**NAET - Reference Information**

**How does the NAET allergy system work?**

Allergic reactions can be identified as an adverse, varied symptom, unique to each individual, resulting from the body’s response to exposure to an allergen.

NAET is a synthesis of five healing disciplines used by the NAET trained therapist. They work together to clear out an allergy:

* Nutrition
* Acupuncture
* Kinesiology muscle testing
* Massage techniques

 Oriental physiology principles are incorporated into the treatment understanding of NAET. Utilizing kinesiology or the Muscle Response Testing (MRT), each communicating methods with the body indicate the kinetic imbalance in the body caused by allergens.

Allergens are treated and cleared out one at a time in a specified sequence. The usual protocol is to treat only one allergy for any given day. After the treatment, the patient must avoid the offending substance for 25 hours.

After applying the muscle response test, the therapist stimulates acupressure points along the spine (the nerve roots) while the individual being treated is holding an allergen in their hand. Brain stimulated craniosacral points are massaged under the skull/occipital area. In the last phase of treatment, patients receive a 20 minute acupressure OR acupuncture treatment.

In the last phase of the treatment, the patient is muscle tested again at the end of the acupuncture treatment with the allergen in their hand. The treatment is successful if the muscle response test is positive, meaning it has strengthened the life force energetically. The patient’s arm being tested should remain strong against the therapist’s testing.

On the next follow up visit, the acupuncturist will re-test what was previously treated as an allergic agent. If the muscle testing results remain strong and cleared, the therapist can move on to treating the next food or chemical allergen.

**Note:** If you are new to kinesiology or muscle testing, please refer to the section at the end of this allergy section, titled “What is Kinesiology?”

With this modern style of treating allergies, it’s important for the individual being treated to cooperate with the NAET practitioner, to obtain the best results. With the NAET allergy system, there may be diet restrictions surrounding the allergy that has just been treated. For example, if egg proteins have been reprogrammed that day into the brain and nervous system, the patient may be required to avoid all products with eggs in it, as well as abstain from poultry for a 25 hour period.

**Who does the NAET method help?**

Natural Health Magazine journalist, Linda Weber had some interesting comments to flush up skeptical misgivings on this revolutionary approach to allergies. I think she says it well in this quote. “NAET remains obscure for two reasons: One, the theory of how it works is hard for most people to accept and two, no controlled studies have been documented that it works. The reason NAET allergy protocols have become so popular is that doctors and their patients are swearing it’s helped!”

“In four years of using NAET to treat close to one thousand patients, the success rate reported by Bellevue osteopath physician, Ann McCombs is roughly the same as those of other practitioners who use it – between 80 to 90 percent of patients become symptom free. The bottom line is there is hope!”, shares journalist, Linda Weber.

Robert Sampson, MD runs an alternative healing practice in Andover Mass, for patients suffering from environmental illness and allergies. He uses NAET to treat 90 percent of his patients. The patients have had to follow through with a series of treatments as opposed to stopping after one or two treatments to get long lasting results.

Ellen Cutler, a seasoned NAET therapist says “She has turned around hundreds of patients during the seven years she has used NAET, claiming an 85 percent success rate with patients who stick with the treatments.” “I’ll challenge a number of doctors. I’ve taken their patients whose allergies they could not cure and I get the allergies to go away.”

A ten year research study compiled by Dr Devi Nambudripad and other senior NAET therapists have found 2/3 of their large group of patients ( well over a few thousand patients ) have experienced resolution of their symptoms within the first 15 to 25 visits.

The NAET method can compliment other medical therapies requiring the use of prescription drugs to treat for any side effects from chemotherapy, antibiotics or radiation therapy. This therapy can in fact maximize the effectiveness of the drugs, when the body may be having a challenging time assimilating the drugs.

Individual’s responses to NAET treatments will depend on:

* Age of the patient
* How long they have been ill
* The severity of their illness
* The ability of the patient to follow through and carry out instructions
* The emotional status of the patient

NAET is a completely natural method for regaining better health with about 80-90 % effectiveness in permanently stopping allergies.

**Historical Background on the NAET Allergy System**

Dr. Devi Nambudripad is the pioneer who discovered the NAET system of allergy testing and treatment in the mid seventies, motivated by her own childhood suffering with debilitating allergies. Dr. Devi Nambudripad and her family have been doing clinical research and development in the Los Angeles area for new and effective approaches in the diagnosis and elimination of allergies.

 Dr. Nambudripad has been a lifelong scholar with medical credentials as a medical doctor, chiropractor, acupuncturist and nurse. It was her clinical knowledge in Oriental and Western medicine that gave her the insights and guidance to develop this unique treatment protocol. Dr Devi wove in elements of oriental medicine, environmental medicine, immunology, genetics, physics and oriental physiology to explain how NAET works. Vastly simplified, her theory on allergies is a result of energy blockages in the body, “due to contact of adverse energy of allergens.”

