**The Role of an NAET trained Therapist**

NAET is used by more than 1200 health practitioners in the United States to eliminate reactions that a surprising number of people have to common foods and environmental allergies. Acupuncturists like me, chiropractors and naturopaths are attracted to this work for helping people suffering from long term debilitating allergies associated with chronic illness.

NAET is an innovative treatment for allergies that is completely natural, painless and non-invasive. This method can be used safely on anyone, whether it’s a child, a pet or the elderly. The NAET healing system means Dr. Nambudripad’s Allergy Elimination Techniques. The founder of this allergy eliminations system, Dr. Devi Nambudripad is a medically trained physician and acupuncturist who created this unique healing system that addresses allergies at the deepest level.

Acupuncture’s treatment of allergies differs from treatments with Western medicine, where the focus is upon the symptoms, rather than diminishing the body’s reactions to the allergens. With acupuncture, symptoms are treated when they occur but the allergies are not forgotten once the symptoms dissipate. When there are no symptoms, the focus changes to strengthening the immune system so that symptoms do not reoccur.

This program is designed to test for and eliminate all known allergens that may be slowing you down. There are many different types of symptoms that manifest as a result of undiagnosed allergies, such as:

* Digestive issues: bloating, gas, constipation & diarrhea, acid reflux, IBS/irritable bowels, colitis, blood sugar problems
* Fatigue issues & body aches, migraines, frequent infections, chemical , metal & radiation toxicity, thyroid challenges
* Respiratory issues: sinus infections, coughing, sneezing, watery eyes, stuffy nasal congestion
* Skin issues: itchy skin, rashes, hives, eczema, psoriasis, thrush & other fungal infections
* Mood issues: brain fog, “spaciness”, migraines, depression, anxiety, ADD/attention deficit, hyperactivity, insomnia, poor concentration, PMS, morning sickness
* Weight gain issues: edema , inflammation, weakness in muscles & limbs, joint & muscle pain

Inhalant allergens such as pollens, dust, and molds are aggravated & made worse by hidden food & chemical reactions

**A New Revolutionary Treatment for Allergies**

Allergic conditions occur much more frequently than most people realize. Every year there are more and more recognized cases of allergies in the United States. Statistics show that at least 50 percent of the American population suffers from acute and chronic forms of food sensitivities and allergies. Presently the medical profession has a variety of ways to diagnose specific allergens but can offer no cure for food allergies.

Allergy specialists do well with offering drug medications for the symptoms of allergies but it predominately masks these symptoms as a way of managing them. Most allergy aggravated patients utilize antihistamines, allergy shots or medications, antibiotics, steroids and asthmatic inhalants. For severe allergic responses the EPi pens are used for emergency intervention. Many allergy specialists recommend altering the patient’s diet to avoid acute allergic flare-ups but once these foods are slipped into the diet, symptoms return verily soon.

Oriental concepts of energetic medicine synthesize and embrace the body/mind connection in the NAET healing system. This healing perspective is foreign for most of us trusting the medical protocol of double blind studies. Working with meridian channels, muscle testing, the body’s life force and the body’s innate intelligence may appear nebulous to some. It is easy for NAET therapeutic methods so radical in its concepts to bring up skepticism when one is first exposed to it. The results are what sell this system of healing and its long lasting results.

Like many new forms of healing in the alternative community, NAET draws its clinical success empirically from the thousands of its recipients breaking stuck patterns of their chronic allergies. It does not make much medical sense and the techniques used are foreign to many consumers new to the world of energetic medicine. Regardless of NAET not making logical sense, it produces tangible results for many long standing sufferers for a large spectrum of allergy sufferers. It comes right down to whether you are open to trying new methods and if so, I am here to guide you through this process. Your body and mind will be doing most of the adjusting and rebalancing.

Journalist Linda Weber in her investigation on NAET’s allergy treatments shared “Between 80 to 90 percent of the time, according to health practitioners who use this revolutionary allergy treatment, say it works permanently. To any of the estimated 5 million Americans whose lives are a living hell because of food allergies, this is news from heaven. Because I’ve been one of those 5 million people for more than 15 years, I badly wanted the NAET to do its magic but I had many doubts. The idea of holding a vial of one of my known allergies while getting acupressure along my spine, that it could somehow reprogram my body & mind and cure a person of long standing allergy symptoms seemed too good to be true.”

NAET practitioners follow the same initial treatment protocol for every patient. Each patient wanting to permanently clear out their allergies needs to go through the basic treatments. This can vary for each person. The beginning foundational 8-14 treatments strengthen the basic cellular biochemistry of the body: such as amino acids, vitamin B and C, calcium, sodium, iron and other minerals that are integral to healthy cellular function. Other constituents need to be in place, such as better functioning of the digestive enzymes and stomach acidity. By the time most patients finish the basic NAET treatments, they start feeling better. Once these biochemical building blocks have laid a foundation with the cellular physiology, the offending environmental and food allergies are tested and cleared from the body. More will be explained about this initial protocol at the community health talks or a free consultation.

The question most allergy afflicted people ask is why the body misinterprets a common food allergy like milk or nuts as a threat in the first place? Our predisposed nature to a food allergy increases if your parents were allergic to that food. Besides genetics other factors play important roles. Poor digestion can trigger allergies in people who are genetically predisposed to them. Digestive weaknesses can occur for many reasons, including a reduction of necessary digestive enzymes or vitamins or minerals, chronic stress and the consumption of foods whose large protein molecules are hard to digest.

Breathing, eating and sleeping are so basic to our existence but for some, such lifestyle factors can be detrimental to their health.

For example

* Inhalant irritants of pollen, mold or dust breathed into the lungs
* Food allergies one is unaware of consuming, with it creating bodily discomforts
* Dust mites, feather pillow or bedding allergens can congest the nasal area so it is challenging being able to sleep soundly.

These underlying factors may be seasonal or intermittent in their influencing one’s life.

**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**