



# INSTRUCTIONS FOR THE PROSPECTIVE NAET PATIENT

## **I. Introduction**

The new patient is required to read Dr. Devi Nambudripad's book "Say Good-bye to Illness" or "Say Good-bye to Your Allergies" or listen to the book CD of "Say Goodbye to Your Allergies" before coming to the first appointment. You may also be asked to view an Introductory DVD about NAET when you come for the first appointment. Nambudripad's Allergy Elimination Techniques (NAET®) is a method that helps to balance energies in the body. NAET®EBP (Energy Balancing Procedures) is not a primary care procedure. The patient is required to seek the care of a primary care physician while getting NAET®EBP. If the patient suffers from a specific health problem, he/she should also seek care of an appropriate medical specialist to manage the health needs related to their condition. According to Oriental medical theory, when one's body energies are maintained in a balanced state, one does not suffer from most health disorders that arise from an energy imbalance. According to NAET® theory, food and environmental sensitivities and true allergies (Immunoglobulin E (IgE) mediated allergies) can cause energy imbalances in the energy meridians. An energy disturbance is the primary cause for any sensitivity reaction towards any substance. When any reactant that initiated the energy disturbance is identified via NAET® testing procedures, when that reactant is deactivated via NAET® Energy Balancing Procedures (EBP), that particular reactant has not been shown to produce adverse bonds or unpleasant reactions in the body on future contacts. NAET®EBP is a mild, noninvasive, gentle, energy balancing procedure. It has not been shown to cause any long-term adverse effects on anyone within the last twenty eight years. While going through NAET® EBP, patients should try to keep their symptoms under control by taking necessary medications, therapies, acupuncture, chiropractic, massages or other therapeutic modalities. NAET® is only an energy-balancing procedure that helps to remove energy blockages from the energy meridians and restore normal circulation of the vital energy in the body, with the result; patients may claim to have achieved several health benefits including relief from severe allergies and allergy-based health disorders. But one should understand that NAET®EBP is not a primary care procedure.

## **II. Before the First NAET® Session**

1. Prior to your first appointment or when you arrive at the office, these guidelines will be provided to you or your guardian or caretaker. You **MUST** read and comply with these rules before beginning the NAET® evaluation procedures or Neuromuscular Sensitivity Testing (NST).

2. You should bring in a copy of **ALL** previous medical records, any report on prior allergy testing and treatments, laboratory and radiological reports. It is highly recommended to have your blood tested for IgE (Immunoglobulin E) and IgG (Immunoglobulin G) on a list of commonly consumed foods and commonly contacted environmental substances. Your practitioner can provide you the list on your first visit and you may have the tests done through your primary care physician and have him/her send a copy of the result to your NAET practitioner. You will be required to complete the following forms in the office: Personal data information sheet, history forms, symptom-survey form, and a consent form.

3. If you have a history of severe hypersensitivity reaction (anaphylactic reactions) toward any reactant, you must tell the NAET® practitioner before beginning the evaluations. Only practitioners who have taken the NAET® Advanced-2P NAET Immune Modulation Technique class are qualified to manage anaphylactic symptoms. With this advanced training your NAET® practitioner can take adequate precaution to prevent you from becoming

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anaphylactic during evaluations or energy balancing procedures. NAET® protocol for severe hypersensitivity reactions such as anaphylaxis) SHOULD be followed strictly while getting EBP. Your qualified NAET® practitioner will instruct you appropriately.

### III. Before Each NAET®EBP Session

4. PLEASE do not wear any perfume, perfumed powder, strong smelling deodorant, hair spray, or after-shave and do not eat strong smelling herbs like raw garlic, seafood, etc., when coming to the clinic for NAET®EBP. If you suspect something is responsible for causing an unpleasant sensitivity reaction, you may bring the item to the NAET® office in a thin glass container with a lid (as in a baby food jar with lid), wrapped in brown paper or a brown paper bag. Please do not bring items in plastic containers. Plastic containers cannot be used in testing.

