

NAET® Protocols and Modalities

Part 1: Basics

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ABSTRACT

This article presents certain commonly used concepts, evaluation procedures, and protocols of the non-invasive and complementary treatment method, Nambudripad's Allergy Elimination Techniques or NAET®. Although, this holistic approach may take a significant amount of time and number of office visits per item to be completely desensitized, NAET® could be a choice of treatment to reduce sensitivities and allergic reactions in people who are found to be hypersensitive to various substances including medications. NAET® is a natural, noninvasive treatment and found to have minimum adverse effects. It utilizes the testing and diagnostic modalities that are readily available from standard medical practices in conjunction with specific NAET® procedures. The thrust of the series of these compilations include the explanation of common but important NAET® concepts, procedures, protocols, modalities and treatment precautions, as well as specific terms. Many pilot studies using minimum populations have been done on various aspects of NAET® protocols, procedures and mechanisms during the last 22 years, which will be published in this journal a few at a time in each issue. Further research is needed on a larger population to understand true effect of NAET® on a larger scale. In the meantime, it is hoped that the procedures and protocols that are described in this article can easily be used as a ready reference for NAET® professionals and other readers.

INTRODUCTION

Nambudripad's Allergy Elimination Techniques, NAET® was developed in 1983 to eliminate food allergies, allergic reactions, and diseases arising from a variety of allergens. NAET® treatment protocols mainly encompass procedures that are modified from chiropractic, acupuncture and/or acupressure, and nutritional disciplines. NAET® treatments mainly consist of non-invasive spinal manipulative therapies along with acupuncture and/or acupressure on specific acupuncture points in the human body. NAET® has been found to be very effective for many acute and chronic conditions that are a result of

hypersensitivity reactions. It is to be clearly understood that NAET® is not a solution for all ailments and diseases.

An allergic or a hypersensitivity reaction is the result when an individual reacts adversely to the substances in his environment. These substances could be the foods he/she eats on a daily basis, or any of the following substance he/she uses such as drugs, vitamins, chemicals, environmental agents like grasses, trees, flowers, perfumes, computers, plastics, etc. The list can go on (Nambudripad, 2003). To most people, these substances may be harmless, or well-tolerated, and even useful. In some people, contacts with these substances may create

reactions that activate the immune system to produce and release antibodies and chemical messengers to destroy the substances the body perceives as “dangerous.” These antibodies will attach to the antigens in order to export them out of the body. The Rest of the defense forces of the body will arrive at the affected tissue to provide support, destroy and eliminate the intruder. More blood and lymph will flow towards the affected tissue giving rise to inflammation of the tissue. These antigen-antibody reactions can produce symptoms like mild to severe itching, hives and various types of skin reactions, watery eyes, runny and congested sinuses, rapid heart rate, fatigue, headaches, irritability, mental confusion, insomnia, brain disorders, indigestion, gastrointestinal discomforts, various types of pain disorders, mood changes, and swelling of the joints, tongue, throat, and brain tissue.

An allergy can also affect a person systemically; this is known as an anaphylactic shock (Nambudripad, 1999, Sicherer, 2002, Pumphrey, 2004). An anaphylactic shock can affect a few or all organs at the same time, giving rise to exaggerated systemic symptoms, manifesting in sharp pains in the head, abdomen and chest. It can also cause severe swelling of the tongue and throat, leading to constriction and breathing difficulties, or partial shutdown of blood circulation, causing low blood pressure, fast heart rate, feeble pulse or no pulse at all. Additional symptoms include decrease in body temperature, leading to cold and clammy skin, sensation of chills, internal cold tremors, pallor, rolling eyes, sensation of fear, unresponsiveness, light-headedness, nausea, diarrhea, panic attacks, fainting, and at times, even result in death due to complete shutdown of the system.

