

## LETTERS TO THE EDITOR

### NAET®: Great for Allergies

I am giving this below experience of my daughter who was having skin rashes since her age of 2, and the gratitude we have towards the doctor, Dr. Firoza who had treated her for this using NAET (NAET stands for Nambudripad's Allergy Elimination Treatments) treatment methods.

We noticed her skin rashes when we were in Dubai, in 2000 and we treated her with various doctors, then we switched towards Ayurvedic and that was for quite a long time with various treatments, then we had tried homeopathic medicines, for more than 2 years which was continuing but no improvements. However we were informed about Dr. Feroza who treats for Atopic dermatitis from our family friend in Qatar whose daughter had the same problems and was cured completely.

We approached the doctor who assured that this can be cured, and having taken all other methods of medication we thought of giving this a try.

Since the treatment started, we had noticed changes in my daughter, and the treatment took us almost 1 year as we chose to go to her once a week. My daughter could not have many foods like eggs, chicken some vegetables and fish etc, but after the treatment she is having all the foods without any problems whatsoever.

Today she is happy without any problems and we owe our thanks to the doctor as earlier we were not positive but Dr. Firoza was so good that she has helped us get positive for the treatment by counselling us and

even my daughter while she was treating her. We also felt easy & relaxed coming to her as she was quite cooperative with us as to timings & days of treatments.

We sincerely recommend with our own results that if you, your children or loved ones have any sort of skin problems, NAET treatment is the most effective treatment we have experienced so far.

Jaya Unnikrishnan  
Mumbai, India.

NAET Prs:  
Meher Davis & Fiz Moose  
Mumbai, India

### **After Years of Suffering - NAET Gave me a New Meaning to My Life**

In 2001 I saw a NAET practitioner for treatment of Rheumatoid Arthritis (RA), a swollen ankle, and job-related stress. Prior to the onset of the RA, I had been very athletic, and my diagnosis 9 years earlier at the age of 30, I was offered only medication to control the pain. I had taken arthritis drugs for several years, but found them not very effective, and I discontinued them out of concern for my long-term health. As a result of the RA and inactivity, I gained a lot of weight. I noticed the arthritis was greatly affected by barometric pressure, cold

and stress. The RA affected several of my joints - knees, ankles, wrists, hands, shoulders, hips, collar bone - with swelling and pain, but not all at once, moving from joint to joint. My older brother has disabling RA, and I didn't want to follow his treatment of using only medication. After almost 50 treatments, I was not seeing any improvement in my RA, and I was now showing symptoms of PMS, so I switched to seeing Debra Lowe in March 2004.

At that time I had a swollen ankle, bloating, fatigue, and I was emotionally overwrought and frustrated all the time. After 2 treatments from Debra, my ankle became much less swollen, and I felt relieved and began to sleep better.

Over the next several years Debra did many treatments for things such as food and environmental allergies, PMS, itchy and flaking scalp, constipation, acid reflux, and bloating. The major joint swelling stopped, but the cold of Winter and job stress still provoked disabling joint pain. Plus, I had developed Gout, which also runs in my family, that caused my fingers and toes to swell painfully for weeks on end. Debra then treated many food triggers for the Gout and combinations with Uric Acid, Hormones, and Thyroid that played a role in triggering the Gout. I continued to gradually improve and often enjoyed a longer period of relief from my symptoms.

Then in the Fall of 2008 Debra read a paper by another NAET practitioner, Dr. Sue Anderson, that described a genetic defect that about 30 percent of the population carries that does not allow the body to properly deal with inflammation. Debra did 4 treatments using Dr. Anderson's protocol for the genetic defect, and within weeks my remaining pain, PMS, Gout, and digestive symptoms disappeared. By that time it was the Holidays (2008) and I ate and drank anything I pleased in whatever quantity I wanted. There was no pain and only a few times did a finger swell up for a day. In the past if something triggered my Gout, the swollen fingers could last a week or even a month. After the Holidays, Debra identified several wheat combinations that had provoked the mild Gout symptoms, and she continued to treat for the genetic defect.

I have now begun to exercise vigorously, and I am quite happy with the prospect of becoming athletic again and living a life free of Rheumatoid Arthritis, Gout, hormonal imbalance, and digestive problems. I have no

arthritic pain or swelling and only infrequent Gout symptoms. My constipation has disappeared, and I have good digestion. I have my mobility back, and I am so grateful to Dr. Nambudripad for inventing this technique and teaching it to Debra. And I am also grateful to Dr. Anderson for sharing her knowledge about the genetic defect. In NAET I found a method to fix me, not just something like a medication to relieve the pain!

