

Instructions for NAET Patients

I. Introduction

Nambudripad's Allergy Elimination Techniques (NAET) is a method that helps to balance energies in the body. 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. According to NAET theory, allergies cause energy imbalances in the energy meridians. An energy blockage is the primary cause for any allergic reaction towards any substance. When the energy blockage from an allergen is removed via NAET, that particular allergen has not been shown to produce adverse reactions in the body on future contacts. NAET is a non-invasive, gentle, energy balancing procedure. It has not been shown to cause any long-term adverse effects on anyone within the last twenty years. While going through NAET treatments, patients should try to keep their symptoms under control by taking necessary medications, therapies or other modalities. The patient is required to seek care of a primary care physician while getting NAET treatment. If you suffer from a specific problem, you should also seek care of an appropriate medical specialist to manage health needs related to your condition. NAET is only an energy-blockage removal treatment. NAET is not a primary care procedure.

A patient with severe allergies and poor immune system can only tolerate one treatment per week. Patients with stronger immune systems have shown to tolerate three or more treatments per week. Your practitioner can test your body for the appropriate treatment plan.

NAET is a specific protocol that should only be carried out by qualified and properly trained providers. The providers at Two Rivers Natural Health who give NAET treatments have undergone training with the creator of NAET, Dr. Devi Nambudripad, and are carrying out her researched and intensely utilized techniques. The efficacy of NAET by other providers or clinics cannot be substantiated by Two Rivers Natural Health.

II. Before NAET Sessions

- Before your first session, read (or listen to the audio version of) “Say Good-bye to Illness” or “Say Good-bye to Your Allergies” by Devi Nambudripad, available at www.NAET.com. You may also consider purchasing “The Guide Book” so that you can track your clearings.
- Copies of lab reports will be helpful to obtain and bring to your first session.
- Alert your NAET provider of any history of anaphylactic reactions as this will affect treatment protocol.
- Shower or bathe, and do not apply products with strong perfumes (including deodorants, hairsprays, after shave, cigarette smoke, etc).
- Dress in clothes without embellishments such as metal, beads, embroidery, crystals, etc and wear minimal to no jewelry/watches.
- Eat a light meal. Take any medications or supplements. Eating is not permitted in the office to protect other sensitive patients.
- Hydrate with spring or mineral water. Energy moves better in a well hydrated body.
- Be well rested, do not schedule appointments after night shifts, during jet lag, etc.
- Turn off your cell phone or leave it in the car (preferred, unless it is needed for personal emergencies).
- Wash your hands prior to entering the office and/or prior to treatment.
- Bring suspected allergens in a sealed glass jar wrapped in a brown paper bag.

IV. During Each Treatment

- No one else is allowed in the treatment room during NAET because it can diminish the efficacy of the treatment. Unless your child is getting treated, please arrange for childcare if possible. Pets are not allowed in the office.
- The NAET practitioner will test to see if the body is ready for the treatment on that day. On rare occasions, the body will not be open to receiving the treatment and the session will need to be rescheduled. This will prevent adverse reactions.
- During NAET, make a fist with your free hand, do not touch other substances including; clothes, the treatment table or your provider with your finger tips or palm during the treatment.
- Do not chew gum or eat candy during testing or NAET treatment.
- In some cases (children, elderly, strong or weak individuals, disabled, advanced stage of pregnancy, etc.), patients will need to be treated through a surrogate. It is necessary to maintain skin-to-skin contact with the surrogate during the entire NAET session

V. The “Basic 15” Treatments & Treatment Order

- The NAET “Basic 15” are the basic essential nutrients for everyone and will be cleared before specific allergens. If you are allergic to the “Basic 15”, your body is not receiving adequate nutrients which depletes the immune system and leads to nutritional deficiencies. In order to support the immune system through the allergy clearings, the “Basic 15” must be addressed first. By clearing the “Basic 15”, your body will also maintain other, more specific, allergy clearings long term as well as decreasing the number of overall NAET sessions. You can read more about this in the recommended reading by Dr. Nambudripad.
- It will be necessary to clear allergies to white rice and hard-to-avoid items like prescription drugs before the “Basic 15”. Gate points need to be massaged every 2 hrs for 25 hrs for unavoidable medications.
- Acute allergic reactions may be dealt with first and will supersede the usual protocol, if necessary. The clearing to the substance that caused the acute reaction may need to be revisited after the “Basic 15”. It will be extremely helpful if you bring a sample of the suspected allergen in a glass jar to your appointment.

