

# Importance of Hand Washing after Each NAET Treatment

## Randomized, Double Blind, Placebo-Controlled Clinical Trial

By

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### Abstract

**Background:** It has been suspected in our clinic patients that when patients do not wash their hands after receiving NAET® treatments, the effect of their treatment has been reduced or in some cases, the same treatment has to be repeated more times to be effective.

**Purpose:** In this study we propose to investigate the benefit of improving the efficacy of NAET® treatment by washing hands before beginning the NAET® and soon after completion of an NAET® treatment.

**Methods:** The study was limited to the established patients in our clinic who came for NAET® treatments on a Wednesday. Wednesday was chosen since it was a full working day and more patients will be treated on Wednesdays. First patient who arrived in the office was assigned into the experimental/treating group, then every odd number was selected as exp/treating group. All even numbers were selected as placebo group. 38 females, and 22 males ages ranging between 12-60 years were randomly assigned to 2 groups: (1) Experimental group: 30 (22 females and 8 males) subjects were assigned to this group. (2) Control group: 30 (16 females and 14 males) subjects were assigned to this group. Both groups were tested via NSTRS for a series of commonly used vegetables in their daily diet, one item per person was chosen for treatment on that particular day. Both groups were instructed to wash their hands with soap and water before beginning the treatment. Both groups were treated for the particular, randomly selected item using NAET®. After completing the NAET® treatment, the control group was instructed not to wash hands for the following two hours after completion of the treatment. The experimental subjects were instructed to wash hands with plain water soon after completion of the NAET® treatment. Both groups were reevaluated for the status of the treated item via NST after 25 hours of the initial treatment and the results recorded.

**RESULTS:** Statistical analysis was performed using Microsoft Excel statistical program on the collected data. The data was collected twice from all 60 subjects once before beginning the study, then after completion of the study on NSTRS. The group mean data of NSTRS measurement for exp. group before study was 2.733 and after study was 1.066; NSTRS for control group before study was 2.633; after study was 2.466. A paired t-test for means was performed on NSTRS data and the results recorded. P-value for Exp. group on NSTRS was 1.023E-16; P-value for control group was 0.1008.

**Key Words:** Allergy, Handwashing, NAE®T, NST

## INTRODUCTION

**BACKGROUND:** It has been noted that even though the NAET® treatment has been applied to all NAET® patients in a similar environment, following all specific NAET® treatment protocols, some patients do not receive satisfactory results after each treatment. Some patients need repeated office visits before they can be classified as successfully desensitized for the particular item. When we investigated further, we found that some patients are not observing follow-up instructions appropriately, that causes them to fail the treatment. We decided to test out each step of the follow-up instructions in order to establish the necessity to mandate the follow-up procedures after each treatment to insure satisfactory results after each session, so that patients will successfully pass each item with minimum number of office visits. That means less time spend on treating each item and reducing the cost by avoiding unnecessary repeated office visits for treatment of the same item.

Food allergy screening and desensitization of the detected allergen can be successfully accomplished using NAET® procedures (JNECM Spring 2005, 1(1):53-58). NAET® postulates that an allergy to foods or environmental substances can be reduced or eliminated in many cases if the treatments are applied correctly and the follow up indtructions are observed appropriately. (JNECM Spring 2005, 1(1):53-58).

The main purpose of this study was to investigate:

The benefit of improving the efficacy of NAET® treatment by washing hands before beginning the NAET® treatment and after completion of the treatment.

more patients will be treated on Wednesdays. First patient who arrived in the office was assigned into the experimental/ treating group, then every odd number was selected as exp/ treating group. All even numbers were selected as placebo group. 38 females, and 22 males ages ranged between 12-60 years were randomly assigned to 2 groups: (1) Experimental group: 30 (22 females and 8 males) subjects were assigned to this group. (2) Control group: 30 (16 females and 14 males) subjects were assigned to this group. No restrictions were placed on the patient's race, sex, income bracket, residential area, or occupation. They were asked to complete an allergy symptom rating scale questionnaire (ASRS) and before beginning the testing. Both groups were tested via NSTRS for a series of commonly used vegetables in their daily diet, one item per person was chosen for treatment on that particular day. Both groups were instructed to wash their hands with soap and water before beginning the treatment. Both groups were treated for the particular randomly selected item using NAET®. After completing the NAET® treatment, the control group was instructed not to wash hands for the following two hours after completion of the treatment. The experimental subjects were instructed to wash hands with plain water soon after completion of the NAET® treatment. Both groups were reevaluated for the status of the treated item via NST after 25 hours of the initial treatment and the results recorded.

