



AFTER NAET TREATMENT

1. Do not eat or touch the allergen that you have just been desensitized for
(for 25 hours)
2. Do not exercise vigorously for at least 6 hours after treatment
3. Avoid extreme heat and extreme cold for at least 6 hours after treatment
4. Do not bathe or shower for at least 6 hours after treatment
5. Drink plenty of water
6. Fasting is not recommended
7. It is not a bad idea to record any sensations or reactions that you have
during the 25 hours.
8. If you experience **Non Life Threatening** discomfort during the 25 hours
after treatment use the gate points to balance your energy every two
hours.
9. If you experience a **LIFE THREATENING** reaction you should call 911 or seek
emergency medical care immediately.
10. After completing the basic 15 treatments you should try to consume foods
and drinks from the deactivated groups only.