

## ABSTRACT

# REDUCTION OF INSOMNIA IN A GROUP OF SUBJECTS WITH FOOD SENSITIVITIES THROUGH NAET®

## A RANDOMIZED, DOUBLE BLIND, PLACEBO-CONTROLLED CLINICAL TRIAL

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**Background:** Over 64 million American suffer from chronic insomnia in the U.S. According to NAET® theory, food sensitivities play a large role in sufferers of insomnia. NAET® evaluation procedures can identify the causative factors for insomnia, once identified the substances can be avoided or eliminated through NAET® energy balancing procedures thus giving solution to insomnia sufferers. NAET® is a natural treatment that utilizes standard medical diagnostic measures along with kinesiological, chiropractic and oriental testing, procedures to identify the allergens, as well as the intensity of reactions to the allergens which vary from individual to individual. Treatment consists of a sequence of spinal manipulations at specific thoracic and lumbar spinal levels along with acupuncture acupressure on configurations of standard acupuncture points.

**Objective:** We sought to determine the efficacy of NAET® in reducing symptoms of insomnia in a group of 30 subjects who suffered from several food sensitivities.

**Hypothesis:** We hypothesize that the subjects in the experimental group will show similar level of sensitivities initially on all NAET® Basic 15 allergens. After receiving the NAET® treatments, the Experimental group will demonstrate a significant reduction in the sensitivities to NAET® Basic 15 group of allergens and significant reduction in their insomnia when compared to the control group at the end of the study.

**Methods:** In a double blind study, 30 patients with the history of chronic insomnia over three years were studied. There were 9 males and 21 females in the study and their age ranged between 18-65. They divided into two groups:

- (1) NAET®/Experimental group, and
- (2) NAET® Control group

The study was conducted by 12 volunteer-clinicians from NAET® Research associates, divided into 6 investigator groups. Each group conducted a designated sequential part of the study independently from all other groups, that is, was blinded from all other groups for the duration of the study. Subjects from both groups (Experimental and Control) were evaluated immediately before treatment and two months thereafter using the following three diagnostic measures:

- (1). Subjective history (Allergy Symptom Rating Scale or ASRS);
- (2). NSRS (NAET® symptom Rating Scale via VAS);
- (3). NSTRS (NAET®-NST or NAET® Neuromuscular Sensitivity Testing)

These evaluation procedures were conducted by trained NST clinicians from investigative group 2. Both exp. and control groups demonstrated sensitivities to all NAET® Basic 15 groups of allergens in varying degrees. After completing the evaluations, the Control group was sent home with the instruction to return after 8 weeks for further evaluations. the Experimental group received 15 NAET® treatments on NAET® basic 15 allergens, once every other day for 15 sessions. At the end of the treatment phase, once again both groups were evaluated using the previously utilized evaluation instruments.

## RESULTS

Arithmetic Mean of before and after treatment of three Evaluations of both groups are given below:

:

## THE EXPERIMENTAL GROUP

Mean data Before Study	Mean Data After Study
ASRS : 25.086	ASRS: 4.608
NSRS :5.733	NSRS: 1
NST: 2.848	NST: 0.851

## THE PLACEBO/CONTROL GROUP

Before Study	After Study
ASRS : 30.304	ASRS:30.173
NSRS :6.466	NSRS: 6.4
NST: 2.808	NST: 2.825

P-value of the differences of EXP group

P-values: ASRS:3.61056E-7; NSRS: 1.6537E-12; NST: 4.40371E-16

Control Group was tested for all initial evaluations using the potato sample, then was sent home with the instructions to return after seven days for final evaluations. The control group did not have any measurable differences when compared with the before and after treatment results of

On the three diagnostic measures there was a significant difference in the means of the before and after measures of the Experimental group, while they remained almost the same for the control group. At 95% CI, p-values were less than 0.05 in all three evaluations performed on the experimental group.

## CONCLUSION

The study demonstrated the efficacy of NAET® in reducing insomnia in the subjects with food sensitivities.

Location of the study:

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