

Defeat Your Allergies with N.A.E.T.

Nambudripad's Allergy Elimination Techniques (N.A.E.T.) is our holistic, non-invasive treatment which can eliminate food and environmental allergies permanently. It was discovered by Dr. Devi S. Nambudripad, an acupuncturist, chiropractor, kinesiologist, medical doctor and a registered nurse. Her research resulted in the development of a new and effective approach for diagnosis and elimination of allergies of all types. Dr. Nambudripad utilized existing medical knowledge from various fields of medicine and combined this with her own discoveries.

N.A.E.T. is an excellent technique to eliminating allergies in that it recognizes that abnormal body function can be due to physical, neurological, immunological, biochemical, and genetic dysfunction. N.A.E.T. defines an allergy as a condition of unusual sensitivity. For example, one can be highly allergic to dairy and could have sensitive symptoms such as bloating, gas and constipation when consuming dairy. "For years I considered myself to be lactose intolerant. I simply couldn't eat dairy foods without getting sick. I told Dr. Johnson about the problem and he treated me with NAET (Nambudripad's Allergy Elimination Technique). Later I went to a dinner party where I ate the ice cream served for dessert. I was fine, and my stomach didn't get upset at all. I'm a believer now. I hope others with allergies will try this technique. It works", said our current patient Margaret Rotha. With N.A.E.T., these negative reactions can be eliminated by re-programming the brain to view the allergen (dairy) as a non-threat instead of a threat to the body's well-being. When the brain accepts the allergen as non-threatening, this will regenerate (instead of disrupt) the normal flow of electrical energy throughout the body which results in the improvement of essential communication via the central nervous system and in the reduction of chronic spinal misalignment due to the allergy. A blockage of the normal flow of

electrical energy throughout the body is the first step in a chain of events which can develop into an allergic response.

Moreover, the same applies to allergies to grain such as bread, pasta, fried foods, wheat and gluten. Using N.A.E.T. to eliminate your grain allergies can actually help you defeat asthma, eczema, celiac disease, and anaphylaxis. Also, another major allergy concern is peanut allergy. One with allergies towards peanuts can experience difficulty breathing after eating them, start wheezing, get stomachaches, start vomiting, and even develop itchy hives and/or swelling. As with any allergy, it can even cause death. “I came to Dr. Johnson a little over four months ago. He checked me out using muscle testing and recommended several supplements and allergy elimination treatments. I was ready to try anything to get some relief. What a difference! I haven’t had any hives or severe itchiness in seven weeks. It’s amazing! I’m really grateful to Dr. Johnson for all his help and I highly recommend him”, said patient Michael Scott.

N.A.E.T. can help you defeat your allergies and get your life back. N.A.E.T. can stop your body from misfiring and can re-program the body to accept grains, peanuts and dairy and any other allergy you have. To further explain, N.A.E.T. can successfully eliminate adverse reactions to egg, milk, peanuts, penicillin, aspirin, mushrooms, shellfish, latex, grass, ragweed, flowers, perfume, animal dander, make-up, chemicals, cigarette smoke, pathogens, heat, cold, and other environmental agents. It may take several office visits to desensitize a severe allergen but you can get rid of the allergen permanently.

To conclude, N.A.E.T. is a safe, gentle, and non-threatening way to get rid of your allergies permanently. Just imagine living a life free of allergies where you don’t have to read every ingredient to make sure your allergen is not there, or that your food did not touch this allergen. Or, simply imagine eating a good birthday cake without ever having to ask what is inside it and

taking a bite without any worry. N.A.E.T. can give you that option and can help you discover that your body is not set in stone, it can be re-programmed to accept your allergens as harmless and therefore, you will not have anymore negative symptoms. Allergens don't have to take over your life and N.A.E.T. can prove that to you. "So it is now six months later and I am a happy, healthy person with no more allergies or sinus problems or stomach problems. I am not depressed and feel everyday is a great day. At 76 years old, I did not think this was possible. I thank Dr. Johnson and his staff. Without them I don't know where I would be today. My life has totally turned around and again I say many thanks to all of you", said current patient Joan Croft. Come on in to our office and schedule your life-changing appointment today and take control of your life again by defeating life ruining allergens with N.A.E.T.

