

## Instructions to the NAET® Patient

NAET® (Nambudripad's Allergy Elimination Techniques) is a natural, drugless, painless, non-invasive, solution to eliminate allergies of all types and intensities. It can be used safely from a one-day-old infant to anyone of advanced age, on a healthy person to treat hidden allergies that could cause diseases in the future or on patients in real suffering, invalids or patients in a coma.

An allergy is a condition of unusual sensitivity of one individual towards one or more substances from one's living environment which may be harmless or even beneficial to a majority of other individuals. It is an energy imbalance between the electromagnetic energy of the person and the substance causing unpleasant physical, physiological and/or psychological reactions in the person's body. Allergies are caused by energy blockages and imbalances in the body's energy circulation by various factors such as: heredity, toxins from various sources, deficiency and malabsorption disorders, emotional factors and traumas and radiation.

NAET® permanently eliminates allergies and symptoms arising from previous exposure to allergens and their allergic manifestations. Allergens are treated one at a time with NAET® and best results are obtained if allergens are cleared in a specific sequence. Only one item is treated on a given day. The substance must then be completely avoided for 25 hours following the treatment. In most cases, that is all it takes... one session to permanently eliminate an allergy. Individuals who are highly sensitive may sometimes require additional combination treatments. NAET® uses a blend of selective testing and treatment procedures from acupuncture/acupressure, allopathy, chiropractic, nutritional, and kinesiological disciplines of medicine to balance the body bioenergetically and with various unsuitable electromagnetic energies found in one's living environment. Using NAET® methods, one can also learn to balance the body from most adverse reactions that happened in the body caused by the interactions between certain unsuitable energies and the body itself. The unsuitable energies include: food, chemicals, pathogens, natural environmental resources and physical sensitivities.

Muscle Response Testing (MRT) is used to detect allergies. It is the body's communication pathway with the brain. Through MRT, the patient can be tested for various allergens. MRT is a standard test used in applied kinesiology to compare the strength of a predetermined test muscle in the presence and absence of a suspected allergen. Following the MRT, the central nervous system is mildly stimulated with acupressure in the presence of the allergen, in order to reprogram the brain with the new message. Acupressure used at certain points is capable of bringing the body to a state of homeostasis, or balance, by removing the energy blockages from the energy pathways known as meridians. When the blockages are removed, energy can flow freely through the energy meridians, thus bringing the body into perfect balance.

NAET® was discovered by Dr. Devi S. Nambudripad in November of 1983.

You are encouraged to read Dr. Nambudripad's books\* for more information about this method.

\* *Say Goodbye to Illness, Say Goodbye to ADD & ADHD, Say Goodbye to Allergy related Autism, Living Pain Free with Acupressure, Say Goodbye to Asthma, Say Goodbye to Allergies, Say Goodbye to Children's Allergies, Welcome to NAET by Lory Lite (children's book).*

All available from [www.naet.co.uk](http://www.naet.co.uk) or [www.neateurope.com](http://www.neateurope.com)

## **Before Your First Appointment**

- You are advised to read the book '*Say Good-bye to Illness*' before attending the first appointment.
- Please complete the enclosed forms and bring them with you to your first appointment.
- If you have a history of severe reactions (anaphylaxis) with any product, you should inform your practitioner before the first visit. This will not prevent you from being treated but allow the practitioner to arrange for you to be tested and treated through a surrogate. You should also be treated through a surrogate if you are full-term pregnant, severely obese, have any skin problems on the back or suffer from curvature of the spine.
- Please do not wear any perfume/aftershave, strong smelling deodorant, hair spray. Do not eat strong smelling herbs when you come for treatments. There is no smoking allowed in or around the treatment room. Please do not wear clothes that smell of smoke or paint. Other patients could react to these smells and you may be refused treatment.
- Please do not stop any other treatment you are on: medication, therapy, chiropractic treatments etc. You may be asked to stop using vitamin supplements for 25 hours following a treatment for a food containing a particular vitamin, herb or substance.
- NAET treatment will not interfere with any other treatment. In fact, if you can keep your body free of toxin accumulation, and keep your symptoms under control with whatever method you are using, NAET will be easier.
- On the day of your treatment, drink one glass of water first thing in the morning and 1-2 glasses before you go to bed. If you have bladder problems, it will be necessary to treat water, the bladder and both together before you begin drinking water.
- You should not receive a NAET® treatment if you are extremely tired, worked a night shift, or worked too many hours without a break.
- Treatment is not advisable during the first three days of the menstrual cycle.
- The basic fifteen treatments will be treated in the order prescribed by NAET®. This will help strengthen the immune system and you will go through the treatments more easily.
- If you have an acute problem, your practitioner will treat for this before resuming the normal order of treatments.
- If you suspect a food as an allergen, you may bring the food in a glass container with a lid.

## **Before Your Treatment:**

- Always eat a light meal or snack before you come for treatment. You should not take NAET® treatments when you are hungry.
- Please wash your hands before treatment.
- Drink a glass of water before the NAET® treatment. Energy moves better in a well hydrated body.

## **During Your Treatment:**

- You should not have any companion, children or pet in the room with you while you are being treated. If you are unable to be tested yourself (a child, elderly or disabled) then you will be tested and treated through a surrogate. You will be instructed to maintain skin-to-skin contact with the surrogate during testing and treatment of the allergen(s).

- Do not eat or chew gum or sweets during the treatment.
- While doing MRT the practitioner will instruct you to rub your hands after touching/testing for each allergen before touching a new one; otherwise the energy of the previous sample can still remain on the hand giving false results when new allergens are tested.
- Remember to ask your practitioner if there is anything that you do not understand.

### **After Your Treatment:**

- Do not cross your hands or feet for 20 minutes after the treatment. Lying or resting with a calm mind will be beneficial. You should visualise positive, warm energy circulation through the 12 meridians while resting. Meditation is allowed. After an emotional NAET®, you are advised to think positively during the 20 minute resting.
- Do not read or touch objects with your hands during the 20 minutes following the NAET® treatment.
- Your practitioner will ask you to avoid the treated allergen for 25 hours or more as indicated by his/her testing after the completion of the treatment.
- Please wash your hands within 20 minutes after the allergen has been retested. The 25 hour restriction begins after those 20 minutes.
- Remember to make your next appointment for re-testing and further treatments. Your practitioner will then give you your next Avoidance Sheet.
- Please do not exercise vigorously for 6 hours.
- Avoid exposure to extreme hot or cold temperatures.
- Do not bathe or shower until 6 hours after the treatment.

### **Special Instructions:**

- If you are a highly sensitive person, or if you experience any discomfort during the 25 hour avoidance period, you may need to balance your 'gates' every two hours while you are awake. Your practitioner will show you how to do this.
- If you are having a hard time avoiding the allergen for the specific amount of time, parents or caretakers will be instructed to massage the gate points or back points every two hours during the 25 hour avoidance period.
- Hard-to-avoid items like prescription drugs will be treated first by your practitioner, and then treated at home every two hours. In case of drugs that cannot be avoided, you should treat by gate-massage before and after you take the drug as well as every two hours for the 25 hour avoidance period. Your practitioner will show you how to do this.
- If you have frequent health problems and you do not know the cause of them, write down all of your activities every day for a month. Record all the food and drinks you consume even if they were in small portions. Bring your record to the office and let your NAET® practitioner test you for the items on your list to find the culprit.
- After the ten basic NAET® treatments, you should begin to gather a small sample of all food and drinks consumed during the day and treat the gate points every night before bed time.