

INSTRUCTIONS TO A NEW NAET® PATIENT BEFORE BEGINNING TREATMENT

I. Introduction

The new patient is required to read Dr. Devi Nambudripad's book "Say Good-bye to Illness" or "Say Good-bye to Your Allergies" or listen to the book CD of "Say Goodbye to Your Allergies" before coming to the first appointment. You may also be asked to view an Introductory DVD about NAET when you come for the first appointment. Most patients come to NAET practitioners as referrals from their family or friends. Most of them come to NAET without having any real knowledge about NAET and how can NAET help them with their individual health needs. If the patients had some knowledge about NAET, it would help them understand the testing and energy balancing procedure better. This book, SGTI" educates the reader about the NAET testing procedures and some self-balancing procedures. NAET treatment procedures are not explained in this book, that should be done by a trained NAET practitioner. The book also shares numerous case studies about various health conditions and testimonials from previous NAET patients.

Nambudripad's Allergy Elimination Techniques (NAET®) is a method that helps to balance energies in the body. NAET® is not a primary care procedure. The patient is required to seek the care of a primary care physician while getting NAET®. If the patient suffers from a specific health problem, he/she should also seek care of an appropriate medical specialist to manage the health needs related to their condition (e.g. heart disease, mental challenges, etc.)

According to Oriental medical theory, when one's body energies are maintained in a balanced state, one does not suffer from most health disorders that arise from an energy imbalance. As per NAET® theory, food, environmental and chemical sensitivities and true allergies (Immunoglobulin E (IgE) mediated allergies) can cause energy imbalances in the energy meridians. NAET® theory postulates that, an energy imbalance or disturbance is the primary cause for any sensitivity reaction towards any substance. When any allergen that initiated the energy disturbance is identified via NAET® Testing procedures, when that allergen is desensitized properly using appropriate NAET® desensitization techniques that particular allergen has not shown to produce adverse bonds or unpleasant reactions in the body on future contacts. NAET® is a mild, noninvasive, gentle, energy balancing procedure. It has not been shown to cause any long-term adverse effects on anyone within the last thirty-three years. While going through NAET®, patients should try to keep their symptoms under control by taking necessary medications, therapies, acupuncture, chiropractic, massages or other therapeutic modalities.

NAET® is only an energy-balancing procedure that helps to remove energy blockages from the energy meridians and restore normal circulation of the vital energy in the body, with the result, patients may claim to have achieved several health benefits including relief from severe allergies and allergy-based health disorders. But one should understand that NAET® is not a primary care procedure. NAET has not had the opportunity to conduct double blind studies on various aspects of the health problems arising from sensitivities and treatments through NAET. We only have anecdotal references and testimonials from the beneficiaries now except for just a couple of published case studies and one double blind study. We are hoping to have more published studies in the near future.

II. Before the First NAET® Session

1. Prior to your first appointment or when you arrive at the office, these guidelines will be provided to you or to your guardian or caretaker. You MUST read and comply with these rules be-

fore beginning the NAET® evaluation procedures and NAET Testing procedures.

2. You should bring in a copy of ALL previous medical records, any report on prior allergy testing and treatments, laboratory and radiological reports. It is highly recommended to have your blood tested for (1). total IgE, (2). IgE (Immunoglobulin-E) and (3). IgG (Immunoglobulin-G) on a list of commonly consumed foods and commonly contacted environmental substances. Your practitioner can provide you the list on your first visit and you may have the tests done through your primary care physician and have him/her send a copy of the result to your NAET practitioner. You will be required to complete the following forms in the office: (1). Personal data information sheet, (2). history forms, (3). symptom-survey form, and a (4). consent form.

3. If you have a history of severe hypersensitivity reaction (anaphylactic reactions or like severe reactions) toward any allergen, you must tell the NAET® practitioner before beginning the evaluations. Only practitioners who have taken the NAET® Advanced-2P class (Case Management for severe allergies) are qualified to manage severe allergies or anaphylactic symptoms. With the knowledge from this advanced training your NAET® practitioner can take adequate precaution to prevent you from becoming anaphylactic during evaluations or treatment. NAET® protocol for severe hypersensitivity reactions (such as anaphylaxis) SHOULD be followed strictly while getting NAET desensitization procedures. Your qualified NAET® practitioner will instruct you appropriately.