Sources: 1. www.naet.com/subscribers/what.html; 2. <http://soul-centered-healing.com/naet-allergy-elimination.html>



Nutrition & NAET Testimonials from Our Patients

Thank You for Curing Me Dr. Johnson!

My experiences involving Dr. Johnson and his staff are very positive in many facets of Dr. Johnson's practice.



For the chiropractic part, the series of adjustments Dr. Johnson had done to my neck and back provided greater freedom of movement for me and has allowed me to turn my head and shoulders easily while driving my car in reverse.

For the nutrition part, I now have a higher energy level and this benefit is attributed to Dr. Johnson's supplements he provides but I also reserve the majority of the benefits to my eating habits and my lifestyle choices which have improved ever since I came to Dr. Johnson.

For NAET, I have uncovered various items that I was allergic to and resolved them through using NAET. The most dramatic part of using NAET was finding out my reaction to cold and humid temperatures in the winter with my very dry hands. Thank you again for curing my allergies and curing my dry hands problem!

- John Przybycien, *Clarkston, MI*

My Body Is Healing All By Itself... Without Drugs or Surgery!



One day some twenty plus years ago, my boss told me about this wonderful Dr. Johnson. My boss was greatly helping his wife out of pain from her severe arthritis.

I had one or two adjustments from different doctors but was not convinced that I needed to pay attention to my spine. I already had a right and left hip prosthesis from a childhood disease, which give me an abnormal posture.

I decided that maybe I should take better care of my spine since so many nerves are protected by the vertebra. I started having regular adjustments with Dr. Johnson and was pleased with my added mobility and energy. I was doing maintenance and improving my posture.

As I increased in age and various physical problems arose, Dr. Johnson always had solutions. I was constantly amazed at the wealth of knowledge stored in his mind. He corrected problems generated by the spine. He corrected other problems with nutrition and exercise suggestions. N.A.E.T. (Nambudripad's Allergy Elimination Techniques) greatly helped with allergy conditions. He even



told me what to do for a split fingernail and it worked!

Now I do not hesitate to tell Dr. Johnson about anything going on with my body. Dr. Johnson will most likely have the answer to any problem that arises before even thinking about or resorting to medications and/or surgery.

I enjoy my hugs from this caring healer. My visits always entail laughter and I always leave with good feelings. The office staff is also pleasant and jovial. Each visit brings physical and mental healing. Thank you Dr. Johnson! Thank you!

-Doris C. Chase, *Rochester Hills, MI*

Allergies Gone Without Drugs

For years my son suffered from severe allergies. His eyes would swell up, he had a runny nose, and he would have asthma attacks. He used to take Claritin and Allegra and others; he had a nasal spray and inhalers for his asthma.

Last year Dr. Johnson began giving him allergy elimination treatments (NAET). Now, he's had no drugs for the past year and he is doing fine. This year he has not had allergy problems.



Thanks, Dr. Johnson.

-Evelin Valdez, *Macomb, MI*

I Can Eat Ice Cream Comfortably Again

For years I considered myself to be lactose intolerant. I simply couldn't eat dairy foods without getting sick.



I told Dr. Johnson about the problem and he treated me with NAET (Nambudripad's Allergy Elimination Technique). Later I went to a dinner party where I ate the ice cream served for dessert. I was fine; my stomach didn't get upset at all.

I'm a believer now. I hope others with allergies will try this technique. It works.

-Margaret Rotha, *Clinton Twp., MI*





NAET Got Me Out of All the Mess

I was feeling tired all the time. My stomach ached and I was run down with dry spots on my skin. I felt like a mess. I went to the medical doctors and they gave me multiple tests including an endoscopy, upper G.I. and many more. All my test results came out fine. I was treated for allergies as well as food allergies. I received shots and more shots. I found out I was allergic to a lot of foods. The shots were not helping and as a result I started getting a lot of yeast infections. I truly was a mess.



While searching the Internet for help, I found Dr. Johnson’s website and learned about allergy elimination with Nambudripad’s Allergy Elimination Techniques (NAET). I made an appointment and was not surprised to learn that I was allergic to practically everything... Also, my energy level was low and my adrenal glands were “zero.” No wonder I felt so bad.

I started treatments a few months ago and have had great results. It feels good to eat the food that I used to be allergic to. I recommend everyone I know to Dr. Johnson. Thank you, Dr. Johnson, for all your help.

