



Eliminate Your Allergies
Revised Edition

▶ Paul R. Honan, M.D.



Pollens
Shrimp
Cat
Dog
Egg
Peanut
House Dirt
Mold
Detergents
Fungus
Poison Ivy
Medications
Wool
Leather
Wheat
Vitamin C
Milk
Plus Many Others

Seasonal Allergies
Sinus Congestion
Sinus Headache
Sinus Drainage
Hay Fever
Itching Skin Allergies
Eye Allergies
Nose Allergies
Irritable Bowel Syndrome
Eczema
Hives
Life Threatening Reactions
Bee Allergy
Peanut Allergy
Food Allergies
Medications Reactions
Migraine
Chronic Food Allergies

Nambudripad Allergy Elimination Technique (NAET)

ELIMINATE YOUR ALLERGIES

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FORWARD

This booklet was written to provide information to patients about removal of allergies with Nambudripad Allergy Elimination Technique (NAET) (Nam-bu-dri-pad).

The information presented has been developed from knowledge gained in formal NAET courses, annual update conferences, books and observations of results of treatment of patients. NAET is new technology and few research scientific studies are yet available.

The conventional method of treatment of allergies is avoidance of the substances causing the allergies and suppressing the symptoms with medications including corticosteroid drugs. NAET is a method of therapy that changes the response of the body to allergic substances. It removes the allergy from the body so that the allergy substance no longer causes allergic symptoms. It solves the problem and does not merely relieve the symptoms.

A disease is considered a mystery when the repertoire of diagnostic and treatment methods seems to be exhausted. It is a challenge to the physician to search for and keep an open mind for diagnostic methods and therapeutic weapons for the benefit of the patient. Allergy is one of those mystery diseases.

Included are brief discussions of several topics related to allergies and NAET. Although the cause and prevention of allergy conditions is unknown, these discussions are intended to provide some information about this rather complex disease.

If you are skeptical about NAET, you are not alone. Initially this writer was completely “turned off” by the idea of NAET because of my traditional physician bias against any therapy not presented in medical

school or in the medical literature. I nearly “missed the boat” to a curative therapy that is without harmful effects. As recorded elsewhere in this booklet I was influenced strongly by our children to submit to this new therapy for treatment of a serious personal illness. After experiencing personal health benefits with NAET I obtained training in it to treat patients. NAET is not widely known among the medical community or by the public. Because it is a new development in medicine, its printed material is not widely circulated. People may be anxious or fearful about NAET due to lack of information even though it is a non-invasive, gentle allergy elimination technique. Greater knowledge about NAET and information about actual case histories in this booklet can provide confidence and encouragement to try this new method of medicine.

Paul Honan, M.D.

What is NAET?

How Does It Work?

Nambudripad Allergy Elimination Technique (NAET) is a new way to treat allergy conditions. Allergy conditions are usually treated by avoiding substances to which a person is allergic and suppression of the symptoms with medications such as antihistamines and prednisone. NAET actually removes the allergy from the body so that an allergic substance no longer causes illness. After a NAET treatment to eliminate milk allergy, a person who formerly suffered nausea and vomiting when drinking milk can drink milk without ill effects.

Skin tests, blood tests and elimination diets are the usual methods of diagnosing substances to which a person is allergic. NAET uses a novel method not involving needles. It utilizes a phenomenon of weak muscles that result when the fingers touch a substance to which a person is allergic. This needs an explanation. Arm muscles are usually used for testing. It is well known why a person can extend an arm away from the body. The brain gets cooperation from the spinal cord that sends the correct amount of electrical current through nerves to arm muscles to hold the arm in the desired extended position. Not known is the reason the spinal cord sends a lesser amount of current or a lower voltage to the arm muscles when the fingers touch a substance to which the body is allergic. The person being tested extends one arm and holds a substance to which he or she might be allergic in the hand of the other arm. A second person applies downward pressure on the extended arm. If the person is allergic to the substance a definite weakness is felt in the arm. If a person (a surrogate) touches the skin of the person being tested an electric current is transferred to his or her body and weakness can be felt in his or her extended arm when downward pressure is applied on an extended arm. It is a very reliable test method. Hundreds of test vials representing individual substances can be tested in a few minutes.

Actual elimination of an allergic substance from the body by the NAET system uses a unique method. Chinese medicine describes energy channels or pathways in the body. When energy flows freely through the channels there is health. If the energy flow is blocked for reasons as yet unknown, there is illness. The NAET treatment involves stimulating nerve pathways at the side of the spine from the neck to the tailbone. This procedure opens blocked energy pathways to allow the body to heal. This is one type of energy medicine. Energy medicine alters the energy pathways in the body to effect healing without the use of medications. Case reports of patients with allergy conditions are reported in this book. Although these patients and many others have not been familiar with terms like eastern medicine and energy channels, they have enjoyed the relief of allergy condition symptoms following NAET treatments. They have experienced the NAET system as effective.

INTRODUCTION TO NAET BY PAUL R. HONAN, M.D.

As occurs with many asthmatics, I outgrew my childhood asthma. It returned as severe 24-hour year-round asthma in 1987. For ten years I struggled with the best of what conventional medicine had to offer and found it wanting. As a physician, I thought I could find access to the best in medicine. Only minor relief of symptoms with medications including cortisone and avoidance of foods and inhalants to which I was allergic was offered as treatment. Even so, I had several attacks of anaphylaxis. An anaphylaxis is a sudden onset allergic reaction. It can affect many organs. Two of mine were life threatening.

In 1997, I met ophthalmologist Peter Holyk, M.D. from Sebastian Florida who introduced me to Nambudripad Allergy Elimination Technique (NAET). Initially I rejected NAET as quackery because of my traditional physician bias against alternative medicine. Our children forced the issue with a Christmas gift of a trip to Dr. Holyk's office. I could not refuse a gift from the children. Dr. Holyk treated me with NAET. My asthma improved. Then I attended Dr. Devi Nambudripad's NAET training course and eliminated many other allergies. I have had no more attacks of anaphylaxis.

Over the years, I have joked with Dr. Devi Nambudripad saying that she ruined my comfortable professional life. I had been satisfied thinking I was practicing state-of-the art medicine. After she introduced NAET and the wonderful world of energy medicine, my professional practice would never be the same. NAET is used to treat many allergic conditions in my medical practice. Dr. Devi is my hero!

Allergies cause hay fever, itchy eyes, asthma, sinus congestion, bronchitis, eczema, poison ivy, and other skin conditions. Other allergic symptoms may include stomach and intestinal upsets. A severe form that develops suddenly and can be life threatening is called anaphylaxis.

The reason that some people develop allergies and others do not is not known. Allergies can begin or develop at any age through out life.

The usual management of allergies is to identify the offending substance and avoid it or suppress the symptoms with medications.

Nambudripad Allergy Elimination Technique (NAET) can actually eliminate allergies from the body. NAET is one method of Energy Medicine. Some doctors consider energy Medicine without the need for drugs as the exciting future of medicine.

ALLERGY TERMINOLOGY AND INFORMATION

ALLERGY is an abnormal body response to substances that can be swallowed, inhaled, touch the skin or are injected. The reason for allergy response is unknown.