The main purpose of this paper is to explain and present in one basic document/article many of the important concepts, procedures, modalities and protocols of NAET®. Some of these topics were already covered in detail in many of the technical and teaching manuals written by the author (Nambudripad, 1999). Furthermore, the reason for the publication of this compilation starting in this first issue of this journal is to help the readers of this journal to readily refer to and understand some of the terms that they will encounter in various articles of this issue and future issues. It is hoped that the publication of this paper beginning in this issue of the

journal and continuing in subsequent issues will lay a foundation and serve as a reference.

Beginning with this article, various NAET® hypotheses, concepts, topics, procedures, modalities, travel route of acupuncture energy pathways (meridians) in the body, normal functions of the meridians, abnormal responses of the energy pathways in the presence of an adverse foreign energy (an allergen), allergens initiated energy blockages in the energy pathways, energy blockages in the energy meridians causing allergic reactions, allergic reaction as the first event that guided to a series of events eventually led to mild to severe acute and chronic health problems, evaluation of acute and chronic health problems in relation to allergies, retracing the energy blockages to the original allergen that initiated the first event in the chain reaction of the disease process, and protocols to restore the health as close to normality are presented in a logical fashion. In this issue the NAET® hypothesis and basic NAET® considerations will be covered. In the following issues the rest of the details will be covered.

NAET® HYPOTHESIS

In an attempt to elucidate more than twenty years of successful clinical experience with the NAET® approach of treating people, who are suffering from allergy-related conditions and hypersensitivities, a working hypothesis is presented here that would try to explain the observed phenomena. It is not certain at this point whether there exist any theories or experiments to rigorously prove this hypothesis. All living or nonliving, objects have an electromagnetic field in their immediate surroundings, it is very hard to prove that the human body can interact with matter and that the nervous system can register its energetic presence. Whether someone is a conventional or alternative medical practitioner, we all agree on one thing: the amazing powers of the brain! We also know that the functional aspect of the brain is very complicated and its functional abilities are beyond our imagination. In the past, only very few scientists have ventured to deal with the controversial subject of brain power and conduct research based on similar unpopular assumptions (Nambudripad, 1999), but many questions still remain unanswered, giving further unlimited opportunity for exploration and more investigational studies. It is well-known that the

electromagnetic nature of the molecular signals arises from their molecular/atomic vibration and associated frequencies. This inherent vibration and resultant frequencies allow us to detect rare molecules such as water and hydrocarbons in far away places such as distant galaxies. Hence, we all know that they exist far beyond our comprehension and are so powerful that we can detect their unique physical properties.

The NAET® hypothesis is mainly based on the assumption that all molecules have their inherent electromagnetic signatures surrounding them. And accordingly it is assumed that the human central nervous system and its extended/external sensory systems have the ability to detect these fields around them. The central nervous system also can attract, ignore, or reject a substance's inherent electromagnetic field. When this field is manifested as the "ability to attract a substance" and is "positive" or "aligned", the brain accepts and approves the substance's field in relation to the substance thus making the individual feel good and comfortable (Nambudripad, 1999). When this field is manifested as the "ability to repulse away from a substance" and is predominantly "negative" or "nonaligned", the brain elicits a response manifested as an energy disturbance within the system. This energy disturbance can be called an allergic reaction. This energy disturbance lays the first step to an allergic reaction, or a disease. If the first energy disturbance is not resolved, more similar events follow. The cumulative affects of these energy disturbances can produce disturbances in the functions of the body giving rise to various health disorders (Nambudripad, 1999).