-Erin Sanchez, *Washington, MI*

Behavior Fixed With NAET



Since my daughter Emily was a baby, she has had problems. She began as a colicky baby and as she got older she became almost hyper energetic. She was extreme in every way — her behavior was out of line, she wouldn’t eat right, she was unruly and had temper tantrums, she didn’t sleep well, was usually up until midnight, and wouldn’t sleep in her own bed.

My two daughters and I have been getting adjustments and nutrition counseling from Dr. Johnson for over one and a half years. Although we all made progress, Emily was far from being what I considered normal. Several weeks ago Dr. Johnson suggested we try NAET with Emily.

What a difference! She’s greatly improved, sleeps in her own bed, and goes to bed at 8:30 or 9:00 p.m. Her eating habits have improved and developmentally she’s up to par. Now she’s a sweet little girl. It took about a month for the improvements to come through, but it was worth it.



Dr. Johnson has been wonderful with me and my children. I highly recommend him to everyone.

-Jennifer Seres, *Rochester, MI*



I Can Drink and Eat What I Want Again

Every time I would eat certain foods or have a glass of wine I would get all stuffed up and have difficulty breathing. This prevented me from eating and drinking some of my favorite foods.

I told Dr. Johnson about it and he tested me for sulfites. Surely enough, I was allergic to them. Next I was treated with NAET to eliminate the allergy. It worked. Now I can have one or two glasses of wine, even red wine (which I didn't like before). Other foods are okay now too. I don't drink much, so it's nice to be able to actually enjoy a glass of wine occasionally.

-Linda Walling, *Shelby Township, MI*



Cruises Are Now Fun and Enjoyable!

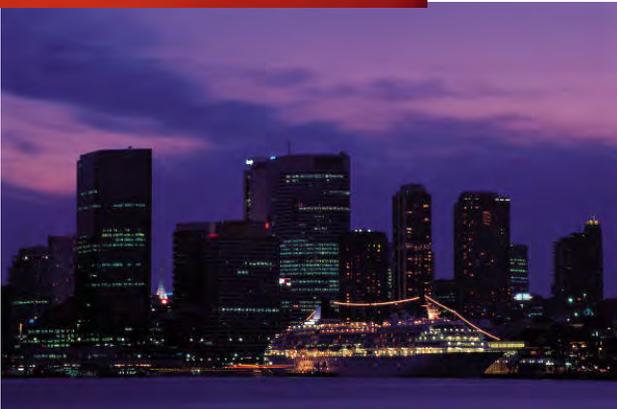
Ever since I was a young child, I have suffered from motion sickness. I was really sick — throwing up sick — every time I was in a car, or airplane or boat. Ten years ago my husband wanted to take a cruise and again I was sick, sick, sick.

Recently my husband said he wanted to go on another cruise and I said I would ask Dr. Johnson if anything could be done. I've been coming to Dr. Johnson for six years now and I trust his judgment. He suggested we try Nambudripad's Allergy Elimination Techniques (NAET) on my motion sickness.

He did. It worked. I went on my cruise and had a great time. Not only did I not get sick on the cruise liner, I also was able to go on the small boat tours that were pounding up and down in the rough surf. I felt great!

Thanks, Dr. J.

-Lorraine Beavon, *Rochester Hills, MI*





In Only Two Treatments, I am Cured 100%!

Since I was 19 years old, spring allergies have really upset my life. I would sneeze a lot in the mornings and I hated to go outside because I would get all sorts of allergy symptoms. I really missed my outdoor activities, but I just couldn't handle it in the spring.

Because I've been on thyroid meds, I couldn't take antihistamines — they would put me right to sleep.

I've been coming to Dr. Johnson for eight months now and have good success with the allergy elimination program. I told him about my spring allergies and he treated me for pollen, weeds, pine trees, trees, grass, insects and flowers. It only took two treatments for it to work to 100%.

So far this year, I've not had any problems. I'm even ok around mowing grass. I love being back outdoors. Thanks, Dr. Johnson.