### SETTING

The study was conducted at the Pain clinic, in Buena Park, California in August-September, 2006.

### STUDY DESIGN

#### MATERIALS AND METHODS

#### SAMPLE CHARACTERISTICS

The study was limited to the established patients in our clinic who came for NAET treatments on a Wednesday. Wednesday was chosen since it was a full working day and

#### TYPES OF EVALUATIONS USED IN THIS STUDY:

1. NSTRS for commonly used vegetables from the market.
2. Symptom Survey questionnaire

## TYPE OF STUDY DESIGN

This was a repeated-measure experimental design. Each of the 30 subjects was tested two times for two modalities used in this study, once before beginning the study, then after completion of the study.

## SELECTION OF SUBJECTS

Thirty subjects with history of insomnia, which significantly reduced their quality of life, were selected for the study. These patients presented a series of symptoms including: Abd. bloating, Acne, Anger, Asthma, Backache, Body aches, Constipation, Cough, Eczema, Fatigue, Flatulence, Hay fever, headache, HBP, Hives, Indigestion, Insomnia, Itchy eyes, Itchy throat, Joint pain, Mood swing, Sinusitis, Skin rashes. They presented in our office with appointments for treatments during a span of four weeks in 2007. The subjects were asked to complete an Allergy Symptom-Rating questionnaire form and an NAET® Symptom Rating Scale via VAS upon arrival at the clinic. The subjects had suffered from insomnia for a period of three years. They also had food sensitivities to various food substances according to the allergy symptom-rating questionnaire completed initially, but none of them suspected food sensitivity as a possible cause for their chronic insomnia.

## SUBJECTS' AGES

18 years to 65 years.

## DISTRIBUTION

They included 9 males and 21 females, ranging in age from 18 to 65. The mean age for the group was 47.166. The mean age for exp/males was 55.750 and for exp/females it was 43.818. The mean age for control/males was 42.611 and for control/females was 49.701. None of them had any previous knowledge of NST-NAET® prior to arriving at the clinic.

## INCLUSION CRITERIA

Patients between the ages of 18 - 65 years were considered for the study. A history of food intolerances

or sensitivities and a sleep disorder was considered as important factors for qualifying for the study. All patients included in the study were required to sign a consent form which allowed the researcher to include them in the study.

## EXCLUSION CRITERIA

a. Serious illnesses e.g.. Cancer, chronic obstructive pulmonary diseases, kidney diseases, heart diseases, history of anaphylaxis, mental disorders, and pregnancy.

b. Previous treatment for food allergies using NAET®.

c. Knowledge of NAET® procedure

## EXAMINER

Four experienced NAET® practitioners volunteered for this study. Two practitioners were randomly assigned to conduct each evaluation procedure on 30 subjects. (ASRS and NSRS via VAS), once before beginning the study and again at the completion of the study. The educational background of the examiners included: acupuncture, chiropractic, NST-NAET® training in basic, advanced level-1 and advanced level-2 classes. The examiners had practiced NST-NAET® for at least seven years. Their age ranged from 30 to 55 years.

## METHOD

This was a repeated measure study on a group of preselected clinic patients. Randomization and blinding were not applicable to this study since the subjects were already informed about the food groups to be consumed during the two weeks of the study. They were evaluated for their presenting symptom-insomnia via NSRS via VAS. Results recorded. Then they were screened for any sensitivity for the first fifteen essential nutrient groups from NAET® basic test samples and found that all 30 showed sensitivity to the tested fifteen groups. Then at the end of the testing they were divided into two groups: Control and Experimental groups. Control group was sent home soon after the initial evaluation and advised to return after two weeks. Each member of the experimental group was given a list of items to be consumed during the two weeks, then return for final evaluation. The list of items provided to consume during

the two weeks included:

1. Bell pepper
2. Onion
3. Garlic
4. Potato

After 25 hours, all 60 subjects were reevaluated via NST for the treated item on each one from both groups.

#### COLLECTION OF DATA

The before and after data from NSTRS were collected from all 60 subjects and sent to the statistician for analysis.