Sylvie B.  
Ottawa, Ontario Canada.

NAET Practitioner:  
Debra Lowe, B.A., D.Ac.  
Allergy and Pain Clinic  
Ottawa, Ontario Canada

"Before NAET, my eyes would swell and itch and I would sneeze all the time. My asthma would be "wheezy. Now, I don't have to blow my nose every fifteen minutes. I don't have any eye swelling now and no itching." Grace Colson, Age 15 Student

I was diagnosed with fibromyalgia, plus I had many digestive problems. My main symptoms were depression, burning pain in my lower abdomen, gas, and diarrhea, sometimes passing water only. I also experienced chronic heartburn, with my symptoms worse in the morning after eating. I could not digest raw fruit or vegetables, had to puree most of my food, and sometimes could eat only cream of rice, cream of wheat, or white toast.

After only 8 NAET treatments I am beginning to add more foods back into my diet. I am even eating nuts and seeds now. I can also report a dramatic reduction in brain fog. My memory is greatly improved. With renewed mental clarity I have been able to express myself more effectively in my writing, my favorite pastime. The persistent depression I have struggled with since 1968, is lifting, allowing me to be more self confident and more at ease in social situations.

I find the treatments to be pleasant and relaxing and I have not found the homework involved to be too taxing. I'm grateful to Dr. Devi Nambudripad and to Ira and Susie Greene for making this effective treatment available to me."

Naomi Davis  
Age 74 Retired Teacher

NAET Practitioners:  
Ira and Susie Greene  
Chico, Sebastopol, CA

“The main thing is that my energy level is a lot higher. I used to need 10-12 hours of sleep at night and naps every afternoon. Now I function fine on 8 hours of sleep with no naps. I used to have a lot of diarrhea before the treatments and now I don't.”

Chad Gibbs,  
Age 19 College Student

NAET Practitioners:  
Ira and Susie Greene  
Chico, Sebastopol, CA

I have had a throbbing pain in my neck continually for at least a month and have had this pain on and off for years now. The pain was radiating straight across. I had a difficult time turning my neck and the massage therapist recommended that I see Dr. Chernoff. The neuromuscular sensitivity testing revealed outer ear involvement and heart valve weakness. An allergy to trees was the cause of this throbbing pain. During the treatment I felt like something was moving through my feet. Ever since the treatment, I have not had any pain or difficulty with my neck. Who could ever imagine that trees would be the cause!

Margie D.  
Albuquerque, NM

NAET PR: Marilyn Chernoff, Ph.D.  
Albuquerque, NM

NAET can be a very effective treatment for Asthma and other breathing difficulties.

A 57 year old female came for treatment of chronic lung problems, including Asthma and Chronic Obstructive

Pulmonary Disease (COPD), that started 13 years previously when she contracted a fungal infection in her lungs while being treated in a hospital. At the time of the consultation, she also suffered from fatigue, insomnia, gallstones, acid reflux, and hot flashes. She had been treated for skin cancer 10 years previously. Her skin had begun to thin from using Prednisone.

After treating the Basic 15 mixtures, she received treatment for allergy to the nutritional basics of Vitamin D and Amino Acids, but otherwise had no whole food allergies. She was also treated for allergies to some parts of her body, including Organs, Skin collagen, body fat, and her Autonomic Nervous System. She saw the greatest improvement in her symptoms when treating her environmental allergies - Heat, Damp Heat, many pollens, cigarette smoke, dust, pesticides, tap water, and mold, especially the Aspergillus that had triggered her problems originally, as well Snow Mold, Maple Mold, and Tar Spot Mold that are locally unique. She was treated for two energetic patterns, Tuberculinum and Carcinominum, as well as for whiplash that was a result of a car accident. She was also treated for the emotions of Depression, Fear, Sadness, and Grief.

At the end of her NAET treatments her pulmonary tests showed a big improvement in lung capacity, she no longer used her asthma inhalers, and she reported no more hot flashes. Her sleep had improved and she enjoyed renewed energy levels. She also no longer had acid reflux.

NAET sp: Debra Lowe, BA, D.Ac.  
Allergy and Pain Clinic  
Ottawa, Ontario Canada  
(613) 526-9531

Request Reprints:

NAR Foundation  
6714-32 Beach Blvd  
Buena Park  
CA 90621  
Email: narfoundation@yahoo.com