

**An open letter to all Prospective New NAET<sup>®</sup> patients  
from Dr. Devi S. Nambudripad**

We have been receiving many complaints from patients who are being lured into clinics by doctors promising **NAET<sup>®</sup>** allergy alleviation treatments, but they **are not receiving NAET<sup>®</sup> treatments**. Obviously these people are not getting better, nor are their allergies being reduced or eliminated. These patients are not getting better and are claiming that the **NAET<sup>®</sup>** technique is not working. When done properly the **NAET<sup>®</sup>** technique **successfully alleviates allergies** to the treated allergen.

- One group was treated with a **laser** light shone on certain points of their back for a few seconds, while holding the allergen in their hand. They were then told that they could go home and did not have to avoid anything, including the allergen they were treated for. **This is not NAET<sup>®</sup> Allergy Elimination Technique!**
- Some patients reported some type of color slides being placed at various locations on their bodies. They were made to rest for a few minutes with a glass tube in their hand and then told they were cured of their allergies.
- While holding an allergen, another group was asked to lie on a special mattress pad or bed and a while later they were also told their allergies were cured.
- A special machine treated yet another group. They placed their fingers into a computerized dish with flashing lights and some “Mumbo Jumbo” was done on them. They were also told that their allergies were cured.
- Then there were those that were asked to touch certain parts of their body and sit for a short time in isolation while thinking about the allergen or allergic thought. They were then pronounced free of their allergies.
- Another group was given \$400-\$500 worth of supplements, vitamins, enzymes, or sub-lingual drops on the first visit without removing any allergies. They were advised to take them with each meal. When they got nauseous, vomited and/or got cramps while taking the supplements, they were told that they were going through a healing crisis. **There are times when supplements are advised** (please see the **Need for Supplements** below).

**For your information folks, none of these methods are taught by me and they are not NAET<sup>®</sup>.**

I cannot comment on the validity and effectiveness of any of the above mentioned techniques, I can only recommend what my personal and professional research has proven to work as valid and effective. **I will emphatically state that those above mentioned methods are not NAET<sup>®</sup>.**

When your doctor performs real **NAET<sup>®</sup>** (Nambudripad’s Allergy Elimination Technique) on you, your allergies will be alleviated. Whether it is eggs, shellfish, peanuts, chocolate, sugar, latex, formaldehyde, cosmetics, animals, pollens, dust, sun radiation or any living or non-living substance around you. This means that you will be able to eat foods, use items and go places that had previously caused adverse effects.

## What is correct NAET®?

Upon calling for an appointment, all patients will be instructed to read the book, **Say Goodbye to Illness**, or **Say Goodbye to Your Allergies** or **listen to the audio CD of the book of Say Goodbye to Your Allergies** by me before you make an appointment with an NAET® practitioner. Reading this book material will give you some idea about this new, revolutionary treatment and how it may help you with your own health conditions. This is not a self-help book, even though, there is much information to help you to keep your health problems under control. You will also read testimonials and case studies from many patients with various health problems that would help you understand how well they are doing several years after their initial NAET® treatments or series of NAET® treatments.

Patients are advised to bring in a copy of ALL previous medical records, hospital or emergency room records, laboratory and radiological reports. If they do not bring the lab reports, we should perform IgE specific and IgG specific antigen tests on a list of items in the office before beginning testing and treatments. (The list for IgE and IgG lab testing is available to download from the area marked "Download Patient-forms from this site). They will be required to complete a set of new patient-data form in the office. These forms can be downloaded from the site marked "Download Patient-forms). These forms include: Personal data information sheet, history forms, symptom-survey form, and a consent form.

Patients need to follow certain rules in order to receive best results from NAET energy balancing procedures. Advise the patient to take a shower, wear freshly washed clothes before coming for the first appointment. Clothes must be free of smell of perfume, smoke, herbs, spices, body odor, detergents, chemicals, fabric softeners, aroma therapy oils, after-shave, mold, coffee, etc. If anyone is accompanying the patient that person also should avoid wearing things with any smell on his/her body. This above rule should be followed with each follow-up visit to the doctor's office. In the doctor's office other sensitive patients can react to various types of smells from the new patients or their escorts. Patient's co-operation is greatly appreciated in this matter.