ALLERGEN is the name given to a substance to which a person is allergic.

ANAPHYLAXIS is a rapid onset allergic reaction that may be life threatening. It can occur from foods, inhaled substances, medications taken by mouth or injected and substances that contact or are injected into the skin such as insect stings.

Symptoms of anaphylaxis may include weakness, perspiration, hives, intense itching, angioedema (rapid swelling of tissues), sneezing, nose running, closing of the throat, sudden severe asthma, asphyxia

(suffocation), rapid heart beat, very low blood pressure, palpitations, fainting, heart attack, vomiting, diarrhea, abdominal cramps, uterus contractions, bladder contractions and seizure.

Many allergens can cause anaphylaxis. Some common allergens that cause anaphylaxis are peanuts, pecans, mushrooms, shellfish, sulfites used to preserve color and freshness in vegetables in restaurants, MSG, strawberries, bee stings, dye injected to take kidney x-rays, and fluorescein injected to take pictures in the eyes. The usual protection of anaphylaxis is avoidance of the allergen. People who are subject to attacks of anaphylaxis are advised to carry EpiPens for self-injection of epinephrine.

Anaphylaxis can be prevented by identifying and removing allergens with NAET.

SERUM SICKNESS is a term used to describe allergic reactions to penicillin, sulfa drugs and other medications that cause fever, skin rashes, and hemorrhages under the skin and arthritis. The reactions may begin shortly after taking the medications or be delayed 10 to 14 days. The condition can be prevented with NAET.

NAMBUDRIPAD ALLERGY ELIMINATION TECHNIQUE (NAET) is a non-medical, non-surgical method for eliminating allergies from the body. While allergy medicines work by suppressing allergy symptoms, NAET produces changes in the body so that an allergen no longer causes symptoms. The treatment involves stimulating the nerves at the side of the spine while the patient holds the substance for which he or she is being treated in the fingers. A treatment usually takes about a half hour.

HOW MANY NAET TREATMENTS ARE NEEDED?

The number of treatments required depends on the number of substances to which a person is allergic. Some people may be allergic to 2 or 3 substances and require 2 or 3 treatments. Others may require up to 10 or more treatments. Sometimes several allergens can be removed at one treatment.

WHEN SHOULD RELIEF OF SYMPTOMS OCCUR?

Some people experience relief of symptoms after the first NAET treatment. Others allergic to several substances may not notice relief of symptoms until after a few treatments. There may be one strong allergen and relief will occur only after it is eliminated from the body. The total allergy load includes all the substances to which a person is allergic. Occasionally a person may not experience complete relief until the total allergy load has been eliminated.

HOW AND WHY DOES NAET WORK?

Dr. Devi Nambudripad developed NAET from her training and experience with Chinese acupuncture. The Chinese describe 12 energy meridians (pathways or channels) in the body. In the state of wellness energy is said to flow through the pathways freely and unobstructed. In illness the energy flow in one or more pathways is said to be blocked or obstructed. Dr. Devi says that NAET opens up blocked energy pathways thus eliminating symptoms and allowing wellness to become re-established.

NAET is one method of energy medicine. Western medicine and western culture are for the most part unacquainted with eastern medicine. We accept the good and also adverse reactions of the body to medication. We are not acquainted with or understand the concept of energy medicine as a method of healing. We may not know how NAET works but we know how to use it to remove allergies. Most of us do not know how a TV works but we know how to use it.

Patients have expressed their gratitude for the welcomed relief of allergy symptoms following NAET treatments. Some confess that they had had great doubts that such treatments could be effective and nearly backed out from submitting to NAET. Then they jokingly comment that they still do not understand how such treatments can be effective but admit they really work well.

ARE THERE ADVERSE REACTIONS WITH NAET?

No serious reactions or side effects have been reported. Occasionally during NAET treatments temporary mild nausea, tingling in the hands or feet, headache, burning sensation in the skin or red skin of the face may occur. When these mild reactions do occur it usually is followed by a successful elimination of allergies. The very minor temporary reactions are in great contrast to sometimes serious reactions to some drugs.

Some very sensitive people are fatigued for a day or two after treatments.

NAET TREATMENT GOAL is to eliminate all allergies from the body. Most allergic people are aware of one or a few main allergens. They may not be aware that they have several allergens. Allergy symptoms are usually relieved after allergies to all a persons allergens are eliminated.

ORIGIN OF NAET: Dr. Devi Nambudripad in southern California was highly allergic to many foods. Her diet was limited to broccoli and rice. She discovered NAET in the early 1980's to eliminate her own allergies. The new method involves the use of energy medicine and Eastern medicine not yet taught in most US medical schools. It involves no medications or surgery. It alters reaction of the body so it no longer considers an allergen (eg Cat) to be an enemy of the body and cause an allergic reaction.

DIAGNOSIS OF ALLERGIES traditionally involves skin tests with skin injections, scratch tests or patch tests. NAET uses a more efficient non-needle method called Neuromuscular Sensitivity Testing (NST). It takes advantage of a phenomenon of weak muscles when the allergic substance (allergen) is held in the fingers. The finger pads contain the sensitive receptor nerves. Any group of muscles can be used to elicit weakness. Usually the arm muscles are used. An arm is extended at a right angle to and in front of the body with the thumb pointed downward toward the feet. The suspected allergen substance is held in the fingers of the other hand. A second person applies steady downward pressure on the forearm. A weakness of the arm muscles indicates an allergy to the substance. **NST POSITIVE INDICATES A MUSCLE WEAKNESS AND THAT THE PERSON IS ALLERGIC TO THE SUBSTANCE BEING TESTED. NST NEGATIVE MEANS NO MUSCLE WEAKNESS AND THAT THE PERSON IS NOT ALLERGIC TO THAT SUBSTANCE.**

CONDITIONS THAT CAN BE TREATED BY ALLERGY ELIMINATION

Sinus Congestion
Hay Fever
Seasonal Allergies
Nasal Allergies
Asthma
Inflammatory Bowel Syndrome
Eye Allergies
Hives
Eczema
Allergic Migraine
Allergies to Medications
Autism with Allergies
ADD/ADHD with Allergies
Bronchitis
Anaphylaxis
Many Others

ANAPHYLAXIS AND ITS PREVENTION

Survivors of life threatening attacks of anaphylaxis recall frightening accounts of their experiences. Fortunately most attacks are not life threatening. This writer experienced several attacks of anaphylaxis of which two were life threatening. Eventually the allergy causes (allergens) were diagnosed and removed using Nambudripad Allergy Elimination Technique (NAET).

The first attack developed when my larynx (windpipe) closed suddenly as I was driving on the freeway. Fortunately the attack resolved. Allergy to sugar was the cause. A very sweet beverage had been consumed several minutes earlier. Near asphyxiation is a very unpleasant experience. The other severe attack occurred after a bite of caviar. Immediate intense itching of the palms of the hands and shock occurred. Vomiting eliminated the caviar and allowed recovery. No more attacks of anaphylaxis have occurred since the sugar allergy was removed by NAET.

WHAT IS ANAPHYLAXIS?