-Nancy Carroll, *Rochester Hills, MI*

It Wasn't My Car, It Was the Leather

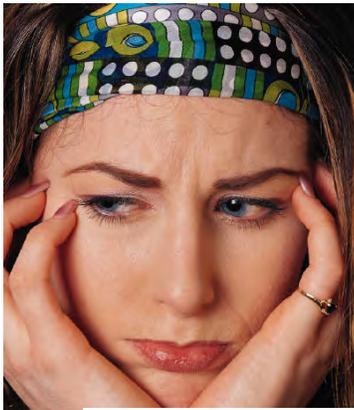
For a long time, I had problems every time I was in my car and on other occasions too. I would get itchy all over and I'd start to sweat. I didn't know what was going on.

I mentioned it to Dr. Johnson and he checked me for allergies. Sure enough I was allergic to leather - the leather car seats in my car and any other leather I came in contact with. Dr. J treated me with NAET allergy elimination and now I'm fine. I have more pep too.

Thanks, Dr. Johnson.

-Leonard Lukomski, *Romeo, MI*





From Miserable to Happy Again

Several months ago, my regular chiropractor, Dr. Sandy McQuiston, recommended I come to Dr. Johnson for some problems I was having. After several weeks of nutritional treatments, Dr. Johnson suggested that allergy elimination (NAET) could prove helpful.

For several weeks I had NAET treatments without success. Although the treatments appeared successful, I felt miserable. I couldn't understand it and neither could Dr. Johnson. He kept checking me and decided that I had a scar problem. I was "switched" and the normal methods of using wheat germ oil didn't work. Dr. J. asked me to use the laser on the scar. I did and within a week I was a different person.



My negative moods were suddenly positive. I was laughing at sitcoms, which tickled my funny bone — and that hadn't happened in years. Those were the best results I've felt from a treatment ever. I feel great and it hasn't changed in over a month!

Thanks, Dr. Johnson.

-Laura Foster, *Roseville, MI*



I Feel 25 Years Younger!

Before, I didn't know what Chiropractic really was and I was not so sure it would be for me. Several years ago, doctors were not supportive about Chiropractic practice. But, now, I am so happy I gave Dr. Johnson a try because he helped me when no one else was able to.

I have been going to Dr. Johnson for several years now on a regular basis. Dr. Johnson has helped me overcome my headaches and several allergies and back problems. I truly believe that because of the adjustments I am getting from Dr. Johnson, I am in much better health. And, the really neat thing is that I don't feel my age anymore- I feel more like 40 years old instead of my current age of 65 years. I exercise and ride my bike on a regular basis along with having regular visits to Dr. Johnson.

Thank you Dr. Johnson and staff! I owe you my youthful feeling and outlook on this wonderful life!

-Linda Walling, *Shelby Township, MI*



Dr. Johnson's Healing Methods Work!

Approximately seven years ago, I became a patient of Dr. Johnson. I was experiencing chronic sinus problems and it looked like I would need to undergo sinus surgery. I did not want to have surgery and, therefore, I sought alternative healing. Dr. Johnson set me on a course to healing with supplements and allergy eliminations! My sinus problems and allergies are now very mild and easily controlled.

I am a firm believer in the healing methods Dr. Johnson recommends and, I tell everyone I know who is seeking alternative healing, to come see Dr. Johnson! I view Dr. Johnson as a friend and someone I can trust!

-Pamela W. Beck, *Macomb, MI*

Don't Be A Skeptic, It Really Does Work!

I started going to Dr. Johnson a little over 5 years ago and it was the best thing I ever did for myself. I had always been interested in maintaining good health, eating right, and exercising. I had developed a curiosity in alternative/nontraditional medicine. However, I pursued a serious interest when I became a family member at the Chiropractic & Nutrition Wellness Center of Shelby Township where I learned that the body really does heal itself if we allow it to.



I came to Dr. Johnson's office complaining of being run down and tired all the time. Holidays became a drag because I always got sick after all the hustle and bustle of preparing for them. I had moderate to severe allergies. I got one sinus infection after another and was constantly on antibiotics for them as well as for having multiple ear infections. The postnasal drip and constant clearing of my throat was annoying to say the least. Initially, I took advantage of the services offered in Nutrition using NAET. I exclaimed to Dr. Johnson that I didn't have a thing wrong with my back and didn't require any adjustments! Being very patient, Dr. Johnson didn't push me to start treatment, but, Dr. Johnson allowed me the space to evolve until I decided to take action. The rest is history.

