

BOOK REVIEW

NAET® PAIN RELIEF

by

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**An excellent source of information to rid of your Allergy-related pains
Book Review by Frances A. Taylor, MA., CHom**

INTRODUCTION

This book describes the NAET® method of diagnosing and treating allergy-related pain disorders. Anyone who suffers from any type of acute or chronic pain condition knows how devastating the pain can be. This book shows you how to track down the culprits that cause your pain. Once you know the causative factors beneath your pain condition, it is easy to avoid the triggers. Now we have a way to eliminate the causative factors through NAET® treatments.

Traditional medical treatments can control or reduce pains temporarily by utilizing various pain medications and therapies. When you stop using the medication or therapies the pain may return. In several cases, even the strongest medication or expensive therapies have not proven beneficial. NAET® treatment can not only reduce the severity of pain, but often can bring permanent relief by detecting and eliminating the cause of the pain. This is the unique benefit offered by NAET methods of treatment.

The Forward is written by Jacob Teitelbaum, MD, the world famous chronic fatigue and fibromyalgia specialist. The Preface and Introduction are extremely informative, assisting the reader to better understand the contents of this book as well as the development of NAET®.

Chapter 1 begins with a unique case study of a patient, how she suffered from pain for a long time, and how she became completely well after treatment with NAET. It educates the reader on NAET techniques and treatment. This section also gives the reader a good overview of NAET as it relates to pain disorders.

Chapter 2 discusses categories of allergens and how various allergens can trigger different types of pain disorders in sensitive people. Allergy-related pain 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.

Chapter 3 describes various ways to detect and diagnose pain disorders. Diagnosing pain through the NAET method is discussed in detail. The importance of health history is emphasized and explained, as are the conditions under which pain develops for the patient. Helpful questionnaires are included. The role of the NAET® practitioner or specialist for cases of pain disorder is also described.

NAET® originated from Oriental Medicine, and these origins are explained in Chapter 4. This chapter also explains how each and every cell of the body is connected via various energy pathways, and how these energy pathways carry messages of wellness and illness to every part of the body and brain.

Chapter 5 talks about Neuro Muscular Sensitivity Testing, which 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.

Many self-testing procedures are described here along with self-balancing procedures. Many balancing methods that will help with pain disorders are included as well as instructions for self-balancing the body during an attack of pain. However, none of these techniques substitute for NAET® treatment by a practitioner trained in these techniques.

Excellent case studies and testimonials are included throughout the book, and will help the reader understand pain conditions better as well as allowing them to understand the help NAET® has to offer. These case studies and testimonials should

inspire readers with pain symptoms to investigate this method of treatment.

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 pain, as well as for anyone who knows someone who has been suffering from acute or chronic pain disorders. Its contents offer hope and help for sufferers of pain conditions. Reading this book is also a must for all NAET® practitioners and specialists.

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