III. Before Each NAET® Session

4. PLEASE do not wear any perfume, perfumed powder, strong smelling deodorant, hair spray, or after-shave and do not eat strong smelling herbs like raw garlic, seafood, etc., when coming to the clinic for NAET®. If you suspect something is responsible for causing an unpleasant sensitivity reaction, you may bring the item to the NAET® office in a thin glass container with a lid (as in a baby food glass jar with lid), wrapped in brown paper or placed in a brown paper bag. Please do not bring items in plastic containers or plastic baby food jar. Plastic containers cannot be used in testing.

5. There is NO smoking allowed in or around the office. PLEASE take a shower before you come to the office for NAET® since you should not shower for six hours following NAET (it may cause you to lose the treatment). Please do wear freshly cleaned clothes to avoid smells of herbs, spices, perspiration, etc. Various smells can cause irritation and reactions in you while going through treatment, as well as in other sensitive patients in the clinic waiting room. Please do not eat or drink coffee or juices that has fruity smells (e.g. Pineapple juice, etc.) within the office. Another patient in the office waiting room might react to the smell of your food. Drinking plain, purified water is ok.

6. Wear minimum jewelry when you come in for NAET®. Avoid wearing large crystals or large diamonds. NAET® can be done while wearing your own clothes provided you wear simple, loose clothes without ANY art work or embroidery with crystals, beads, stones, metals, glass or plastic pieces. It is fine to wear simple wrist watches while testing or doing NAET. Avoid watches with sharp needles, cell phones, calculators, tape recorders, cameras, etc., on it.

7. PLEASE do not wear any guns or knives to the office even when they are part of your job requirements (patients who are police officers, CIDs, etc. when they come to the NAET office in their uniform for treatments, they need to be instructed to put away their work tools safely elsewhere before they come for treatments. Police officers should be treated on their off days. Some CIDs have to carry their revolver even if they are not in uniform. In such cases, they should come with a friend and the friend can keep the tools in the car and watch for him.) Please do NOT bring sharp metal objects, large keys, sharp toys, heavy toys, or toy guns to the office.

8. Turn off your cell phones inside the waiting room and in the treatment room. Other sensitive patients might react to your cell phone. Cell phones should be off and kept away from your body during NAET® testing and treatment.
 9. ALWAYS eat before you come for NAET®. You should not take NAET® and acupuncture when you are hungry. If you have a long wait in your practitioner's office, please bring a snack with you, leave it in the car or outside the office. Five to ten minutes before your turn, please go outside the clinic and eat your food, wash your hands with soap and water, and rinse your mouth before you return to the clinic for NAET®.
 10. Please WASH your hands with soap and water before beginning the evaluation for NAET®. Hand- washing will remove any residue left on your hands from contacting other substances prior to coming to the office.
 11. Do NOT get treated if you are extremely tired, worked a night shift, or worked too many hours without any breaks and for women during the first three days of their menstrual cycle. Immune system is at a low edge during these periods and the patient may have problem to pass the treated item and may need additional office visits.
- IV. During Each NAET® Session
12. You should NOT have any companions with you standing or sitting within your magnetic field during NAET® session. You should not bring any children or pets to the room while you receive NAET®. You should be alone with your NAET® practitioner while you receive evaluation or NAET®. If your small child is the patient, then the practitioner will use you as a surrogate then you will be in the same room testing and treating your child through you. Your practitioner will explain the procedure. Also please read Chapter 6 in the book, "Say Goodbye to Illness" to learn testing procedures.
 13. Since NAET® is a mind-body balancing procedure, the NAET® practitioner needs to receive permission from the conscious and subconscious minds of the patient before performing NAET®. Signing the consent is the permission from the conscious mind. But permission from the subconscious is necessary for a successful NAET®. For a trained practitioner it takes only a few seconds to seek permission from the subconscious. In rare occasions, it has been shown that certain person's subconscious mind does not grant permission to perform NAET® evaluation or treatment on a particular day. In such cases, the NAET® practitioner may NOT proceed with NAET® evaluation. Instead the NAET® practitioner will make appropriate referrals for further evaluations related to your health conditions.
 14. On a particular visit, if the patient's brain did not give favorable signals for NAET® on a new item, then he/she will be rescheduled for another date. This is for your best benefit. It has been shown that even severe hypersensitivity reactions also can be successfully managed for the allergens triggering such reactions when the NAET® practitioner gets permission from the patient's subconscious brain before doing NAET®. You may rest for a few days until your brain and body are ready to get more NAET® sessions or you may be able to receive other immune system supporting procedures like chiropractic adjustments, acupuncture, massage, Yoga, etc., while waiting.
 15. While performing NST (Testing procedure), the patient SHOULD wash or rub his/her hands together for 30 seconds between touching different samples. The energy of the previously tested sample has shown to produce false results if the energy of the previous item has not been removed from the hands before touching a new one. Only three substances (three groups from the NAET Basic list) will be tested at any given day to prevent unexpected sensitivity reaction from cumulative results contacting several reactants within a short period of time.
 16. While going through NAET® testing PLEASE make a loose fist with your free hand (one without the sample) in order to prevent contact between the table or your clothes with your fin-

