

## BOOK REVIEW

# Freedom From Environmental Sensitivities

by

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Book Review by

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### Introduction

“Freedom From Environmental Sensitivities” by Devi S. Nambudripad, is an excellent resource for anyone interested in finding a way to end suffering from chemical and environmental allergies. This book is particularly timely, as the symptoms of environmental allergies have increased exponentially in recent years while these allergies continue to be under-diagnosed or misdiagnosed.

The probable cause for the exploding problem of environmental allergies, according to Dr. Nambudripad, is a combination of the logarithmic increase in use of synthetic, man-made chemicals over the past few decades, and the inability of our bodies to adapt to this new environment. Many scientific advances in the 20th Century have involved a radical shift away from using natural substances toward the use of new synthetic compounds, which are producing thousands of new chemical pollutants in our environments. However, our bodies have become overly stressed, as our ancestral genes have not yet been able to adapt to the new chemicals associated with our changing environments and life-styles. The probable cause for the exploding problem of environmental allergies, according to Dr. Nambudripad, is a combination of the logarithmic

increase in use of synthetic, man-made chemicals over the past few decades, and the inability of our bodies to adapt to this new environment. Many scientific advances in the 20th Century have involved a radical shift away from using natural substances toward the use of new synthetic compounds, which are producing thousands of new chemical pollutants in our environments.

Dr. Nambudripad states that “continuous exposures and re-exposures to various allergens throughout one’s daily living can aggravate any health condition.” For chemically-sensitive individuals with an already fragile immune system, normal living has become nearly impossible. Whenever an environmentally sensitive person encounters a threatening pollutant, the immune system releases massive amounts of chemicals and histamines in order to protect the body, yet these chemicals trigger a cascade of allergic symptoms that

can affect all the systems of the body, leaving the environmentally ill individual almost crippled.

“Freedom From Environmental Sensitivities” is a unique book filled with practical, easy-to-read, information that offers the prospect of relief from this suffering and a return to healthy living. Readers will find specific answers to questions about causes and elimination of environmental allergies using NAET® (Nambrudripad’s Allergy Elimination Technique). For readers new to NAET®, the book includes helpful answers to such questions as:

- What is an allergy? What are the causes of allergies? (Chapters 1 and 2)
- How do I find out what I’m allergic to? (Chapters 3 and 6)
- What are the basic allergens treated by NAET®? What else does NAET® treat? (Chapter 4)
- Is there anything I can do on my own to help reduce allergic symptoms? (Chapter 7)

For those more familiar with NAET®, this edition offers new answers or approaches to such questions as...

- Can environmental allergy cause a stroke? What other some other surprising reactions to environmental allergens? (Chapter 1)
- What are some of the common allergens causing environmental disorders? (Chapter 4)
- What meridian symptoms are relevant to environmental illness? (Chapter 5)

Throughout “Freedom From Environmental Sensitivities”, readers gain valuable insights about

how life-threatening health problems can be triggered by contact with a simple allergen from the immediate surroundings, how allergies can manifest as incurable environmental illnesses, that “if done properly, NAET® testing can give specific answers to puzzling problems”, and when hidden environmental allergens are identified, NAET® treatments can reprogram the brain so that the body is desensitized to those environmental allergies. Readers will be very encouraged by the abundance of NAET® success stories described in fascinating case studies!

Thousands of health care practitioners world-wide have seen that this natural, non-invasive treatment is ideal to treat anyone at any age. NAET® encourages the use of all medications, supplements or other therapies while going through the NAET® program. When the patient gets better, the patient may not require to continue all medications as before.

This book truly might alter the course of some disease or save someone’s life. If you want to make a difference in your health and in a loved one’s health, make the initial choice to keep this book in your library and then provide additional copies for those you really love.

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