

Instructions to a Prospective NAET® Patient

I. Introduction

Please consider reading Dr. Devi Nambudripad's book "Say Good-bye to Illness" or "Say Good-bye to Your Allergies" before the first appointment. This book is available online from the NAET website or Amazon.com. If you prefer, you may call our office to see if a copy is available for loan. You may also be asked to view a short 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. You should continue to use any and all medications you have been prescribed by your physician during NAET treatment. NAET is not a substitute for the care of your physician.

Traditional Chinese Medicine (TCM) strives to balance the energy of the human body in order to maintain a state of good health. According to NAET® theory, food and environmental sensitivities and true allergies (Immunoglobulin E (IgE) mediated allergies) can cause energy imbalances in the energy meridians. The energy imbalance is the primary cause for a sensitivity reaction towards the reactant. When any reactant that initiated the energy disturbance is identified via NAET® testing procedures and is then treated, that reactant is deactivated via NAET® Energy Balancing Procedures (EBP). That particular reactant has not been shown to produce unpleasant reactions in the body on future contact.

II. The First NAET® Session

1. Please bring in a copy of all pertinent medical records, any report on prior allergy testing and treatments, laboratory and radiological reports and your new patient forms.
2. 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. You may request a list of these on your first visit or view it prior to your first visit on the resources page of our website at karencravenacupuncture.com. You may have the tests done through your primary care physician and have him/her fax a copy of the result to us at 855- 217- 9775. If you do not have a physician we will help you schedule testing.
3. **If you have a history of severe hypersensitivity reaction (anaphylactic reaction) toward any reactant, you MUST tell me before beginning the evaluations. The technique I use is different for severe hypersensitivity. This is to protect you. After the first appointment, as part of the enhanced protocol, it will be necessary for someone to accompany you to the appointments to participate in the treatments.**

4. After evaluation, there is the possibility that I will discover that you are not a good candidate for NAET. In this case, you will not be charged for the consultation. You may return at a later date for reevaluation and possible treatment. This is rare, but is a possibility.

III. Before Each NAET®EBP Session

1. PLEASE do not wear any perfume, perfumed powder, strong smelling deodorant, hair spray, or after-shave. Please do not bring any food or drink to the clinic as another patient may be sensitive to the item. There is no smoking allowed in or around the office. There is an area in the courtyard for smoking. We strive to make our clinic safe for individuals of extreme sensitivity and need the cooperation of all our patients to achieve this goal.
2. If you suspect something is responsible for causing an unpleasant sensitivity reaction, you may bring the item to the clinic in a thin glass container with a lid (as in a baby food jar with lid), in a paper bag. Please do not bring items in plastic containers. Plastic containers cannot be used for testing and treatment. **Do not bring an item that causes an anaphylactic reaction in you to the clinic. We will discuss how to treat you for these allergens.**
3. Please wear loose, comfortable clothing that allows access below elbows, knees and to the abdomen. Please turn off your cell phone before entering the clinic and preferably leave it outside the clinic.
4. Always eat and drink before you come for the NAET. You should not take NAET and acupuncture when you are hungry or thirsty. Please avoid caffeine for 30 minutes before your treatment. Do not do NAET if you are extremely tired.
5. Please wash your hands with soap and water before beginning the evaluation for NAET. Hand-washing will remove any residue left on your hands from things you have touched prior to the treatment. The restroom is down the hall on the right.

IV. During the treatment

1. You cannot have anyone else in the room with you during your treatment. If necessary, bring a companion to watch your children in the waiting room. The technique for children incorporates an adult in the treatment as a surrogate for testing.
2. There is the possibility that during a course of treatments there may be a day when I discern that your body isn't able to take another treatment. In this case we will reschedule you for another time in order to protect your health and keep you progressing with as little discomfort as possible.
3. After a treatment you must avoid the item you were treated for completely for 25 hours. I will provide a list of things to avoid and things that are safe to eat during this time.

V. The Basic 15 treatments

1. The NAET® Basic 15 groups include essential nutrients. If you are sensitive to these essential nutrients, your body may not absorb adequate nutrition. The lack of proper nutrition can lower the immune system function and may cause various health disorders. By addressing the sensitivities to these nutrients we can often be rid of the uncomfortable symptoms that brought you to the clinic. When your immune system is maintained at a normal level, not only will you feel better overall but your allergic sensitivity will be reduced and you will need fewer NAET sessions to get maximum results. Once your body has all the building blocks of good health in place we can work on any remaining reactants that need addressing. It is possible, that after the Basic 15 nutrient groups, that your immune system may not react to substances as it used to. This could relieve us of the need to address previously troubling substances. The only time we do substances before the Basic 15 is if you are sensitive to the simple foods you will eat for the 25 hours following your treatment such as white rice and pasta. (The reason that these foods are eaten after treatment is that they are so devoid of components that many people can tolerate them better than healthy whole grains, vegetables, fruits, etc.)
2. Hard-to-avoid items like prescription drugs that are causing a reaction will be treated after completing NAET for first 6 NAET groups of reactants. I will teach you how to balance your energy system once every two hours for the 25 hours following the treatment so that you can continue the medication while still being treated for it. This technique will work for any reactant that we are treating and will prove helpful if you accidentally come in contact with the reactant during the 25 hour avoidance time. You do not need to wake at night to balance the points.
3. If during the course of your treatments you have an acute problem, I will address the acute problem before resuming the normal order of NAET, if I discern that your body is able to take the treatment.
4. After NAET, please do not exercise vigorously for 6 hours or do anything extreme, even a hot shower. It may not feel like we did a lot of work in your body, but we will have. Rest and relaxation is the best thing after a treatment. A mild walk is fine if you must exercise, but better to schedule a day off from activity.
5. Please avoid the deactivated reactant for 25 hours or more as indicated by my testing after the completion of the NAET®EBP in the clinic.
6. It is best, after satisfactorily completing your NAET for a reactant, that you consume a small amount of the item daily for three to four days. If the NAET is not completely finished, you will bring out some minor symptoms and I can investigate the reasons behind those symptoms and eliminate them. Another benefit of introducing the deactivated reactant into your body is to reconfirm to 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. This rule does not apply to patients with the history of severe hypersensitivity reactions.

7. It is highly recommended after NAET 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. This will reduce your overall discomfort while going through the rest of the reactant groups and your NAET will be more effective and you will be able to see results with NAET faster. A patient with severe allergies and poor immune system can only tolerate one session per week. Patients with stronger immune systems have shown to tolerate three or more treatments per week. I will test your body for the appropriate plan.
8. If you are a highly sensitive person, or if you experience any discomfort during the 25 hour-avoidance period after NAET (crying spells, depression, recurring memories of old traumas 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.
9. Infants and children can be given NAET in the evening or before going to sleep for hard-to-avoid items. 25 hour avoidance should be followed even by infants and children to receive lasting results.
10. If you have a hard time avoiding the deactivated reactant for the specific amount of time for any particular reason, you should massage your 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 every two hours during the 25 hours and also before and after touching the reactant. I will teach you the self-balancing technique
11. AFTER the Basic Fifteen groups, you should gather a small sample of the foods you eat during the day and before bed, hold the items (in a glass jar) and massage the energy points. This will assure that your body can handle the combinations of all the items.
12. Do not have NAET during the first three days of your monthly cycle.
13. NAET can be performed during pregnancy and can be beneficial for the baby. Children born to mothers who have NAET during pregnancy have fewer sensitivities than previous siblings born to the mother before her treatments.