Anaphylaxis is a potentially life-threatening allergic reaction. Methods for the offending substance to enter or affect the body are:

- Swallowing: food, drinks, drugs, vitamins, etc.
- Inhaling: pollens, flowers, grass, dust, smoke, paint, molds, fungi, yeast, formaldehyde in cloths and carpet, etc.
- Injection: insect stings, injected drugs, vaccines, etc.
- Touching the body: fabrics, detergents, poison ivy, cosmetics, wood, plastics, etc.
- Being located near the person: drugs, wood, bricks, painted walls, etc.

After a person is exposed to a substance to which he is allergic (an allergen) anaphylaxis can develop suddenly or can be delayed.

SYMPTOMS OF ANAPHYLAXIS

(Excerpted from Conn's Current Therapy)

- General: Sense of impending doom, weakness, sweating
- Skin: Hives, itching, redness, angio edema (swelling in some areas)
- Respiratory: Sneezing, running nose or nose stopped up, spasm and closing of the larynx (wind pipe), asthma, and asphyxiation
- Cardiovascular: Fast heart beat, falling blood pressure, abnormal heart rhythm, palpitation, heart attacks
- Gastrointestinal: Vomiting, diarrhea, cramps
- Genitourinary: uterine contractions, bladder urgency
- Nervous system: Fainting, Seizure

The majority of deaths from anaphylaxis are associated with respiratory symptoms, primarily asphyxiation from spasm in the larynx or bronchospasm (asthma). Some deaths occur from falling blood pressure and cardiovascular shock (low blood output from the heart).

TYPES OF ANAPHYLAXIS

Different people have different patterns of anaphylaxis but most have itching. A brief period of skin redness, itching of hands and feet may occur before more serious symptoms develop. Many may have a combination of itching, angioedema (swelling), difficult breathing, falling blood pressure, explosive diarrhea and laryngospasm (breathing tube swells closed).

Angioedema is a rather sudden swelling on any part of the body such as on eyelid, upper lid, throat, ear, etc.

Exercise induced anaphylaxis occurs with exercise, especially running. It often occurs after eating food to which there is an allergy, such as shrimp or celery.

Anaphylaxis in a surgery suite is usually due to latex or some anesthetic agent.

TREATMENT OF ANAPHYLAXIS

Early treatment consists of an injection of epinephrine into the muscle of the arm or leg and rushing the person to a hospital emergency room. EpiPen automatic epinephrine injections are easy to use. Every person who has a history of anaphylaxis should carry EpiPens.

CONVENTIONAL PREVENTION OF ANAPHYLAXIS

Avoidance of substance to which a person is allergic has been the usual method of prevention of serious allergic reactions. Avoidance of foods such as peanuts and pecans can be difficult because they may be used in different food items, and only a tiny amount can cause reactions.

Bee Sting anaphylaxis can be prevented by reducing the allergy response by a series of 13 injections. Immune therapy or desensitization to food, chemical and medication allergy is rather dangerous and not commonly used.

DIAGNOSIS OF ALLERGIES CAUSING ANAPHYLAXIS

The conventional method of diagnosis of allergies is skin testing by injections, scratch tests and patch tests. Neuromuscular Sensitivity Testing (NST) described earlier is used for diagnosis.

ELIMINATING ALLERGY TO PREVENT ANAPHYLAXIS

Nambudripad Allergy Elimination Technique (NAET) is used to remove allergy to the substance. The technique involves stimulating the nerves at the sides of the spine from the neck to the tailbone while the patient holds the allergen in the fingers. The allergy removal is then “locked in” or secured in the body by stimulating acupuncture points on the hands, elbows and feet. The patient is then allowed to rest 20 minutes while holding the allergen to allow the body’s internal energy to begin to adjust to the new non-allergic status. Contact with, or being near the allergen for 25 hours should be avoided to allow the body to complete its internal energy adjustment to the non-allergic status.

CASE REPORTS

BEE STING ANAPHYLAXIS: A man had had severe reactions to bee stings. He was also allergic to paper and other allergens. He carried an EpiPen in case of a bee sting. The bee allergy was removed with NAET. A year later 3 bee stings caused no general reaction or anaphylaxis.

A bee stung a young lady. Swelling occurred at the site of the sting. Later that day she had trouble breathing. Such delayed reactions should be anticipated. Some doctors recommend hospitalization 24 hours after such an attack. She was advised to carry an EpiPen and also to get the allergy removed with NAET.

FORMALDEHYDE ANAPHYLAXIS: A man walked into a room with a new carpet. He died of an acute attack of asthma. Formaldehyde is present in some new carpets and new clothing.

Persons with formaldehyde allergy can have problems breathing or itching eyes or congested noses when entering stores displaying new clothing. Very sensitive people can experience allergic symptoms even in the halls of enclosed malls. Air currents can carry the formaldehyde from the clothing stores into the halls.

NAET can remove the allergy to formaldehyde to prevent allergic reactions.

ANAPHYLAXIS DUE TO A SUBSTANCE NEARBY: A couple of dust and mold specimens enclosed in zip lock plastic bags were on a table in a NAET treatment room. A lady entered the room for examination and treatment for allergies. As she entered the room immediately her nose became congested immediately her eyes watered and she experienced trouble breathing. The plastic bags were removed from the room and her symptoms subsided. The specimens were enclosed in plastic so that air from allergens could not enter the air of the room. Proximity to the substance triggered the allergic response.

A lady experienced a sense of illness and a congested nose when walking near flaxseeds in plastic bags inside a sealed cardboard box. Indeed she tested allergic to flax.

Proximity to solid objects can elicit symptoms in allergic persons. A man's asthma was worse near bricks and concrete. Indeed he tested allergic to bricks and concrete. The allergy was removed with NAET.

A man sneezed, and his eyes watered when near cats. For allergy testing his wife put some hair from the cat in a glass jar and secured the lid. She placed the jar in the trunk of the car. The man carried the jar approximately 150 feet from the car to the doctor's office. By the time he reached the office he experienced nausea and weakness and a sense of impending doom. The symptoms resolved after he released the jar from his hand. The energy from the allergen passed through the glass jar to affect the man.

Being in close proximity to the allergen was sufficient exposure to cause anaphylaxis. Had he not recognized the cause, anaphylaxis might have progressed to a serious stage.

Later the cat allergy was removed with NAET. He was able to hold the same jar with the cat fur enclosed without symptoms.

A man with a history of allergies was sitting on a couch. Another man sat next to him. The man with a history of allergies began to perspire, his face became red, and he said he felt ill. His symptoms were relieved when the second man left the room. He said that he was unable to tolerate being in the same room where sulfa drugs were located. The second man had a sulfa tablet in his pocket. The "energy" from a substance to which a person is highly allergic can "travel" several feet to cause anaphylaxis.

Hundreds of small glass vials with different substances are used to screen and test patients for allergies.

Patients hold test vials in their hands during NAET treatments. In very sensitive patients the “energy” escaping through the glass is sufficient to cause mild anaphylaxis before the allergy can be removed from their bodies. Removing the glass test vials from their hands relieves the symptoms instantly.