ger-pads while testing.

17. Do not eat candy or chew gum DURING NAET® testing and treatment.

The NAET® practitioner will not have ANYONE observing the NAET® procedure or taking notes, from a close proximity. The distance varies with each patient for each allergen. Your practitioner will know how to determine the distance for a particular individual for the specific allergen.

18. If you are unable to test yourself (if you are a child, old person, too strong, too weak, disabled, advanced stage of pregnancy, etc.), then you SHOULD be tested through an indirect contact (IC or surrogate) so that the practitioner can get accurate information about your sensitivities. You should maintain skin-to-skin contact with a IC during testing and the IC should rub his/her hands together or wash hands between testing different items.

19. NAET® can also be done through the IC's body and get the exact benefit as if it was done directly on your body. Patients in advanced stage of pregnancy, morbidly obese, with psoriasis or other debilitating skin problem, back surgery, scoliosis, or a history of severe hypersensitivity reactions, etc., SHOULD receive NAET® through an IC.

V. The Basic 15 treatments

The NAET® Basic 15 groups include the basic essential nutrients for everyone: BBF, Egg mix Cal mix Vitamin C mix, B- Complex mix, Sugar mix, Iron mix, Vitamin A mix, Mineral mix, Salt mix, Grain mix, Yeast mix, Acid, Base and Hormones. You will receive one treatment per item or group once or twice a week depending on your immune system status. Cellular memory imbalances will be also checked related to the item treated and if found, will be treated during the same visit. You should strictly avoid any contact with the treated item for 25 hours. If more hours of avoidances needed your practitioner will instruct you. After you complete the Basic 15 groups, your practitioner will recheck all 15 groups one at a time, checking for complete clearance of the group treated. He/she will also check if any need to treat for individual ingredients in the group, or any possible combinations.

If you are sensitive to the basic 15 groups, your body may not absorb adequate nutrients by consuming the foods from these groups. That will cause to lower the immune system function and may cause to have various health disorders due to nutritional deficiencies brought on by sensitivities, intolerances and allergies. After clearing your allergies to B vitamins, it is suggested to supplement adequate amount of B complex vitamins right away so that your adrenal system will begin to function better, nervous system will begin to relax and your immune system will begin to improve with each dose of vitamin B complex. B Complex vitamins are the food for your nervous system. When your immune system is maintained at a normal level, not only you feel better overall, your allergies and sensitivities will be reduced with the result, you need fewer NAET® sessions to get maximum results.

VI. Reasons Why NAET® May Need to be Given Out of Order

22. If you have sensitivities to white rice, or pasta, their energies should be desensitized before the Basic 15 groups. White rice or white pasta, cooked in large amount of water, the water drained out, is permitted to consume in any amount to satisfy your hunger during 25-hour avoidance after each NAET in the basic 15 groups. If you are sensitive to white rice or pasta (starches), then you will not feel good while consuming them through basic 15 groups. So you must clear the allergy to white rice before other treatments.