It is also postulated that the human brain may have acquired the ability of attraction towards the electromagnetic fields or repulsion from the electromagnetic fields of various substances from one's surroundings, such as food, clothing, chemicals, trees, grasses, flowers, animals and even other humans from the beginning of one's life (Nambudripad, 1993, 1999, 2002) or even acquired through genes (<http://wsunews>). In biological terms, this can be understood as the natural and powerful immune response of living beings. In most cases, genes learn to easily adapt to the new surroundings. But in some cases, due to cell mutation and various other interactions (interaction between the genes and various toxins like pesticides, heavy metals, and bacterial toxins) the genes, (later the brain) loses

the ability for dynamic adjustment or appropriate immune response, and ability to differentiate toxins from useful items in the surroundings and perceives everything around the body as intruders trying to hurt the body. These items from one's surrounding that are capable of eliciting abnormal immune response(s) are called *allergens*. If one can retrain the body's brain and nervous system to relearn its original function of appropriately identifying the items from one's surroundings as *harmless*, then the body will not have to experience energy disturbances. If there is no energy disturbance, there will not be any allergic reaction, and often there will not be any disease. If one can retrace the energy pathway and identify and eliminate the initial causative factor that initiated the original energy disturbance, the energy pathways can restore the original functions, and health could be restored. This realignment can be accomplished through NAET® treatments (Nambudripad, 1999, 2002).

BASIC NAET® CONSIDERATIONS

NAET® treatment is an energy balancing technique. The focus of the treatment is to enable the vital energy flow without any restriction through the respective energy meridians. Guiding the energy flow through the proper route will begin with the initial NAET® treatment. The energy will continue its journey for the following 24 hours. It will reestablish the energy flow by correcting the blockages on its way if necessary. Patients should not take NAET® treatments when they are hungry. When somebody is hungry, the energy level will be very low. To enhance the energy flow, it is best for the patient to eat before a treatment and drink a glass of water 15 minutes to an hour before treatment. While rearranging the energy flow during NAET® treatments, patients may experience lethargy, sleepiness or weakness. Sometimes it can last for a few hours. If patients can eat non-allergic food, and drink 4-6 glasses of water, then they will not feel weakness during or after NAET® treatments within 24 hours.

The basic premise of NAET® is that a person will be desensitized to an allergen, if adequate pressure is applied directly on the specific spinal nerve roots via chiropractic adjustments/manual spinal manipulative therapy or acupuncture/acupressure therapy while the person's fingers are in direct contact with the allergen

being treated. It is hypothesized that NAET® will wake up the dormant sensory nerve fibers (the sympathetic and parasympathetic nerve fibers) that carry messages from the periphery to the association cortex of the brain and back. These are also known as afferent and efferent nerves. This step is followed by acupressure massage on specific acupuncture points to balance the energy of the entire nervous system. Finally, avoidance of the treated allergen for a period of 25 hours after treatment completes one cycle of the NAET® treatment protocol.

The method has been highlighted in a small number of publications (Teuber, 2003, Klinkoski, Leboeuf, 1987; Calderon 1997). We did not have any significant peer-reviewed publications until now since the founder of NAET® and its well-known advocates, focused mainly on patient treatment as opposed to writing and publishing in journals in the past. However, within the past year, there has been a concentrated interest to fill this void and the current journal is the result of that effort.

NEUROMUSCULAR SENSITIVITY TESTING (NST)

Neuromuscular Sensitivity Testing (NST) is conducted to compare the strength of a predetermined muscle in the presence and absence of a suspected allergen. Muscle testing has been used extensively in the literature (Daniels, Lucille and Catherine, 1972, MacConail, 1977, Monti DA, Sinnott J, et al, Nambudripad, 1993, 1999, 2002, Schmitt, Leisman 23) for identifying food substances which a person might be allergic to. Although NST may sound similar to kinesiological Muscle Response Test (MRT), it is slightly different in its concepts and procedures. The main difference is that NST emphasizes the energetic and holistic state of the patient. The reader is referred to an article by a group of researchers in this journal for a detailed reliability study of this testing procedure.

The NAET® approach is a natural, non-invasive, painless treatment that utilizes the testing and diagnostic procedures from standard medical practices, Oriental medical testing procedures, kinesiology and neuromuscular sensitivity testing practices. NAET® treatment protocols encompass procedures from chiropractic, acupuncture/acupressure, and nutritional disciplines. A compilation of many of these aspects of this treatment are presented in the Appendix.