#### SUMMARY OF STATISTICS

Number of Subjects in the study:	60
Experimental Group:	30
Control Group:	30
Males in the study -----	22
Females in the study -----	38
Mals Exp.group .....	8
Females Exp. group .....	22
Males control group .....	14
Females control group .....	16
No. of evaluations done -----	2
No of days for the study: -----	1

#### HYPOTHESIS FOR NSTRS ON THE TREATED SUBSTANCE:

NST 20 minutes after NAET® Treatments = 0

NST 25 hours after NAET® Treatment = 0

#### STATISTICAL ANALYSIS

#### RESULTS

Statistical analysis (Zar, 1999; Reddy, 2002; Dawson & Trapp, 2001) of the data was analyzed by NAR Foundation statistical team. Paired sample t-testing was done on the data. The paired-sample t test does not have the normality and equality of variances assumptions of the two-sample t test, but assumes instead that the differences,  $d_j$ , come from a normally distributed population of differences. If there is, in fact, pairwise correlation of data from the two samples, then the paired-sample t test will be more powerful than the two-sample t test. (Zar, 1999). Unless “n” is very small, only a small correlation is needed to make the paired-sample test advantageous (Hines 1996). The statistical software from Microsoft Excel was used for the analysis of the data, and to generate graphs, tables etc.

#### DESCRIPTION OF COLLECTED DATA

All 60 subjects were tested using NSTRS on the selected item for the individual subject. The same evaluations were repeated after 25 hours of completion of the treatment.

The data included two sets of 60 NSTRS data (table 1),

**RESULTS:** Two sets of data were received on NSTRS on 60 subjects. The group mean data of for NSTRS for the exp. group before beginning the study was: 2.733; 20 minutes after the initial treatment was 1 and 25 hours after completion of the study: 1.006. The group mean data of NSTRS for the control group before beginning the study was: 2.633; 20 minutes after completion of the study was 1 and 25 hours after completion of the study was: 2.466. A paired t-test for means was performed on NSTRS data and the P-value for the exp. group was 1.023E-16 and for the control group was 0.1008.

# TABLE 1

## Symptoms Reported by the subjects

Presenting Symptoms/Exp.Grp	Presenting Symptoms/Cont. Grp
1. Skin problems	1. Headache
2. Back pain	2. Backache
3. Headpain	3. Sinus
4. Shoulder pain	4. Shoulder pain
5. Abd. pain	5. Shoulder pain
6. Fatigue	6. Backpain
7. Nasal prob	7. Headache
8. Knee pain	8. Nasal prob
9. Backpain	9. Shoulder pain
10. Shoulder pain	10. Headache
11. Pain	11. Headache
12. Backache	12. Fatigue
13. Neck pain	13. Indigestion
14. Lower backache	14. Sinus
15. Sinus	15. Backpain
16. Tinnitus	16. Nasal prob
17. Headache	17. Headache
18. Headache	18. Nasal prob
19. Headache	19. Nasal prob
20. Nasal prob	20. Knee pain
21. Indigestion	21. Backpain
22. Nasal prob	22. Backpain
23. Shoulder pain	23. Backache
24. Shoulder pain	24. Neck pain
25. Nasal prob	25. Headache
26. Shoulder pain	26. Headache
27. Headache	27. Backpain
28. Indigestion	28. Backpain
29. Sinus	29. Shoulder pain
30. Headache	30. Shoulder pain

TABLE 2  
Number of Subjects with similar Problems

Headache	13
Skin	1
Sinus	4
Sh pain	10
Backache	12
Fatigue	2
Nasal prob.	8
Pain	1
Neck pain	2
Indigestion	3
Tinnitus	1
Knee pain	2
Abd pain	1

Table 3

EXP. Grp: NST Results After each step of the treatment

NST at Baseline	NST holding Allergen	NST 20 mts After NAET	NST NST 25 hrs
1	3	1	1
1	3	1	1
1	3	1	1
1	3	1	1
1	3	1	2
1	3	1	1
1	2	1	1
1	3	1	1
1	2	1	1
1	3	1	1
1	3	1	1
1	2	1	1
1	3	1	1
1	2	1	2
1	3	1	1
1	2	1	1
1	3	1	1
1	3	1	1
1	3	1	1
1	3	1	1
1	3	1	1
1	3	1	1
1	3	1	1
1	3	1	1
1	3	1	1
1	3	1	1
1	3	1	1
1	3	1	1
1	2	1	1
1	2	1	1
1	2	1	1
1	3	1	1

