

NAMBUDRIPAD'S ALLERGY ELIMINATION TECHNIQUE (NAET)

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BASIC TREATMENTS

What are the basic treatments, and why should you treat them? Almost every one asks these questions. The basic treatments include treatment for the essential nutrients, essential vitamins, essential minerals, those that are needed for the normal physical, physiological and emotional functions of the human body. These nutrients are absorbed from the regular food we are eating every day. When anyone is allergic to the food or the nutrients in the food, they cannot absorb or assimilate these nutrients. The nutrients are absolutely necessary for the normal body functions, for growth and development, to repair the wear and tear in the body, to fight infections and diseases, to prevent invasion of foreign energies or bacteria entering the body and for proper maintenance of the functions. When someone is allergic to eggs, milk, fruits, vegetables, or grains, etc., they are also allergic to the nutrients contained in them like protein, calcium, vitamin C, sugar, B-Complex, etc.

Allergy to proteins (eggs) can make you more susceptible to frequent colds, flu-like symptoms, bronchitis, sinusitis, pneumonia, asthma, skin problems, hair problems like poor growth, falling hair, premature gray, breathing problems, digestive disorders, muscle and joint pains, fatigue and weakness of the muscles, poor blood circulation, high cholesterol, high blood pressure, water retention in the tissues, mental disorders like manic disorders, poor memory, poor concentration, headaches, sleep problems, irritability, hyperactivity and many other infections.

Allergy to each nutrient like calcium (milk), vitamin C, B-complex, etc., prevents normal body functions and causes damage to the body tissue. (Please refer to a vitamin book to understand the functions of vitamins in the human body.)

When you are treated for all the 30 essential basic groups of foods and environmental items, you will begin to assimilate the essential nutrients from the food you are eating every day. This will help the immune system. When you have a good immune system, you can easily prevent sudden occurrences of colds, flu's, pains, and various other health problems.

The basic treatments are: Proteins, calcium, vitamin C, B complex, sugars, iron, vitamin A, trace minerals, sodium chloride, corn and grains, caffeine group, nuts, spices, fats, yeast group, vegetable protein (beans), alcohols, gums, gelatin, starches, food colors, food additives, stomach acids, digestive enzymes, pesticides, parasites, chemicals, fabrics, viruses and bacteria.

For example, if your major problem is Skin Disorders, after you clear all the above allergies, If you were to drink a glass of orange juice, and developed rashes all over the body, you will know immediately that some foreign substance in the juice caused the rashes. You can take a few drops of the juice and treat with NAET, and the rashes will disappear in a few minutes. If you had never been treated for the basic allergies before, when you get the rash, you would not know which of the foods you ate and why you got the rashes. So, when you clear all the basic allergies, you become healthier, happier and life becomes a lot easier.

ORDER OF TREATMENTS

If it is possible, it is very important to follow the order of treatments as given as follows. The items are listed based on the priority of importance to the body.

The first item to treat in the NAET series should be Egg mix (protein), because the human body depends on protein for its normal everyday function. Egg protein is close to a complete protein that one's body recognizes. Even if you do not eat eggs, your body recognizes the egg protein due to the similarities to the human body proteins.

The second preferred item is calcium, since calcium is the next important item for body function. Calcium is necessary for any movement in the body. Walking, running, eating, heart beating, etc. All these require a certain amount of calcium in the blood. If you are allergic to calcium, you cannot absorb calcium from the food to run the daily normal body function. The result may be fatigue, body aches, muscle aches, constipation (the colon is unable to relax), hyperactivity, irritability, inability to relax, or insomnia, etc.

The third important Item is vitamin C. This is also needed for the growth, development, repair of the wear and tear of the cells and tissues, clearing the poisons from the blood, etc. Most of the fruits and vegetables will be non-reactive after the vitamin C treatment. So you can begin to add more healthy and live food into the edible list after treating for vitamin C.

