

## Chapter I

### Why Write Another Book About Allergies?

#### "Looking Back on ten years of Eliminating Allergies with NAET®"

By Robert M. Prince, MD

In the spring of 1997, several young women from our church approached my wife and me about, what seemed like at the time, a strange new way of treating allergies. They claimed a local chiropractor had been using a new drug-free approach to treat them and their families. The women pleaded for eligible church members to consider getting training to become NAET® practitioners so that this treatment would be more readily available to people in our area.

My wife, Iris, and I were somewhat skeptical when we were first introduced to this new method. The idea of pulling down on the arm and tapping on various parts of the body seemed quite peculiar compared to our traditional training. My wife had formal training as a registered nurse and I had been a psychiatrist for 35 years at that time. When we make introductory talks about NAET® in the community, we often tell that at first our intention was to investigate and debunk what seemed to be such a far-out approach. However, the earnest young women convinced us to contact the NAET® office to find out who from our church would be eligible to receive NAET® training. They informed us we could receive the training only if a doctor who was also NAET® certified would supervise them. I had hoped to sit comfortably back home in Charlotte, while they went off on this training mission, but as fate would have it, I had to accompany them. Even with our skepticism, there was still a trace of doubt in our minds - that there actually maybe some

credibility to this innovative approach to eliminating allergies.

We were aware of a little girl who had terribly messy diapers, prior to treatment, after she ate anything containing egg. The problem cleared up when she was treated with the NAET® procedure for egg mix. Due to the girl's young age it was not plausible to attribute the result to a placebo effect - since a 2 year old would most likely not respond to a placebo. Even with our mixture of skepticism and partial belief, we still hesitantly ventured out to California to learn about the NAET® process. After our first round of training, we still carried some degree of doubt since NAET® seemed to produce results almost too good to be true. When we returned home I decided to undergo treatment for a severe allergy to poison oak. My skepticism propelled me to test NAET® on an extreme personal level. Three days after receiving the treatment, I set out to prove or disprove the effectiveness of NAET® by using a weed-eater to attack an area on our property that was covered with poison oak. At the time, I had been severely allergic to poison oak for my entire life. I knew I would have a terrible rash if NAET® had not worked. Other than one tiny itching spot, which came on my neck and quickly dried up, I had no adverse reaction and I became a true believer in the power of NAET®.

In July 1997, we attended Advanced NAET® Training and our first annual NAET® Symposium in Buena Park, CA. Armed with this knowledge and our new-found enthusiasm, we began treating members of our church and their families in a free clinic at the church. Our minister was very supportive of these efforts and approved of space being set up in the basement of the church for this weekly clinic, which continued for several years.

We were especially encouraged when treating an 18-month old girl who was not standing or walking after having had surgery for clubfeet during the early weeks of her life. She was eating very poorly and showed very little interest in solid foods. She had been treated for most of the basic allergens at the church clinic, with only minimal improvement. Then one day my wife suggested that she could have been allergic to the anesthesia that she received at the time of her surgery. Two days after we treated her for anesthesia her family suddenly realized that she was standing on her own. Within a few days she was not only walking but she was running and eating an adequate amount of food. Her older brother had also been cleared of a severe allergy to milk, along with several other important food allergies. Other children treated at the church clinic, who had been plagued with stomachaches after drinking milk, were able to consume milk without adverse reactions.

Within a few months, we opened our private clinic, NAET of Carolina in Charlotte. The results continued to be very gratifying in our new clinic. The very first patient was a schoolteacher, who was having severe headaches every day she taught school. This particular year she happened to be teaching school in an older building. The previous year, in a new school building, she had no headaches. Before she came to our clinic my wife instructed her to get a sample of the air from the schoolroom where she was teaching. She was instructed to float a paper towel on a bowl of distilled water and place it on top of a cabinet near her desk and allow it to sit for two days. This allowed enough time for any toxic elements that may be in the room to settle on the moist paper towel. After 48 hours we instructed her to put the wet paper towel in a sealed jar in order to avoid contamination prior

to testing. When the patient arrived at our clinic, she brought the wet paper towel in a quart jar for testing. Kinesiology (muscle testing of her arm) indicated she was definitely allergic to the substances in the jar. I used standard NAET® treatment to treat her. When she returned a week later to see her "voodoo doctor," as she called me, she said it was almost like a miracle - she had only one headache the entire week. The headache occurred on a day when there had been a lot of chalk dust stirred up in the air near her desk. After making the chalk connection she had brought a piece of chalk for testing, and she was quite allergic to it. After the chalk treatment, we heard nothing more from her about headaches.

I cautioned our practitioners that this case was much more straightforward than most headache cases. We had followed Dr. Devi Nambudripad's recommendation, that allowed us to by-pass the first 10-12 basic allergens in treating this acute situation. Most people who experience chronic headaches have more complex situations and get more lasting results from clearing the basic allergens first, as recommended by Dr. Devi, the originator of NAET®.