If the patient has a history of severe allergic reactions toward any allergen, he/she must tell the NAET® practitioner before beginning the tests. Doing so, the NAET® practitioner can take adequate precaution to prevent getting severe reactions during NAET® Energy Balancing Procedures.

The patient will be advised to eat a good meal before coming to the office. NAET® is not advised when the patient is hungry, extremely tired, or during the first three days of menstrual cycle (in females). Upon arrival in the office, the instructions to the new NAET® patient will be provided to the patient or guardian or caretaker. Everyone involved MUST read and comply with these rules before beginning the evaluation procedures.

Once in the office, when all necessary paper work is completed, photographs of the individual and diseased area of the body will be taken. The photographs taken before beginning NAET<sup>®</sup> treatment will be stored in a secured area for verification purpose only with the after treatment photographs, when the treatments are completed.

After this step, the patient will be given a complete physical examination. All previous medical records will be checked. Additional laboratory work will be ordered if the patient did not bring all necessary lab reports from previous medical facility. Your NAET<sup>®</sup> practitioner will advise you to have your blood (serum) tested via IgE (Immunoglobulin E) to identify the most immediately reactive serious allergies and IgG (Immunoglobulin G) to identify your intolerances and mild to moderate sensitivities to the foods you consume on a daily basis so that while going through NAET<sup>®</sup> desensitization treatments for essential nutrients you may be advised to avoid the positive items tested via IgG until you are desensitized for them through NAET<sup>®</sup> thus you can keep your symptoms under control while getting treated. Your treatment response will be tested and evaluated via NST (Neuromuscular Sensitivity Testing) before and after each daily sessions in the office. NST or MRT is explained in the chapter 6 of the book, **Say Goodbye to Illness**.

If the patient has a history of ANAPHYLAXIS, he/she should inform the evaluating physician on the very first visit before beginning the evaluation. The complete evaluation will take approximately one and a half hour.

In the past years patients with the history of mild food sensitivities and intolerances (non-IgE mediated allergies) were treated by NAET<sup>®</sup> practitioners. All patients with IgE mediated allergies and severe allergies went to traditional medical allergists only. Lately many IgE mediated, severe allergic patients, often with class VI allergies are approaching NAET<sup>®</sup> practitioners everywhere, hoping to receive some benefits from NAET<sup>®</sup> treatments. These patients were seen only by traditional Western medicine allergists and immunologists in the past. Using Western medical approach, there is no known treatments for IgE mediated allergies except complete avoidance of the offending substances and symptomatic treatments with epipen, hydro-cortisone, etc. Even though it takes several number of office visits to the NAET<sup>®</sup> practitioner and hundreds of self-balancing procedures on their own in their privacy of their own home, per each allergen tested very high via IgE, patients are able to lead somewhat normal life after going through necessary NAET<sup>®</sup> treatments. This fact has spread through the allergic community and encouraging IgE mediated allergic patients to seek NAET<sup>®</sup> as an alternative support for their otherwise hopeless malady. Because of this reason, NAET<sup>®</sup> education has to be upgraded, made equally competent with peers, more safety rules have been applied to the existing NAET<sup>®</sup> treatment procedure, all previously trained NAET<sup>®</sup> practitioners have been advised to attend refreshers classes in order to bring their NAET<sup>®</sup> knowledge to the current level. A practitioner who has not attended a Basic and advanced-1 level within the past four years is suggested to attend the refresher classes in the subjects so that all new patients who seek NAET<sup>®</sup> will be able to visit these practitioners with confidence.

With the current standard of evaluation procedures, since it takes more than an hour to complete the evaluation, the actual NAET<sup>®</sup> treatment for BBF will begin on the second visit only. The patient is advised to drink a glass of water each time before going in for treatment. He or she will then treat specific acupuncture points on your back using acupressure either by hands or with a pressure device several times (the number of times your practitioner stimulates your back will depend on the practitioner's findings as to the nature of NAET<sup>®</sup> application at the time of evaluation before applying the treatment). This special NAET<sup>®</sup> procedure cannot be substituted or replaced by **any laser machine or device**.

When you begin the NAET<sup>®</sup> treatments, your practitioner will ask you to read **The NAET<sup>®</sup> Guidebook** (available from the practitioner's office, or on this website, or amazon.com. or any major book stores), to find the suitable foods and/or items to avoid during the course of your treatment (for 25 hours or as needed).