ANAPHYLAXIS TO FLUORESCHEIN: Fluorescein is a yellow dye used by ophthalmologists. It is used intravenously to aid in taking photographs of retinal blood vessels. It is also used on the outside of the eye to aid in diagnosing injuries of the cornea, which is the clear dome over the pupil.

Severe reactions and deaths have occurred with its use intravenously.

A lady was scheduled to have intravenous fluorescein angiography. For some reason the test was cancelled. The lady had a history of several allergies. She tested allergic to fluorescein. In the event she were to need fluorescein angiography in the future it was suggested that the allergy be removed with NAET. The treatment involved the patient’s holding a fluorescein impregnated tiny piece of paper sealed in small cellophane package. During the treatment the patient complained that her face was “burning up”. Indeed the skin of her face was very red. The fluorescein test specimen was removed from her fingers. The symptoms began to subside immediately. She had had an anaphylactic reaction while holding the allergic substance that was enclosed in a cellophane bag. The good news is that NAET indeed removed the allergy. A year later she tested not allergic to the fluorescein.

LATEX ANAPHYLAXIS: Operating rooms may use some latex products. Patients may not be aware of their allergy to latex. Latex gloves removed with an elastic “flip” can introduce invisible latex dust into the air. Patients have been known to have respiratory reactions to latex in operating rooms.

Skin irritation from latex gloves or other latex products can suggest possible allergy. The allergy can be removed with NAET to prevent possible severe reactions.

ANAPHYLAXIS TO INTRAVENOUS DYE: Intravenous injections of special dyes are used for taking x-rays of kidneys and blood vessels, such as coronary artery angiograms. Anaphylaxis and deaths have occurred. Many of the dyes contain iodine. A lady with a history of reactions to intravenous dyes was scheduled to have a coronary artery angiogram. The day prior to the special test she tested positive to iodine. The allergy was removed with NAET. The next day the angiogram was completed without any problems.

GUACAMOLE ANAPHYLAXIS: A man suffered a rather severe attack of asthma after leaving a Mexican restaurant. He had had guacamole in many different Mexican restaurants without problems. Yet, suspecting guacamole as the cause, he returned to the restaurant the next day and got a sample of the guacamole. Indeed he tested positive to it, and the allergy was removed with NAET. He continued to eat guacamole in restaurants without problems.

The suspected allergen may have been sulfites sometimes used in salads and guacamole to maintain a fresh green appearance rather than guacamole itself. Asthma deaths due to sulfites in guacamole have been reported in the medical literature.

ANAPHYLAXIS VIA SKIN CONTACT WITH FOOD ALLERGEN: A lady had many food allergies and had been under the care of several allergists. The treatment recommended was avoidance of those foods to which she was allergic. Her diet was limited to white rice and broccoli. One evening she was preparing dinner for her family. She felt ill as she was preparing a carrot for the dinner. She did not recognize the phenomenon of just touching the carrot would cause anaphylaxis. She had had training in acupuncture. She asked her husband to bring her acupuncture needles. She placed the

needles according to her training. She lapsed into semi consciousness for about 45 minutes. When she awakened she realized she no longer felt ill and she still was holding on to the carrot. The victim was Dr. Devi Nambudripad, and she had just completed the first NAET treatment. She had demonstrated that an allergy strong enough to cause anaphylaxis could be removed from the body. Eventually Dr. Devi (as her admirers call her) removed her own remaining allergies and has taught her method to several thousand others. This writer was fortunate to be trained by Dr. Devi and considers her as one of his heroes.

ANGIOEDEMA: A girl age 15 had had swelling with itching lasting a few hours first in a thumb, then another thumb, and a heel and later a finger. An itching bump over a finger joint had appeared an hour before she was examined. There had been no personal history of allergy. Her brother and father have seasonal hay fever due to ragweed in the fall of the year.

It was explained that these were manifestations of angioedema are due to some allergy or allergies. Attacks of angioedema can occur in any part of the body such as the nose, lips, tongue, eyelid, ear, feet, etc. It can be serious when it affects the throat and constricts the trachea thus restricting airflow to the lungs. In the stomach it can cause vomiting. Angioedema is frequently triggered by foods to which the person is allergic.

Allergy testing revealed allergies to about 20 substances. It was unusual that she was not allergic to any of the basic ten allergens. The strongest allergy responses were to dog hair and cat hair.

Nambudripad Allergy Elimination Technique (NAET) was used to eliminate allergy to dog hair. She noticed that the itching swollen bump on a finger joint had disappeared.

Two days later allergy testing revealed that she was no longer allergic to dog hair. Allergy to dog hair had been eliminated by NAET energy therapy. Also she had had no more attacks of anaphylaxis in the form of angioedema.

ANGIOEDEMA: A man age 37 presented with a chief complaint of headaches behind his left eye and swollen left eyelids. The lids were so swollen he was unable to open them. He had a history of asthma and sinus trouble.

Examination revealed extensive edema resulting in inability to open the eyelids. The skin was mildly red and was not tender to touch.

A diagnosis of angioedema was suspected. Angioedema is a swelling of tissues anywhere in the body usually of rapid onset. Edema is swelling of tissues filled with a watery liquid. Angio refers to blood vessels. Angioedema indicates fluids that have leaked from blood vessels. It can be life threatening if it occurs in critical areas such as the throat. It is an allergic reaction usually to food. His headache was likely due to edema behind the eye.

The conventional treatment for angioedema is an injection of adrenalin (epinephrine). Less severe cases are treated with antihistamine medications. Some people subject to repeated attacks of angioedema are advised to carry EpiPens.

A Scenar treatment (described under Scenar) to the back of the neck for ten minutes reduced the lid swelling so he could open his eye partially. He tested allergic when he touched his finger to the affected eyelid and also to a facial tissue that had been rubbed on the lid. Nambudripad Elimination Technique (NAET) while he held the tissue that had been rubbed on the eye was used to remove the allergy. After completion of the NAET treatment the lid swelling was mostly gone. He could open his eye normally.

The headache behind the eye was mostly relieved. A food allergy was suspected. A testing of allergies was recommended to determine the food allergy to be removed with NAET.

DIFFUSE ANGIOEDEMA: The 23-year-old young lady presented a history of two months of diarrhea following a trip to Mexico two years earlier. Then swelling began to occur in many parts of her body. Her blouse sleeves were rather suddenly too tight on her arms. Her jeans were too tight. She said she looked puffy all over. She noticed a 10 to 25 pound weight gain in one day after eating dairy products. She said she was bloated and her stomach was upset. She was fatigued. Her face became round and puffy.

She tested allergic to 26 NAET allergy test vials. Initial NAET treatments removed allergies to the strongest allergens including eggs, grains, vitamin C and dairy products. With each treatment she passed a lot of water had weight loss and had improvement in her sense of well being. Her round face lost its puffy appearance. The remaining allergens were eliminated with NAET. She continued experiencing diuresis and weight loss.

The improvement of her symptoms after elimination of her allergies was suggestive of a cause and effect relationship. In retrospect, it was unclear and questioned if the diarrhea after a trip to Mexico had been of an infectious nature or with knowledge of her allergic nature could it have been due to allergies.