The fourth item is B-complex. B-complex vitamins are necessary for various functions In the body. In addition to treating the B-complex, in some cases it is necessary to treat the individual B vitamins separately. Each B vitamin should be checked to see whether it should be treated separately. B vitamins are the food for the nerves. Without the help of the nervous system we cannot do any work in the body. Most of us get allergies because our nervous system does not function normally.

Sugar is the next important item. For the normal absorption and assimilation of B-complex vitamins, sugar is very necessary. B-complex vitamins travel in the body from one place to another with the help of sugar molecules. Sugar works as the *seeing-eye-dog* for the B-complex

vitamins. If you are allergic to B-complex, you can suffer from malfunctioning of the nervous system. If you are allergic to sugar, the same thing can happen, because B-complex cannot function without sugar. So, various nervous disorders, addiction, over-eating, alcoholism, smoking, insomnia, fatigue, allergies, hyper-activity, hyper-sensitivity, etc., could be due to allergy to B-complex, sugar or both. After these five major treatments, you should be encouraged to eat food from these five groups right away, so that you can begin to feel better.

Iron, Vitamin A, Mineral mix, Salt mix, and Grain mix are the next five Items in the basic-ten series. These ten items are important in building up the immune system and maintaining a good immune system. If you have a strong immune system, you can get through the NAET treatments easier.

When one does not have a good immune system, she or he may experience some side effects like light-headedness, nausea, lack of energy, etc., while going through the treatment, or during the 25-hour period after the treatment. Experience has also shown us that patients may get through in one treatment per item if they follow the order of treatments.

Sometimes, we have also seen when someone hurried into doing corn mix or grain mix or formaldehyde without completing the first eight items, she or he may take many treatments on that item, anywhere from two to fifteen treatments before the patient can get through the treatment or feel comfortable. In some cases where one has a strong immune system, he or she may be able to get through the treatment without any side effect to any item or items out of the order. The doctor should be able to detect who needs to follow the order strictly. If the treating NAET doctor detects that you have a good immune system and can be treated for things out of order, it is all right to do it. But generally, patients are advised to complete ten basic treatments before beginning treating for environmental items, chemicals, and other substances like fabrics, insects, hormones, thyroid, medications, formaldehyde, paints, perfumes, animals, etc.

If you follow the order as given in the list of basic allergens, there is a chance that you will take fewer treatments, since one overlaps another. E.g., when you get treated for vitamin A, you will most likely not react to fish or shellfish mix. If you decide to treat fish mix as a first one, you will end up treating fish mix, shellfish mix, vitamin A and beta carotene each separately.

TREATING FOOD ALLERGIES FIRST

People with environmental allergies will also have food allergies. Most of the environmental things also have food elements. Grass, weeds; etc., also contain vitamin C, vitamin A, minerals, vitamin B, etc. For most people, it is easy to stay away from grasses, trees and weeds, etc., but it is not easy to stay away from food too long. When you get treated for nutrients, you can begin to eat nutritious foods and your body will be able to absorb nutrients from the food. This will help to shape up your immune system. When your immune system improves, you can go through the

treatments easier. So it helps to treat the nutrients first before you get treated for environmental allergens; You should get treated for the first ten groups of essential nutrients before treating for environmental allergens.

FREQUENCY OF THE TREATMENTS

The rate at which you can receive treatments for allergy elimination depends on your current condition and strength of your immune system. Generally speaking, most people can handle up to three treatments per week if they desire. If your immune system is weak you may be limited to one treatment per week until you get through the initial basic ten items, after which frequency can be increased as desired. You should leave that decision to your doctor if you would like to speed up your treatment sessions. Whatever may be the case, the allergen you are treating should be completely desensitized before treating a new allergen.