I feel better now and have more energy than ever before. I haven't been to an M.D. other than annual wellness exams with the exception of one visit in the past 5 years, and, I have only had to take an antibiotic once in 5 years! I stay healthy by following the individualized nutrition regimen that



Dr. Johnson prescribes for me using Standard Process and Medi-Herb supplements. Whenever I become skeptical over whether or not I should be taking all of the supplements recommended, I look at my before and after lab work. My physician has even telephoned me at home to tell me that my routine lab work came back “perfect! The numbers speak for themselves.

I believe in this course of health maintenance and have referred my mother, husband, granddaughter and several friends to Dr. Johnson over the years. I am an enthusiastic proponent of Chiropractic & Nutrition Wellness Center and spread the word of my successful outcomes. All we chiropractic family members can do is plant the seed and hope it sprouts eventually: *IT REALLY DOES WORK!*

-Patricia Fields, *Washington, MI*



CASE REPORT

Alleviation of Peanut Allergy Through Nambudripad's Allergy Elimination Techniques (NAET): A Case Report

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Disclosure

The author was the treating physician for this patient. He is also the current director of research for the NAR Foundation, which is a non-profit organization whose main goal is to investigate the risks or benefits of NAET.

Key Words

Anaphylaxis, peanut, acupuncture, allergy

ABSTRACT

This case report illustrates the reduction of immunoglobulin E titers and clinical reactivity of peanut allergy in a patient, using Nambudripad's Allergy Elimination Techniques (NAET). The patient's initial symptoms and immunoglobulin E result correlated with an oral challenge test that showed signs of anaphylaxis upon ingestion of a fragment of dry-roasted peanut. The symptoms subsided after the patient completed a program of treatments, which lasted approximately 18 months. Moreover, the immunoglobulin E titers decreased in two different types of immunoassays after a total of 18 months: HY*TEC enzyme immunoassay (Hycor Biomedical Inc, Garden Grove, California) and ImmunoCAP system (Phadia, Uppsala, Sweden). A repeat oral challenge test was performed with peanut concentrate solution (1:20 weight/volume extract by Greer Laboratories, Inc, Lenoir, North Carolina), and the patient exhibited no reaction after ingesting up to 1 gram of peanut protein gradually over a 3-hour period. This report could support further investigation into the possibility of successful desensitization toward food allergies using NAET.

INTRODUCTION

Peanut allergy and anaphylaxis have been increasing in prevalence, in recent years, warranting attention and research due to their potential risk of anaphylaxis and death, particularly in children.¹ Immunoglobulin E (IgE)-mediated peanut allergy is generally a lifelong condition with minimal treatment options available at the present time.¹ Skin prick tests, serum IgE levels, and patient history are the typical data that are used to diagnose allergy, while the oral challenge test is confirmatory.²

Nambudripad's Allergy Elimination Techniques (NAET), developed in 1983, is an unconventional treatment for food allergies that combines aspects of traditional Chinese medicine with nutritional and chiropractic principles.³ The technique is noninvasive, as acupuncture points may be stimulated by pressure alone.³

Patients who undergo NAET receive a protocol set of treatments consisting of firm, rapid pressure stimulation that is applied to the "Hua To Jiaji" points from traditional Chinese medicine (TCM), as well as designated points down the spine and along the paraspinal muscles which help stimulate the intercostal nerves.⁴ The patient then receives standard acupuncture or acupressure along the front of the body on Large Intestine 4, Large Intestine 11, and Liver 3 points from TCM.⁴ At times, the practitioner may decide to use additional acupuncture points such as spleen and heart points.⁴ The entire procedure is performed while the patient holds a homeopathically prepared vial of an allergen, such as peanut.⁴

Similarly, patients who suffer from anaphylaxis also receive treatment while holding real food samples that are sealed in glass jars.⁴ Patients with a history of severe allergies are required to undergo a basic proto-

col of treatment using the homeopathic vials, however, before advancing to the step using real food samples in glass jars.⁴

Although acupuncture alone has been studied and shown to be highly effective in allergic conditions, NAET has yet to be fully researched.^{4,5} The efficacy of NAET in treating allergic conditions, however, has been preliminarily investigated through a randomized, controlled trial of 60 subjects diagnosed with allergy-induced autism.⁶ The results indicated that 77% of the experimental group were able to attend regular school after completing a program of NAET treatments for 1 year, whereas none of the subjects in the control group improved during the same time period.⁶ An allergy symptom survey also showed significant improvement in subjective symptoms for the experimental group in contrast with the controls.⁶

