

## LETTERS TO THE EDITOR

### NAET®: Great for Allergies

Dear Dr. Devi:

I would like to share my NAET experience with you and other readers. I wish I had learned about NAET long time ago-40 years ago, then I would have lived differently. I truly hope that my NAET experience will help someone in need to learn about NAET and seek help faster.

In my early 30's I started having headaches that lasted for days. No OTC or prescription medicine helped. I was finally able to track the headaches...they occurred a few days after eating chocolate. Over the next 35 years I started to become sensitive to all prepared desserts made with fat/sugar combination, then some cheeses, then all cheeses, then peanut butter, mayonnaise, etc. causing the dull but persistent headaches starting 1hr to 2 days after eating the "offending" food and continuing for approximately 72 hours.

It was almost impossible to eat out – buffets and potlucks were the worst.

Over the last 35 years I have tried Self-Hypnosis classes, Bio-Feedback classes, Allergists, a Nutritionist who took blood test and prescribed a long list of expensive supplements, all to no avail.

A friend had suggested I try NAET. In July 2008 I had my first visit with Mala in Buena Park. After telling her the above story, she did some testing and said "You had a serious trauma/stress in your life in your early 30's which changed your body chemistry," I replied: "Yes, my first husband was killed in a traffic accident when I

was 29 and had two small children."

By mid-October, after about a dozen treatments, I was able to eat all cheeses and desserts.

To this day it is hard to believe that Mala using the NAET program was able to solve this 40+-year problem. It is now holiday season and I have the freedom of enjoying meals without bringing my own food or asking for specially prepared food at restaurants.

I don't have enough words to thanks Mala for restoring my health. She has also helped me with the sadness of other losses in my family, including my beloved son and niece.

Thank you, again for sharing your program and training practitioners so that people all over the world become healthy again. It is never too late to become healthy!!!

Sincerely,

Judy carter-johnson  
Los Angeles, CA

### My NAET Journey

In October of 2007 I was minding my own business in Starbuck's, having my Sunday morning latte. There

was a young man sitting in the table next to me reading some unusual materials as I observed, He got up and left the table which gave me the opportunity to get a closer glance at the materials laying there. He came back and saw me gazing at the books from across the table. We began dialogue for a period of less than 5 minutes. He told me he was taking a workshop at the Pain Clinic not far from there. The workshop dealt with allergies and acupuncture. Now, this opened up all the doors of interest for me. I had been spending a fortune at a local allergist with no positive results. Acupuncture was something I felt I believed in but did not really understand. He said that after fifteen treatments most people never suffer from common allergies again. Now I am really interested. He gave me the telephone number of the Pain Clinic. I called the next day and made an appointment for November 8, 2007

I had been suffering from allergies for many years. My worst times seemed to be from October to March each year. I seemed like I had symptoms like bronchitis. I was treated with antibiotics many times. During the 2006-2007 flu and allergy season I took antibiotics three times. Nothing cleared the symptoms. I would be all right, go to work, then after a few hours I was seriously ill. I would end up bed ridden and never knew when the attacks would hit. I couldn't plan anything since I never knew if I would be sick.

First I met with Mohan Moosad who gave me some tests. Then Mala Moosad gave me my first acupuncture treatment. I didn't notice much difference. I just had faith in acupuncture as a science that can balance and heal our bodies.

Twenty-four hours after the second allergy treatment I got very sick with allergies, The attack lasted another twenty-four hours and just suddenly went away. I was bed ridden during that time. Night sweats (I was soaking wet). No fever. Headaches and cough.

Again, after the third treatment I had night sweats and was again soaking wet. Something unusual happened in that my arthritis pain seemed to be gone. I have been suffering from arthritis in my feet for years. I had surgery on one foot in 2005. The pain seemed to be gone.

For the next twelve treatments, completing the first fifteen treatments, I would experience very mild flu like allergy symptoms but nothing to take me down. After 31 treatments (Up to January 2009) I have never been sick except I appeared to have a slight allergy to my Christmas

tree in 2008).