Table 4

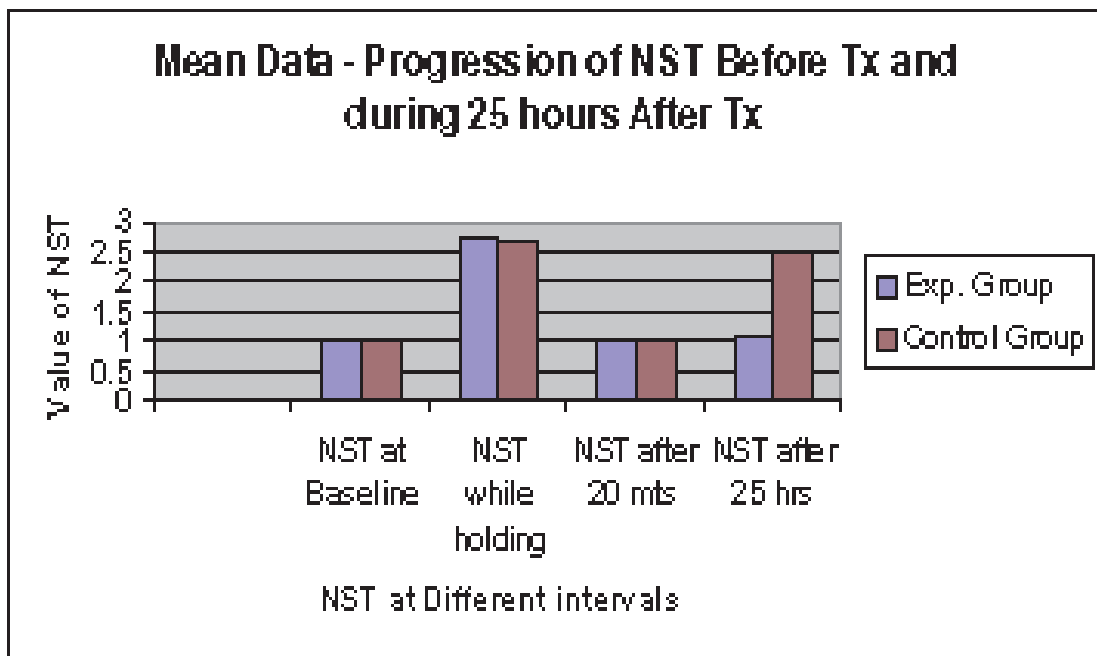
Control Grp: NST Results After each step of the treatment

NST at Baseline	NST w/holding Allergen	NST 20 mits After NAET TX	NST after 25 hrs
1	3	1	3
1	3	1	1
1	3	1	3
1	2	1	2
1	3	1	3
1	2	1	1
1	3	1	3
1	3	1	3
1	3	1	3
1	3	1	3
1	2	1	2
1	2	1	1
1	2	1	2
1	3	1	1
1	2	1	2
1	2	1	2
1	2	1	1
1	3	1	3
1	3	1	3
1	3	1	3
1	3	1	3
1	3	1	3
1	3	1	3
1	3	1	3
1	3	1	3
1	3	1	3
1	2	1	2
1	2	1	2
1	3	1	3
1	3	1	2
1	3	1	2
1	2	1	1
1	3	1	3

Table 5

Exp. & Control Goup: Progression of NST before NAET Tx  
and during 25 hours after TX

Mean Data	Exp. Group	Control Group
NST at Baseline	1	1
NST while holding	2.733	2.633
NST after 20 mts	1	1
NST after 25 hrs	1.066	2.466



GRAPH: EXP. & CONTROL GRP: NST Results  
at Different Intervals

## REFERENCES

**CONCLUSIONS:** According to the initial NSTRS with substance showed that subjects from both groups were allergic to the selected item for each one. After applying NAET energy balancing procedure on each one, NST was normal on everyone indicating that they all passed the treated allergen at that time. The exp. group was advised to wash hands immediately after completion of treatment whereas the control group was advised not to wash their hands for 2 hours after the completion of treatment. Both groups were reevaluated 25 hours after completion of the study. After completion of the 25 hours study, experimental group tested strong via NST indicating that all subjects tested strong have passed the NAET® for treated item. After 25 hours of treatment 25 subjects from the control group showed weak NST, indicating that they did not pass the treatment. Five subjects from the control group passed the treatment. Upon investigating further these five subjects had only mild sensitivity reactions to the treated items so they passed without strict observation of the follow-up rules.

This study supported the hypothesis that handwashing with plain water after each NAET® treatment improves the efficacy of NAET® treatment result.

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