



What are Nambudripad's Allergy Elimination Techniques?

OVERVIEW

NAET® was discovered by Dr. Devi S. Nambudripad in November of 1983. Nambudripad's Allergy Elimination Techniques, also known as NAET, are a non-invasive, drug free, natural solution to alleviate allergies of all types and intensities using a blend of selective energy balancing, testing and treatment procedures from acupuncture/acupressure, allopathy, chiropractic, nutritional, and kinesiological disciplines of medicine.

One allergen is treated at a time. If you are not severely immune deficient, you may need just one treatment to desensitize one allergen. A person with mild to moderate amount of allergies may take about 15-20 office visits to desensitize 15-20 food and environmental allergens.

Basic essential nutrients are treated during the first few visits. Chemicals, environmental allergens, vaccinations, immunizations, etc. are treated after completing about ten basic essential nutrients. NAET can successfully alleviate adverse reactions to egg, milk, peanuts, penicillin, aspirin, mushrooms, shellfish, latex, grass, ragweed, flowers, perfume, animal dander, animal epithelial, make-up, chemicals, cigarette smoke, pathogens, heat, cold, other environmental agents. It may take several office visits to desensitize a severe allergen.

NAET is available all over the world. Over 12,000 licensed medical practitioners have been trained in NAET procedures and are practicing all over the world. To help you find a NAET specialist, the names of the trained practitioners have been listed on our website under the Find a Practitioner section. We ask that you browse the NAET website for more information on NAET and use our practitioner locator to find a NAET practitioner near you.

All NAET practitioners in the practitioner locator have been trained by Dr. Nambudripad, but it is not possible for us to track each practitioner's performance. Please understand that these trained NAET practitioners are independent medical practitioners, some may be doing various treatment procedures other than NAET.

It is your job to find the right practitioner for your treatment. Please read the open letter by Dr. Nambudripad, to become well informed, before you make an appointment with a NAET practitioner.

ALLOPATHY & WESTERN SCIENCES

Knowledge of the brain, cranial nerves, spinal nerves and autonomic nervous system from Western medicine enlightens us about the body's efficient multilevel communication network. Through this network of nerves, vital energy circulates through the body carrying negative and positive

messages from the brain to each and every cell in the body and back to the brain. Knowledge of the nervous system, its origin, travel pathway, the organs and tissues that will benefit from its nerve energy supplies (target organs and tissues) and its destination, helps us to understand the energy distribution of particular spinal nerves that emerge from the 31 pairs of spinal nerve roots.

KINESIOLOGY

Kinesiology is the art and science of movement of the human body. Kinesiology is used in NAET to compare the strength and weakness of any muscle (also known as neuromuscular sensitivity testing (NST)) of the body in the presence and absence of any substance. A measured weakness in the presence of a substance is due to the effect of an allergy to the item the person is touching. This simple method can be used to detect your allergens.

CHIROPRACTIC

Chiropractic principles help us to detect the nerve energy blockage in a specific nerve energy pathway by detecting and isolating the exact nerve root being pinched. The exact vertebral level in relation to the pinched spinal nerve root helps us to trace the travel route, the destination and the target organs of that particular energy pathway. D. D. Palmer, considered the "Father of Chiropractic," said, "too much or too little energy is disease." A pinched nerve can cause disturbance in the energy flow. Chiropractic medicine postulates that a pinched nerve or any such disturbance in the energy flow can cause disease, revealing the importance of maintaining an uninterrupted flow of nerve energy. A pinched nerve or an obstruction in the energy flow is often the result of an allergy. Spinal manipulation at the specific vertebral level of the pinched nerve, can relieve the obstruction of the energy flow and help the body to arrive at a state of homeostasis.

ACUPUNCTURE / ORIENTAL MEDICINE

Yin-Yang theory from Oriental medical principles teaches the importance of maintaining homeostasis in the body. According to Oriental medical principles, "when the body is in perfect balance, no disease is possible." Any disturbance in the homeostasis can cause disease. Any allergen capable of producing a weakening muscular effect in the body can cause disturbance in homeostasis. Hence, diseases can be prevented and cured by maintaining homeostasis. According to acupuncture theory, acupuncture and/or Acupressure at certain acupuncture points is capable of bringing the body to a state of homeostasis by removing the energy blockages from the energy pathways known as meridians. When the blockages are removed, energy can flow freely through the energy meridians, thus bringing the body in perfect balance.

NUTRITION

You are what you eat! The secret to good health is achieved through right nutrition. What is right nutrition? And how do you get it? When you can eat nutritious foods without discomfort and assimilate their nutrients, that food is said to be the right food. When you get indigestion, bloating, or other digestive troubles upon eating the food, that food is not helping you function normally. This is due to an allergy to the food. Different foods react differently in different people. What is food for some may be poison for others. You've probably heard the expression, "one man's meat is another man's poison." So it is very important to clear the allergy to the nutrients. Allergic people can tolerate food that is low in nutrition better than nutritious food. But upon clearing the allergy, you should try to eat more wholesome, nutritious foods. You should avoid refined, bleached food that is devoid of nutrients. Many people who are feeling poorly due to undiagnosed food allergies,

may take vitamins or other supplements to increase their vitality after they get treated for the specific allergy. If they happen to be allergic to the nutritional supplements they are taking, this can actually make them feel worse. Only after clearing those allergies, can their bodies properly assimilate them. So nutritional assessment should be done periodically and if needed, appropriate supplements should be taken to receive faster results.

DISCLAIMER

NAET does NOT claim to cure allergies or food, chemical and environmental sensitivities. NAET does not support the use of lasers in lieu of acupressure and acupuncture modalities. Do-it-yourself, at-home type kits can be extremely dangerous or harmful. Laser devices to treat allergies are currently being investigated by the FDA for inappropriate activities and claims. NAET is not responsible for any damage that is done by the use of such devices attempting to mimic NAET techniques. Any and all allergy treatment must be supervised by an approved and licensed health professional.

In addition, practitioners and programs that use words such as "distance treatments", "JMT", "BioSet", "ByeBye Allergies", "Berg technique", "Advanced Allergy Elimination Technique", "Allergy Pathways", "Allergy Elimination Technique", "the allergy kit", and "A/SERT" do not perform Nambudripad's Allergy Elimination Techniques (NAET) and are not sanctioned by NAET. NAET cannot be held responsible for any harm that may come from receiving such treatments or techniques that mimic or try to copy NAET.

This material is taken from the website: <http://www.naet.com/Patients/whatsnaet.aspx>