The categoration of her allergic reactions was unclear. The rapid body swelling after consuming dairy products was suggestive of angioedema type of anaphylaxis. Could her allergic reaction be classified as a diffuse angioedema? Whatever the diagnosis this young lady was thankfully pleased at being relieved of her symptoms and again to be able to eat grains, eggs, fruit and vegetables without symptoms.

FISH ALLERGY: At an early age Roy had been aware of his allergy to fish. A physician uncle in total disbelief of the severe allergy placed a piece of fish in a casserole dish. After Roy ate some of the casserole he experienced severe breathing problems and was rushed to a hospital for emergency care. The allergy had triggered sudden severe asthma or bronchial spasm. The uncle was forever apologetic.

At his place of business Roy experienced sudden breathing problems. He did not smell fish but suspected its presence. At approximately 15 feet distance in another room he observed a child eating a fish sandwich. He yelled to get the fish sandwich out of the building. The mother of the child recognized Roy's acute respiratory distress and rushed the sandwich and child out of the building. Roy rushed out of the building through another door. Fortunately the sudden asthma attack resolved without requiring hospital emergency care. This was the first occasion that Roy suffered an attack of asthma in the mere presence of fish when he had not smelled it.

Roy is a member of his local Rotary Club. The luncheon club meets weekly on Friday noon, a day on which fish is served often. Roy is able to detect when fish is being served when he opens the door of the building. Some members were aware that he did not attend the club meetings when fish was served. Most were not aware of his severe life-threatening allergy.

Roy's allergy to fish plus allergies to several other substances were removed with Nambudripad Allergy Elimination Technique (NAET). Roy is no longer allergic to fish. He has been able to attend Rotary luncheons and even sit next to persons eating fish. He has had no more allergic reactions. He has not yet had the courage to eat fish. Most members of the club are unable to comprehend the magnitude of Roy's life-threatening allergy problem and the health importance of removal of his allergy to fish.

SULFITE ANAPHYLAXIS: A young lady suffered a fatal asthma attack in a restaurant after eating

guacamole on a Saturday. Guacamole was made in that restaurant on Mondays. Each succeeding day more guacamole was made. Also each day more sulfites were added to maintain the green fresh appearance. By the end of the week there was a heavy concentration of sulfites in the guacamole. Unfortunately the young lady was allergic to sulfites and received a large amount when she ate guacamole at the end of the week.

ANAPHYLAXIS: Clara had had several attacks of anaphylaxis. Her throat became swollen after eating pineapple. In an Asian food store near hot peppers and spices her eyelids became swollen and she had itching all over her body. After eating yogurt she had itching swollen eyes and diarrhea. The palms of her hands and soles of her feet became swollen and itched. In a warehouse with a leaky roof she suffered stinging and itching all over her body. She had itching bumps on her scalp after using hair spray. The worst attack of anaphylaxis was after eating onions when the palms of her hands and soles of her feet became swollen and itched. She tested allergic to pineapple, peppers, mold, yogurt and milk, her hair spray and onions. She was treated for all these allergens with NAET. She was again able to eat the foods to which she had been allergic and be near mold and peppers without symptoms. This lady with tendency to develop allergies previously had had allergies causing anaphylaxis. They had been treated with NAET. This time she had become allergic to other substances. Fortunately NAET was available to eliminate the recently developed allergies.

ANAPHYLAXIS: Sheri Garvin presented with a history of multiple attacks of anaphylaxis over a period of four years. Several trips to hospital emergency rooms had been needed. She had had many attacks of rapid onset asthma. She suffered depression, chills, muscle spasms, sinus congestion and swelling on her face. She had attacks of shortness of breath and swelling on her face each time she drove on a particular road. During allergy reactions she craved pasta and gained weight. She tested allergic to eggs, grains, nuts, pollens, cats, dogs and several other items. She suffered reactions in church. She collected perfume specimens on tissues and placed them in plastic bags from ladies in her church. The specimens were used to remove the allergies with NAET. She collected grass specimens from the roadside in the area she suffered reactions. They were used to remove the allergies with NAET. She was very helpful to bring many specimens of dust, foods, medicines, cosmetics, household items, plants and perfumes for which she was tested and treated. To reduce the number of NAET treatments for her multiple allergies she was treated with up to eight allergens at each treatment session. Treatment sessions were scheduled a few days apart to hasten her recovery. It was a pleasure to see her gradually improve and to be able to resume a normal life style and return to work.

She wrote the following account of her illness.

My story is a life long story, but it appeared to only start about 4 years ago. In retrospect I can pin allergic reactions as having started showing up in High School as undiagnosed and illusive illnesses. Of course, there was the stigma of “stress” or maybe imaginary issues. I gave up on doctors pretty early in life because of that.

However, about 4 years prior to discovering Dr. Honan I became very sick and being tired and feeling generally unwell was beginning to interfere with my ability to hold a job. When I developed a deep cough within weeks of accepting a new assignment in a manufacturing environment, I went to my regular doctor who again found nothing wrong, but suspected drainage. I did everything I knew (Sudafed, cough drops etc) until it was suggested to be allergies and I was referred to an allergist.

When I landed in the ER one Sunday and came close to dying, then we knew this was serious. Over the subsequent years we went the traditional route of identifying the allergens and then getting shots. I got worse and worse until my allergist said the shots were not making a difference. Also, I was working in a

pharmaceutical manufacturing environment and there was nothing my doctor could do for chemical allergies except dope me up.

I tried everything I could think of including naturopathy. Even NAET by a nurse, who modified the treatment, only treated a few things at once, and saw me once a month. I felt no difference after each session with her. After a year I was so sick I could not work, quit going to her, and was getting desperate. The daily anaphylactic attacks had worn my body down.

I had become very adept at warding off a full blown attack, but when I was moved to a new location at work, I again had such severe and sudden attacks that I knew one more such attack could kill me. Within 3 days I had to quit.

THE ANAPHYLACTIC REACTIONS

A reaction would show up in the form of the following:

1. Chills over my head and sometimes whole body (my first clue to pay attention to my surroundings and change them if I could)
2. Sudden tiredness (a strong desire to lay down on the floor or find a corner to curl up in)
3. I would use a mild inhaler at this point
4. A sudden and deep depression that was unimaginable to my usually bouncy personality would hit
5. At this point I would take a rescue inhaler
6. My breathing would slow to almost a stop
7. At this point I learned to take a Benadryl
8. A second Benadryl would follow if the first did not work
9. Then my long muscles would start painful spasms. Sometimes I would take a muscle relaxer, but soon learned that this did not make much of an impact.
10. Then it would take 1- 2 hours to come out of it and breathing to become normal. It would be like a light switch would go off and then I would have loads of energy for a short bit (adrenalin overload?) and crave carbs like they were going out of style.

A more sudden and severe attack would go something like:

1. Chills
2. Change in vocal cords (swelling in my throat and tongue)
3. Sudden breathing issues and gasping for breath
4. At this point I would take a rescue inhaler
5. My breathing would slow to almost a stop
6. Benadryl
7. Muscles spasms (in my shoulders and back)
8. 15 minutes or so then breathing would be more normal. It always took a day or two to recover from this.