One of my first observations while using NAET® was its amazing ability to desensitize numerous individuals to food allergies, for foods they previously had to avoid for years due to their adverse reactions. I was aware that standard allergy practices generally recognize no cure for food allergies other than avoiding the offending foods, and to keep an Epi-Pen handy in case of anaphylactic shock. We soon began seeing many individuals cleared of food allergies with great results.

A man in his early forties came in with a long history of food allergies. He would get sick if he ingested chocolates, cheese, or beer. He had been told by his doctors to stop eating a number

of essential food items, including dairy products, wheat, raw vegetables, and fruits. After he was cleared of the ten basic nutrients, using the NAET® protocol, he informed us how pleasing it was to eat ice cream and fruit without adverse effects. After a few more treatments, he was able to incorporate grains and tomatoes into his diet. He was especially thrilled when he consumed pizza and beer together on a family vacation with no allergic symptoms.

A couple of years ago, we saw a middle-aged woman who had been treated with NAET® successfully four years earlier for allergies to eggs, milk, wheat, corn, nuts, and tomatoes. She had previously developed wheezes when she consumed these items. On her return, she brought in a jar with cat fur and saliva, telling us that she had developed asthmatic symptoms after getting two house cats. When asked about her previous food allergies, she stated, "Oh, I can eat anything I want now." This last case, along with many others, helps to illustrate the long-lasting effects of NAET® treatments. The treatments usually yield permanent relief of food allergies, which had seriously limited their diets in the past. Is it any wonder that I spoke at Dr. Devi's annual Symposium a few years ago on the topic, NAET®, THE ULTIMATE TREATMENT FOR FOOD ALLERGIES?

At the 2006 annual Symposium in Buena Park, CA, I gave a report on our excellent results from treating autistic children with NAET®. I did not include the case of a 5-year-old autistic boy whose family moved out of our area 4 ½ years ago (before he completed his treatments.) He had such severe allergies to foods, including strawberries, yogurts and several grains, that his family could not eat in the same room with him without his having a serious reaction. They had to wait for him to go to sleep before they could comfortably

eat their own dinner. After treatments for most of the NAET® basic protocol, his parents reported that they were finally able to sit together for dinner - with great satisfaction that he no longer had these severe reactions. We recently called his dad to inquire about his present condition. His dad reported that he was now reading well at his third grade level, and the family now felt no need to tell anyone he had ever been classified as having been autistic. He was enjoying social activities and his dad said that he appeared perfectly normal now except for some chemical sensitivities, for which he has had some consultations and successful treatments by another NAET® practitioner. This case demonstrates how allergies are such a major factor in the exacerbation of symptoms in autistic children.

I could talk all day about other excellent results using NAET® for clients with environmental allergies, asthma, arthritis, fibromyalgia, chronic fatigue syndrome, eczema, Attention Deficit Hyperactivity Syndrome, Irritable Bowel Syndrome, and many other afflictions. But I would like to close by discussing the satisfactions that come from treating multiple members of the same family.

We have been especially encouraged that many of our patients come to us on referrals from family members who have responded well to NAET®. One case in point, a woman in her sixties who was thrilled that her NAET® treatments enabled her to eat chocolate cake while meeting with her bridge club. Previously she had to eliminate chocolate from her diet for many years. Several years later, her 7-year-old autistic grandson was referred for a series of NAET® treatments for his autism. After the treatments, he received an award for being the most improved student in his school.

An additional case of success in treating members of a single family was highlighted in our local NAET® brochure, which was published for several years with the title of "One Family's success story" as follows:

"We were especially gratified to treat a 2 1/2 year old girl who had suffered with a skin rash on her legs for most of her young life. Due to the constant itching, the child severely clawed her skin. After treatment, however, she was completely clear of the rash. Her baby brother had a rash on his face at six weeks of age and was showing much irritability when nursing. Using a surrogate for testing and treatment, the baby was discovered to be allergic to his mother's milk. He was put on a soy formula during the 25-hour avoidance period. His mother reported that he was immediately more content when he resumed nursing. His rash disappeared within a week. The father of the children was treated for peanut allergy and was able to eat boiled peanuts for the first time in years. When he was cleared for sugar, he was able to eat sweets without having headaches."

The members of the family just described were treated during the first weeks of our NAET® church clinic. Ten years later we have recently treated their 2-year-old son, who had eczema much like his sister's. (She is described in the above paragraph and is now 13 years old.) On the Sunday before I began writing this article, both parents approached me and my wife, Iris, outside of the church to tell us that the young son had definitely improved since his recent treatments. NAET® HAD HELPED THIS FAMILY FROM THE BEGINNING TO THE END, THROUGHOUT THE 10 YEARS WE HAD BEEN PRACTICING. NAET® HAD COME FULL CIRCLE FOR THIS

FAMILY, LIKE IT CAN FOR OTHER FAMILIES IN THE FUTURE.

