

## LETTERS TO THE EDITOR

### NAET®: Great for Food Allergies

---

Dear Editor,

During the past few years, as a medical doctor trained in Nambudripad Allergy Elimination Techniques, I have become fascinated by the effect NAET® can have on food allergies. In the field of conventional medicine, once food allergies are diagnosed, the recommendation is made that patients must avoid those foods, often for the rest of their lives. There was no accepted treatment for food allergies, other than avoidance. Yet by using NAET®, we have seen numerous persons receive clearing of their food allergens and who become able to comfortably eat the very foods which had caused them so much grief earlier.

A young woman in her thirties, whom we will call Suzanne, had a history of rapid heart rate since her mid-twenties, and had recently noted this phenomenon after almost every meal. Her energy level had been very low. Allergists had told her that her skin tests did not show food allergies, but her body was telling her otherwise.

As a child when she was in first grade, her teacher had noted that Suzanne had a rapid heart rate. Some medical tests showed suspicion of mitral valve prolapse.

After her eighth NAET® treatment, which was for vitamin A, she reported that she had an incredible increase in her energy, “and I didn’t even suspect Vitamin A as having been a problem.” She had noted that seafoods, which contain vitamin A, had been on her list of suspected offenders, along with spices, chocolate, dairy products, nuts, orange juice and certain breads.

Shortly after her major improvement, she made the comment to me that, “I’m sure glad you didn’t retire when you were 65.”

Other cases: We have seen numerous individuals who have been treated for food allergies with very gratifying results. These include:

1. Several children who, when cleared of their food allergens, found complete or almost complete relief from the regular stomachaches which they had been having.
2. A 2 year old girl, whose parents had moved here from India, was having terrible eczema, associated with multiple food allergies. Her parents e-mailed us in June, 2004, saying, “No words can describe how happy we felt when [our daughter]

could eat the cheese cake that I had made for Father's day last Sunday. A few months ago, this could not have even been imagined"

3. A young man had severe allergy to crab meat and had been advised to keep an Epi-pen with him at all times for the previous ten years. After he had been cleared for shellfish, I asked him a month later how he had been doing. His instant reply was, "I've been making up for ten years of lost time!"

4. Another woman in her 60's was thrilled after receiving NAET® treatments to be able to eat chocolate cake with her bridge club, after having to leave off chocolate for years.

5. A man in his early forties came in with a history of environmental and food allergies for years. He had a long history of allergy to grains, also would get sick if he ingested chocolates, cheese or beer. Shellfish caused him to have itching. Prior to receiving NAET® treatments, he had been told to stop eating a number of major food items, including dairy products, wheat, raw vegetables, and fruits. Several of his allergies had gotten worse when he moved from New England to North Carolina. After he had been cleared of the first ten basic nutrients, using the NAET® protocol, he told us how pleased he was at being able to eat ice cream and fruit without adverse effects. After five more treatments, he was able to eat grains and tomatoes. He was especially thrilled to be able to consume pizza and beer, along with ice cream while he and his family were on vacation.

6. There was the very rewarding brief treatment of a young nursing infant who was colicky and refusing to nurse. When treated for BBF (Brain/body Balancing Formula) and her mother's milk, these adverse reactions immediately cleared and both were happy. This was about 3 years ago, and we heard no more from them until early in 2005. At that time, the mother re-appeared, telling us that the first child was "cured" after her treatment, and now she wanted similar treatment for her 6 week old infant girl who was having

similar problems. We have not heard the outcome from this one yet.

7. Early in the year of 2005, we saw a middle-aged woman who had been treated with NAET® successfully four years earlier for allergies to eggs, milk, wheat, corn, nuts, and tomatoes. Prior to NAET® treatments she had developed whealts when she consumed these items. On her return, she brought in a jar with cat fur and saliva, requesting treatment to clear her recent allergy to cats and other animals. She told us that she had developed asthmatic symptoms after getting two house cats. When asked about her previous response to treatment for food allergies, she stated, "Oh, I can eat anything I want now."