CONCLUSION

The NAET® concept, protocols, procedures and modalities have been developed over the past twenty-two years and are in constant use throughout the world. Additional aspects of this approach will be described in the right order through several issues of this journal.

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APPENDIX

The basic premise or hypothesis of NAET® is that a person will be desensitized to a sensitive substance (an allergen), if acupressure stimulation is applied along specific acupuncture points alongside the spinal column while the person's fingers are in direct contact with the sensitive substance being treated. The NAET® approach is a natural, non-invasive, painless treatment that utilizes the testing and diagnostic procedures from standard medical practices, oriental medical testing procedures, and neuromuscular sensitivity testing procedures. NAET® treatment protocols encompass procedures from chiropractic, acupuncture/acupressure, and nutritional disciplines.

FLOW OF ENERGY

(24 Hour's Allergen Avoidance)

According to traditional Chinese theory, there are 12 major meridians in the body. Each one of them consists of many branches and subbranches and these branches supply nerve energy to their target organs and tissues all over the body. These meridians can also be referred to as "energy pathways" or "neural connection pathways." They are named according to their function, which is to supply vital energy to the major organs. A 24 hour-period (one day) is divided into 12 equal divisions; each division is controlled by a separate meridian. According to the NAET® hypothesis, it is assumed that the "quantum of energy" or "quanta" that is associated with an offending substance or allergen can take up to 2 hours to pass through a meridian. In other words, the circulation of one energy unit or quanta takes about two hours to let a unit of energy to pass through one meridian. So it takes 24 hours for an energy unit to pass through the entire body and return to its starting point. Further, NAET® also postulates that when an energy unit or quanta originating from an allergen is being introduced into one meridian through NAET® treatment, if that quanta can travel through the 12 major meridians (Lu, LI, St, Sp, Ht, SI, UB, Kid, PC, TW, GB and Liver) without any interruption, it is believed that the particular energy associated with that allergen will not cause disturbance in a future contact.

TREATMENT PROCEDURES

Patients should wash their hands with soap and water before NAET® testing or treatment. If there are any traces of energy from previous contacts with other substances left on the fingers, the NST may produce inconsistent test results. After the NAET® treatment the hands should be washed with plain water to clear the energy of the allergen from the hand. If it is not possible to wash or rinse the hands (after treating for minerals, or if allergic to water) then, vigorous rubbing of the hands, by interlacing the fingers for 30 seconds will be equally effective.

After the NAET® treatment, it is also advised not to exercise vigorously for 6 hours and not undergo any general acupuncture, chiropractic manipulations, massages, or saunas, other major procedures or activities should be avoided for two to three meridian times (4-6 hours) after NAET® treatment to receive sustaining and satisfactory results. A normal walk is fine during the 4-6 hours after NAET® treatment.

According to the NAET® protocol it has been tested and verified over the years that it is not advisable to have any patient's companions standing or sitting within ten feet (whatever decided by the practitioner) while testing or treating a patient using NAET®. Children or pets are also not allowed in the treatment room. Third person's presence or objects standing within a patient's electromagnetic field can negate treatment results. The treatment room should be separated by regular, wall dividers and curtains with wood, leather, metal or thick plastic that goes from the floor to seven feet upward. Doors, windows, dividers, and curtains made from glass, thin fabric, are not optimal for treatment.

If unable to be tested with NST (young, elderly, too strong, weak patient, disabled, history of anaphylactic reaction), then such patients will be tested and treated through a surrogate. A surrogate is another fairly healthy person who can assist in performing NST on behalf of the patient while the patient is maintaining skin-to-skin contact with the surrogate during testing and treatment of the allergen(s). Also, full-term pregnant, severely obese, or patients with any skin problems like dermatitis, eczema, burns, psoriasis will also be tested and treated through a surrogate.