If one allergen is not completely desensitized, you can get exacerbations of existing complaints. E.g., if someone is treating for sugars, and their presenting symptoms are skin irritations such as eczema, psoriasis, acne, etc., and if they leave the treatment for sugar incomplete, the skin condition can get worse. If the condition gets worse, and if the doctor is unable to detect any weakness on the treating allergen at that time, treatment for another allergen should not be done at this time. Instead, wait for two days to a week, then repeat the test for that allergen and with all combinations. If the treatment is completed, the patient should be feeling better by then. If the patient is still allergic to the allergen, the doctor will be able to find it at this time. After a few days rest, the body will reveal the weakness towards the allergen.

When a patient fails a treatment, and for some reason if they decides to stop the NAET treatments, please do not panic. The first couple of days or so you may not feel very good. Then it will wear off. In a week or so you will be your normal self.

25 HOUR RESTRICTION

Dr. Nambudripad's allergy elimination system was developed and is still taught, to have the patient avoid contact with the treated allergen for 25 hours after treatment. Dr Kevin Terry has developed the treatment further making the **25 hour restriction Unnecessary** in virtually all treatments. If the item being treated gives you a noticeable undesirable symptom or reaction, it is best to avoid it for 25 hours for the purpose of keeping the reaction away. This addition to the technique was presented at the 1997 NAET Annual Symposium but has not been formally adopted by Dr Nambudripad at this time. Cleansing and flushing of the allergic foods and nutrients from the system takes place after the treatments and continues to do so for the next 24 to 25 hours following the NAET treatment. Although it is not necessary to avoid contact from the treated allergen after treating, because of the cleansing process that occurs after treatment, don't go out of your way to purposely come in contact with the treated item for 25 hours. This

will give the added benefit of cleansing the years of accumulated poison from your system.

The NAET treatment may appear to be an easy treatment. But various energy and chemical changes and re-arrangements along the energy meridians take place during and after the treatments. This takes a lot of energy. It is not unusual to feel tired after receiving a treatment. Therefore, fasting is not recommended after NAET treatments — you will need food to supply energy to the body during treatments.

Please try to avoid too many variations of foods soon after the treatments. Limit the food intake to a limited variety of items. But one may eat any amount from one or two categories. Different foods or food groups take different levels of energy for digestion. When one eats too much variety following the treatments, the brain may need more energy trying to digest the various items. Eating one or two items also helps the cleansing process.

FOOD CRAVING DURING TREATMENT

Many times, when you are treated with NAET for an allergen, you may experience an unusual craving for that particular item. For example, if you are treated for salt, sugar, or spices, you may crave salt, sugar (ice cream), or spicy food, respectively, during that 25-hour period following treatment. Some people may even experience withdrawal symptoms. If you resist the temptation, the craving will subside the next day. Probably that allergen will never bother you during the rest of your life.

In some cases, soon after the successful completion of treatment, you may crave the particular food for a long time. For example, after finishing treatment for B-complex vitamins, you may crave bread and grain products. This is because the long term allergy has created a huge deficiency of the essential nutrient in your body. So the brain simply demands bringing more of the essential nutrients into the body. In such cases, the patient may need to take mega-doses of vitamins or mineral supplements for a certain period. Your doctor will decide the duration of mega-vitamin/mineral supplementation. Please remind your doctor after completing each basic nutrient to test your need for supplementation.

NEED FOR SUPPLEMENTS

After completion of the treatment for the essential nutrients (like Calcium, B-Complex, Vitamin A, Iron, Vitamin E, trace minerals, mineral supplements and amino acids), it is advisable to take supplements for a few months to reduce the deficiency, thus to assist the body to recover faster.

The preferred way of supplementation is this: After completion of calcium treatment, we advise you to take calcium. When the next item is treated completely, add that vitamin or mineral to your diet. If you cannot take pills, take liquid vitamins or minerals. Liquid vitamins & minerals are also suggested for extremely weak or sick patients for easy assimilation. People who take appropriate supplements after treatments usually notice faster results than the people who depend on food alone to supplement their needs.

COMBINATION TREATMENTS

In some cases, where an allergy is inherited from parents and grandparents, you may need- many combination treatments to overcome the allergic reactions completely. The possible combinations are allergen and stomach acids, allergen and alkalinity of the intestinal juices (Base), allergen and RNA/DNA, allergen and heat, allergen and cold, allergen and organs, allergen and brain enzymes, allergen and hormones, allergen and emotion, etc.