This last case, along with many others, helps to illustrate the long-lasting effect of NAET® treatments, which usually give permanent clearing to the food allergies which had seriously limited the diets of these persons.

Dr. Devi Nambudripad has advised her trainees that they should be aware that food allergies could occasionally resurface after they had been cleared successfully. She said that many of these had an emotional component since the body may react to a big argument at mealtime as being related to an item the person had eaten. The body would then react adversely when that food was ingested later. She often advised patients to be careful to keep mealtimes as free of conflict as possible.

As a physician who has practiced in the field of psychiatry for over forty years, I have been extremely gratified at seeing the quick and durable results which sufferers of food allergies have been able to obtain when we use NAET® treatments, adhering closely to the protocol which is taught by Dr. Nambudripad. This method is completely non-invasive, with no use of strong medications, and generally has been free of side effects.

It is my personal observation that Nambudripad Allergy Elimination Techniques

represent the ultimate in the field of treating food allergies!! As Suzanne mentioned early in this article, I, too, am glad I didn't retire at age 65. The journey with NAET® has led me and my fellow practitioners along an exciting path toward helping our patients find better health.

Sincerely,  
Bob Prince, MD

Reprint requests to:  
Robert M. Prince, MD  
NAET of North Carolina, NC, USA

E mail: [rmprince@bellsouth.net](mailto:rmprince@bellsouth.net)

### **NAET® is Like a Miracle to me**

Dear Editor,

I would be ungrateful, indeed, not to tell you about my son, and not to thank you, Dr. Devi, from the bottom of my aching heart for working so hard not only in discovering this wonderful technique, but for spreading the word and training so many doctors! My four-year-old son, Alex, has not been without allergies a day in his life. Two months ago, he was diagnosed as having Asperger's Syndrome (a.k.a. High-Functioning Autism). A licensed social worker has been working with Alex's refusal to eat and difficulty with textures, etc. for over a year now. I researched through the internet for over a month about Asperger's and any possible cure. A month into my research, I was referred to NAET by a woman I met on an Asperger's therapy web site message board. Alex is now seeing a NAET® doctor, and has cleared the first 5 allergies, with the exception of eggs. That being said, let me share with you what happened yesterday!!!

Alex saw his therapist who hasn't seen him since he very first started his NAET® treatments. I

had not mentioned his allergy treatments to the therapist. I wanted to see if he'd notice enough of a difference in Alex all on his own. After the session, the therapist came out incredibly excited, and dumbfounded! "WHAT has he been LIKE at home?!! This is NOT the SAME KID!!!" He went on and on about his complete change in behavior, and I just sat grinning and cheering! He said, "This kid is not autistic! Not anymore! No way!" I briefly started telling him about the allergy treatments, and the successes Dr. Nambudripad has had with autistic kids. He couldn't have been more anxious to get the name and phone number of Alex's doctor! He was very pleased when I handed him the Doctor's business card. I left rejoicing, wanting to fall to my knees right there in public and thank my Creator! What a miracle! Being a little self-conscious, I instead called Alex's allergy doctor and thanked him. I've been on cloud 9 ever since! Blessings in life do not get better than this. Alex still has a long list of troubles and an even longer list of allergies, but I'm so excited to continue his NAET® treatments and watch his future change from sick, and dysfunctional to healthy and bright. Thank you for providing hope and health for my sweet little boy. When I told Alex's NAET® doctor about the therapist's amazement, he just chuckled and said, "Fun, isn't it?" Was he kidding?! I say it is nothing short of a miracle! Alex's father and I will be eternally grateful! We will not be silent. We will spread the word of NAET® and the miracle that it is.