23. Hard-to-avoid items like prescription drugs should be treated first in the doctor's office after completing NAET® for first 6 NAET groups of allergens from the Basic 15. Then the patient will

be taught to balance his/her energy system once every two hours at home. In case of a drug that cannot be avoided, NAET® treatment should be done first time for the drug in the doctor's office, then you should self-treat your 6 gates using home-based balancing procedure (HBP) before and after you take the drug as well as self-treating once every two hours while awake for the 25 hours after the initial NAET®. When you sleep, you do not need to set an alarm to wake you every two hours to get up and treat. Instead whenever you wake up, you can continue the self-treatments again. This procedure is not done on regular foods and environmental samples in order to skip the 25-hour avoidance. If you do so, treatments will not pass. You will have to retreat again following 25-hour avoidance strictly.

When a patient has an ACUTE problem, practitioners will address the acute problem before resuming the normal order of NAET® if the patient's brain gives permission to do so. For instance, when a patient is reacting to a particular food that was eaten recently, a medication that is essential for the patient's survival (like pain medication, cortisone, antihistamine, antidepressants, heart medication, etc.), fire-smoke, accidental exposure to fumes, drinking water, city water, acute cellular memory imbalances (emotional traumas) like sudden hospitalization or the death of a loved one, etc. NAET® on these issues can be done as an acute care procedure before completing the basic fifteen groups as long as the body permits. If someone has severe reaction to pollen, weeds, cigarette smoke, regular drugs like chemotherapy drugs, antibiotics, person-to-person allergies, etc., these can be done after completing six basic groups of allergens (after completing sugar mix). When the NAET® for acute care procedure is completed satisfactorily, you should go back to the basic 15 and continue as before.

24. You must wash your hands with plain water after each NAET®, before you leave the office. After the NAET®; if you cannot wash or rinse your hands, then vigorously rubbing your hands by interlacing your fingers for 30 seconds will be sufficient.

25. After a desensitization treatment for an allergen through NAET®, PLEASE do not exercise vigorously for 6 hours. A mild walk is fine.

26. AVOID exposure to extreme hot or cold temperature after the desensitization through NAET® for any allergen.

27. Do NOT bathe or shower or swim for 6 hours following the NAET®.

28. Do not read or touch other objects with your FINGERS during the 20 minutes waiting period after NAET®.

29. Do NOT cross your hands or feet during the first 20 minutes following the NAET®. Lying or resting with a calm mind will be beneficial. You could visualize positive, warm energy circulation through the 12 meridians while resting. Meditation is allowed. After an emotional balancing treatment through NAET®, you are advised to think positively during the 20-minute waiting period about the issue which was treated or keep your mind blank, don't think about anything at all.

30. Your practitioner WILL ask you to avoid the desensitized item for 25 hours or more as indicated by his/her testing after the completion of the NAET® in the office. After the NAET® you should avoid eating, touching, or coming near the item treated for the specific number of hours determined by your practitioner. It is also suggested after completing your NAET® satisfactorily for an item, that you consume a small amount of the item daily for three to four days, provided your IgEs on specific allergen is tested class I or lower. If the NAET® is not completely finished for the item, upon consuming the item, you will bring out some minor symptoms and your practitioner can investigate the reasons behind those symptoms and reduce them. Another benefit of introducing the desensitized item into your body is to reconfirm with the brain and nervous system about the harmlessness of the item you were treated so that your nervous system will not forget about the harmlessness of this desensitized allergen with any future contact even if you never ate them

later for years. This rule does not apply to patients with the history of severe hypersensitivity reactions (IgE class I or more).

31. It is highly recommended after NAET® for the first four Basic 15 groups (after Vitamin C treatment), you TRY to consume foods and drinks from the desensitized groups only. Add items to your list as you complete NAET® on each new group or item. This will reduce your overall discomfort while going through the rest of the allergen groups and your NAET® treatments will be more effective and you will be able to see results with NAET® faster. Depending on your immune system, the visits can be scheduled. A patient with severe allergies and poor immune system can only tolerate one session per week. But patients with better immune system have shown to tolerate three or more NAET® per week. Your practitioner can test your body for the appropriate plan.

32. If you are a highly SENSITIVE person, or if you experience any discomfort during the 25-hour-avoidance period after the NAET® (crying spells, depression, interference by unusual cellular memories or unusual pains anywhere in the body, etc.), you may need to self-treat your 6 gates points once every two hours on your own at home while you are AWAKE. Please refer to page 58 in the book, Living Pain Free. Also refer to the last page in 9th edition guide book. Then on next morning return to the practitioner for further evaluation and necessary treatment.