5. There is NO smoking allowed in or around the office. PLEASE take a shower before you come to the office for NAET®EBP, and wear clean clothes to avoid smells of herbs, spices, perspiration, etc. Various smells can cause irritation and reactions in other sensitive patients in the clinic waiting room. Please do not eat or drink in the office. Another patient in the office waiting room might react to the smell of your food.

6. Wear minimum or no jewelry when you come in for NAET®EBP. Avoid wearing large crystals or large diamonds. NAET®EBP can be done while wearing your own clothes provided you wear simple, loose clothes without ANY art work or embroidery with crystals, beads, stones, metals, glass or plastic pieces. It is fine to wear simple wrist watches while testing or EBP. Avoid watches with sharp needles, cell phones, calculators, tape recorders, cameras, etc.

7. PLEASE do not wear any guns or knives to the office even when they are part of your job requirements. Please do NOT bring sharp metal objects, large keys, sharp toys, heavy toys, or toy guns to the office.

8. Please turn off your cell phones inside the waiting room and in the treatment room. Other sensitive patients might react to your cell phone. Cell phones should be off and kept away from your body during NAET® testing and EBP.

9. ALWAYS eat before you come for the NAET®EBP. You should not take NAET®EBP and acupuncture when you are hungry. If you have a long wait in your practitioner's office, please bring a snack with you; leave it in the car or outside the office. Five to ten minutes before your turn, please go outside the clinic and eat your food, wash your hands with soap and water, and rinse your mouth before you return to the clinic for the NAET®EBP.

10. Please WASH your hands with soap and water before beginning the evaluation for NAET®EBP. Hand-washing will remove any residue left on your hands from contacting other substances prior to coming to the office.

11. Do NOT do NAET® EBP if you are extremely tired, worked a night shift, or worked too many hours without a break.

### IV. During Each NAET®EBP Session

12. You should NOT have any companions with you standing or sitting within your magnetic field during NAET®EBP session. You should not bring any children or pets to the room while you receive NAET®EBP. You should be alone with your NAET® practitioner while you receive evaluation or NAET®EBP.

13. Since NAET® is a mind-body balancing procedure, the NAET® practitioner needs to receive permission from your conscious and subconscious minds before performing

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NAET®EBP. Signing the consent is the permission from the conscious mind. But permission from the subconscious is necessary for a successful NAET® EBP. For a trained practitioner it takes only a few seconds to seek permission from the subconscious. In rare occasions, it has been shown that certain person's subconscious mind does not grant permission to perform NAET® evaluation or EBP. In such cases, the NAET® practitioner may NOT proceed with NAET® evaluation. Instead the NAET® practitioner will make appropriate referrals for further evaluations related to your health conditions.

14. The NAET® practitioner must get permission from YOUR subconscious mind before each NAET® EBP session as well. On a particular visit, if your brain did not give favorable signals for NAET®EBP on a new item, you will be rescheduled for another date. This is for your best benefit. It has been shown that even severe hypersensitivity reactions also can be successfully managed for the reactants triggering such reactions when the NAET® practitioner gets permission from the patient's subconscious brain before doing the NAET®EBP. You may rest for a few days until your brain and body are ready to get more NAET®EBP sessions or you may be able to receive other immune system supporting procedures like chiropractic adjustments, acupuncture, massage, Yoga, etc. while waiting.

15. While performing NST, the patient SHOULD wash or rub his/her hands together for 30 seconds between touching different samples. The energy of the previously tested sample has shown to produce false results if the energy of the previous item has not been removed from the hands before touching a new one. Only three substances (three groups from the NAET Basic list) will be tested at any given day to prevent unexpected sensitivity reaction from cumulative results from contacting several reactants within a short period of time.

16. While receiving NST or NAET® EBP, PLEASE make a loose fist with your free hand (one without the sample) in order to prevent contact between the table or your clothes with your fingers while testing.

17. Do not eat or chew gum or candy DURING NST or NAET® EBP.

18. The NAET® practitioner will not have ANYONE observing the NAET®EBP or taking notes, from a close proximity. The distance varies with each patient for each reactant. Your practitioner will know how to determine the distance for a particular individual for the specific reactant.