Patients should not cross the hands or feet during the first 20 minutes after the NAET® treatment and while waiting in the office. Lying or resting with a calm mind will be beneficial. The patient should visualize positive, warm energy circulating through the 12 meridians while resting. Meditation is permissible and it is also advised to fill the mind with happy and pleasing thoughts and not to focus on depressing and negative thoughts (or keep the mind blank) during the first 20 minute-waiting period after the treatment. Happy thoughts enhances the energy flow while the depression suppresses it.

According to the established NAET® protocol, the practitioner will always ask the patient to avoid the treated allergen for 24 hours after the treatment. As explained in the previous section, the energy travels through the 12 acupuncture meridians or energy pathways throughout day and night. When energy of an allergen is introduced into the body through NAET®, if the body is responding positively to the treatment (NST will be strong on recheck), the new compatible, positive energy will begin its communication through the sensory nerve endings from finger pads to the brain. It is assumed that confirmation and reconfirmation of the nerve endings of the fingers to the brain will take about 20 minutes. Most of the patients will feel pulsation on the fingers during this time. Patients are advised to continue to hold on to the treated allergen until the pulsation stops. Then, it is advised to repeat the NST and verify that it is indeed very strong. The positive outcome of the test is an indication that the desensitization process for the allergen was successful and the sensitive allergen has been accepted by the brain as a harmless substance. Before the NAET® treatment, the energy system and the brain together perceived the substance as an allergen, or as an invader, and the body fought the allergen because the sensory fibers in the body were dormant (inactivated) towards the substance and refused to recognize it. When the substance is formally reintroduced to the brain through the nerve energy system, the energy of the treated allergen will begin its journey through all 12 meridians normally and it will return to the starting point after 24 hours.

When the new harmless form of energy circulates through the entire body without any interference (12 meridians) then that energy, whatever it may originate from (food, shellfish, chemicals, fabrics, latex, and

drugs), will not be rejected by the brain and thus the substance will not be viewed as a threat to the body. Thus the substance will not cause any further adverse reaction in the body. Avoiding for 24 hours is very important for NAET® to work. The person should keep the treated allergen or its products at least 5 feet away from the body. At all NAET® Clinics, patients will be given a guide book that gives a list of items to avoid and precautions to follow after each NAET® treatment. Patients or their responsible guardians if the patient is a minor or disabled, are also strongly advised to read the book and review the underlying concepts before each treatment appointment and also prepare the patient's house for the next treatment by putting the items from the list away from reach for the next 24 hours. Various steps involved in a typical NAET® patient examination are given in Appendix.

If the patient is a highly sensitive person and they experience any discomfort during the 24 hour-avoidance period (crying spells, depression, unusual emotional responses or unusual pains anywhere in the body) after each treatment, they may need to balance their NAET® gate points every two hours while they are awake for the next 24 hours. Through this process, they will be helping the energy to pass through the respective meridian with ease while massaging the points. The chart showing these gate points will be given to patients, and practitioners will teach them the self-balancing techniques after the first NAET® treatment.

Patients are strongly advised to remember and retest with the practitioner for the item that was treated for that day, after 25 hours, and at least within one week to insure the completion of the treatment. If the patient did not complete and pass the treatment, their symptoms due to the incomplete treatment may continue for a few days. Eventually the particular symptoms will wear off and they will return to their pretreatment stage if they did not repeat the treatment for the unfinished allergen. From past experience, it has been found that incompletely treated allergens may begin to stir up health problems in the future whenever patients come in contact with such allergens that troubled them before NAET® treatment. Partial clearance will not give patients the expected benefits or outcomes.

To insure maximum progress with the treatments, it is advised to maintain a treatment and food diary in

the designated sections of the NAET® guide book. If patients have frequent health problems and do not know the cause of the problem, write down all of the activities everyday for a month. Recording all the foods and drinks that were consumed even if they were in small portions is also recommended. Take the record to the doctor's office and let the specialist test for the items in the list and discover any culprits. If patients needed any help to record the treatments properly, it is also advisable to ask the NAET® practitioner.