VII. After Treatments

- There is a 20 minute waiting period after the treatment to let the clearing integrate into the system. You will wait in the office during this time. In order to optimize this integration:
 - Do not touch other objects with your hands
 - Do not cross your hands or legs
 - Visualize positive energy circulating through your energy meridians
 - After emotional clearings, repeat positive affirmations relating to the issue that was addressed
- Wash your hands with plain water after treatment and before you leave the office. If this is not possible or forgotten, rub your hands vigorously by interlacing your fingers for 30 seconds.
- The clearing is the most vulnerable to being antidoted during the first 6 hours. In order to prevent this from happening:
 - Do not exercise vigorously. A mild walk is fine.
 - Avoid exposure to extreme hot or cold temperatures.
 - Do not bathe or shower.
- It takes 25 hours for the clearing to complete its journey through all 12 energy meridians. In order to optimize and maintain the clearing:
 - You are advised to avoid the treated allergen (ingesting, touching, breathing or being in close proximity (5 feet) to).
 - Fasting is not recommended during this period.

- If the allergen is unavoidable, gate point massage every 2 hours (only when you are awake) will help facilitate the continuation of the clearing through the 12 meridians.
- The 25 hour-restriction begins 30 minutes after the completion of the treatment, so you are allowed to ingest the allergen during this window of time only.
- Drink plenty of water to facilitate movement of energy as well as support detoxification of the allergen, once again, energy moves best in a well hydrated body.
- You may need to take EXTRA precaution while you get treated for environmental substances: (mineral mix, metals, water, leather, formaldehyde, fabric, wood, mold, mercury, newspaper, chemicals, flowers, etc.). In addition to avoiding these items, you may need to wear a mask, gloves, socks, shoes, gowns, scarves, earplugs, etc.
- During the 25-hours or afterwards, if you get a life-threatening reaction from an allergen (either from the one you were treated in the office or another one), you MUST seek emergency help immediately from a primary care physician or emergency room, or by calling 911.
- If you are a highly sensitive person and experience any discomfort during the 25 hour-avoidance period (crying spells, depression, unusual emotions or unusual pains anywhere in the body, etc.) you may need to balance your gate points every two hours on your own.
- Maintain a symptom and food diary during the 25-hr period, one is provided in “The Guide Book” by Dr. Nambudripad.
- After the 25 hour avoidance period, meet with your practitioner to test for the item you treated to make sure you have completed the treatment. After you have been retested and have properly cleared an allergen at your follow up session, it is suggested that you consume a small amount of the item daily for three to four days to help support the immune and nervous system’s tolerance to that allergen. If the treatment is not completely cleared, you may experience some minor symptoms and your practitioner can investigate the reasons behind those symptoms and eliminate them.
- It is highly recommended that after the first three NAET “Basic 15” treatments, you TRY to consume foods and drinks from the desensitized groups only. Add new items to your list as you complete each treatment. This will reduce your overall discomfort level, increase the effectiveness of NAET and speed result time.
- Maintaining a treatment/clearing record will be helpful if you work with another NAET provider so that your treatments can be continued uninterrupted.
- Once every month or so, or after completing treatments for TEN to FIFTEEN allergens, your practitioner will repeat NST on all treated allergens. If an allergen did not clear completely, it will be boosted up again. The 25 hr avoidance period is not necessary for booster treatments.

- After the “Basic 15” treatments, the patient should begin to gather a small sample of every day food and drinks (in a glass container) and, while holding the sample, balance the gate points every night before bedtime.