19. If you are unable to test yourself (if you are a child, old person, too strong, too weak, disabled, advanced stage of pregnancy, etc.), then you SHOULD be tested through a surrogate so that the practitioner can get accurate information about your sensitivities. You should maintain skin-to-skin contact with the surrogate during testing and the surrogate should rub his/her hands together or wash hands between testing different reactants.

20. NAET®EBP can also be done through the surrogate's body and get the exact benefit as if it was done directly on your body. Patients in advanced stage of pregnancy, morbidly obese, with psoriasis or other debilitating skin problem, back surgery, scoliosis, or a history of severe hypersensitivity reactions, etc., SHOULD receive NAET® EBP through a surrogate.

### **V. The Basic 15 treatments**

21. The NAET® Basic 15 groups include the basic essential nutrients for everyone. If you are sensitive to them your body may not absorb adequate nutrients. That will cause to lower the immune system function and may cause to have various health disorders due to nutritional deficiencies brought on by allergies. When your immune system is maintained at a

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normal level, not only you feel better overall, your allergic sensitivity will be reduced with the result, you need fewer NAET® EBP sessions to get maximum results.

### **VI. Reasons Why NAET® EBP May Need to be Given Out of Order**

22 If you have sensitivities to white rice, or pasta, their energies should be balanced before the Basic groups.

23. Hard-to-avoid items like prescription drugs should be treated first in the doctor's office after completing NAET®EBP for first 6 NAET groups of reactants. Then the patient will be taught to balance his/her energy system once every two hours. In case of a drug that cannot be avoided, you should balance your energy using home-based balancing procedure before and after you take the drug as well as balancing the energy once every two hours while awake for the 25 hours after the initial NAET®EBP. When you sleep, you do not need to set an alarm to wake you every two hours. Instead whenever you wake up, you can continue the self--balancing again.

24. When a patient has an ACUTE problem, practitioners will address the acute problem before resuming the normal order of NAET®EBP if the patient's brain gives permission to do so. For instance, when a patient is reacting to a particular food that was eaten recently, a medication that is essential for the patient's survival (like pain medication, cortisone, antihistamine, antidepressants, heart medication, etc.), fire-smoke, accidental exposure to fumes, drinking water, city water, acute cellular memory imbalances like the death of a loved one, etc., NAET®EBP on these issues can be done as an acute care procedure before completing the basic fifteen groups as long as the body permits. If someone has severe reaction to pollen, weeds, cigarette smoke, regular drugs like chemotherapy drugs, antibiotics, person-to-person allergies, etc., can be done after completing six basic groups of reactants (after completing sugar mix). When the EBP for acute care procedure is completed satisfactorily, you should go back to the basics and continue as before.

25 You must wash your hands with plain water after each NAET®EBP, before you leave the office. After the NAET®EBP; if you cannot wash or rinse your hands, vigorously rubbing your hands by interlacing your fingers for 30 seconds will be sufficient.

26. After a deactivation of the reactant through NAET® EBP, PLEASE do not exercise vigorously for 6 hours. A mild walk is fine.

27. AVOID exposure to extreme hot or cold temperature after the deactivation for the reactant through NAET® EBP.

28. Do NOT bathe or shower for 6 hours following the NAET®EBP.

29. Do not read or touch other objects with your FINGERS during the 20 minutes waiting period after EBP.

30. Do NOT cross your hands or feet during the first 20 minutes following the NAET®EBP. Lying or resting with a calm mind will be beneficial. You could visualize positive, warm energy circulation through the 12 meridians while resting. Meditation is allowed. After a Cellular Memory Imbalance (CMI) removal procedure through NAET®EBP, you are advised to think positively during the 20 minute waiting period about the issue which was treated.

31. Your practitioner WILL ask you to avoid the deactivated reactant for 25 hours or more as indicated by his/her testing after the completion of the NAET®EBP in the office. After the NAET®EBP you should avoid eating, touching the procedure. It is also suggested after completing your NAET®EBP satisfactorily for a reactant, that you consume a small amount of

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the item daily for three to four days. If the NAET®EBP is not completely finished, you will bring out some minor symptoms and your practitioner can investigate the reasons behind those symptoms and eliminate them. Another benefit of introducing the deactivated reactant into your body is to reconfirm the brain and nervous system about the harmlessness of the item so that your nervous system will not forget about this allergen in the future even if you never ate them later for years. This rule does not apply to patients with the history of severe hypersensitivity reactions.

