



## NAET BASED ON SCIENCE?

Each cell in your body creates electrical charge (positive and negative). Every item also carries an electrical charge such as the food you eat, your body, emotions, and any item you touch. Therefore, when you eat or touch an item, it may cause an allergy reaction, showing weakness in your body. The allergy reaction for every person is different such as coughing, itching, fatigue, rashes, etc... Each cell can talk to another cell in your body. In turn, your cells can talk to another person's cell too.

Your body remembers everything that happens to you. So, after a traumatic experience, the next time the same incident happens, your body will try to protect you. It does that by sending out signals such as an allergic response to tell you to stay away and not eat or touch that item, to protect you. That is why muscle testing is performed. Your body will tell the practitioner yes or no to items that are causing your allergic/intolerant response.

## NAET (Nambrudipad's Allergy Elimination Technique)

NAET is a pioneering way to eliminate allergies. Elimination from food, our environment, traumas of some sort (even minor ones), and many other conditions. The traumas can be physical, emotional, or even auto-immune responses to your own body. NAET was discovered by Dr. Devi Nambrudipad in 1983.

NAET is a non-invasive medicine technique that eliminates your allergies. It is a systemic method that combines muscle testing, acupuncture, acupressure, kinesiology, nutritional, and breathing exercises to clear allergies/sensitivities out of your body.

## HOW IS NAET DIFFERENT THAN OTHER ALLERGY ELIMINATION TECHNIQUES?

Other techniques similar to NAET were developed based on NAET methodology. These techniques use some shortcuts by combining multiple items before clearing the single item. It's assumed that clearing allergies in this manner might be faster. Sometimes, they may work, but most times not. By combining too many things at the same time, it may cause the patient to still be triggered. Then the allergies may get worse over time again.

## IS BLOOD WORK NEEDED?

Getting bloodwork done when you start NAET will determine your IgG and baseline levels to certain foods. Then, you can retest your bloodwork to see the changes and improvements (this is FYI & not needed).

## HOW DOES NAET WORK?

Each item and even emotions carry its unique energy signature. Muscle testing is performed on the patient to determine the body's allergy response to all types of objects. During your muscle testing, if your body goes weak, it indicates that you have an allergy to this item. If your body muscle testing stays strong, then you have no allergy to this item.

Once the allergic items are determined by muscle testing, the patient will hold the vials containing the energy signature of the items. Then, the practitioner will reset the body and mind through breathing and acupressure alongside the spine, to clear the allergy out of the body. After that, the patient will get Acupuncture and be left alone for ~20min for the allergen to fully clear and reset the body.

Next, the patient is advised to avoid the allergen for the next 25hours, no eating, no touching, and sometimes not to be near the item. For example, Egg Mix comes up as an allergen. The patient must then avoid eating/touching eggs, chicken, feathers, and other items containing or related to eggs.

After a couple of days, the patient is then re-tested to see if their body passed (reset itself so that the body no longer considers those items as allergens). If the patient passes the initial item, then we move on to the next item. Repeat the process until the patient is satisfied and/or cleared of their allergies/sensitivities.



## WHY DO I HAVE TO AVOID THE ALLERGEN FOR 25HOURS?

Twenty-four hours is the amount of time it takes your body to make a complete energy flow through all your meridians and channels in the body. The “allergic items” need to flow through all 12 channels for full clearance, each channel takes two hours. The extra hour (sometimes longer) is needed for those with a slightly slower metabolism.

## CAN YOU START TREATMENT FOR ONLY YOUR ALLERGIES?

For the most part, NO. Many times, the issues you are experiencing are not directly from the particular allergen you think. The allergic responses may be coming from the 15 basic items in the kit, or combinations of those items that are causing the allergic/sensitive reaction. The first six items are for the proper absorption of nutrients for adequate body functions. The following nine items are for absorption and building your immune system.

If only the “allergen” is treated before the 15 basics, you may see little to no result in your situation. Your body did not get to the allergic reactions you are experiencing today from one thing but maybe a combination of things. Only you missed the body’s signals that you had an allergic reaction.

You might believe, it only happened once, or that the incident was so minor, it was nothing. Before you know it, the body has built up a big allergic response. Then you realize it has been going on for weeks, months, years, or all your life.

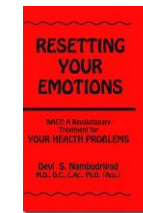
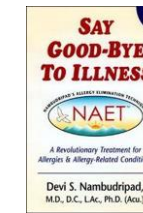
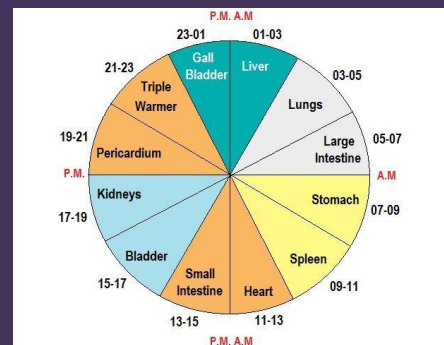
*"The Doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."  
~Thomas Edison*

## HOW MANY TREATMENTS ARE NEEDED TO CLEAR MY ALLERGIES?

The recommended number of treatments is ~15. First, the 15 basic items need to be cleared. The most important item to clear is the Brain-Body Formula (BBF). BBF resets your mind and body for better communication with each other. Once your body and mind talk to each other properly, future treatments will work and hold better.

