

ABSTRACT

SIGNIFICANT REDUCTION OF KNEE PAIN IN A GROUP OF SUBJECTS BY DESENSITIZING FOR BASIC ESSENTIAL NUTRIENTS THROUGH NAET®

A RANDOMIZED, DOUBLE BLIND, PLACEBO-CONTROLLED CLINICAL TRIAL

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Background: Knee joint is made up of bone, cartilage, ligaments and fluid. Muscles and tendons help the knee joint move. When any of these structures is hurt or diseased, one has knee problems. Knee problems can cause pain and difficulty walking. CDC reported that During 2006, approximately 30% of adults reported experiencing some type of joint pain during the preceding 30 days. Knee pain was reported by 18% of respondents. Overall, 18.1% of US men and 23.5% of US women aged 60 and older reported knee pain on most days for 6 weeks prior to their medical exam. Moreover, as the weight of the population increases, so does the incidence of knee pain. Acute knee pain, in contrast to chronic knee pain, also accounts for a significant number of patient visits. Annually, there are more than 1 million emergency department visits and 1.9 million primary care outpatient visits for acute knee pain. Joint pain can be caused by osteoarthritis, injury, prolonged abnormal posture, or repetitive motion. Joint pain and stiffness can occur for many reasons. Understanding the possible causes and treatment options is key to improving joint health.

Objective: We sought to determine the efficacy of NAET® in identifying the sensitive foods that trigger knee pain. in a group of 50 subjects who suffered from several food sensitivities.

Hypothesis: We hypothesize that the subjects in the both experimental and control groups will show similar level of sensitivities to initially tested allergens via NST. The Experimental groups were treated for 25 items during 12

week period. Also they were advised to avoid the NAET® treated item for 25 hours following each NAET®. Then they were evaluated for the level of Knee pain on a VAS scale of Zero to ten and the results recorded. Control groups were evaluated on the initial day then they were sent home. Reevaluated after twelve weeks along with the Experimental group and results recorded.

Methods: In a double blind study, 50 patients with the history of knee pain who suffered from pain over three years were studied. There were 30 males and 20 females in the study and their age ranged between 18-68. They 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 immediately before treatment and twelve weeks thereafter using the following three diagnostic measures:

- (1). ASRS (Allergy Symptom Rating Scale via Visual Analogue Scale);
- (2). PDRS (Pulse difference Rating Scale)

(3). EAV (Electroacupuncture by Voll)

These evaluation procedures were conducted by trained NST clinicians from investigative group 2. Both exp. and control groups demonstrated sensitivities to various substances tested in varying degrees. After completing the evaluations, the Control group was sent home with the instruction to return after 12 weeks for further evaluations. The Experimental group received NAET® treatments on 25 groups (20 NAET basic groups of allergens as well as five items from the nightshade family of vegetables) those tested weak on them. At the end of the treatment phase, once again both groups were evaluated using the previously utilized evaluation instruments.

EXPERIMENTAL AND CONTROL GROUP - EAV DATA

EXP- mean data data	Control mean data
EAV Before study: 83.54	EAV Before study: 91.84
After 12 weeks: 74.78	After 12 weeks: 91.56

On the two 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 that desensitization to essential nutrients are effective in reducing knee pains.

Location of the study:

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EXPERIMENTAL AND CONTROL GROUP - ASRS DATA VIA VAS

Exp. Subs Mean data	Control Mean Data
Before Study	Before Study
ASRS : 3.4	ASRS: 3.28
After 12 weeks: 0.2	After 12 weeks: 3.2

EXPERIMENTAL AND CONTROL GROUP - PDRS DATA

Exp. Subs Mean data	Control Mean Data
Before Study: 91.4	Before Study: 82.48
PDRS: 69.64	PDRS after 12 weeks: 82.4