32. It is highly recommended after NAET®EBP for the first three Basic 15 mixtures, you TRY to consume foods and drinks from the deactivated groups only. Add new items to your list as you complete each NAET®EBP. This will reduce your overall discomfort while going through the rest of the reactant groups and your NAET® EBP will be more effective and you will be able to see results with NAET® faster. Depending on your immune system the sessions can be scheduled. A patient with severe allergies and poor immune system can only tolerate one session per week. But patients with better immune system have shown to tolerate three or more EBP per week. Your practitioner can test your body for the appropriate plan.

33. If you are a highly SENSITIVE person, or if you experience any discomfort during the 25 hour avoidance period after the NAET®EBP (crying spells, depression, interference by unusual cellular memories or unusual pains anywhere in the body, etc.), you may need to balance your energy balancing points once every two hours on your own at home while you are AWAKE.

34. It is highly recommended to find foods that do not contain the deactivated reactants to eat during 25 hours following each NAET® EBP. Infants and children can be given NAET® EBP in the evening or before going to sleep for hard-to-avoid items. 25 hour avoidance should be followed even by the infants and children to receive lasting results. Please ask your practitioner if you have questions.

35. If someone has a hard time avoiding the deactivated reactant for a specific amount of time for any particular reason, he/she should massage his/her energy balancing points every two hours as well as before and after exposure to the reactant. In case the patient has developmental disabilities, caretakers should be instructed to massage the points (read Page 58 in the book, *Living Pain Free*) every two hours during the 25 hours and also before and after touching the reactant. Your practitioner will teach you the self-balancing technique if you do not understand by reading the book, *Living Pain Free*. It is advisable for you to BUY this self-help book with Illustrations since it can help you to control or reduce various sensitivity reactions and discomforts arising from other sensitivities by massaging the appropriate acupressure self-balancing points whenever the need arises.

36. No adverse reactions have been noted when a person eats food INCLUDING the food he/she was treated, for 20 minutes following the retest of the initial NAET® EBP for the reactant. The 25 hour restriction begins 30 minutes after the completion of the NAET® EBP. Do not eat HEAVY meals before or after the NAET® EBP or acupuncture treatments, but DRINK a glass of water before the NAET® EBP. Energy moves better in a well hydrated body. Drink 4-6 glasses of water through the day after NAET® EBP sessions to help flush out the toxins produced during the NAET® EBP.

37. You are advised to MAINTAIN a food diary and the level and type of reactions if any during the 25 hours following the energy balancing procedures in *The Guide Book* after each session. You should carry this record with you if you decide to see other NAET® practitioners in another city, state or country during your vacation or other travel time and your

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NAET® EBP can be continued uninterrupted. Write down all the good and bad symptoms you experience during 25-hours following treatment and bring it to your practitioner on your next visit. If you have frequent health problems and you do not know the cause of your problems, write down your daily activities for a month in a separate notebook. Record all the food and drinks you consumed even if they were in small portions and record also anything new you have purchased in the house or work area since the problem started. Bring your record to the office and let your NAET® practitioner test you for the items in your list to find the culprit.

38. You may need to take EXTRA precaution while you get NAET® EBP for environmental substances: (mineral mix, metals, water, leather, formaldehyde, fabric, wood, mold, mercury, newspaper, chemicals, flowers, etc.). Apart from staying away from these items, you may also need to wear a mask, gloves, socks, shoes, gowns, scarves, earplugs, etc. You can also massage the energy balancing points once every two hours while awake during the 25-hour period if it is not completely avoidable. Complete avoidance is highly suggested.

39. During the 25-hours of NAET® or afterwards, if you get a life-threatening experience from a reactant (either from the one you were balanced in the office or another one), you MUST seek emergency help immediately from a primary care physician or emergency room, or by calling 911.