33. It is highly recommended to find foods that do not contain the desensitized allergens to eat during 25 hours following each NAET®. Infants and children can be given NAET® in the evening or before going to sleep for hard-to-avoid items. 25-hour-avoidance should be followed even by the infants and children to receive lasting results. Please ask your practitioner if you have questions.

34. If someone has a hard time avoiding a desensitized allergen for a specific amount of time for any particular reason (treating for grains or sugar on a diabetic patient, treating for a heart medication on a cardiac patient, etc.), he/she should massage his/her energy balancing points every two hours as well as before and after exposing to the item. Please do not use this procedure while treating regular groups or items from basic 78 groups to bypass the 25-hour avoidance. In case the patient has developmental disabilities (autism, ADD, mental retardation, etc.), caretakers should be instructed to massage the points (read Page 58 in the book, Living Pain Free) once every two hours during the 25 hours and also before and after touching the item, still must avoid eating them. Your practitioner will teach you the self-balancing technique if you do not understand by reading the book, Living Pain Free. It is advisable for you to BUY this self-help book, with Illustrations (Living Pain Free) since it can help you to control or reduce various sensitivity reactions and discomforts arising from other sensitivities by massaging the appropriate acupressure self-balancing points whenever the need arises.

35. No adverse reactions have been noted when a person eats food INCLUDING the food he/she was treated, for 20 minutes following the retest of the initial NAET® for the reactant. Exception: highly sensitive patients: Patients who has lower levels of abnormal reading of IgEs in the blood may pass the NAET treatment upon recheck after 25 hours, may feel better for a few weeks or months then their symptoms will begin to return needing NAET repeatedly for the same item. If you repeat your blood test for IgEs, you may find the reading has not changed at all from the initial reading. If you were not tested for IgEs initially, if you require repeated NAET on certain items this is the indication that you may have abnormal levels of IgEs in the blood. If you do have abnormal levels of IgEs in the blood, standard NAET will not be sufficient to reduce the IgEs. You will require advanced level NAET approach. (patients with class II IgEs or above and patients with a history of anaphylaxis should not eat or touch the items until the blood test becomes normal). The 25 hour-restriction begins 30 minutes after the completion of the NAET®. Do not eat HEAVY meals before or after the NAET® or acupuncture treatments, but DRINK a glass of water before the NAET®. Energy moves better in a well hydrated body. Drink 4-6 glasses of water spaced through the day

after each NAET® sessions to help flush out the toxins produced during the NAET®.

36. You are advised to **MAINTAIN** a food diary and the level and type of reactions if there is any during the 25 hours following the NAET treatment in The Guide Book after each session. You should carry this record with you if you decide to see other NAET® practitioners in another city, state or country during your vacation or other travel time then your NAET® can be continued uninterrupted. Write down all the good and bad symptoms you experience during 25-hours following each treatment and bring it to your practitioner on the following visit. If you have frequent health problems and you do not know the cause of your problems, write down your daily activities for a month in a separate notebook. Record all the food and drinks you consumed even if they were in small portions and record also anything new you have purchased for the house or work area just before the problem started. Bring your record to the office and let your NAET® practitioner test you for the items in your list to find the culprit.

37. You may need to take **EXTRA** precaution while you get NAET® for environmental substances: (mineral mix, metals, water, leather, formaldehyde, fabric, wood, mold, mercury, newspaper, chemicals, flowers, pollen, grass, smoke, etc.). Apart from staying away from these items, you may also need to wear a pair of gloves, mask, socks, shoes, gowns, scarves, earplugs, etc. You can also massage the 6 gate-points once every two hours while awake during the 25-hour period if it is not completely avoidable. Complete avoidance is highly suggested.

38. During the 25-hours of NAET® or afterwards, if you get a life-threatening experience from an allergen (either from the one you were treated earlier in the office or another new item), you **MUST** seek emergency help immediately from a primary care physician or emergency room, or by calling 911 in USA or numbers appropriate to the country.

