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Introduction to NAET

by Devi Nambudripad, M.D., D.C., Ph.D., L.Ac.

Nambudripad's Allergy Elimination Techniques, or NAET[®], is a revolutionary form of complementary and alternative medicine (CAM) that integrates principles from Western medicine, Oriental medicine, chiropractic, applied kinesiology, and nutritional sciences. NAET[®] offers patients a non-invasive, drug-free way to eliminate the allergies and hypersensitivities that are causing their symptoms. For over 26 years, NAET[®] has helped patients from around the world to find lasting relief.

What is Allergy? ^{1, 2, 3, 4, 5, 6}

Allergy can be defined as an "over-reaction" or "hyper-sensitivity" of the body's immune system to certain substances.

NAET's[®] definition of allergy also involves the energetic level, i.e., an imbalance between the electromagnetic field of the person and the substance, producing unpleasant physical, physiological and/or psychological reactions in the person's body (with or without an IgE antibody response).

Causes of Allergies

Disruption of the innate programming in the brain (let's equate this disruption to a computer virus) causes a malfunction and, in turn, ruins normal body functions, which causes the body to be sensitive to everything. Causes for this disruption include:

- Hereditary
- Toxins
- Infections
- Vaccinations and immunizations
- A depressed immune system
- Malabsorption disorders
- Hormonal deficiencies
- Post-traumatic disorders
- Radiation and geopathic stress
- Poor physical activities
- Emotional traumas

In people with allergies, the normal imprint (memory) about the harmlessness of substances, such as peanut, fish, pollen, dust, perfume, etc., has somehow been erased from the brain's memory during the genetic transference or during certain stresses of life (exposure to extreme radiation, bacterial or chemical toxins, etc.), and has substituted the memory with new information that identifies the substance as being dangerous. Thus, the immune system mistakes a harmless

Upcoming Events

Introduction to NAET[®]

by Devi Nambudripad

Location & Time:
Los Angeles, CA
May 23, 2010
9:00 a.m. to 6 p.m. PT

substance for a dangerous intruder it must destroy. When a person with allergies is exposed to something it perceives to be an allergen, the immune system produces antibodies to fight it as a harmful invader.

According to statistics released by the CDC (Center for Disease Control), more than 50 million Americans suffer from allergic diseases each year, with up to 8 percent (2 million) of children and 2 percent of adults in the United States estimated to be affected by food allergy.

According to a statistical report from AAAAI (American Academy of Allergy, Asthma and Immunology), it was noted that if one parent has an allergic disease, the estimated risk of a child developing allergies is 48 percent; the child's estimated risk grows to 70 percent if both parents have a history of allergy.

NAET® Mechanism of Action⁷

Although the NAET® mechanism of action has not been well defined by standards of conventional medicine, NAET® theory proposes that a person's unusual sensitivity to a substance is related to neurochemical energy imbalances caused by the allergen, and that NAET® desensitization and meridian balancing techniques can eliminate the underlying problem.⁸

NAET® Diagnostic Approach⁹

The NAET® diagnostic approach includes the following:¹⁰

- Thorough medical history intake^{11, 12}
- Physical examination¹³
- Laboratory investigations^{14, 15}
- Instrument tests^{16, 17, 18, 19, 20, 21}
- Pulse test²²
- Neuromuscular sensitivity testing^{23, 24, 25, 26}

NAET® Treatment Approach

The NAET® treatment approach includes:^{27, 28, 29}

- NAET® desensitization treatments for known allergens
- Energy balancing with acutherapy (acupuncture/acupressure)³⁰
- Supportive therapies, as needed^{31, 32, 33}
 - 25 hours after the initial treatment³⁴ after passing the treatment, patient is advised to ingest or use the item treated for a few days to few weeks daily.
- NAET® Homeopathic Formulas³⁵
- Avoidance to help prevent flare-ups until a known allergen is desensitized with NAET® treatment.

An unique aspect of NAET® philosophy is its integrative approach: patients are encouraged to continue other forms of treatment (e.g., pharmaceutical, chiropractic, acupuncture, botanical) under the supervision of their regular physician. In this way, patients make use of all appropriate health care professionals and therapeutic approaches to achieve optimal health and healing. The strategy of integrating CAM approaches into conventional practice is becoming more important than ever. In the 1990s, over 40% of the public visited CAM providers, with billions of dollars in out-of-pocket expenditures.³⁶ In the last ten years, CAM has been integrated into a fast growing number of mainstream medical programs at academic³⁷ and national³⁸ health institutions in North America.

The evidence for use of NAET® in clinical practice is also growing. The results of several randomized blinded placebo-controlled studies have supported the use of NAET® diagnostic and treatment strategies.³⁹ Retrospective studies of over 10,000 patients have shown that over 80% of patients receiving proper NAET® treatments experienced significant reduction or elimination of symptoms.⁴⁰ Nambudripad's Allergy Research Foundation continues to support research and education in this important area.⁴¹

About the Author

Dr. Devi Nambudripad is a Doctor of Chiropractic and Licensed Acupuncturist. In an effort to solve personal health problems she had suffered since childhood, and help others with similar problems, she has conducted research in the U.S. over the past twenty-four years. Her efforts have resulted in the development of a new and effective approach, known as Nambudripads Allergy Elimination Techniques (NAET®), for diagnosis and treatment of allergies and allergy-related health disorders of all types. NAET® focuses on natural, non-invasive, drug-free solutions to elimination of allergies of all types, as well as using a combination of treatment procedures from acupuncture/acupressure, allopathic, chiropractic, nutritional and kinesiological disciplines of medicine. To date, thousands of patients who could not find relief elsewhere have been successfully treated for both food and environmental allergies and various allergy-based illness by NAET®, including ADHD, asthma, arthritis, autism, and many more.

Class by the Author

Allergy Elimination: Introduction to NAET®

5/23/10 Lotus CEUSEMINAR@Los Angeles™, CA and Live-streaming LotusWEBINAR ([Click here](#) to register)

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