

ABSTRACT

The Importance of Avoidance of the Desensitized Allergen for the following 25 hours of the initial NAET® to Derive Satisfactory Results after each NAET® TX.

A RANDOMIZED, DOUBLE BLIND, PLACEBO-CONTROLLED CLINICAL TRIAL

Background: We have observed in our clinic that it is important to avoid the desensitized allergen for the following 25 hours after each NAET® desensitization for satisfactory completion of the desensitized item.

Objective: We sought to determine the effect of avoidance of each desensitized item for the following 25 hours after each NAET® treatment in a group of 46 subjects who suffered from several food sensitivities.

Hypothesis: We hypothesize that the subjects in both the experimental and control groups will demonstrate similar level of responses immediately and 20 minutes after NAET® desensitization procedures; when the evaluations are repeated after 25 hours the response will be different in the subjects who observed 25 hour avoidance and those who did not.

Methods: In a double blind study, 46 patients with the history of food sensitivities were studied. There were 20 males and 26 females in the study and their ages ranged between 18-68. They were divided into two groups:

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

The study was conducted by 6 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 before NAET®; after holding the respective allergen for ten minutes in their hands; immediately after NAET®; 20 minutes of waiting after the NAET treatment; and after a week thereafter using the following three diagnostic measures:

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

These evaluation procedures were conducted by trained NST clinicians from investigative group 2. Both exp. and control groups demonstrated sensitivities to the substances tested in varying degrees. After completing the evaluations, both groups were given NAET desensitization treatment according to the protocol. Then they were asked to wait for 20 minutes in the office. Both groups were reevaluated and the control group was sent home without any special instruction. The experimental group was advised to avoid the desensitized item for the following 25 hours. Both groups were asked to return after seven days for reevaluation. They were reevaluated and the results recorded.

EXPERIMENTAL AND CONTROL GROUP - ASRS DATA

Exp. Subs Mean data	Control Mean Data
Before Study	Before Study
ASRS : 1.695	ASRS: 1.739
After holding for 10 mts:3.391	After 10 mts: 3.347
After NAET TX: 0.13	After Tx: 0.13
After 25 hours: 0.087	After 25 hours: 1.304
Avoidance: Yes	Avoidance: No

Both groups were evaluated using all three diagnostic evaluations after the completion of 25 hours after the initial NAET. There was a significant difference in the means of the three diagnostic measures in 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 that it is important to observe the 25 hour-avoidance after each NAET desensitization to derive satisfactory results.

Location of the study:

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EXPERIMENTAL AND CONTROL GROUP - NSTRS DATA

EXP- mean data	Control mean data
Before study: 0	Before study: 0
Afterholding for 10 mts: 2.652	After holding:2.434
After NAET 0.13	After NAET: 0.13
After 25 hrs: : 0.13	After 25 hrs:

EXPERIMENTAL AND CONTROL GROUP - EAV DATA

EXP- mean data	Control mean data
Before study: 88.341	Before study:88.739
Afterholding for 10 mts: 90.086	after holding:90.652
After NAET 57.086	After NAET:56.13
After 25 hrs: : 55.782	After 25 hrs: 87.478
Avoidance: Yes	Avoidance: No