In addition to this study, a small and non-controlled trial of six subjects with peanut anaphylaxis showed that NAET was able to relieve allergy symptoms significantly in 67% of the patients, although no significant change was seen in serum IgE levels. However, the subjects treated with NAET did not show a change in serum tryptase levels although they were exposed to peanut. Normally, serum tryptase would elevate with a severe allergic reaction.⁷

The only other published report details the case of a child with eczema from food allergies that may have been cleared after receiving NAET.⁸ Thus NAET has yet to be accepted conventionally due to paucity of research studies, although the mechanism of acupuncture has been well-studied in the literature and even accepted by the standard medical community.^{5,7}

This report describes the first case of a patient with documented peanut allergy experiencing alleviation of

symptoms of anaphylaxis as well as reduction in serum IgE levels after NAET treatments. The results of oral challenge tests during the initial phases and after NAET treatments also support these findings.

PRESENTING CONCERNS

A 19-year old woman presented to our clinic for symptoms, upon multiple occasions of peanut exposure, which included tongue swelling, bronchospasm, erythema, and edema at points of contact. She had been able to manage each of these episodes with 50 mg of oral diphenhydramine. Her problems began in preschool, when she was served celery with peanut butter and immediately developed hives. The symptoms worsened as she became older.

CLINICAL FINDINGS

In addition to peanuts, the patient also had similar anaphylactic reactions to walnuts. With other nuts, she would get skin irritation around her mouth but not anaphylaxis. Past medical history also includes anaphylaxis to shrimp ingestion, childhood asthma, eczema, allergic rhinitis, and sinusitis.

She also had an extensive family history of eczema, allergies, and asthma. Her physical examination was remarkable for erythema and eczema on the limbs and neck. Lab work done on December 12, 2011, showed positivity for immunoglobulin E to peanut (Table 1).

Table 1 HY*TEC Serum Immunoglobulin E Levels for Peanut Protein (IU/mL)

	Before NAET	During NAET	After NAET
Date	12/30/2011	3/7/2013	11/09/2013
HY*TEC	28.54	13.00	11.14

Abbreviation: NAET, Nambudripad's Allergy Elimination Techniques.

DIAGNOSTIC FOCUS AND ASSESSMENT

According to the patient's symptoms and IgE test results, a diagnosis of severe peanut allergy was determined. After discussing all possible benefits, risks, and alternatives with the patient, it was mutually decided to begin NAET in order to see if overall reactivity and lab results would decrease.

THERAPEUTIC FOCUS AND ASSESSMENT

Treatments were started on May 8, 2012, with an epinephrine injector and oral diphenhydramine on-hand during the entire procedure; treatment lasted until November 9, 2013. Serial immunoglobulin E measurements were taken by two different types of enzyme immunoassay, HY*TEC (Hycor Biomedical, Inc, Garden Grove, California) and ImmunoCAP (Phadia, Uppsala, Sweden) at different points in time (Tables 1 and 2).

During treatment with NAET, the patient held various, homeopathically prepared solutions involving food, chemical, mold, and environmental allergens based on protocol from NAET formulas. Additional

Table 2 ImmunoCAP Serum Immunoglobulin E Levels for Peanut Protein (kU/L)

	Before NAET	During NAET	After NAET
Date	7/13/2012	3/7/2013	11/09/2013
ImmunoCAP result	36.20	20.10	12.60

Abbreviation: NAET, Nambudripad's Allergy Elimination Techniques.

office visits were spent treating the patient for real peanut samples sealed in glass jars. A board-certified allergist (not affiliated with our clinic/research) was responsible for the first oral challenge test, on May 24, 2012, using a roasted, dry peanut. It showed a positive reaction, with itching and hives as well as a 55% decrease in peak flow after ingestion of half a peanut. The test was stopped approximately 45 minutes into the procedure for patient safety. A skin prick test showed a result of 4+ reaction with appropriate controls.

After a majority of the NAET treatments were completed, a second board-certified allergist (not affiliated with our clinic/research and unknown to the first allergist) performed another oral challenge test with peanut concentrate (up to 1 g). A skin prick test was done again and showed a result of 3+ reaction with proper controls.

