

EDITORIAL

Why do we need yet another Medical Journal?

D. S. Nambudripad, M.D., Ph.D., D.C., L.Ac.

This is a question that could be asked by other medical researchers who are involved with various research and publications of alternative and complementary Medicine, Integrative Medicine, Traditional Chinese Medicine (TCM), and even traditional medicine. The answer to this question could easily lead to yet another more fundamental and broader question: *Why NAET®?* I would like to answer these questions succinctly through this editorial column along with other matters of importance for the first issue of our journal, the Journal of NAET® Energetics and Complementary Medicine.

In 1983, I discovered NAET®, and began research and development for a new, effective approach to the diagnosis and treatment of allergies. My education in Eastern and Western medical disciplines gave me the insight and guidance to develop this unique treatment in order to overcome my own serious reactions to certain foods and other substances in my immediate environment. I also worked on my family who were equally suffering from various health problems. I was very pleased with the results I obtained from these noninvasive, painless, effective treatments, which I named *Nambudripad's Allergy Elimination Techniques (NAET®)*. When I was convinced about the results, I extended the allergy elimination treatments to my patients who suffered from various pain disorders; again, the results were encouraging. Today, NAET® has become an emerging acupressure/acupuncture approach for treating allergies and many common diseases arising directly or indirectly from allergies.

NAET® is a natural, painless, and non-invasive diagnostic and treatment approach based on Oriental medical theory and chiropractic principles. Through 22 years of detective work with commonly seen health problems, I have come to believe that 90 percent of health problems arise from sensitivities to food, chemicals, environmental substances, pets, and people in one's living environment. NAET® testing procedures can uncover the adverse interactions between the body and sensitive substances and try to eliminate the adverse interactions and restore health, often these treatment results have been found to be long lasting.

This method can be used safely on anyone, even newborn infants, the elderly, comatose patients, and pets. In addition, NAET® can not only remove adverse reactions of foods, drinks, chemicals, environmental allergens, and pets, but it can also complement other medical therapies requiring the use of pharmaceutical drugs such as antibiotics, medication to reduce high blood pressure, chemotherapy, and radiotherapy. NAET® helps to eliminate many of the adverse medical side effects, and maximizes the effectiveness of common drugs on people, thus improving the quality of a patient's life. During the past 20 plus years, NAET® has helped thousands of people all over the world and has continued to revolutionize the practice of medicine.

Since laying the foundation for the treatment of allergies and sensitivities through the NAET® approach, my focus has been primarily on people suffering from allergic problems causing countless

miseries. People suffer from similar health disorders everywhere in the world. Whichever part of the world one travels to, the following health problems are found in most people: headaches, backaches, body aches, joint pains, disorders of eye, ear, nose and throat, respiratory disorders, heart and circulatory disorders, digestive disorders, skin and hair problems, urinary tract problems, reproductive problems, various infections, energy imbalances, and emotional imbalances. We also know that people do certain common activities everywhere on a daily basis: eating, cleansing, wearing clothing, interacting with others and getting exposed to substances from the environment. These daily interactions with substances can cause sensitivity reactions. If people were somehow able to avoid these substances, perhaps they could live *disease-free*.

When I discovered NAET®, energy medicine was in its embryonic stage. In those days, practitioners were afraid to perform any energy based treatments on patients for fear of criticism or becoming a subject of ridicule and shame. Twenty years ago, when I discovered NAET® and found the results very compelling, we sent an NAET® article for publication to one of the medical journals. The editor sent a nice letter to my associates saying that “Your doctor is one hundred years ahead of our time. We cannot publish this type of work now. When some other journal accepts this for publication, please contact us and we will publish similar articles at that time.” We were not disappointed; since we knew that the time was not right then. We did not try to publish anymore articles in any journals after that incident. I had experienced the power of NAET® myself and was not willing to risk any harm to this simple and effective technique.