Note: The above is an edited version of a presentation given at the first NAET® Symposium held on European soil in France in August of 2007. Our team from NAET® of Carolina was recognized as having had the privilege of teaching the first Basic NAET® course in Europe in Holland during June 2000.

At the time of this Symposium an announcement was made that there were now over 1200 NAET® practitioners in Europe and over 9,500 worldwide.

When the book title, Can allergies REALLY BE ELIMINATED, first came to mind, memory immediately went back to the case of an NAET® practitioner in another state who was threatened by his professional board that he could lose his license for asserting that allergies could be ELIMINATED. The conventional teaching among allergy specialists was that there was no way to ELIMINATE an allergy. A number of NAET® practitioners wrote in support of the doctor contending that allergies REALLY could be ELIMINATED. Finally after the practitioner had been under the threat of losing his license for two years, his professional board dropped the case.

We would suggest that our readers carefully examine the evidence presented in this book before they attempt to give an answer to the question, "Can allergies REALLY BE ELIMINATED?"

Consider for a moment that, even though this book is primarily composed of anecdotal evidence, how many thousands of surgical operations are performed each year and are considered to be "standard medical practice." Yet many such operations have been described by doctors themselves as not having been medically necessary, and in some cases patients may have obtained better results from less invasive alternative

treatments.

## A little about the co-authors

By Iris W. Prince, RN

I believe readers would like to know why a semi-retired psychiatrist and a med-surg nurse, with more years of experience than I care to share with you - would even look seriously at a rather unusual treatment for allergies. This treatment includes aspects from several other modalities that incorporate together to become the whole of Nambudripad's Allergy Elimination Techniques.

Let me introduce myself and my husband to you, Dr. Bob Prince, MD, and his wife Iris Prince, RN. We have worked together, along with an extremely dedicated staff for the past decade. We had an interesting life before we discovered NAET®. But all of the "Standard Medicine is the only way" went out the window when we discovered NAET®, which is only a small part of what Western Medicine has overlooked and often debunked - (because it was not their idea and also outside of their control.) Harsh words, I know, but often very true. Also the fact that oriental medicine seldom actually utilizes medicine (drugs) and then mostly herbs - takes the control away from the giant industry of medicine formulation (pill making and distribution.)

The last time I discussed any form of alternative medicine with an "educated" person, initially this person appeared interested. When I expressed myself about conglomerates that can and do try to block any progress of "competitors" in the field of health care - I watched as the eyelids lowered, the distant look took over and heard them say - "Well, you don't want them wasting their money on Copper Bracelets."

Oh wow! How many billions of dollars are spent by consumers and their insurance companies

on trying to stay well or to get well? Had I not personally witnessed a standard, simple, often used, drug jump 300% in cost to the consumer in one year, I would not have been so incensed over his concern about the cost of copper bracelets. This is about control, not caring. It's a "Don't you dare think outside the box! Not my box anyway!"

Well, there are still Thomas Edisons out there who have a goal and keep trying. We as NAET® practitioners have the opportunity to work with an innovative original mind that has unearthed a unique - drug-free approach to bettering your health and we applaud her with love and respect her dedication to this enterprise.

Well, I've spouted off enough. Let us tell you the story. You might notice that my husband and I, as a team, are Yin and Yang. When we thought to write about NAET® - and its impact on health care - my thought was that it would be so confusing for someone to read a chapter by him and then another by me, when we express ourselves so differently. Well, let's say at least - I don't know how to describe myself, but the previous comments will give you the idea!

Neither of us are authors. I have jotted off a couple of brief children's books, but nothing more. He, however, is so busy thinking, that he sometimes has to talk slowly and deliberately to get it all reasoned through. You will agree about Yin/Yang. We did not undertake this of our own accord. We were urged to do this by friends whom we found it hard to refuse.

### **Our approach to NCAAM**

Several year after we started with NAET®, we approached the NIH (National Institutes of Health) in Washington, DC. They have a division, the National Center for Complementary and Alternative

Medicine NCAAM), which offered grant money to research forms of treatment to prove or disprove their validity. We arranged with Dr. Linda Steele of the Nursing Division of UNC at Charlotte and with representatives from their Research divisions. We produced what we and they considered to be a closely monitored proposal in which we would assist in performing a double blind study that would hopefully validate the effectiveness of NAET® for allergies to corn. We were so excited over the possibility of establishing NAET® as a nationally recognized treatment for allergies. Just imagine - an alternative form of treatment that, although fairly lengthy, could be effective and validated - therefore probably (drum roll please) covered by health insurance.