THE MEDICATIONS

I had tried all sorts of medications prescribed by the doctors, but could not function with the more powerful medications in my system, which appears to be pretty sensitive. I preferred to get a few hours of functioning and deal with the reactions as they came. As it was, my system still felt like a mess!

- Daily - Zyrtec
- Daily - Ranitidine

- Daily - Sudafed, Mucinex for drainage
- Daily - Claritin
- Daily – Allegra
- During reactions - Intal (cromolyn sodium)
- During reactions - Xopenex (levalbuterol tartate) rescue inhaler
- During reactions and sometimes at night – Benadryl
- During reactions – muscle relaxers
- There may have been a few others – but thankfully, I don't recall because I have not used them for almost a year now!

THE STRUGGLE TO SURVIVE AND HEALTH CRISIS

If at any point I did not take my meds fast enough or in the correct order, it could send me into a more serious reaction which could take days to recover from. Only once was the EpiPen used on me. My allergist got onto me about not seeking professional help each time this happened and told me I should be using the EpiPen, but I just could not see running to the ER every time. These reactions were happening daily. Frankly, I had gotten to the point of “if it kills me, so be it!”

Life became a struggle to survive. In Jan. 2007 I had to quit the aforementioned job. My allergist's nurse practitioner advised me to “learn to live with it,” which I found unacceptable. I also quit going to the NAET practitioner because I was not receiving relief. So the financial cost/lack-of-relief ratio did not have me convinced to stick with it.

By July I was so ill it was like the walking dead. A naturopathic doctor diagnosed me with multiple chemical sensitivity syndrome. She had me go through a series of mild cleanses which stopped the daily reactions. This clued me in to the need to cleanse my system and liver (the meds above were probably contributing to my issues there!) However, she was not fixing the root cause and I was still in a state of exhaustion, so I kept searching for answers.

My regular doctor diagnosed an infection, which was adding to the general health crisis. I felt like my body was falling apart and had no strength (at the age of 42). Walking outside or going to the store became a game of Russian roulette. In fact friends and family would not let me go anywhere alone, because I would often not be able to get to the meds quick enough on my own. The lack of oxygen to my brain would affect my ability to get to the meds and I would just relax and “go to sleep.” It only took a couple of times in 2006 for a friend to find me in that state and my activities on my own were curtailed. My lungs hurting was often a clue that I was in danger of a reaction if a trigger were encountered and so they would drive me to work or stick very close and make me call them.

FINDING NAET

Of course, many tests and rounds of doctors were involved searching for an answer. My osteopath was the greatest help and she pushed me to get my gall bladder checked out. It was the gall bladder surgeon who advised me to again see an NAET doctor when she learned I had allergies. NOTE: after seeing Dr. Honan, I did not need gall bladder surgery.

I got online and looked for the most qualified and longest-in-practice doctor in my area. That happened to be Dr. Paul Honan in Lebanon, Indiana. I went to him and found out he practiced NAET simply and directly (no new age extras) and explained what he was doing. He also spoke firmly and positively that I could be better. For the first time in years I had a glimmer of hope. He seemed so sure. He could also

see me every 2 days, which was a surprise. I had the idea you had to wait a month in between.

After the second treatment (within 3 days of seeing him the first time), I was shocked at the feeling of energy and life actually flowing back into my body! It was so amazing and so dramatic that everyone around me saw the difference. There is no way to explain that feeling. Like I had an injection of Life! In the fall of 2007 we did approx 7 appointments and my life was changed forever. Oct. I was able to take my nieces to GA and go hiking with them. My body still had a lot of recovery to go through, so I hiked slowly, but I had no reactions even though we were staying inside a State park!

THE ONGOING DETECTIVE WORK IN 2008

The list of sensitivities continues to grow as I find more things to eliminate, but each time I go to Dr. Honan with a bag of samples and we remove them.

Church friends and family collected perfume and soap samples and I was cleared of those in the winter. This allowed me to sit in church again, however when new folks come to the morning service I am still having issues. Perfumes and soaps seem to be my biggest problem at this time and they are difficult to identify in order to clear.

In 2008 we have tackled each season as it came, sometimes with only 1 session. Each time I would feel better than I did before the treatment. Mostly in a return of energy, but my energy has never dropped back down to the level of non-functioning. I landed in the ER one weekend after collecting samples of spring flora, but even then, it did not take but a day to bounce back and it was worth it when the treatment cleared me of the worst problems I had had in years. Mainly there was an area that I passed through on my way to church on Sundays, which always sent me into serious reactions. That no longer happens.

Mid 2008 I am now feeling strong, walking 2 miles a day (since April), and taking a deep, deep breath at the end of the walk just because I can and it feels so good. My lungs no longer hurt and I enjoy the great outdoors instead of fearing what the air may bring. I am losing weight because I can be active again, and I am just thrilled to be feeling new! Even when I have had issues with the season, I have still been able to walk and be outdoors. If I notice it affecting my breathing, I collect samples of grasses and blooms and take them in to be tested and removed.

While I am not 100% just yet, I could easily say that I am 95% better. The perfumes and soaps being my biggest hurdle.

CLOSING

Thank you Dr. Nambudripad and Dr. Honan!!!! I believe that Divine Intelligence (God) has given you the key and has inspired both of you to help our bodies heal as they are designed to do.

Sheri Garvin

NAET CASE REPORTS

SKIN ALLERGY

ALLERGIC DERMATITIS: He was in a psychological state of hopeless desperation. For 15 years he had had dozens of intensely itching burning “sores” all over his body. He had been referred to ten

dermatologists over the period of several years. There had been no diagnosis made and no treatment to relieve his misery. At age 77 he was disappointed and disgusted at the lack of help from the medical profession. Some of the sores on his neck had even been cut out by a plastic surgeon. Intense uncontrollable itching continued especially on his arms, legs, neck and back.

Upon examination the skin all over his body was covered with the sores ¼ to ½ inches in diameter filled with blood clots. Some were depressed and some were elevated in varying stages of the healing process. He was tested for allergy with hundreds of test vials of different allergens. Most prominently positive were All and Gain laundry detergents and Clorox. Nambudripad Allergy Elimination Technique (NAET) was used to eliminate the allergens from his body. He was extremely grateful to experience 80% improvements. During hospitalization for another condition he noted further improvement. The skin problem worsened somewhat when he returned home. He was asked to bring a specimen of dust from home collected by rubbing facial tissue on different pieces of furniture. Testing revealed allergy to the fabric on his favorite lounging chair. He has continued to express gratitude for relief of his intense itching that devastated his life for 15 years.

NAIL POLISH ALLERGY: A lady self diagnosed her red itching skin on her fingers as allergy to nail polish. After NAET for nail polish she wore nail polish without symptoms.

DETERGENT ALLERGY: A lady age 80 had severe itching on her skin on her entire body. A cortisone shot by her doctor helped somewhat. She tested allergic when she touched her dress that had been washed with Tide detergent. After NAET to Tide the itching skin rash was relieved immediately.

