

medications. No matter how important a drug Aspirin is, it is the only prescription-free therapy available for painful, inflammatory and feverish states. But neither Aspirin nor other over-the-counter pain medications treat the cause.

Discovering the source or the cause, then treating to permanently eliminate them is what NAET is all about.

### What is NAET?

Nambudripad's Allergy Elimination Techniques, or NAET, belongs in the category of energy medicine, holistic medicine, and a complementary medicine category. NAET was developed from Oriental medical evaluation procedures, acupuncture theory, and principles from chiropractic and nutritional disciplines. A patient's health condition is evaluated using procedures from all these areas of medicine. With the help of NTP (Nambudripad's Testing Procedures), the patient is evaluated to determine the patient's immune system status, the location of pain, the intensity of pain, the associated muscles, meridians and the nerve root in connection with the pain. Then the causative agent is determined from the above described four major categories by testing with NTP.

Any substance under the sun can cause an energy imbalance in an energy meridian. That particular substance—an allergen—is seen as the cause of a particular condition.

Using NAET testing procedures, the affected tissue is traced back to a particular spinal nerve by carefully following the energy meridian path to the respective spinal nerve root at the spinal column; from there it is followed to the message center in the brain. Then using the NAET treatment procedures, the allergenic substance is introduced formally into the person's nervous system. Then acupressure (or spinal manipulation) is applied at the specific nerve root, forcing the energy meridian to release the energy stagnation from the affected tissue in the presence of the offending substance, thus re-establishing normal, balanced nerve energy flow through the meridian. When the acupuncture/acupressure treatment is applied at the spinal segment, energy moves throughout the particular meridian from the beginning to the end (beginning in the brain and ending in the last cell at the end of the energy pathway in the distal part of the peripheral tissue).

Therefore, with the NAET process, an allergen is being formally introduced into the energy system of the body. This formal introduction not only allows the energy to resume normal flow through all connected meridians and other body parts and throughout the body without further interference, but erases the prior message from the brain's memory about the allergen as being a harmful substance. After erasing the prior message, the body's negative reaction is replaced with a new message—a message of peacefulness and homeostasis.

After treatment, the NAET patient avoids the treated allergen for 24 hours, the time needed for an energy unit to

complete the circulation from the beginning of the energy flow to the end and re-enter the beginning spot. This establishes a new and permanent message about the harmlessness of the allergen. This new message is stored in the brain's memory. In the future, the person will not react adversely with exposures to the particular allergen and no more unpleasant symptoms or pain will be felt with future contacts. Pain can arise from various reactions or disorders in one's body. NAET can treat a wide variety of common and uncommon disorders that arise from allergies or allergy-related causes. Most health disorders produce pain of some sort. And just about anything can be an allergen and cause any number of ailments in a sensitive person.

With NAET, one can track all the disturbing sensory influences on a particular tissue or area in the body that invokes pain and can help the body remove the causes of the above disturbing influences and to bring the body to a balanced state. According to Oriental medical principles, when a body is in a balanced state, no pain or discomfort is felt by the body.

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# EDITORIAL

## PAIN! CAN YOU FIND HELP?

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Pains, discomfort, illnesses and allergies have been man's companions from the time the world began. Hippocrates thought pain was due to an imbalance of four humors. Philosophers such as Plato, Aristotle, Galen, Descartes, etc. were puzzled about pain and formed many different theories but none could find a permanent solution to many nagging pains. Pain can be unbearable, debilitating, and at the very least a nuisance to the sufferer. Intractable pain affects millions of people all over and can affect the quality of life of the sufferer, destroying his/her social life, ability to work, ability to care for the family, and/or interact with friends.

The National Center for Health Statistics estimates that 32.8 percent of the U.S. general population has persistent or chronic pain symptoms. The National Institute of Neurological Disorders and Stroke estimates that up to 85 percent of all Americans will experience one or more episodes of chronic pain in their lifetimes. Other recent research provides evidence of the prevalence and significance of pain. A study in the November 12, 2003 issue of the Journal of the American Medical Association (JAMA) found that common pain conditions such as headache, back pain and musculoskeletal problems cost American companies more than \$61 billions per year in lost productivity and reduced performance. A study of Australian adults found 11 percent of men and 13.5 percent of women in that country suffer daily chronic pain severe enough to interfere with everyday activities. Poor pain management has been linked to increased morbidity and mortality in various populations.

Until very recently, the relief of pain has been given low priority in health care institutions, with few economic resources committed to treating pain and a lack of policies to support the use of validated pain measurement tools in clinical practice.

Various therapies and pain medications are available today. Some of them can really be called "wonder" drugs; they work like magic for some people. But others don't work as well. And some people can't seem to get any relief no matter how powerful the medication is. In most cases, acute pain responds best to pain medication and pain management therapies. As long as the pain is relieved, the treating doctor is happy. The patient is happy, until the next episode arrives. When that happens, First, the patient is surprised that the pain has returned, then confused. Even though he/she might have been examined by the best pain specialist and prescribed the most expensive medications, why did it return? Few in conventional medicine have the answer. One of the major concerns and unanswered questions is why pain goes away in some people but stays on in others for days, weeks, months, or even years in spite of medication and extensive therapies.

People who suffer from chronic pain know how incapacitating it can be. Professionals who interact with them know the difficulty of facing these patients when there has been little or no relief. They also get frustrated by re-prescribing the same medications over and over for the same problems. Until the source of chronic pain is understood and the mystery solved, the pain medication has to be repeated and various pain management therapies have to be used whether or not they give complete relief. Many practitioners and patients face this dilemma daily. Many are desperately looking for solutions.

The medical professionals, physical therapists and the patients themselves, are generally focusing on symptoms, not causes. Most of the treatments and therapies recommended to patients are symptom-oriented-not cause oriented. Take aspirin, for example. Bayer Health Care, which introduced the Aspirin tablet in 1899, has worldwide annual sales of more than \$30 billion in over-the-counter