could see no results. I would eat half as much as some of my peers, and I would gain twice as much as they did. A small slice of cake, half a candy bar, even a small serving of pasta were enough to send my weight overboard. I was baffled at why my efforts to return to a healthy weight were being rejected by my body. I just could not accept my current weight and be content, nor could I do anything about it, it seemed – a perfect formula to dip into a cycle of unhealthy eating.

After a year and a half of sleepless nights before exams and midnight binges of instant soup, I decided it was time to put my foot down and lose the weight I needed to regain the self-confidence and self-image that I had completely given up on. Day after day, I would step on that weighing scale and realize not an ounce of weight had been lost despite my desperate efforts. This time, my mother took me to the family physician, suspecting a hormonal imbalance, or a thyroid dysfunction. The blood tests came out optimal, and my doctor said I was as healthy as a horse. I asked why I could not lose the weight, and he simply did not know the answer.

At this point, I was heartbroken and out of options. I just sat there day after day, wishing I could be different. Shopping was painful, as I was ashamed to say I was a size ten at the age of seventeen, while my sixteen-year-old sister could fit into an extra-small. I couldn't look in the mirror, because I hated the person I saw. There are no words to describe the agony of a teenager who has lost her positive self-image and despite her efforts, has failed to regain it again and again. I had given up all hope. Finally the Christmas vacation came. I came to my parents. My

excitement and enthusiasm took a sudden halt when I glanced myself in the full size mirror in my room. I made my New Year Resolution at that point: one way or other I am going to lose ten pounds before I return to my university.

When my mother initially suggested that I see Dr. Devi Nambudripad for her world-renowned allergy treatment, I scoffed at the prospect and made it clear that I didn't plan to waste more of my time chasing after a lost cause. I was too depressed to set my heart to anything. But then I looked back on everything that I had done, all the failures. Something told me I needed to take this opportunity. Was it desperation, instinct, fate? I still do not know. All I know is that I wasn't ready to give up just yet.

The week I started treatment, I began to see results immediately. The weight I had worked so hard to take off for the last two years were melting off in a matter of weeks. As Dr. Nambudripad and Dr. Mala Moosad treated my allergies, my body was becoming more receptive to the nutrients it needed. The cravings and emotional eating stopped, and my metabolism was getting a definite kick-start. Not only was I starting to look great, but I was also feeling one hundred times better emotionally. My hormones, emotions, weight, and metabolism were coming to a balance – a sort of detoxification process through treating my allergies. I was ten pounds lighter (and counting) and I had never felt better in my life.

I have been continuing my treatment with Dr. Nambudripad, and I am seeing better results with each one. Now as I look in the mirror, I see someone who is on the fast track to regaining her health. I see a confident girl who had almost given up, but saw faith and hope in NAET and Dr. Nambudripad. But above all, I see a girl who is finally proud of the person she sees smiling back at her.

Sona P. Akkar  
Cornell University '09

### Skin Problems due to milk allergy

About a year ago I was at my wits end. My daughter had turned one year old and had suddenly developed what we thought was a milk allergy. It progressed and worsened, she started breaking out in painful, itchy rashes that she would scratch until they bled. We had exhausted every effort and resource and had nowhere to turn. Her health was depleting, hair was patchy, and circles under the eyes. She was getting sick every other week. I remember sitting in my chair with her crying and just rocking her for hours, crying right along with my baby. Feeling so helpless and just praying for strength and direction. By chance a friend referred us to Arianne Koven. Kaila ended up having 13 different food allergies, including some vitamins and minerals. The magic

Ari works started making a difference in Kaila right away! Through NAET, Kaila is able to live a normal and healthy life right along with other toddlers. We are ever grateful to Arianne and the NAET, she truly is an angel.

Sincerely,  
April and Kaila Noye  
Palm Desert, Ca.

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NAR Foundation  
6714-32 Beach Blvd  
Buena Park  
CA 90621  
Email: [narfoundation@yahoo.com](mailto:narfoundation@yahoo.com)