NCCAM has only a few slots for Alternative Health Research and unfortunately after all our preamble of efforts including the unstinting support of the Nursing College at UNCC, we were not among the selected few. Grant money can do wonders. It can pay salaries of needed personnel while we work diligently to achieve the goal of proving what so many already know through personal experience.

A year or so later, again with excellent UNCC help, we assisted in offering an application for a more extensive double-blind study of shellfish allergies, with Dr. Steele again putting in many hours, along with assistance from the UNCC Research Department. The proposal even included the agreement of a well recognized allergy specialist at Johns Hopkins Medical Center to serve as a part-time consultant, as well as the agreement of a local Board Certified allergist to perform the Double-blind Placebo Controlled food tests. This too was turned down by NCCAM, but this time they admitted that this was research that should be done, however they said our

research team was not suitably qualified to perform this project, presumably because UNCC did not have a medical school.

### **Challenge to be open to Alternative Approaches**

Still we are divided into groups of "open to possibilities" and "totally closed." Many a patient has said to me, "I wish \_\_\_\_\_ would try this. He has so much problem eating \_\_\_\_\_ (the list is long.) How can we convince him to try this?" My answer is always, "You can't. If he's not willing to look into it after seeing your quality of life improve so much, you are wasting your breath!"

The challenge is still before us. There are actually almost endless opportunities for benefit. We must persevere - patiently - (he does this better than I) - and work with those that are eager for help - hoping others find their way around eventually. A lot of people seem to have a problem in thinking of an electrical field connected with humans, which is one of the basic concepts upon which NAET® is founded. I ponder the fact that an electrical impulse triggers each heart beat. Also if you have ever observed an EKG or EEG, you will see the firing of electrical impulses even in sensitive brain tissue. Ah well, we cannot understand it all. I must truly say we understand only a portion of what all occurs in NAET®. (Bob tells of an elderly Chinese doctor who told him that the difference between Eastern medicine and Western medicine is that we study dead tissue - hence medical students spending much of their freshman year dissecting cadavers and then pathologists perform autopsies to trace disease processes microscopically. Whereas in Eastern cultures, many have studied only live persons due to their reluctance to desecrate dead bodies - hence the discovery of acupuncture points

and meridian pathways, which have helped to produce remarkable results for several thousand years.) Being new adherents of Eastern principals we work very strictly in accord with established protocols and do not generally vary unless suggested by those who establish them. Therefore we have really had lots of successes.

We are in a "pop the pill" age and want a quick fix for whatever the problem is. However even good pills, and there are quite a few very wonderful medications, can have side effects that would astound you, and if you should be one of the unfortunate few to have them happen to you - can almost ruin the health you have left. I realize that people in dire circumstance are willing to take risks, but when your list of side effects is ended with "possible sudden death" - I believe it's time to stop and consider gentler, kinder ways to bring better health to our bodies.

The idea of preventive health is a wonderful one - right eating, clean living, with a balance of work and play, time for your family and hopefully time to grow older to see those grandchildren. I wish that it could be for all of us. It is worth working hard for, whether the steps toward it are lengthy or short.

Enough about us. Luck was with us - whenever we asked our patients for input - good or bad - stories and notes came rolling in. In the midst of all this was a patient with whom I had had several brief chats as she brought her children for treatments. She confessed that she had started a short story of her own about her travails through the very serious, allergy-related illnesses of her children. We urged her to please just forward to us what she was willing to share.

Then via e-mail - in came her story, so well expressed and poignant and clear - that we decided that this should be presented to you readers - separately - in its entirety. Therefore she adds a whole new perspective to this book. I, like so many others, have a few inconvenient allergies. So did he - but we have never been affected by the terrible problems that a great many people have. Dr. Prince was first excited by the possibility of having some hope for those who are severely limited in their diets. Current standard medicine has nothing to offer here except to stay away from it. Life-long avoidance is a difficult thing when you consider eczemas and sinusitis, vertigo, and other things that food sensitivities can cause. But the horrific warfare that mothers endure who have children with severe peanut, milk, or shellfish allergies - these can be a life or death matter with anaphylaxis as a constant threat.

Susan's Story clearly details this dilemma and is more enlightening than anything we could write.

Our goal when treating those types of life-threatening allergies is not to try for a situation where the child (or adult for that matter) might be able to enjoy seafood at leisure and as much as they might like - or even peanut butter sandwiches for severely allergic children with peanut allergies. Our goal, truly, is to desensitize a person to the point that, if there is an accidental exposure to peanuts or shellfish or whatever - that they may only be mildly inconvenienced and not hospitalized with acute anaphylaxis or worse!

You MUST read Susan's Story, a later chapter of this book. I warn you - if you are faint-hearted, the story of a mother with two severely allergic children may bring you to your knees!!

[For more info go to www.naetofcarolina.com](http://www.naetofcarolina.com) or [www.naet.com](http://www.naet.com)