Patients may need to take extra precautions while they get treated for environmental substances such as mineral mix, metals, water, leather, formaldehyde, fabric, wood, mold, mercury, newspaper, marker ink, chemicals, flowers, perfume, or pesticides. Apart from staying away from the item, they may also need to wear a mask, gloves, socks, shoes, full gowns, or scarves as the case may require, if they are found highly sensitive to the allergens. It is strongly advised to read the NAET® guidebooks for more information.

It is also advised to drink a glass of water before the NAET® treatment. It is our experience that energy moves better in a well hydrated body than in its dry counterpart. Drinking lots of water (4-6 glasses/day) after NAET® treatment will help to flush out any toxins produced during the treatment.

TREATING FOR HARD TO AVOID SUBSTANCES

For patients who have difficulty in avoiding items such as food for 25 hours (autistic children, ADHD children, patients with diabetes, hypoglycemia), or hard-to-avoid items like prescription drugs, they should be treated for the first time in the practitioner's office, then self-treated at home through the self-balancing procedure on the gate points every two hours as long as the patient is awake. By mistake, if the child or the patient touched the treated allergens, immediately put away the substance, wash the hands with plain water or rub the hands together for 30 seconds, and then massage on the self-balancing points. In case of drugs that cannot be avoided (like medication for heart conditions, high blood pressure, diabetes), patients should be treated by massaging on the gate points before and after they take the drug and every two hour period during the 24 hours

after getting an initial NAET® treatment. Infants and small children under three can be treated in the evening or before they go to sleep for the hard-to-avoid item, then once again upon rising in the morning. This will help them pass the treatments without having to avoid the substance for full 24 hours.

Because NAET® is a complementary medicine, it is not advised to stop any other treatment that the patients are utilizing such as medication, therapy, chiropractic treatments, regular acupuncture treatments, massages, and counseling. It is good for the body to have a general body massage immediately before the NAET® or 6 hours after the NAET® treatments.

As mentioned earlier, NAET® treatment will not interfere with other conventional or alternative treatments or procedures. In fact, if patients can keep their body free of toxin accumulation (through using stool softeners, laxatives to prevent constipation, and colonics or high enemas once or twice a month to eliminate the toxic build up), and keep symptoms under control with whatever method they are using, then it is always found that NAET® treatment will be more effective.

A special note for female patients: Treatments are not advisable during the first three days of menstrual cycle. It is OK to get treated with NAET® during pregnancy. We have found if a pregnant mother is treated with NAET® during pregnancy, children are born with minimal allergy symptoms or reduced allergy symptoms toward the items treated during pregnancy.

ANAPHYLACTIC REACTIONS

One of the greatest achievements of NAET® is its ability to effectively deal and treat anaphylactic reactions from allergic substances. If the patient has a history of severe reactions, including severe anaphylactic incidents, they will still be able to get NAET® desensitization treatments. However for such situations, the NAET® specialist, who has extensive training in dealing with anaphylactic cases, needs to be fully aware of this well in advance and take a few necessary and adequate precautions each time before starting the testing and treatment procedures. For patients presenting anaphylactic situations, NST (Neuromuscular sensitivity testing to detect allergies and sensitivities) is conducted

through a surrogate and the treatment is provided again through the same surrogate. This method will allow the patient not to touch the allergen directly until the allergy or sensitivity is completely cleared in order to prevent them from reacting adversely during the treatments. When the patient completes the NAET® desensitization treatment successfully to an item (even to an item that causes anaphylactic reactions such as peanuts, shellfish, milk, penicillin, mushroom, hair-dye, or latex), they will still be able to use or contact that item in the future without any adverse reaction. During the course of the treatments in the practitioner's office, anaphylactic patients will be trained adequately to screen and detect the allergens on their own and if necessary to reduce or

remove the reactions using self-balancing procedures. This is accomplished through regularly conducted patient-education classes before releasing the patients from the care of the NAET® specialist.

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