40. Once every month or so, or after completing TEN to FIFTEEN NAET® EBP sessions, your practitioner will repeat NST on all deactivated reactants. If the deactivation on the reactant was not successful over 50 percent at the time, they will be boosted up again. No avoidance is necessary at this time.

41. AFTER the Basic Fifteen groups with the practitioner, patient should begin to gather a small sample of every day food and drinks and holding the sample, massage the energy balancing points every night before bedtime. Please ask your practitioner to explain the procedure to do so.

42. DRINK one 6 ounce-glass of water first thing in the morning. Drink 1 glass of water before bedtime.

43. Remember to CHECK with your practitioner for the item you were balanced with NAET® EBP, after 25 hours, and at least within one week to make sure you have completed the NAET® EBP satisfactorily.

### **VIII. Additional Information about NAET®**

44. NAET® EBP is a HOLISTIC procedure. It balances the entire body including: physical, physiological and cellular level (emotional) functions. Everyone needs balance in all these levels of the body to be healthy. If one area is not balanced properly, other areas cannot function normally. NAET® cellular memory imbalance removal procedure has been shown to produce marvelous results in people who suffer from environmental illness, chemical reactions, chronic pain disorders, other chronic illnesses, autism and ADHD, etc. This CMIR procedure will be provided to the patient without additional cost if done in conjunction with any NAET® EBP session. After completion of Sugar mix (after completing six basic sessions), NAET® CMI removal procedures can be administered upon request.

45. NAET® CMI removal procedures do NOT replace the need for traditional psychological or psychiatric help. If you are getting treatments in these areas prior to NAET® EBP, please continue with your therapies and medications as needed. If you for any reason do not like to be use the CMIR procedure (due to religious reasons, etc.), you should inform the NAET® practitioner on the initial visit, then CMIR will be excluded from your treatment plan.

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46 If you did not complete the NAET® EBP, or if you could not complete the specific NAET® for some reason, do not panic. NAET® is a mild, energy balancing, non-invasive, gentle procedure. It has not been shown to cause any long-term adverse effects on anyone since its discovery within the last twenty-five years. Your temporary symptoms may be due to the incomplete session and may continue for up to two or three weeks maximum. Drink about 4-6 glasses of boiled cooled water daily to help with your energy circulation.

47. Eventually the particular symptoms will wear off and you may return to your pre-NAET® EBP status if you did not repeat the EBP for the unfinished reactant. For example, if you suffered from insomnia prior to NAET® EBP, you may continue to have insomnia; if you suffered from pain disorders, you may continue to suffer from pain disorders, etc. A reactant that was deactivated halfway has not shown to render any benefit to the patient at all. Human body forgets and adapts to new ways fast. The incomplete NAET® EBP is forgotten in about three days to a week in most cases, but in some cases it has shown to take as long as three weeks, then the body learns to focus on current events. Thus, in a few days, an incompletely deactivated reactant is usually viewed by the body as a reactant that has never been addressed before.

48. But if you had to stop the NAET® EBP for the particular reactant because you had no means to get to the office, then you can balance the energy for the particular item at home on your own by holding the item while massaging the energy balancing points once every four hours while awake for two to three weeks or as short or as long as the body needs to view that as a friendly item (please read page 58 in the book, *Living Pain Free* by Dr. Nambudripad for the self-balancing instructions). This method will only work after one has initiated the NAET®EBP with a trained practitioner, and the NAET®EBP was not completed for some reason. If it is an uncomplicated, individual item, like a piece of sourdough bread, a piece of meat, a hot dog, a laxative or a pain pill like Tylenol or another drug, a particular piece of fabric (a shirt, scarf), etc., then the patient or the caretaker can complete the EBP in this manner at home. Caution: this should be done only on a single item.

49. After completing NAET®EBP for a reactant, if NST tested strong on retest but the patient is still suffering from prior symptoms, the patient should be allowed to rest a few days to a couple of weeks without any new NAET®EBP. This is in fact to rule out or to determine if the desensitization towards the particular reactant was successful or not; and to determine if the presenting symptom is arising from another source or not. If the particular deactivation on the reactant is incomplete, if you wait a few days the NST will produce a weak response either on its own or with some combinations. Then the NAET® EBP on the reactant itself or with a combination can be repeated at that time. While waiting to detect the outcome of the previous NAET® EBP, it is OK to boost up the immune system with acupuncture, chiropractic treatments, massages, herbs or other therapies. Or the patient can continue to self-balance for the item at home as described above.