Let me try to explain each combination to reduce your confusion. The stomach has strong acids to help break down the food we eat. The intestinal tract produces strong alkaline juice. When the food mixes with the acid, a chemical reaction occurs. The end result of any chemical reaction is a new product and heat. The new product produces new characteristics and thus new energy. you may be allergic to this new product's energy. This reaction can be reproduced by combining the energy of the food and acid. If there is an incompatibility between this new energy and yours, this can be demonstrated by muscle testing. If there is a reaction, that can be eliminated the same way as the individual allergen. Likewise, you can find out in advance the reaction of the allergen with base (alkaline), and with RNA/DNA, etc. During any chemical process, heat is being produced in the body. Sometimes, proper digestive steps do not take place in the event of consumption of cold items. So it is necessary to clear the reaction between heat and the food or cold and the food. In the same way, an allergen can also react with the organs, e.g., allergen and lung, allergen and heart, allergen and brain, etc. Some-times an allergen can also react with female hormones, male hormones, pituitary gland secretions, Adrenalin, serotonin, pineal glands, one's blood, sweat, etc.

It is important for each combination to be cleared individually, one by one. For example, if there are multiple combinations with sugar, you must treat sugar with acid, then sugar with base, etc., rather than putting sugar, acid, base, and the other combinations together. Trying to group more than one combination together to treat them all at once simply creates another unique combination of all those elements. Treating that group clears only that unique combination-it does not clear the separate combinations that made up the group. Each combination should be cleared separately. The same principle applies to trying to group unrelated allergens to treat them all at once. The separate allergens should be treated individually.

EMOTIONAL ALLERGY

One lady in her fifties complained of hypoglycemia since childhood. She was found to be very allergic to sugar. When she was treated for sugar with NAET, she cleared the physical and chemical allergy. But the emotional allergy remained the same, and her hypoglycemic reaction became exaggerated. When more investigations were done on the subject, it was revealed that when she was five years old, her parents restricted her sugar consumption saying that sugar was bad for health. One day one of their family friends gave her a box full of chocolate bars when she visited them, as a gesture of love. But as soon as the friend left the house, her mother snatched the chocolate box from her and flushed them down the toilet before she had a chance to eat even one. The child felt very bad and she cried for a long time. The mother did not take time to explain to the child the reason for her insensitive behavior. This puzzled the child and left an unhealed wound in her heart and brain. Ever since, with each future contact with sugar or a sugar product, she experienced an unpleasant reaction which was mis-diagnosed as hypoglycemia for the past forty-eight years. When she was treated for this emotional blockage with NAET, she no longer suffered from hypoglycemia.

Suppose two people were fighting while eating popcorn. One got upset and walked out of the room. The second person was very angry at the person who left the room. He was thinking of a way to solve the problem or to get back at him, but kept eating the popcorn without paying any attention to his eating. In fact, at a later point he may not even remember that he ate all that popcorn. While he was eating popcorn, his brain was stimulated with anger and resentment. The Brain was not informed about the actual eating. That was forgotten. However, the Brain was aware of eating popcorn, and it is forced to associate this with anger and resentment. The Brain makes a note of this association, since the brain is watching over our welfare all the time. In a future contact with popcorn, the brain will caution its user about the previous episode of anger and resentment while he ate the popcorn. This can mimic an allergic reaction.

After the successful completion of treatment of an allergen, the physical and nutritional allergy may never return. But the emotional allergy can return any number of times if you are not careful to avoid unpleasant things while eating or cooking. It is very important to respect food preparation and consumption for better assimilation of the nutrients. How can you avoid the recurrence of emotional allergies?