The other 14 items in the kit are essential items your body needs to function properly (for cell repair, energy, immunity, digestion, etc.) After the 15 basics, any other combinations are possible if the patient desires to work on other allergens/issues.

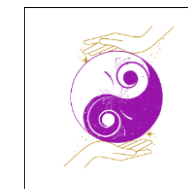
If you had NAET treatments in the past, the number of treatments will depend on what is needed to clear and how well you passed the 15 basics. The number of treatments will be unique to each individual.



## HOW DO I DETERMINE IF NAET IS THE RIGHT METHOD FOR ME?

1. Do you have any unexplained allergies/sensitivities that has not been resolved with medicine of any sorts?
2. Have you exhausted all the conventional medicine diagnosis and nobody can figure out what is going on with you?
3. Are your lab results and other diagnostic results all normal?
4. Do you notice that the symptoms happen randomly or that it comes and goes depending on what you are eating or doing?
5. Were you able to eat certain foods before and had no problems? Then all of a sudden, one day you eat those foods, and then you start having issues?
6. Do you eat healthy, exercise regularly and still have problems?

**If you answered yes to any of the questions above, NAET will be a good solution for you.**



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## WHAT IF I HAVE AUTOIMMUNE DISEASE OR MULTIPLE DISEASE COMPLICATIONS?

People with autoimmunity like diabetes, thyroid, lupus, mold toxicity, and heavy metal toxicity require modifications to the Basic 15 NAET treatments. Many who are undergoing one or more of these conditions have trouble with food and emotions, among other things. Therefore, additional NAET treatment sessions are needed beyond the Basic 15 to get the body to handle food again without too many problems.

In addition to NAET, these conditions require multiple modalities for treatment simultaneously. Consistency, perseverance, and support are keys to successful NAET treatments for these conditions. Develop good relationships with your practitioner by asking questions, building trust, and sharing your experiences, good and bad, during this process.

## WHY DO SOME ITEMS KEEP COMING UP AGAIN? IT FEELS LIKE I AM TREATED FOR THE SAME THING REPEATEDLY.

In some cases, there are many layers to the healing process. Each layer for that item will show up when that layer is ready to clear. In the cases of autoimmune and multi-disease diagnosis, you will see this more often: many layers for a particular item (for example, psoriasis or seed warts show up repeatedly).

*"TRUE HEALING will always begin with your THOUGHTS. Master your thoughts and you will master your life."  
~April Peerless*

## WHY DO SOME SYMPTOMS SEEM TO GET WORSE AFTER AN NAET TREATMENT?

When your symptoms seem to get worse after a session or you are reliving the symptoms is a good sign. It means that your body is healing itself. It brings the problems that was pushed down deep into the body, is now coming to the surface to be cleared. These symptoms can be alarming since this was the main reason you sought treatment and help in the first place. It can also mean that more treatments are needed to fully clear for the particular item.

Give your body time it needs to repair itself. Give your practitioner the chance to assist you through this difficult process. Allow yourself to experience and express your emotions that you may have suppressed in the past. **Three main steps to healing:**

***Step 1: ACKNOWLEDGE*** the problem by diving into how and why this started. Journaling can help you.

***Step 2: ACCEPT*** the emotions and what occurred or is occurring. (Step 2+3 may be difficult and that is ok).

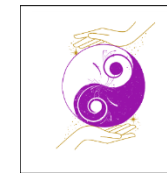
***Step 3:*** Allow yourself to **LET GO** if and when possible. Do **NOT** try to control the outcome, just let it be and let go. The outcome may surprise you.

Clinical experience has shown that each NAET session builds upon previous NAET clearings. Sometimes, an item muscle tests strong but may not fully clear until a subsequent treatment has occurred.

## GIVE YOURSELF TIME TO HEAL

The different cells in our bodies regenerates new cells at different rates. So, expect the time to heal will also vary depending on where the NAET clearing will occur and how well you have managed your diet and emotions. Here is a list of the time your body fully regenerates the following in your body, although they all repair themselves daily:

- Red blood cells (RBC) take ~90 – 120 days
- Skin – every 2-4 weeks
- Hair – Men ~3 years, Women ~6 years
- Liver – every 150-500 days
- Bones – the entire process takes up to 10 years
- Stomach and Intestines take ~5 days



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