NAET (Nambudripad Allergy Elimination Treatments) and Consent

A brief description of NAET:

Nambudripad’s Allergy Elimination Techniques **(NAET)** is a non-invasive, drug free method to eliminate allergy-related health conditions. This can include: most pain conditions, headaches/migraines, auto-immune illnesses, asthma, digestive disturbances, chronic fatigue, insomnia, skin conditions, hormonal imbalances, high blood pressure, exposure to toxins, learning disabilities and behavioral problems in children, and sensitivities to foods, grasses/trees/pollens. NAET can also help with physical sensitivities to heat, cold, humidity, dampness, noise, barometric pressure, wind, vibrations, etc. Emotional conditions such as anxiety, depression, and addiction to alcohol and/or drugs can be treated through this technique as well.

NAET involves both testing and treatment. Muscle response testing (MRT) is done to determine what substances the body is reacting to. Treatment uses a combination of chiropractic and acupuncture or acupressure. The goal is to signal the immune system to stop responding to the substance as an allergen. When the allergic reaction is removed via NAET, that particular substance will not produce adverse reactions during future contact. This has been shown to be the case over the 30 years that NAET has existed.

Before the **first** treatment:

1. It is strongly recommended that you read either “Say Goodbye to Illness” or “Say Goodbye to Your Allergies” by Devi Nambudripad, MD. Both are available, new or used, through Amazon.com. NAET treatment is unlike anything else you will have encountered and either book will describe in greater detail what you should know about the treatments.
2. If you have a history of anaphylactic allergic reactions, please tell your physician before beginning treatment. This will allow them to take precautions to prevent you from becoming anaphylactic during treatments.
3. DO NOT stop any other treatment or medications as NAET will not interfere with these.
4. For female patients, treatments are not advisable during the first three days of your menstrual cycle.

Before each treatment:

1. Please do not wear any perfume, strong smelling deodorant/hair gel/after shave or eat strong smelling foods, such as raw garlic, before treatments.
2. Always eat before treatments so you won’t be hungry and drink a glass of water before as energy moves more easily through well hydrated bodies.
3. Please wash your hands before treatments to remove residue from other substances.
4. Cell phones should be off and kept away from your body. Also wear minimum or no jewelry.

During each treatment:

There cannot be anyone else in the room besides practitioner and patient as others will affect the magnetic field.

The practitioner muscle tests for permission to treat from the unconscious mind. There are rare occasions when the unconscious mind does not grant permission and the treatment cannot proceed.

If you are unable to be tested and/or treated due to infirmity, age, stage of pregnancy, or a history of anaphylaxis, you can be treated through a surrogate and get the same benefits as if you were being treated directly. During treatment, the patient must maintain skin-to-skin contact with the surrogate.

The Basic 15 Treatments:

The ‘Basic 15 Treatments’ involve all the essential nutrients. If you are allergic or reactive to any one of them, you will not receive adequate nutrients needed by every system of the body. This can cause deficiency or over activity of immune function, and lead to various illnesses. Once your immune system begins to function more normally, not only will you feel better overall, but your sensitivities will be reduced and you may need fewer treatments overall. The basic 15 includes; Body-brain formula (BBF), which connects the energy systems of the body and brain and helps clear treated allergens easier and faster. Egg mix, treats protein and essential amino acids. Calcium mix treats heart function, neuro-muscular function and bone. Vitamin C mix repairs wear and tear of tissues and is part of adrenaline and many essential enzymes. B complex treats nerve function and Sugar mix is essential for absorption and assimilation of B complex vitamins. Iron mix, mineral mix, Vitamin A, salt mix, grain mix, and yeast mix are all important in building up and maintaining a good immune system. Acid (stomach acid), base (digestive juices) and hormones (estrogen, progesterone, and testosterone) treat underlying conditions in the gastrointestinal and endocrine systems.

After Treatments:

When you are allergic to a substance your body produces a lot of toxins. After you are treated for an allergen it takes 24 hours for the body to detoxify the allergen from all 12 acupuncture meridians (each meridian takes 2 hours). It is to your advantage to **avoid the allergen for 25** hours, giving 1 hour safeguard.

No vigorous exercise for 6 hours, although walking is fine.

Do not bath or shower for 6 hours to avoid exposure to extreme temperatures.

If there is a difficulty avoiding an allergen for any particular reason, you will be taught a self-treatment technique which involves massaging certain acupressure points.

Consent to NAET Treatment

I hereby consent to receiving NAET treatments at the We ARE Health office. Potential side effects of NAET can include an aggravation of pre-existing symptoms and other physical or emotional discomfort such as headache, stomachache or fatigue. Potential benefits include relief of pain and symptoms of disease, and restoration of your highest functional capacities.

I understand that results are dependent on the unique responses of my body and this cannot be guaranteed.

I have been informed of the nature of the aforementioned treatments and that such treatments are provided at my request. I have the freedom to refuse or stop treatment at any time.

Patients Name (Print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Patient/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Relationship of Guardian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_/\_\_\_\_\_\_/\_\_\_\_\_\_