DEVELOP GOOD EATING HABITS TO PREVENT EMOTIONAL BLOCKAGES

Avoid eating when you are under stress. Always have pleasant thoughts while eating and enjoy your food. You can play your favorite music while you eat whether you are eating alone or contentedly with your eating partner. When you send the food into your stomach accompanied

with feelings of love and happiness, your body and mind will cherish the nutrients with love and happiness and help the body and mind to grow healthy.

Many people bless the food before they eat. This ritual gives a chance to clear the mind of all the troubled emotions and fill up the mind with a sense of spirituality before eating, thus avoiding troubled emotions and food associations. This may not hold true soon after the blessing, if the people resume fighting. So, try to eat with people who share pleasant thoughts and make eating a pleasing event. Avoid fights, exchanging unpleasant words, bad news, etc., while eating. This will prevent repeated emotional blockages with food.

OFFICE OR CLINIC RULES

Rules may vary from one office to another that treats patients according to Nambudripad's Allergy Elimination Techniques. However, the following are typical of what you should expect in any office or clinic carrying out these treatments:

1. Please do not wear any perfume, perfumed powder, strong smelling deodorant, hair spray, or aftershave when you come in to the clinic for treatments.
2. There is no smoking allowed in the office. Please do not wear clothes that smell like smoke or paint; other patients could react to the smell.

4. Do not exercise vigorously for 6 hours after the treatment.

Do not get exposed to extreme hot or cold temperature after the treatment.

7. Do not eat or chew gum or candy during treatment.

8. Do not forget to check the item you treated with your doctor after 25 hours, at least within one week to make sure you have completed the treatment. If you did not complete the treatment, your existing symptoms may continue for a long time.

To insure maximum progress with your treatments, maintain your own treatment and food diary. Always eat before you come for the treatment. You should not take NAET treatments when you are excessively hungry.

Do not eat heavy meals after treatment.

Drink lots of water after NAET treatment to help cleanse the toxins produced during the treatment.

Please do not stop any other treatment you are doing - like any medication, therapy, chiropractic treatments, massages, etc. It is good for your body to have a general body massage 6 hours after the NAET treatments. Massages can help to improve the energy flow through the energy

pathways. If you are taking lots of vitamins and herbs, you may continue them as before if you think that they are helping you. NAET treatments will not interfere with any other treatment. In fact, if you can keep your symptoms under control with whatever method you are using, NAET treatments will be a lot easier.

BASIC TREATMENT ITEMS

1. EGG YOLK, EGG WHITE, CHICKEN, tetracycline

2. CALCIUM MIX

(Cal-carbonate, Cal-gluconate, Cal-ascorbate, Cal-citrate, Cow's milk, goat's milk, milk-casein, milk-albumin)

3. VITAMIN C MIX

(Ascorbic acid; oxalic acid; citrus mix, berry mix, fruit mix, vegetable mix, vinegar mix, chlorophyll, hesparin, rutin, bioflavonoids)

4. B-COMPLEX

(B-1, 2, 3, 4, 5, 6, 12, 13, 15, 17, paba, inositol, choline, biotin, folic acid)

Vitamin B-1: (Thiamine, Thiamine Mononitrate, Thiamine Chloride, Thiamine HCL)

Vitamin B-2: (Riboflavin, Vitamin G)

Milk, cheese, whole grains, brewer's yeast, wheat germ, almonds, sunflower seeds, liver, cooked leafy vegetables, kidney, fish and eggs.

Vitamin B-3: (Niacin, Nicotinic Acid, Niacinamide)

Lean meat, fish, eggs, roasted peanuts, brewer's yeast, wheat germ, rice bran, rice polishings, nuts, sunflower seeds, whole wheat products, brown rice, green vegetables, liver, white meat of poultry, avocados, dates, figs, and prunes.

Vitamin B-4: (Adenine)

Whole grains.

Vitamin B-5: (Pantothenic Acid, Calcium Pantothenate)

Brewer's yeast, wheat germ, wheat bran, royal jelly, whole grain breads and cereals, green vegetables, peas and beans, liver, egg yolk, crude molasses, dried lima beans, raisins, meat, cantaloupe, kidney, heart, nuts and chicken.