ALLERGIC DERMATITIS: The chief complaint of a young man age 28 was intense itching of the skin of his upper eyelids. There was a marked redness and thickening of the skin of the upper lids. An allergic dermatitis was suspected. The patient denied having any allergies. Transport of an allergen via the finger to the lids was explained as a likely mechanism. Fabric and detergents have been found as allergens in other such cases. While the fingers of one hand were placed on his shirt there was a negative muscle allergy test. This indicated that the fabric in his shirt and the detergent used to wash the shirt were not the allergen causing the dermatitis. Allergy testing was strongly positive when he touched his wool trousers and also the doctor's wool trousers. He was allergic to wool. Triamcinolone cream .025% was prescribed for immediate relief. Elimination of the allergy to wool by Nambudripad Allergy Elimination Technique (NAET) was recommended.

HIVES: A boy age 6 had had hives for several days. His nose had also been running. His mother thought he was allergic to milk.

NAET type allergy testing revealed a few sensitivities. Yeast seemed to be the most prominent to which he might have substantial exposure. He was also allergic to a tissue rubbed on the skin in the region to the hives.

Nambudripad Allergen Elimination Technique (NAET) was used to treat him for yeast and the tissue that had been rubbed on his itching skin.

After the treatment the boy volunteered the information that most of the hives had disappeared and no longer were itching. Also he said that his nasal passages had opened and were clear.

ALLERGIC DERMATITIS: A lady developed a red, itching area on the skin of her right upper eyelid. She tested allergic when she touched the irritated eyelid. She tested not allergic when she touched her blouse suggesting the allergy was not due to laundry detergent. She tested allergic to a new Unilever Dove Moisturizing lotion she had been using.

Since other moisturizing lotions are available it was suggested that she change the type of moisturizing lotion she was using. It was explained that the allergy could be removed with Nambudripad Allergy Technique (NAET) if she so wished.

ALLERGIC DERMATITIS: A lady age 75 had had itching bumps on her arms, shoulders and chest for 6 months. Her family doctor and a dermatologist had made a diagnosis of itch mites. She had been using a prescribed lotion on the skin without relief of symptoms. She was taking eight different medications. She tested allergic to one medication, Ativan. The allergy to Ativan was removed with Nambudripad Allergy Elimination (NAET). The itching skin was relieved by the next day and the red bumps on her skin resolved.

Itching skin is usually caused by something touching the skin such as laundry detergent or fabric to which the person is allergic. Medications swallowed can also cause allergic reactions on the skin.

SKIN ALLERGY: A lady presented with a complaint of an itching rash around her waist. She suspected allergy to her panties. She brought a pair of panties in a plastic bag for allergy testing. She tested allergic to the panties. She also tested allergic to a latex test vial. The allergy to the latex panties was removed with Nambudripad Allergy Elimination Technique (NAET). The following day the itching skin was better but she presented additional information. She had observed that the itching skin rash began shortly after taking her evening medications. Of the five medications she was strongly allergic to Zoloft. The allergy to Zoloft was removed with NAET. Her itching skin problem resolved after the allergies to Latex and Zoloft were removed.

ECZEMA: A baby age one month developed eczema over its entire body since shortly after birth. The pediatrician had recommended that Dreft laundry detergent was least likely to elicit allergic response. The mother used Dreft. A change from one infant formula to another resulted in no relief of symptoms. The skin symptoms were suppressed with hydrocortisol cream over the entire body twice daily plus oral benedryl antihistamine. The symptoms continued.

He tested allergic to Dreft, testosterone and vitamins B6.

Allergy to Dreft detergent was eliminated with Nambudripad Allergy Elimination Technique (NAET). The baby became comfortable the first night as the skin rash resolved. Hydrocortisol cream and benedryl were no longer required. He tested not allergic to either of the infant formulas that had been used.

ALLERGIC DERMATITIS: This writer had itching skin on his ankles while attending a conference in California. Allergy to detergent used to wash hotel bed sheets was suspected. I rubbed a facial tissue on the sheets to collect a specimen of the detergent and placed it in a plastic bag. After returning home the itching became worse and skin bumps developed all over my body. I tested allergic to the detergent collected on the tissue. Using the specimen I was treated with Nambudripad Allergy Elimination Technique (NAET). Before the treatment was completed the itching was relieved. The welcomed relief of allergy symptoms occurred in a few minutes. An antihistamine tablet would have taken an hour to provide relief. The NAET treatment also eliminated the allergy from the body whereas the antihistamine would have offered only temporary relief.

ALLERGIC DERMATITIS: A lady age 94 had had itchy red eyes for several months. The skin of the lower lids was noticeably red. She had been using Visine eye drops to relieve the itching. She tested allergic when she touched her eyelids and also when she touched her pants washed in Calgon detergent and to tissue paper rubbed on the pants. Nambudripad Allergy Elimination Technique (NAET) was

used to remove the allergy to Calgon detergent. It relieved her red itching eyes.

ECZEMA: RH age 43 had had eczema for 6 years with itching “raw area” skin lesions on her feet, hands and legs. As a child she experienced vomiting and asthma after drinking milk and asthma when near cats. Dermatologists had treated her with cortisone type skin creams, corticosteroid injections, and about a dozen steroid “dose packs”.

She also had some attacks of asthma, morning sneezing, and itching eyes and sinus congestion. She tested allergic to ragweed, seasonal pollens, nail polish, house dust, newsprint, assorted paper, Puffs plus facial tissue, poison ivy, lilac, white oak and white pine woods, blue socks, her own house dust, one of her four dogs, her husband’s dander and a necklace chain (possibly platinum).

Nambudripad Allergy Elimination Technique (NAET) was used to eliminate the allergies. Treatment to remove all the allergies was necessary before all her symptoms disappeared.

ECZEMA: A lady working in a chocolate factory developed itching eczema lesions on her fingers. She observed that the itching occurred when she stretched decorative shining gold elastic cords around boxes of chocolates. She tested allergic to those bands. She was also allergic to a gold allergy test vial and a gold ring. The allergy to gold was eliminated with Nambudripad Allergy Elimination Technique (NAET). No longer did she have eczema when working with the gold cords.

Other patients with other allergic symptoms have been allergic to gold. Symptoms relieved have ranged from sinusitis to anxiety-depression syndrome. It seems impossible for a solid substance to cause allergies as symptoms. Yet removal of allergies to different types of wood, bricks, concrete, marble, plastics have been found to relieve sinusitis, nose allergies, diarrhea, asthma, etc.

ALLERGIC DERMATITIS: A man was concerned about an area of puffy skin on his left lower eyelid that is sometimes called a “bag” under the eye. An eye exam revealed no abnormality other than the swollen area the skin of his left lower lid. He tested allergic when he touched the swollen skin. The patient’s concern was relieved when he had been made aware of the cause. He was advised he could take some antihistamine medications if he wished. Allergy testing to identify the allergic cause and elimination of the allergy with NAET was recommended.

ALLERGIC DERMATITIS: Mary age 87 had had intense itching of her skin and eyes since working in the yard the previous day. She said she had been unable to sleep that night. Her husband had had NAET treatments and advised her to take specimens of several plants from her yard in plastic bags to the office for testing. She tested allergic to all the specimens. It was explained that antihistamines tablets and cortisone type skin cream might help in a few hours. NAET might help now. A NAET treatment to all the specimens was administered. She said she had fallen asleep during the 20-minute rest period used in the treatment. On awakening she said her itching was completely relieved. She was extremely grateful for the relief.