39. Once every month or so, or after completing the first **FIFTEEN** NAET® group, your practitioner will repeat NAET testing on all treated items from the beginning. If the desensitization for an allergen was not successful over 50 percent at the time, they will be boosted up again. No avoidance is necessary at this time. **AFTER** the Basic Fifteen groups with the practitioner, patient should begin to gather a small sample of every day food and drinks and holding the sample, massage the 6 gate points every night before bedtime. Please ask your practitioner to explain the procedure how to do so.

40. **DRINK** one 6 ounce-glass of water first thing in the morning. Drink 1 glass of water before bedtime.

Remember to **CHECK** with your practitioner for the item you were treated with NAET®, after 25 hours, and at least within one week to make sure you have completed the NAET® satisfactorily.

VII. Additional Information about NAET®

41. NAET® is a **HOLISTIC** procedure. It balances the entire body including: physical, physiological and cellular level (emotional) functions. Everyone needs balance in all these three levels of the body to be healthy. If one area is not balanced properly, other areas cannot function normally. NAET® cellular memory imbalance removal procedure (emotional balancing treatments) has been shown to produce marvelous results in people who suffer from environmental illness, chemical reactions, chronic pain disorders, other chronic illnesses, autism and ADHD, etc. This CLIR procedure will be provided to the patient without additional cost if done in conjunction with any NAET® session. After completion of Sugar mix (after completing six basic sessions), NAET® Cellular level Memory Imbalance Removal procedures can be administered upon your request.

42. NAET® CLIR procedures do **NOT** replace the need for traditional psychological or psychiatric help. If you are getting treatments in these areas prior to NAET®, please continue with your therapies and medications as needed. If you for any reason do not like to be use the CLIR procedure (due to religious reasons, etc.), you should inform the NAET® practitioner on the initial visit, then

CLIR will be excluded from your treatment plan.

43. If you did not complete the NAET®, or if you could not complete the specific NAET® for some reason, do not panic. NAET® is a mild, energy balancing, non-invasive, gentle procedure. It has not been shown to cause any long-term adverse effects on anyone since its discovery within the last thirty-three years. Your temporary symptoms may be due to the incomplete session and may continue for up to two or three weeks, maximum. Drink about 4-6 glasses of boiled cooled water or non-allergic bottled, purified water (not distilled water) daily to help with your energy circulation.

44. Eventually the particular symptoms will wear off and you may return to your pre- NAET® status if you did not repeat the NAET® for the unfinished item. For example, if you suffered from insomnia prior to NAET®, you may continue to have insomnia; if you suffered from pain disorders, you may continue to suffer from pain disorders, etc. Any allergen that was desensitized halfway has not shown to render any benefit to the patient at all. Human body forgets and adapts to new ways fast. The incomplete NAET® is forgotten in about three days to a week in most cases, but in some cases it has shown to take as long as three weeks, then the body learns to focus on current events. Thus, in a few days, an incompletely desensitized reactant is usually viewed by the body as a reactant that has never been treated before.

45. But if you had to stop the NAET® for the particular allergen because you had no means to get to the office, then you can self-treat the energy for the particular item at home on your own by holding the item while massaging the 6 gates as shown in the guide book or in the book, *Living Pain Free*, once every four hours while awake for two to three weeks or as short or as long as the body needs to view that as a friendly item. This method will only work after one has initiated the NAET® with a trained practitioner, and the NAET® was not completed on one item for some reason. If it is an uncomplicated, individual item, like a piece of sourdough bread, a piece of meat, a hot dog, a laxative or a pain pill like Tylenol or another drug, a particular piece of fabric (a shirt, scarf), etc., then the patient or the caretaker can complete the NAET® in this manner at home. Caution: this should be done only on a single item.

46. After completing NAET® for an allergen, if NST tested strong on recheck but the patient is still suffering from prior symptoms, the patient should be allowed to rest for a few days to a couple of weeks without any new NAET®. This is in fact to rule out or to determine if the desensitization towards the particular item was successful or not; and to determine if the presenting symptom is arising from another source or not. If the particular desensitization on the item is incomplete, if you wait a few days the NST will produce a weak response either on its own or with some combinations. Then the NAET® on the item itself or with a combination can be repeated at that time. While waiting to detect the outcome of the previous NAET®, it is OK to boost up the immune system with acupuncture, chiropractic treatments, massages, herbs or other therapies. Or the patient can continue to self- balance the 6 gates at home as described without holding the allergen, this will help you to maintain your energy in balance.