50. Sometimes, the patient continues to have the same symptom but NST does not show any weakness on the previously deactivated reactant. In such cases it has shown that the particular deactivation on the reactant was successful but another reactant capable of producing similar symptoms has been identified as the culprit. Usually people with history of sensitivities react to more than one or a few reactants. When one reactant gets desensitized and eliminated from the body, others will get noticed easier, hence the symptom of the previous reactant continues until all the reactants are deactivated with NAET®EBP.

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51. When one has a weakness in any particular area of the body, every reactant affects that area of the body giving rise to symptom similar to the first one. This pattern is especially noticed in patients with asthma, sinus problems, autistic disorders, attention-deficit hyperactive disorders, chronic pain syndrome, as in degenerative arthritis, fibromyalgia, lupus, headaches, migraines, backaches, myofascial pain, peripheral neuropathy, PMS, insomnia, manic or depressive disorders, etc. Because of this mechanism, until you complete NAET®EBP for Basic Fifteen and more in some cases, you may not see many changes in your health in these cases.

52. When you are reactive to a food substance, your body produces lots of endogenous toxins. After you are deactivated to a reactant, it takes 24 hours for the body to release the adverse bond towards the reactant (detoxify) from all 12 major meridians (each meridian takes 2 hours) naturally to get the toxins out of the body. SOME patients may not have 24 hour avoidance or restrictions. Some may process the adverse bonds of the reactant right after the NAET®EBP; some may take just a few hours; some may take 25 hours, yet some others may take 40 hours. Even though NST demonstrated that you would clear the adverse bond on the reactant in 10 minutes or so, it is to your advantage to avoid the item for the whole 25 hours (24 hours plus one hour guard-band) allowing the body to detoxify naturally. After a few NAET®EBP, you have the option to go on a good detoxification program using different products (herbs, minerals, etc.) to clean up your system. But if you faithfully follow the 25-hour avoidance, you may not need any special detoxification since the body is able to naturally eliminate the toxins in time if given a chance.

53. You are advised to continue ALL medications and other treatment modalities as they have been prescribed unless otherwise directed by the doctors who prescribed them. PLEASE do not stop any other treatment you are on: medication, therapy, chiropractic treatments, massages, etc.

54. NAET® EBP has NOT been shown to interfere with any other treatment. In fact, if you can keep your body free of toxin accumulation and keep your symptoms under control by using medication or therapies, NAET®EBP has shown to produce better results.

55. For FEMALE patients: NAET® EBP is not advisable during the first three days of menstrual cycle.

56. NAET® EBP during pregnancy have not shown to cause any adverse effects to the mother or child so far. In fact tremendous benefits have been noted in both cases. When the mothers receive adequate NAET®EBP sessions during pregnancy (at least 15 basics and for all known reactants of the mother desensitized), their children are born with minimal reactions to substances when compared with their siblings who never had exposure to NAET®EBP before birth.

57. When you go through the NAET® EBP program, you will be advised to get supplemented with appropriate amount of vitamins, minerals, and other nutrients for a while if it is indicated. When the nutrients are supplemented appropriately pain and discomfort arising from various disorders like chronic fatigue, general body aches, arthritis, and other pain disorders due to deficiencies, etc., will be reduced.

58. If you do not show any improvement in your health status after successfully deactivating Basic fifteen reactant groups at all three levels, your practitioner should reevaluate your status. This is a good time to repeat your blood work related to IgE (immunoglobulin E) and IgG lists for food and environmental allergens. If there are abnormalities found in the levels of IgEs and IgGs in the blood-serum, different NAET® EBP approach may be necessary

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to receive lasting benefits. Please ask your practitioner to refer you to your primary care physician to repeat the blood work and further assessment of your condition. Then if necessary you may be also referred to another healthcare facility for further evaluation.