Along the way, Mala and Mohan have treated me for arthritis pain each time I come into the clinic. On December 21, 2007, Mala treated me for silver in my teeth, dental amalgam, and dental composites. I know of no problems with these dental materials since. On three dates, June 11, 2008, July 2, 2008m and July 9, 2008, they treated me for a nail fungus, which I have been combating for years. This took several treatments because it is apparently a difficult condition to cure. As of this date, January 7, 2009, the nail fungus seems to have cleared up and is almost grown out.

My over all experience is that my allergies seem to be cured. My nail fungus is cured. My arthritis pain is controlled. My over all energy seems to be better and I am stronger.

Kenneth P. Mardian  
Buena Park, CA

#### How Many NAET Treatments?

Robert Prince M.D. is to be congratulated on his excellent book "Can Allergies Really Be Eliminated?" It is recommended reading for anyone who has allergy conditions. He has presented the practical healing value of NAET to eliminate allergies to provide relief for victims of conditions caused by allergies without the use of or need for medications.

By sharing his expertise and experiences Dr. Prince offers encouragement with the prospect for cure to people with allergic conditions. His methods are also very helpful to others like us who practice NAET.

On the last page of his book and in several places in the book Dr. Prince remarks that NAET can be very time consuming. It requires many treatment sessions and is not a quick fix. This philosophy seems to be the accepted standard in discussions and presentations at NAET seminars. Completion of treatment of an allergy condition (eg. Irritable bowel syndrome) may require many treatment sessions that may be extended for several months.

It is interesting how the NAET system of therapy developed into a series of many treatment sessions. During my initial NAET training Dr. Nambudripad described 10 basic allergic substances (allergens)

represented in 10 test vials. She emphasized the importance of first eliminating those allergens of the basic 10 to which the patient tested allergic before eliminating other allergens to which the patient is allergic. Removal of the strong basic allergens prepares the body's immune system to more readily accept elimination of other allergens. It was recommended that only one of the basic 10 should be removed at each treatment session. It has been the experience in our office that most patients are allergic to perhaps 1 to 4 of the basic allergens. After eliminating those of the basic 10 to which the patient is allergic it was recommended that additional allergens are to be eliminated one at each treatment session. Most patients are allergic to 5 or 10 additional allergens. Occasionally it might be 30 or 40. By eliminating one allergen at each treatment session a series of treatments for any allergy condition can extend the total treatment for a period of several months.

At a NAET seminar in the early years of this new century Dr. Nambudripad told about two NAET practitioners in a Texas City. One was getting better results than the other. The one with more successful results was treating all 10 of the basic allergens rather than only those to which the patient tested allergic. Treating one allergen at each treatment session involved 10 separate treatments. This new method was recommended. Now the basic 10 has been expanded to a total of 15 - the body acidity, alkalinity, female and male hormones would add up to 15 basic treatments. Since most people with allergies and sensitivities are unbalanced in acid-alkaline status within the body. Treatment using NAET method seems to correct the acid-alkaline imbalance in the body. Because of this added step in NAET, fifteen treatment sessions are recommended before additional allergens can be treated.

The NAET testing method involves a phenomenon of weak muscles when the fingers of the allergic person touch a substance to which the body is allergic (an allergen). The brain gets the cooperation of the spinal cord to send the correct amount of electric current via nerves to muscles (eg. Arm muscles) to move or hold the arm in the position desired. Apparently the spinal cord sends less current or a lower voltage to muscles via nerves when the fingers touch a substance to which the body is allergic resulting in weakened muscles. The reason is not known at this time. Although other muscles can be used usually the arm muscles are used for testing.

The method taught is to ask the patient to extend one arm at a right angle to the body. The tester applies downward pressure on the extended arm while the patient touches a substance to be tested with the fingers of the other hand. If the body is allergic to the substance, the tester and the patient can feel a weakness in the arm.

Some patients learn the procedure more readily than others. Some experience difficulty maintaining the arm in the extended position and at the same time relaxing the muscles sufficiently for efficient testing. This creates a variable and questionable diagnostic situation in some patients. If there is a question of reliability of the test method of the practitioner, then perhaps there is logic in treating all the 15 basic allergens in order to avoid missing some of them.