She explains that when energy is free flowing along the meridian pathways, then there are no allergic reactions possible. Blockages occur because the allergic person’s immune system responds to normally harmless substances as if they are a threat to the body. Antigen-antibody complexes are formed with T and B immune cells. When trying to destroy these complexes, the immune system brings about an autoimmune reaction that catalyzes inflammation.

Ellen Cutler explains in her book, “Winning the War against Asthma & Allergies” that when the areas along the spine are stimulated while a person is holding an allergen, “a chemical or enzymatic change occurs neutralizing the immune mediators and interrupting the allergen or antigen-antibody complex reaction.” This she says, clears the energy blockage and sends a message to the brain that this is not an allergen. It may take the brain 6 to 10 weeks for it to decide if it will accept or reject the new programs created by the NAET treatment protocol. For this reason, it is advised not to overindulge in a new food that has recently been cleared of its allergic response.

**Meridian Energetics and Chinese Physiology**

These inflammatory reactions block the energy flow along the meridians and thus prevent the movement of vital energy to all the body’s organ systems. Dr. Nambudripad says we can produce an enormous variety of health problems depending on where exactly the energy is most blocked. Disorders can range from simple tiredness and cloudy thinking to headaches, digestive challenges skin rashes and eventual disease of the kidneys, liver, lungs and other organs. When NAET is performed, these blockages are released, and most importantly the body is reprogrammed to not react to the substances as if they were a threat. In turn, energy blockages caused by food allergies cease, and the symptoms caused by the blockage disappear.

Because it takes two hours for the energy in the body to make its journey through each of the body’s 12 meridians main channels, it takes 24 hours for this energy to circulate through all the meridians. NAET therapists make sure that the blockage has cleared by requiring patients to avoid the tested food allergy for 25 hours.

Not only are you eliminating allergens from your body with the NAET system, but you are boosting your immune system, strengthening your body to ensure never again you will have to suffer the effects of exposure to any specific chemical, environmental or food agents. Undiagnosed allergies are often the cause of common or chronic illness, which when untreated says NAET expert Dr. Nambudripad, can become serious or critical. Through illness, inflammation, pain, fevers, headaches and various physical, physiological and psychological discomforts, the brain signals the body about the possible dangers if the energy blockages remain within the body. These oriental healing principles demonstrate that the result of energy blockages remaining in the body leads to a diminished state of health in one or more organ systems.

 **What is kinesiology /muscle testing or muscle response test?**

Kinesiology has been around for 35 years. It is dedicated to prevention as much as therapeutic use in the complimentary medical community. In NAET, a specific form of kinesiology called Muscle Response Testing is used on the arm. It is a widely discredited by conventional doctors, who have little understanding or training in energetic medicine. “ Although muscle testing is widely accepted as a diagnostic tool among chiropractors and some acupuncturists, many people find it hard to fathom how pushing against the patient’s arm can reveal what foods we’re allergic to, shares Linda Weber who wrote an extensive article on NAET in the Natural Health Magazine in 1998. Dr. Ellen Cutler, a long standing allergy practitioner, chiropractor and writer of “Winning the War against Asthma and Allergies” shares her insights on this therapeutic tool. “Muscle testing works because the physical body, in sometimes dramatic ways can respond to extremely subtle changes in its energy fields.”

Kinesiology is a way of identifying any imbalance an individual may have by testing their ability to hold various muscles throughout the body against pressure applied by the therapist. Each muscle is related to an organ and a meridian pathway. Together the muscle, organ and meridian pathway form an energetic circuit. Where there are no energetic imbalances present, it will be effortless to hold the muscle against the applied pressure. The tested muscle will feel strong. If there is an energetic imbalance in any part of the circuit, it will be difficult to hold the muscle against the pressure applied. The muscle being tested will feel weak or spongy.

When a weak muscle is indentified, it is possible using various methods to find out if the weakness is

1. Physically related, meaning an injury or sprain in the muscles.
2. Chemically related to nutrient deficiency or food intolerance.
3. Energetically related to a blockage in the flow of energy through the meridian or the person’s life force.

There can also be mental blockages that play into effecting the energetics, such as stresses caused by negative thoughts, feelings or worries. Once this information is brought forth by the body’s intelligence, the therapist is able to apply the appropriate course of treatment to correct the imbalance. Hands on treatments may include specific foods tested for allergies, acupuncture, spinal massage and acupressure to the scalp. When these manual therapies are utilized and the muscle initially being tested is retested, a previously weak or spongy muscle most often will test strong.

**For additional information about food sensitivities, allergies and NAET treatment, you will want to talk with Kris directly.**

**Call to make an appointment today 206.370.2600**