Sincerely,

Abby Wan  
Eagle Mountain, Utah

Reprints Request to:  
NAR Foundation  
6714-32 Beach Blvd.  
Buena Park, CA 90621  
email: [narfbp@hotmail.com](mailto:narfbp@hotmail.com)

### **Thank God! I Found NAET®!**

Dear Editor,

My name is Joy D. and until I met Dr. Marilyn Chernoff, I figured if I lived for five more years, I would be lucky. I also figured if I lived for only five more years, that would be enough. The constant asthma, pain, consumption of mass drugs (just to breathe) and loss of quality of life was so overwhelming most of the time, I had to force myself to even want to live five more years.

It is important to know that before the fall of 1994, I had slight asthma sometimes triggered by cats, horses and other things, but nothing serious. But that fall, the mold and mildew and other toxic things they never did identify inside the building I had worked in for the past year (which is now termed a “sick building”) overcame my system and I crashed in a big way. I could barely breathe and that was only if I was sitting and did not move. No amount of drugs helped, in fact, the doctors couldn’t even figure what was wrong with me. They couldn’t even tell me if I was going to live! Finally, after poking and prodding me for over a month, out of desperation, I was sent to an Allergist.

He finally pieced together the pieces of the puzzle of my sudden terrible illness. My system had overloaded from the bombardment of all the toxins in the building I worked in and had crashed. I had no immune system left, and I was literally allergic to everything! I was started on eight allergy shots a week, four inhalers twice a day and two inhalers four times a day and steroids twenty days out of the month and had a nebulizer for extra boosts as needed (usually twice a day). It took five years to build up my system enough to feel half-way alive again.

In the meantime, I had to quit my job. There was no way I could work anymore. The social life my husband and I had enjoyed was virtually completed. In fact, I couldn’t even go to the grocery store and be inside for an hour before having an asthma attack and needing to run home to use my

nebulizer. But, at the end of five long years, I did feel better and pretended to have a normal life

We moved from where we were living to Albuquerque and I still used the inhalers and steroids but the workman’s comp stopped when I was evaluated by a doctor who said nothing else could improve my health further and I would have to learn to live with the way I was which meant they would no longer pay for allergy shots, I wasn’t going to get any better.

So, for the next three years, I would get a job, work six months and have to quit because my system would crash again and it would take six more months to gain back my fragile health. It was a vicious cycle and finally my doctor ended it by voicing the reality that my health was too poor for me to work. It was by this time I had decided that five more years of life was enough. I was tired, I hurt constantly, I had gained lots of weight, had no social life and the only quality left for me was my husband and family’s constant care.

During one of my “crash cycles” in which I was again on steroids which by this time hardly worked anymore, only by the grace of God did I meet a woman patient of Dr. Chernoff’s. When she heard my story she told me, “You have to go to my doctor! She will give you back your health and life!” She gave me Dr. Chernoff’s phone number and took my information and we parted ways. When I got home, the card went on the shelf and I thought I might call sometime, “nobody could do anything more for me.” Thank God that patient of hers called Nancy, Dr. Chernoff’s secretary with my number and she called me! After a few minutes on the phone Nancy had me convinced to give it a try and I scheduled my first appointment.

By the end of my very first treatment, I had relief from pressure in my chest that I had lived with for seven years! By the fifth treatment, I no longer used my inhaler every day. By the tenth, I didn’t even carry it with me for emergencies. Today, I am no longer plagued with asthma. I threw

away my last inhaler months ago. Any asthma I get (always triggered by allergies that Dr. Chernoff has yet to treat me for), I can usually control with herbs until my next visit with Dr. Chernoff. I have decided I will live long enough to see my great, great grandchildren. I now have my own quilt design business and I teach twenty five children piano. (I had studied seriously and taught for twenty years and had given that up also when I had gotten sick). My husband and I take trips, go out to eat, go to movies and we even can go to antique stores ( a favorite pastime). I have no pain, I want to live, I exercise daily, I take my seventy five pound dog for long walks ( I had to give away my two dogs when I got sick), it just doesn't end the quality of life I have gotten back. And ALL THE CREDIT goes to Dr. Chernoff's allergy elimination techniques!!!!