47. Sometimes, the patient continues to have the same symptom but NST does not show any weakness on the previously desensitized allergen. In such cases it has shown that the particular desensitization on the allergen was successful but another allergen capable of producing similar symptoms has been identified as the culprit. Usually people with history of sensitivities react to more than one or a few items at a time. When one item gets desensitized and eliminated from the body, others will get noticed easier, hence the symptom of the previous allergen continues until other major allergens are desensitized with NAET®.

48. When one has a weakness in any particular area of the body, every allergen affects that area of the body giving rise to symptom similar to the first one. This pattern is especially noticed in patients with asthma, sinus problems, autistic disorders, attention-deficit hyperactive disorders, chronic pain syndrome, as in degenerative arthritis, fibromyalgia, lupus, headaches, migraines, backaches, myofascial pain, peripheral neuropathy, PMS, insomnia, manic or depressive disorders, etc. Because of this mechanism, in some cases, until you complete NAET® for Basic fifteen and more, you may not see much changes in your health.

49. When you are sensitive to a food substance, your body produces lots of endogenous toxins. After you are desensitized to an allergen, it takes 24 hours for the body to release the adverse bond towards the treated allergen (detoxify) from all 12 major meridians (each meridian takes 2 hours) to get the toxins out of the body after each NAET. SOME patients may not have 25-hour avoidance or restrictions. Some may process

the adverse bonds of the allergen right after the NAET®; some may take just a few hours; some may take 25 hours, yet some others may take 40 hours. Even though NST demonstrated that you would clear the adverse bond on the allergen in 1 hour or so, it is to your advantage to avoid the treated item for the whole 25 hours (24 hours plus one more hour guard-band) allowing the body to detoxify naturally. After a few NAET®, you have the option to go on a good detoxification program using different products (herbs, minerals, etc.) or go through NAET detoxification treatments after the basic 15 treatments where the detoxification is strictly done through NAET without using any products to clean up your system. But if you faithfully follow the 25-hour avoidance, you may not need any special detoxification since the body is able to naturally eliminate the toxins in time if given a chance.

50. You are advised to continue ALL medications and other treatment modalities as they have been prescribed unless otherwise directed by the doctors who prescribed them. PLEASE do not stop any other treatment you are on: medication, therapy, chiropractic treatments, acupuncture, homeopathy, whole body massages, etc.

51. NAET® has NOT been shown to interfere with any other treatment. In fact, if you can keep your body free of toxin accumulation and keep your symptoms under control by using medication or therapies, NAET® has shown to produce better results.

52. For FEMALE patients: NAET® is not advisable during the first three days of menstrual cycle, especially treatments with acupuncture needles. CLIR treatments without the usage of acupuncture needles may be ok. Your practitioner will be able to determine your body's need.

53. NAET® during pregnancy have not shown to cause any adverse effects to the mother or child so far. In fact, tremendous benefits have been noted in both cases. When the mothers receive adequate NAET® sessions during pregnancy (at least 15 basics and for all known allergens of the mother desensitized), their children are born with minimal reactions to substances when compared with their siblings who never had exposure to NAET® before birth.

54. When you go through the NAET® program, you will be advised to get supplemented with appropriate amount of vitamins, minerals, and other nutrients for a while if it is indicated. When the nutrients are supplemented appropriately pain and discomfort arising from various disorders like chronic fatigue, general body aches, arthritis, depression, insomnia, and other pain disorders due to deficiencies, etc., will be reduced.

55. If you do not show any improvement in your health status after successfully desensitizing NAET Basic fifteen allergen groups at all three levels, your practitioner should reevaluate your status. This is a good time to repeat your blood work related to a total IgE, at least for specific IgEs and IgGs for commonly consumed foods and commonly encountered environmental allergens. If there are abnormalities found in the levels of total IgE, IgEs and IgGs in the blood-serum, different NAET® approach may be necessary to receive lasting benefits. Please ask your practitioner to refer you to your primary care physician to repeat the blood work and further assessment of your condition. Then if necessary you may be also referred to another healthcare facility for further evaluation.

Signature of the patient/guardian _____ Date _____

Print Your name _____

WITNESS ----- DATE -----

