

## BOOK REVIEW

### **NAET: Say Good-bye To Your Allergies**

**An excellent source of Information to rid of your Allergies**

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#### **INTRODUCTION**

When I opened my mail, this book “Say Good-bye to Your Allergies,” was waiting for me. My friend sent this to me with a note. “This may be the answer to your problem”.

Two weeks ago I had lunch with her at a Seafood restaurant. Of course, I ordered fish and chips. I must have taken a couple of bites, I began itching all over; in a few minutes my lips swelled and eyelids became puffy. I took an antihistamine. It took about 30 minutes or so before I felt some relief. I couldn’t afford to go to the emergency room, because by 5:00 PM. I had to complete certain papers and show to my supervisor for his approval before the scheduled office meeting at 6:00 PM. I felt very tired and sleepy. I had to interrupt the lunch and go home for an hour to sleep off the reaction from the fish as well as the antihistamine.

The cover of the book had an eye-catching but pleasing color! The title looked very impressive. I thought to myself, “I wish this was true.” I didn’t believe a bit that an allergy was curable.

All my life I had suffered from various allergies. As a child I had taken allergy shots for years. Three years ago my doctor gave me this new allergy pill and it gave me some relief. So I stopped the allergy shots. I carried the pill with me always as a heart patient would carry nitroglycerine. I was very limited with what I ate. My doctor cautioned me about eating many foods which were very high on a traditional allergy testing. I avoided them very faithfully most of the time. Once in a while I cheated; then of course, I paid the price on those days.

So you can imagine my excitement about this book title. I immediately sat down to read it.

The organization of the book is excellent. The book is written in an easy to understand casual manner for a lay person.

Foreword and preface were impressive. The author's struggle with her allergies and the experience about her difficult journey until she discovered this revolutionary treatment is shared in the preface. Her story could very well be mine before I received this new allergy pill three years ago. I knew this is not the way to live, depending on a drug to pull you out of a disaster, living in fear everyday of your life not knowing what is going to get you next. But this was better than nothing.

Introduction gives an overview about the book and this new treatment. I had never heard of NAET before. From reading the book I learned that she had discovered this in 1983 and practicing it ever since. She has also taught this treatment to 7000 medical practitioners but my doctor had never heard about this either. Otherwise he should have mentioned it to me. She has referred to her web site to locate the nearest practitioner. Website:www.naet.com.

I immediately looked up for a practitioner near me and sure enough there was one within a mile from my work.

Chapter 1 gave definition of allergies, the author's views on allergies, possible causes, commonly encountered allergens, a list of usual allergic symptoms, a list of hidden symptoms, and a self-evaluation allergy check list. I scored very high on the evaluation. It felt as if she has chosen all my symptoms to create the list.

Chapter 2 introduced the NAET concept, a little explanation on how it was developed, also a glimpse into her unpublished research data and a few retrospective case evaluation reports on the effectiveness on commonly seen health disorders. Any lay person can understand the colorful illustrations.

Chapter 3 describes the categories of allergens, and how the allergens affect certain areas of the body, how the allergens affect different people differently. According to the author there is nothing like idiopathic or unknown cause for any health problem as we hear always in allopathic medicine. She says when the doctor does not know how to look for the cause of a particular problem, he/she cannot find the cause. Then the diagnosis

will be "idiopathic" or due to an "unknown cause." The final stage of this diagnosis will be "Incurable." How true it is!

Chapter 4 gives you ways of detecting your own allergies and also gives some information on some relevant standard diagnostic tests.

Chapter 5 describes acupuncture energy meridians, nerve energy blockages and how the nerve energy blockages manifest into allergic symptoms and other allergy related health disorders.

Chapter 6 teaches the reader to self-test and detect allergies in various ways. This allergy testing can be used in testing young children to people at any age. This can be also used in testing animals.

Chapter 7 shows you how to live with your allergies, what can you do about it, and also gives some insight about the NAET allergens in the protocol.

Chapter 8 gives self-help instructions with illustrations to overcome an acute allergic reaction. It also gives the reader valuable information to prevent medical emergencies and/or teaches you to self-treat an acute reaction if in fact an emergency happened.

But the author discourages and cautions the reader from self-treating the allergens until the patient is treated for all the basic allergens with a well trained NAET practitioner because of the possibilities of severe anaphylactic reactions and side effects from not applying the treatments correctly. I totally agree with that and appreciate this WARNING.

Chapter 9 has many endorsements from successful, practicing NAET professionals from all over the world.

Chapter 10 has some truly amazing testimonials from NAET patients.

Overall, the book is very impressive. I read this 215 page book in two hours.

By the way I made an appointment the very next day after I read the book. I have completed 18 treatments so far. I don't have to take the allergy pills anymore. I can eat many foods once I dreaded even to touch including fish and shellfish. NAET works. I am very happy that I went to lunch with Margaret and reacted to fish in front of her. Otherwise I would never have discovered NAET.

## CONCLUSION

The book "NAET: Say Good-Bye to Your Allergies" makes living enjoyable. It is like a dream come true as normal activity returns to life instead of swallowing pills after pills, still not finding relief. The author points out that if one can detect his/her allergies and sensitivities using the simple testing procedures described in Chapter 6, one could easily avoid eating, drinking or contacting the allergen until it was treated. Then probably that person would not have to suffer any unexpected reactions nor suffer from unexplainable illnesses that started from an allergy. For a Western medicine oriented person, I would say it is slightly difficult to understand the concept. But if you are desperate to find an answer for your allergies, this book is for you. As the author cautions the reader, it is unwise to try to treat yourself. Find a NAET professional from the web site. [www.naet.com](http://www.naet.com). In a few treatments, you may see the result. I highly recommend this book to everyone who is ready to embrace good health.

## REFERENCES

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