Patients are asked to remain for 20 minutes in the office after the treatment. All patients above the age of ten will then also receive acupressure or acupuncture needles at specific points on the front of the body. After 20 minutes they are tested again for their muscle strength with the allergen in their hand. This time, if the treatment is successful, the patient's arm should remain strong against the practitioner's pressure. The patient is then asked to wash their hands with plain water without soap or rub them together for a minute.

Patients are instructed to avoid all contact with the allergen that they were just treated for, during the following 25 hours. They are also advised to read **The NAET Guidebook** to find the suitable foods they can eat during those 25 hours.

Patients are instructed to turn off their cell phones in the treatment area. While the practitioner is performing the spinal treatments on a patient, he/she should refrain from answering Cell Phones. During the spinal NAET<sup>®</sup> treatment procedure the NAET<sup>®</sup> practitioner and the patient should be alone in the room to prevent electro-magnetic interference. Children, friends, patients, relatives, office staff or assistants, animals, and other pets should not be allowed in the treatment room. If the patient is being treated through a surrogate, the surrogate is permitted in the room with the practitioner and the patient.

On the following visit (anywhere from 1 day to 7 days) the practitioner re-tests the previously treated item. If the result is satisfactory (cleared) the practitioner can treat another item. If the allergen has not passed the test at least 80% while rechecking, the same allergen will be treated again alone. When the patient is able to resist the NST properly, the item will be tested for all other possible combinations like: BBF (brain-body balancing formula), or any other combinations detected by the practitioner at the time of rechecking. It is necessary to clear the treated allergen at least to 80-90% mark before attempting to treat another allergen. If an allergen has cleared 80-90% mark, that allergen will not cause any adverse reaction with future contacts. When the allergen clears at 100% mark, it will begin to compliment the person's health by enhancing the person's existing energy in many folds. For example: an allergy to vitamin C was causing arthritis before the NAET<sup>®</sup> treatment. When the allergy of vitamin C was cleared at 80% mark, the joints stopped hurting and the swelling began to subside

by reducing the pain and inflammation at the joints. But when it was cleared at 100% mark, the foods and supplements containing vitamin C began strengthening the joints by helping with the repair of the unhealthy tissue of the joints. Occasionally, 100% clearance happens soon after one treats an item one or two times. In some patients it may take several attempts before reducing the sensitivity which can be determined by evaluating the IgE lab work. The response to an NAET<sup>®</sup> desensitization treatment (or treatments) will depend on various factors: immune system of the patient at the time of treatment, age, sex, the duration of the illness, the severity of the illness (High reading on IgE levels on specific allergens), emotional status of the patient, the number and type of emotional energy blockages, the ability to follow and carry out the instructions, the energetic compatibility of the patient and the practitioner or whoever is involved with the patient care, and the patient's belief system in the specific treatment. If a patient has any above mentioned complicated issues, the complete clearance will only happen after clearing a number of times on the item, a number of additional combinations and other related allergens in the basic groups because most foods we treat are in a complex group. For example: let's look at the NAET<sup>®</sup> sample egg mix. This contains egg white, egg yolk, chicken, feathers, and Tetracycline. We know the egg contains most of the essential nutrients to nourish the body. NAET<sup>®</sup> Basic treatments are basic essential nutrients that are essential for the body's survival. Egg mix alone and the detected combination treatments will clear initially about 80% in people with intolerances and sensitivities. (It is not possible to clear an item that has shown true allergy or IgE mediated allergy. Such items will need to be treated differently using different NAET<sup>®</sup> treatment approach. Please check with your practitioner about this issue before beginning the treatment). The rest (20%) of the clearance will take place while clearing specific ingredients from the NAET<sup>®</sup> basics, like calcium, B vitamins, iron, minerals, amino acids, etc. Complete clearance of the items may not be received until one treats all basics satisfactorily at all levels – (physical, physiological and psychological levels).

I receive many inquiries regarding the need to treat the NAET<sup>®</sup> basics. I hope this helps readers understand why some people need more than couple of NAET<sup>®</sup> treatments per item, or why they don't feel great from day one, why they don't stop reacting and don't feel great when eating, why practitioners are advising them to get treated for various combinations like heat, cold, acid, BBF, etc. NAET<sup>®</sup> treatment applications to all levels of desensitization procedure may look similar, but the treatment received by each patient is different and his/her response to the treatment is different because of the reasons given above.