VII. Additional Information about NAET

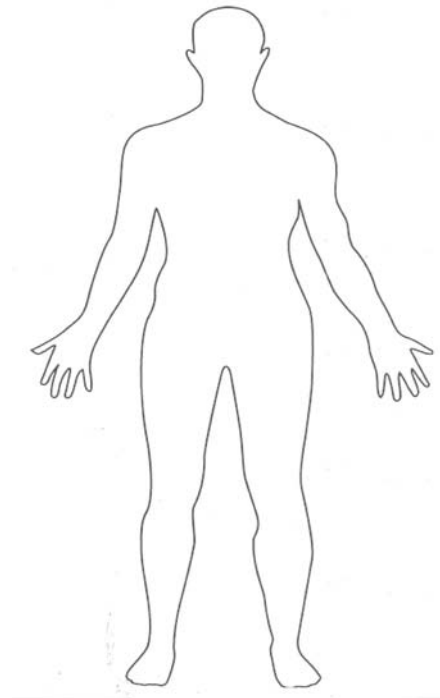
- NAET is a HOLISTIC procedure. It balances the entire body including: physical, physiological and emotional levels. Everyone needs balance in all these levels of the body to be healthy. If one area is not balanced properly, other areas cannot function normally. NAET emotional balancing procedure has 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.
- NAET emotional balancing 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 did not complete the treatment, or if you could not complete the specific NAET treatment protocol for some reason, do not panic. NAET is a non-invasive, gentle, energy balancing procedure. It has not been shown to cause any long-term adverse effects on anyone since its discovery within the last twenty-three years. Your temporary symptoms may be due to incomplete treatment and may continue until the “Basic 15” have been cleared.
- If your symptoms persist during or after NAET, there are additional clearings necessary. Be patient, it is a process. Symptoms may be mitigated through self treatment by massaging the gate points every four hours while awake for up to 3 weeks. This method is only effective if the allergen has been treated by a trained practitioner and it is an uncomplicated allergy. CAUTION: this should be done only on a single allergen, never try on a group of allergens. When one allergen gets desensitized and eliminated from the body, others allergens may produce more clear symptoms until all the patient’s allergens are desensitized with NAET.
- It is also possible that the body can forget the allergens that have already been treated if the protocol is interrupted for several weeks or more. Therefore, it is important to progress through the “Basic 15” on a regular basis (weekly to bi-monthly) in order to achieve optimal results. If the body “forgets” previous clearings, then these allergens may need to be cleared again before continuing with the protocol.
- When you are allergic to a substance, your body produces lots of endogenous toxins. After a few NAET treatments, it is recommended to go on a good detoxification program using different products (herbs, minerals, etc.) to clean up your system and support your liver.
- 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. Do not stop any other treatment you are on: medication, therapy, chiropractic

treatments, massages, etc. NAET treatments have 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 work better.

- For FEMALE patients: Treatments are not advisable during the first three days of the menstrual cycle.
- NAET treatments 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 treatments during pregnancy (at least 15 basics and all known allergens of the mother), children are born with very few allergies when compared with their siblings who never had exposure to NAET before birth.
- When you go through the NAET treatment program, you will be advised to get supplemented with appropriate 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 will be reduced.
- The risks and side effects of NAET are minimal. Some may experience flu-like symptoms (achyness, fatigue, etc) and detoxification after clearings. Clearing of anaphylactic allergens is done very strategically and carefully to limit anaphylactic reactions. It is not recommended to ingest or contact anaphylactic allergens until they are cleared on blood work, which can take up to 6 months.
- Benefits of NAET may include elimination of allergies and symptoms related to allergies, improved quality of life, increased energy and sense of well being.
- If you do not show any improvement in your health status after successfully passing the “Basic 15” allergen groups at all three levels, NAET is not the right match for you. Please ask your practitioner to refer you to another source for health-care and allergy management.

VIII. Gate Points

- Gate point massage/stimulation is necessary when an allergen is unavoidable or contacted accidentally during the 25 hour avoidance period in order to help facilitate the continuation of the clearing. It is only necessary when you are awake. There are other situations that may indicate gate point massage which will be recommended by your provider.
- The gate points are acupuncture points that are associated with different energy meridians. They tend to be sensitive to touch.
- Massage clockwise for 1 minute on all 8 points and move in a clockwise direction around the body, i.e. Begin on the right hand, then right elbow, left elbow, left hand, left ankle, left foot, right foot, right ankle
- The points include:
 - Large Intestine 4: The back of the hands, at the upper edge of the crease (near the base of the thumb) between the thumb and the index finger
 - Large Intestine 11: The upper edge of the crease of the elbow (hand and forearm are facing down)
 - Spleen 6: Three finger breaths above (toward the heart) the inner ankle bone (medial malleolus), midway between the top and bottom of the lower leg, on the inner side of the lower leg
 - Liver 3: Two finger breaths above (toward the heart) the crease between the big toe and the first toe on the back of the foot



NAET Informed Consent

- ✓ I have read and understand the “Instructions to a New NAET Patient.”
- ✓ I understand that there is no guarantee that I will receive benefit from NAET treatments.
- ✓ I understand that in order to receive maximum benefit from NAET, I must be compliant and take responsibility for my health by carrying out all recommendations that help facilitate the clearings.
- ✓ I understand that if I discontinue NAET treatments before receiving the recommended “Basic 15”, in addition to specific allergen clearings, that my allergies may not be cleared long term and that I may have to re-clear certain allergens in order to achieve my health goals.
- ✓ I understand that allergies have the potential to be life threatening and I understand that it may be necessary to call 911 or go to the Emergency Room if I have an anaphylactic or other dangerous reactions to any treated or untreated allergen.
- ✓ I agree to obtain the recommended reading and be educated about NAET and MRT while undergoing NAET.

Signature of the patient/guardian

_____ Date _____

Printed name