Vitamin B-6: (Pyridoxine, Pyridoxine HCL)

Brewer's yeast, bananas, avocado, wheat germ, wheat bran, soybeans, milk, egg yolk, liver, green leafy vegetables, green peppers, organ meats, legumes, kidney, heart, cantaloupe, cabbage, molasses and beef.

Folic Acid: (Vitamin B-9-Pteroylglutamin Acid, Folate, Folacin)

Dark green leafy vegetables, broccoli, asparagus, lima beans, Irish potatoes, brewer's yeast, wheat germ, mushrooms, nuts, liver, carrots, tortula yeast, egg yolk, cantaloupe, apricots, pumpkins, avocados, beans, whole wheat and dark rye flour.

Vitamin B-12: (Cobalamin, Cyanocobalamin)

Milk, eggs, aged cheese, liver, meats, pollen, pork and kidney.

Vitamin B-13: (Orotic Acid)

Milk whey (the liquid portion of soured or curdled milk) and root vegetables.

Vitamin B-15: (Pangamic Acid, Calcium Pangamate)

Whole grains, seeds, nuts, whole brown rice, brewer's yeast, pumpkin seeds and sesame seeds.

Vitamin B-17: (Nitriiosides, Amygdalin, Laetrile)

Most whole seeds of fruits and many grains and vegetables, raspberries, cranberries, blackberries, blueberries, mung beans, lima beans, flaxseed, whole kernels of apricots, apples, cherries, peaches, plums and nectarines.

Biotin: (Vitamin H, Coenzyme R)

Brewer's yeast, unpolished rice, soybeans, liver, kidney, milk, molasses, nuts, fruit, beef and egg yolks.

Choline:

Brewer's yeast, wheat germ, egg yolk, liver, green leafy vegetables, legumes, peas, beans, brain, heart and lecithin.

Inositol:

Brewer's yeast, wheat-germ, lecithin, unprocessed whole grains, nuts, milk, citrus fruits, liver, dried lima beans, beef, brains, heart, raisins, cantaloupe, unrefined molasses, peanuts and cabbage.

PABA: (Para Amino Benzoic Acid)

Brewer's yeast, whole grain products, milk, eggs, yogurt, wheat germ, molasses, liver, kidney, whole grains, rice and bran.

5. SUGAR MIX

(Cane sugar, beet sugar, brown sugar, corn sugar, rice sugar, maple sugar, molasses, honey, fruit sugar, sucrose, glucose, dextrose, maltose, lactose, date sugar, grape sugar).

6. IRON MIX

(Ferrous Sulfate, Ferrous Gluconate, Beef, Pork, Lamb, Gelatin)

7. VITAMIN A MIX, FISH, SHELL FISH MIX

(Beta carotene, vitamin A, Fish, Shellfish sources)

8. MINERAL MIX

(Trace minerals such as Antimony, Barium, Boron, Beryllium, Bromide, Cesium, Chlorine, Chromium, Cobalt, Copper, Europium, Fluorine, Gallium, Germanium, Gold, Iodine, Lithium, Manganese, Molybdenum, Nickel, Palladium, Rubidium, samarium, Scandium, Silver, Strontium, Thallium, Thorium, Tin, Titanium, Tungsten, Uranium, Zinc, Zirconium, Lead, Magnesium, Phosphorus, Potassium, Selenium, Sulphur, Vanadium, Mercury)

9. SALT MIX, CHLORIDES

(Sea salt, table salt, rock salt, sodium and chloride)

10. CORN MIX

(Blue corn, yellow corn, white corn, cornstarch, corn silk, corn oat, corn syrup)

11. GRAIN MIX

(Whole wheat, rice, oats, rye, millet, barley, arrowroot)

12. ARTIFICIAL SWEETENERS

(Equal, Nutra-sweet, Aspartame, Sorbitol, Sweet & Low, Saccharine, Twin)