My health would be even better if I could visit her more. Unfortunately with the insurance companies unwillingness to accept this type of treatment, there is no coverage to assist people who benefit from NAET® (which just happens to be the entire population). I am lucky because my husband can support me and my NAET® treatments, but I think of all the people I meet on a daily basis that can't afford it as often as I.

Please Mr. Insurance Company, take a SERIOUS look at NAET®. It has changed my life and given me back mine. Western medicine doctors had given up on me and I had been given a death sentence because they told me there was nothing else they could do for me. If it hadn't been for that one chance meeting, I would probably be dead either from illness or the desperation of it and getting to the point where I would have taken my own life! I had been close to it many times.

God has given us an alternative. Thank you for Dr. Chernoff and others who treat with NAET®.

I pray for the day that insurance companies will recognize the miracle and help people get their lives back by covering this method of treatment

Below I will include the list of things Dr. Chernoff has treated me for along with some milestones I experienced with several of them worthy of note. I am very willing to provide any medical records I have as well as testimony and conversation with anyone.

Treatments I have had: Egg mix; Calcium mix; Vit. C; B complex; Sugar mix; Stomach acid; Sugar; Iron; Vit A; Minerals; Cheese mix; Salt, chlorides; Grains; Whiten-all; hormones; tomato mix; cardboard; wheat mix; rheumatic fever; yeast; tree mix; paint mix; shellfish; coffee mix; selenium; car exhaust; zinc; 4 receptor gene; animal dander; food coloring; wood smoke; asbestos; smoking; spices 1 & 2; Latex; Arizona Iced Tea; cinnamon; black widow; artificial sweeteners; germanium; air sample; baking soda; milk mix; predisone; chromium; cotton; alcohol; food coloring; food additives; poxvirus; yogurt/whey; magnesium; DNA; iodine; Vit F; DDT; hepatitis B. With each treatment, my asthma is less and less and my quality of life goes up and up. I have a long way to go and unfortunately can't afford to go as much as I could and want to, unless the insurance companies begin to recognize this type of treatment.

Joy L. Dawn  
Rio Rancho, NM

Reprints request to:

NAR Foundation  
6714-32 Beach Blvd.  
Buena Park, CA 90621  
E mail: narfbp@hotmail.com

### **Vulvodynia and Fibromyalgia**

Dear Editor,

A 51-year old female presented with a chief complaint of vulvodynia and fibromyalgia. Her vulvar pain was so intense that it was difficult to sit or walk. During the history taking she fidgeted and changed positions almost constantly and I could tell she was in a great deal of pain. She had been unable to have intimate relationship with her husband for over a year and this was putting a strain in her marriage. The constant pain was making it difficult for her to function in any aspect of her life.

On my case history form there is a question that asks, "How long has it been since you really felt good?" She stated: "Years - I had female problems all my life, then had aching and often I had intense stabbing pains, then I developed vulvodynia for the last year".

She was thoroughly evaluated by specialists at the University of Michigan and by many other doctors too. No one could give her any explanation for her pain or any relief. She was given pain medication and antidepressants.

An interesting thing about this case is that she told me she had already done some NAET treatments with another practitioner. She said she had cleared all the basics. When I tested her she

was clear for the first five including sugar, but she hadn't cleared for the rest. She was allergic to iron, vitamin A, minerals, salt, chlorides, corn, and grains. She insisted she had done these treatments so I explained that evidently these treatments had not held and we need to treat them. Once we did this through grains her symptoms started to improve.

We cleared her for many other foods, hormones, DHEA, oxalic acid, and oxalates (which sometimes aggravate vulvodynia) and she is totally free from pain now. She can sit for long periods at a time, she can even have intimate relationship with her husband without any discomfort whatsoever. Her marriage is stronger than ever now. In addition, she is no longer bothered by fibromyalgia. She is extremely happy with her outcome.

Thank You

Sue Anderson, D.C.  
Ann Arbor, Michigan

Reprints Request to:

NAR Foundation  
6714-32 Beach Blvd.  
Buena Park, CA 90621  
E mail: narfbp@hotmail.com