When I started treating patients with NAET in the late 1990's there was a concern about the reliability and validity of arm testing on patients. I was looking for consistency and reliability in testing for allergies. The Initial NAET training also introduced the surrogate diagnostic and treatment technique. In NAET technology a surrogate is a person to whom and through whom allergy testing can be transferred from the patient, or from whom treatment can be transferred to the patient. I opted to use the surrogate testing method and function as surrogate myself when testing patients for allergic substances. The method involves the surrogate (me) maintaining skin contact with the patient while he or she touches a substance being tested. I explain that the electric current in the patient's body is transferred or conducted to my body and makes the muscles in my extended arm weak when he or she touches a substance to which the body is allergic. A third person or the patient applies downward pressure on my extended arm. I rapidly developed the ability and confidence in the surrogate method and have used it several thousand times. In my hands it seems to provide consistency and reliability for allergy testing.

The surrogate method is also used when testing and treating a baby or young child. The surrogate parent maintains skin contact with the baby. I (the second surrogate) maintain skin contact with the baby or parent. The parent or a third person applies downward pressure on my extended arm to accomplish the testing. For allergy elimination treatment the parent is treated while the baby receives the allergy elimination through skin contact with the parent. Veterinarians with NAET training diagnose and treat animals usually using the owners as surrogates.

Using this surrogate testing technique in our office, only those allergens of the 15 basic allergens to which the patient tests allergic are treated. Most patients are allergic to 1 to 4 of the basics. Thus the number of treatment sessions is greatly reduced. The goal of eliminating the allergies of the 15 basic allergens to which the patient is allergic is thus accomplished without the need for treating all 15 at 15 separate treatment sessions.

Initial testing of several hundred NAET test vials using the surrogate method usually can be accomplished in 15 or 20 minutes. After the allergies of the basic 15 to which the patient is allergic are eliminated with individual NAET treatments, additional allergens can be eliminated. It is usually possible to test several allergens at each visit. The test vials used for a treatment are always tested at the next office visit to assure that the body is no longer allergic to them. It is extremely rare to find that an allergen was not eliminated at the previous treatment session.

Sick people want to get well as soon as possible. Some patients become discouraged and discontinue NAET therapy because of the prolonged series of treatments. We try to make NAET more "user friendly". The goal in our office is to get allergy conditions resolved in as few treatment sessions as possible. Treatment sessions usually are separated by a couple of days up to a couple of weeks. Occasionally a patient living some distance from our office will arrange to be in town for a week. With careful planning daily treatments can usually get the allergy condition resolved during a five-day period.

The following case illustrates a typical scenario of a NAET treatment plan. During an examination of her eyes, Ann, age 88, mentioned her irritable bowel syndrome (IBS) of five years duration. She had frequent bouts of diarrhea day and night. NAET was described to her. She expressed great skepticism that the new treatment could be of help to her. She related that voluntarily she had avoided milk products and had noted some relief of

symptoms. It was explained that there might be a possible allergic reaction to milk. This encouraged her to proceed with complete allergy testing. Case histories of several people with IBS and their complete recovery after elimination of allergies were presented.

Allergy testing of over a thousand NAET test vials revealed allergy to grains, milk products, vitamin C and fruits and vegetables plus several other allergens. The first NAET treatment was to remove allergy to grains. At the next treatment session she volunteered the information that the attacks of diarrhea were less frequent. Allergy to vitamin C and several fruits and vegetables were removed. Then milk products and all other remaining allergens were removed. After the fourth treatment she reported that there was no more diarrhea till the day of the fifth treatment. She tested allergic to oats. The allergy was removed with NAET. A week later she reported that she had had no more problems. It was explained that because her body had a tendency to develop allergies, she might become allergic to some other substance that might require elimination. NAET is very effective for eliminating allergies from the body, but it does not change or eliminate the tendency of the body to develop allergies.

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