The second oral challenge test, on April 5, 2013, showed no symptoms with up to 1 g (1:20 weight/volume extract) of peanut protein concentrate from Greer Laboratories, Inc (Lenoir, North Carolina). The patient was monitored at gradually increasing doses of peanut concentrate for the total duration of 3 hours.

FOLLOW-UP AND OUTCOMES

The patient has since noticed clinical improvement upon exposure to peanut, allowing her to travel internationally without any signs or symptoms that had previously been problematic for her. Finally, serum IgE levels were monitored throughout the process and eventually decreased after NAET (Tables 1 and 2).

DISCUSSION

Currently, the only established option for peanut anaphylaxis is avoidance, but researchers have tried to use forms of immunotherapy to help with the reactions.^{9,10} Anaphylaxis with immunotherapy for food allergies is a known risk, and its use has been limited to environmental allergens or contactants.^{9,10} There is an abundance of literature supporting ancient Chinese medicine in the treatment of atopic and allergic disease with minimal side effects.^{1,5,11} NAET, which is based on these acupuncture theories, would then logically be a good candidate for further study regarding the treatment of food allergy.

Although there have not been many studies describing the natural variation of IgE levels in patients over time, most references state that IgE levels for peanut do not decrease over time.¹² This patient's levels dropped two classes within 18 months. Recent literature shows that serum IgE testing may be highly predictive (>95%) of reaction to oral challenge testing, especially when the

peanut level reaches 15 KU/L according to ImmunoCAP technology.¹³ So it is plausible that the patient's reactivity to oral challenge testing diminished with NAET treatments since the serum level dropped from 36.2 to 12.60 KU/L, well below the cut-off of 15 (Table 2).

In addition, different modalities of IgE testing have been shown to have different results.¹⁴ To account for this possibility, blood specimens from the patient were sent to two different labs, ImmunoCAP and HY*TEC for two immunoassay methods. Significant differences between different methods is seen in only 5% to 10% of cases, but reliability within a single type of assay is considered to be very consistent.¹⁴

The oral challenge test is a very good indicator of anaphylaxis, given the correct food protein is used in the test.¹² In this report, the oral challenge test was initially positive and then became negative after the NAET sessions. The standard medical approach is to look at the clinical history of symptoms, not just the serum IgE or skin-prick test outcomes.¹⁵

Although it is difficult to evaluate the efficacy of NAET based on one case report, this case supports the idea that, if done correctly and sufficiently, NAET could decrease immunoglobulin levels and increase the threshold of sensitivity to peanut on oral challenge test. It is possible that in the prior trial of NAET for peanut anaphylaxis done by outside researchers in Utah, the number of treatments given was insufficient to decrease immunoglobulin level despite reducing symptoms of allergic reactions.⁷

The anaphylactic response that this patient experienced to the peanut allergen prior to NAET was no longer evident after treatment for about 1 year. However, the possibilities that either the patient naturally outgrew the allergy or that the acupressure itself was responsible for the reduction in allergy can only be researched in larger and controlled trials.

A three- or four-arm trial with a larger number of subjects would be able to determine the efficacy of NAET in a better fashion. Controls would also be needed for the homeopathic vials and food samples to determine if acupuncture itself would be sufficient. The reduction in clinical symptoms as well as IgE levels for peanut allergy, in this case, suggests that acupuncture techniques, specifically NAET, may be beneficial for certain individuals with anaphylaxis. This report strongly supports further research into NAET to determine if it will be of benefit in helping to mitigate the dangerous effects of immunotherapy or accidental ingestion.

PATIENT PERSPECTIVE

I started NAET 2 years ago due to my high peanut allergy. In the beginning of the treatments, I wasn't fully certain what the outcome would be. Coming into this, I knew it was going to be a tough process. One year after, results really start to show. I then realized that this process takes

patience and if you are mentally strong and determined that the treatment will work, results will show. Two years later, my perspective on doing the NAET treatment has changed. I am not just doing this for myself but also to help other people who have the same condition as me and will open a door to what hopefully could eliminate peanut allergies.

INFORMED CONSENT

The patient was fully informed of all risks, benefits, and alternatives when discussing the NAET treatments for peanut allergy. She accepted these terms and signed an informed consent before starting any treatments or evaluations for peanut allergy.

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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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