I strongly believed that my patients and their well-being were my primary focus and responsibility. To address their problems, frustrations, and, of course, to spread the word among the allergy sufferers about NAET®, I wrote and published more than a dozen books. My books contain hundreds of actual case studies from my practice dealing with severe conditions related to various sensitivities and allergies and their successful outcomes. This stirred up a great deal of interest among patients and fellow

practitioners. Soon I decided to train other interested health professionals with NAET® procedures. So far, I have trained over 8,000 health professionals including medical doctors, nurses, acupuncturists, chiropractors, dentists, veterinarians, naturopathic doctors, and a few psychologists.

During these two decades, we have kept good documentation of our results, and did a substantial amount of clinical studies in various aspects of NAET® mainly to satisfy my own understanding about NAET®. During the course, we formed a research group (NAET® Research Associates) from trained practitioners and met many of them on a frequent basis, several times a year, conducting studies and exchanging ideas. We also formed a nonprofit research foundation (Nambudripad’s Allergy Research Foundation aka NAR Foundation or NARF), and started having annual research symposia where the practitioners were encouraged to share NAET® experiences from their practices.

Indeed, we have enabled regular communication between the NAET® practitioners in various parts of the world via the NAR Foundation newsletters. I also spent a lot of my time studying allied medical areas to improve, validate, and expand my treatment protocols.

NAET® is now successfully practiced as a complementary medicine by many health professionals all over the world, but it is still below the radar. Although NAET® has been found to be very effective in day-to-day clinical practice; there are many aspects of NAET® that need more exploration and scientific validation.

Yes, there are a variety of medical journals out there that could publish our studies, and I am also sure that we will be publishing many of the NAET® studies in such journals in the future. However, we felt that NAET® should have its own peer-reviewed journal under the auspices of the NAR Foundation, so that the NAET® community will have all rights to our major findings, methods and articles. This is preferable to an unknown publisher who might even suggest *waiting another hundred years* before they can comfortably accept NAET® materials. In addition, the NAET® community of both practitioners and patients

is worldwide: most states in the USA, Australia, Canada, Europe, Middle Eastern countries, India, Indonesia, Singapore, Malaysia, Taiwan, Thailand, Korea, Japan, China, the Philippines, and many more. NAET® needs an effective medical communication medium in the form of a reference periodical to bring out our greatest and latest findings, without any restrictions or boundaries.

Thus, the main mission of the Journal of NAET® Energetics and Complementary Medicine is to foster better communication among NAET® and allied complementary and alternative medical practitioners, researchers, patients, and the scientific community at-large. By implementing this mission, we hope to 1) better study, understand, and explain the science behind NAET®, 2) lay a stronger foundation for its growth, and 3) achieve a wider acceptance for NAET® and its practice in mainstream medicine. In spite of the fact that it may take many office visits to successfully desensitize most commonly seen allergens and the allergy disorders arising from allergic reactions or their after-effects, NAET® is still a very cost effective intervention.

We are really fortunate to have not only a modest, but also a stellar group of individuals on our editorial board and staff dedicated to steer, motivate, manage, and give advice to this journal. They represent a core of widely respected and experienced professionals and leaders from various specialties of conventional, complementary, and alternative medical disciplines,

who are also well trained NAET® specialists. I take this opportunity to congratulate these dedicated professionals for their willingness to join our research journal team and to share and learn from each other. I also thank them for their past and continued support for NAET® and its growth.

In closing, we have tried our best to present a set of articles that will provide glimpses of information on the state of NAET® today. Thus far, we are very modest about our efforts here, and do not claim it to be a technical journal with all of the bells and whistles. All of the articles which were accepted and presented here are based on many NAET® case reports and preliminary studies. We expect that a lot of full-fledged clinical research articles will emerge in this journal as we naturally go down the path of growth and expansion. In fact, our reviewers have evaluated several articles in the past few months, which are currently awaiting publication. We thank every author who submitted articles for this journal, and hope you will continue to do so. Finally, my special thanks go to the vendors who saw the opportunity and decided to be a part of this new experiment.

Devi S. Nambudripad,
D.C., L.Ac., M.D., Ph.D.

NAR Foundation
6714-36 Beach Blvd.
Buena Park, CA 90621, USA
Email: narfbp@hotmail.com