



What is NAET?

Nambudripad Allergy Elimination Therapy (NAET) is a non-invasive, drug free solution for allergies and allergy-related conditions. Discovered by Dr. Devi S. Nambudripad in 1983, NAET is a synthesis of various medical disciplines such as Allopathic, Acupuncture, Chiropractic, Kinesiology, and Nutrition.

Currently conventional medicine has several methods for diagnosing allergies. The intradermal test, patch test, scratch test, and various blood tests are used. The standard treatment is drug therapy using either antihistamines or steroids to control allergic symptoms. Unfortunately, this does not correct the underlying problem and often the allergy sufferer experiences side effects. The most effective treatment option until now has been complete avoidance of the offending allergen(s), which can be difficult, and in some cases impossible.

NAET therapy retrains or reprograms your brain and nervous system to no longer react to the offending substance.

How does NAET Work?

NAET utilizes the combination of Kinesiological Muscle Response Testing (MRT), electromagnetic fields, meridian points and spinal stimulation to reprogram the brain and nervous system to no longer react to an allergen.

Allergens are treated in a specific order, and only one allergen is treated at a time. During treatment, patients are exposed to a controlled version of the allergen, which is contained inside a glass vial. This exposure is combined with a form of acupressure treatment. The treatment and controlled exposure allow the body to become gradually desensitized to the allergen, clearing the allergy from the system.

What can NAET treat?

NAET can treat a wide range of allergic conditions/symptoms including:

- Food Allergies
- Hay fever
- Asthma
- Eczema
- Indigestion
- Irritable bowel
- Headaches
- Joint Pain
- Dermatitis

What happens during a treatment?

Muscle testing is used to isolate an indicator muscle that will remain strong under testing without the presence of an allergen. Then the patient is asked to hold a glass vial containing the suspected allergen and the same muscle is tested again. These tests quickly confirm the presence or absence of allergic reactions.

Once allergens are identified and prioritized, acupuncture is administered according to the NAET protocol. This alters the body's response to future contacts with the allergen and relieves the allergic symptoms. Stimulating acupuncture/acupressure points along the spine energizes the meridians and creates a state of free energy flow.

After acupuncture the patient is re-tested with the same allergen(s) to verify that the body and brain have accepted the clearing process. The patient then rests for 15-20 minutes. This quiet time is essential for the treatment to hold. The patient is checked for clearance of the allergy one last time and then is sent home to finish the clearing cycle.

At home, the patient avoids all contact with the treated allergen for up to 25 hours. This allows newly reprogrammed energy to be exposed to the 12 major meridians as the body cycles through its own biological clock. At the next treatment the patient is checked again to verify that all allergic responses to the treated allergen have been eliminated.

What can I expect after a treatment?

You will be instructed to avoid all contact with the allergen that you were just treated for 25 hours. You will be advised of the suitable foods you can eat for those 25 hours. It is recommended that you drink plenty of water for the rest of the day.

How many treatments will I need?

The total length of the treatment program varies with each person depending on the number of specific allergies and overall intensity of the allergic condition. It may take anywhere from 5 to 40 visits, depending on your condition, to note significant results. For best results, usually just one allergen (or one group of closely related allergens) is identified and treated per office visit.

How do I know if NAET is right for me?

NAET is a natural, drugless, painless, non-invasive method that is safe and effective for everyone, even newborn infants and the elderly.

If you suffer from any allergic condition (food, chemical, environmental, emotional allergies) or if your health condition has developed from any allergy, no matter how long you have been sick, or how old you are, NAET can help you.