Please interview your practitioner before you make your appointment if you want to receive **TRUE NAET<sup>®</sup>** treatments. There are many look-alike treatments that have been developed recently. Please find out if the practitioner has attended NAET<sup>®</sup> Basic, Advanced-1 and Advanced-2 level classes. If they started NAET<sup>®</sup> more than four years ago, please find out if they have been returning for mandatory yearly certification, as well as attended Basic, Advanced-1 and refresher's class recently.

You can verify their training information on our website: [www.NAET.com](http://www.NAET.com). Even if a practitioner has attended all of our NAET<sup>®</sup> classes, is listed on our website, and/or has been practicing NAET<sup>®</sup> for a very long time, I cannot guarantee that you will get treated with the true NAET<sup>®</sup> protocol taught by myself. This is because the practitioners treat patients according to their different medical training or experience affords them and they are individually certified or licensed, separate from NAET<sup>®</sup>. I cannot control what each practitioner does to his/her patients. (There are 12,000 plus all over the world now). When they take time to come to attend our classes, follow up with our requirements for yearly certification, we will be posting

their names on our referral list. The listing only means that they have taken the right training with NAET<sup>®</sup>, attended the required classes to update their certification status, but it does not mean that they are doing what they have learned. We do not have a way to go to each practitioner's office to observe their treatment methods. Because of this reason, we have also added another feature to verify the effectiveness of the NAET treatment of each practitioner advising them to submit a case study to the referral site from their practice with before and after NAET treatment results demonstrated by laboratory work or photograph in the case of a skin problem. If the practitioner is able to show significant result on one patient, he/she could reproduce the result on many others. If he/she is listed on our website: [www.naet.com](http://www.naet.com). as Certified NAET<sup>®</sup> practitioner after his/her name, we highly recommend for you to seek NAET<sup>®</sup> from such a person because that practitioner has met the current level of NAET<sup>®</sup> Education and satisfied our requirement.

We have been informed by some patients that some practitioners mix various techniques with NAET<sup>®</sup> and are not providing consistent or good results. Patients must remember that NAET<sup>®</sup> is a post-graduate course and is meant to be a supplement to their previous medical education. In many cases around the world and in the U.S., practitioners are using unaltered NAET<sup>®</sup> with their patients as we have taught. I have described an overview of true NAET<sup>®</sup> above. However it is up to (the Patient) to interview and investigate practitioners in order to find the one that follows our protocols.

Good luck with your NAET<sup>®</sup> treatments.

-Devi S. Nambudripad, M.D. (WI), D.C., L.Ac., Ph.D. (Acu.)

### THE NEED FOR SUPPLEMENTS

After completing the treatment for the essential nutrients (like Calcium, B Complex, Vitamin A, Iron, Vitamin E, trace minerals, mineral supplements and Amino Acids) it may be advisable to take supplements for a few months to reduce the deficiency by assisting the body to recover faster.

People who take appropriate supplements after treatments usually get better faster than people who depend on only daily food to supplement their needs. You should be careful to check the allergy to the particular vitamin/supplements before taking them. Even though, the patient was treated for vitamins like B Vitamins, C Vitamins, Minerals, Enzymes, etc. he or she can react with various, unusual health problems just by taking allergic supplements and products. So supplements in each container should be checked for any possible allergy before taking it. Another concern about supplements is the possibility of overdose. After NAET<sup>®</sup> treatments, the body is able to assimilate 80-100% of the nutrients from the products consumed. Check the daily need frequently and adjust the dosage accordingly. An overdose can produce allergy-like symptoms which can be treated with NAET<sup>®</sup> (as an allergy).

We at NAET<sup>®</sup> offices treat **allergies** and **allergy related conditions**. If you do not have allergies or allergy related problems and suffer from some other illness, please contact the appropriate professionals.

Please take a few minutes to browse through our website [www.NAET.com](http://www.NAET.com). to learn about

NAET® **before** you write to us. The most commonly asked questions are answered within the site. We receive 300-400 e-mails a day. Each of you and your questions are important to us. We want to help all of you. That's why we have designed an extensive website: [www.NAET.com](http://www.NAET.com) to answer your most common questions. If you look through our website, you may not have to ask too many questions to us.

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