ALLERGIC DERMATITIS: After starting to take a vitamin A and D tablet itching and red skin occurred all over her body. She was allergic to the vitamins. The intense itching was relieved within an hour after the allergy was removed with NAET. The next day she still had some red itching skin. She was found to be allergic to her laundry detergent. The redness and itching resolved after the allergy was removed with NAET. Questioning about other allergies revealed that perfumes and flowers bothered her for a few years.

ALLERGIC DERMATITIS: The skin of the right eyelids had been itching and was red for several

days. At age 36 she indicated a history of seasonal allergies plus allergies to cats. Neuromuscular Sensitivity Testing indicated allergy when she touched her eyelids and also her clothes.

She used Gain laundry detergent. She also was allergic to a Gain detergent test vial. It was explained that the Gain allergen had been transferred from her clothes to the skin of her eyelids with her fingers. A steroid cream was prescribed for symptomatic relief of the itching. Since she tested not allergic to Tide detergent she decided to switch detergents. It was explained that the allergy to Gain could be eliminated if she wished. The skin allergy cleared-up after she discontinued using Gain detergent.

ALLERGIC DERMATITIS: Cindy had a red itching band across the top of each foot. It matched the shape and location the band of her shoe strap that fit across the top of her foot. On inspection there was printing on the underneath part of the strap indicating the country of manufacture. She was apparently allergic to the ink used in the printing. NAET to the shoe band removed the allergy to the ink. She was able to wear her new shoes comfortable without developing itching skin.

LATEX ALLERGY AND BEE STING ALLERGY: A lady age 88 had intense itching and redness on the skin of her feet, around her waist and around her chest. She had very red skin on her hands after wearing rubber gloves. Adhesive tape used in the hospital caused red itching skin. She was allergic to latex which was in her sneakers, waistband of her panties and pants and bra and also in her prosthesis used after breast removal. NAET principles include avoidance of the allergen for 25 hours after the allergen is removed. In order to prepare her for NAET to remove latex allergy all latex clothing articles were removed. A house robe was obtained from a nearby store. The latex allergy was removed with NAET. She left the office by a side door wearing the robe where her husband met her with the car. She no longer had symptoms with latex. Her skin stopped itching on the drive home after the NAET treatment. She commented that her feet had been burning for years and her doctors had never found the cause. She was elated that the burning sensation in her feet stopped following the elimination of the latex allergy. This lady had had several bee stings with serious reactions requiring emergency medical care. The bee allergy was removed with NAET. During the treatment her eyes watered. Following the treatment she said that a finger that was stung by a bee a year earlier had a sensation of intense itching that lasted about an hour. She was advised to avoid her apple tree where there were many bees to prevent another bee sting for the next 25 hours.

LATEX ALLERGY: A lady had itching skin due to latex allergy under the band around her panties, the waist on her slacks, and her bra. The allergy to latex was removed late on a Friday afternoon. NAET principles include avoidance of the allergen for 25 hours after the allergen has been removed. She brought a change of clothes without elastic band to the office. Another person placed the bag with latex clothes in the trunk of her car. Since the next day was Saturday she was able to avoid latex clothing for the needed 25 hours avoidance. The latex allergy removal was successful.

LATEX ALLERGY: A lady age 84 had had intense itching of her ankles and skin of her abdomen for 3 to 4 months. The itching on her ankles kept her awake during the night. She was allergic to latex. After treatment with NAET she would need to avoid all contact with latex for 25 hours. Because latex is in elastic bands on underpants, bras and in her shoes, she resisted avoiding these items. NAET treatment was not successful when she did not avoid all latex for 25 hours. NAET treatment was planned on an evening when she could remain at home the next day. She wore clothes without latex and house slippers without rubber soles. The treatment was successful. It took over a week for the scratches on the skin of her ankles to heal.

ALLERGIC DERMATITIS: Intense itching of the skin of his back had made him miserable for a year. At age 88 he had been under the care of his doctor. Creams and ointments offered only minimal

relief. At examination the skin of his back had dozens of tiny hives. He tested allergic to the laundry detergent that had been used to wash his clothes, two other types of detergents, a test vial of formaldehyde and his new shirt that had never been washed. The new shirt probably had some formaldehyde in it. The allergies were removed with NAET. The next morning the itching and hives had completely disappeared. He expressed great appreciation at being free from the intense itching for the first time in a year.

DETERGENT ALLERGY: Itching of the skin all over his body had bothered a man age 89 for three months. His dermatologist had prescribed cortisone type ointments and creams plus prednisone tablets. There had been little improvement. He sought the care of an ophthalmologist when the eyelids became involved. He feared the condition might affect his eyesight. Allergy testing indicated he was allergic to the laundry detergent that was used to wash his clothes plus four other brands of detergents. NAET was used to remove the detergent allergies. The following day he was completely free of his itching skin condition. He said it was the first time in three months he had been comfortable.

ALLERGIC DERMATITIS: An intense itching on the skin of his back had caused what he described as extreme discomfort for a year. Before the itching was completely relieved it had been revealed that his allergic dermatitis had involved a contact dermatitis due to laundry detergents and formaldehyde in a new unwashed shirt plus allergies to foods and medications. He was allergic to the detergents he used to wash his own clothes plus the detergents used to wash the sheets in the retirement home where he lives.

Nambudripad Allergy Elimination Technique (NAET) was used to eliminate allergies to Wisk, Tide, Dreft, formaldehyde, grains, pork, bacon, magnesium, Prevacid, daily vitamin and Advil PM. Complete relief from the itching did not occur till the allergy to Advil PM was removed.

A disease is considered a mystery when the repertoire of diagnostic and treatment methods seems to be exhausted. This case demonstrated this principle. It also demonstrated the variability of disease process. Why did this patient wait till he was a senior citizen to develop a bothersome allergy manifestation and to so many allergens? Why did the allergic dermatitis involve chiefly the skin of his back? Why did the contact dermatitis due to detergents and drug and food allergens involve only his back? It was fortunate for the patient that methods of diagnoses and therapy were available to resolve his extremely uncomfortable symptom.

ALLERGIC DERMATITIS: The skin on Jenny's face had been red, flaky and uncomfortable for several weeks. A dermatologist had recommended a series of allergy skin tests. She had had previous allergy conditions treated successfully with NAET. She tested allergic when she touched her face and her blouse. She said she used Wisk laundry detergent. She was allergic to All and Wisk detergent test vials plus a zinc test vial. The allergies were removed with NAET. The skin of her face became clear again.

ALLERGIC DERMATITIS: Marie age 49 had had redness and itching on the palms of her hands for 10 years. She had been treated by several dermatologists. She was better when she could be in sunlight. She tested allergic to vitamin A, grains, and laundry detergents. After removal of allergies to grains and vitamin A she was greatly improved. The palms no longer were red or itched. Vitamin D3 supplements were also prescribed.

ALLERGIC DERMATITIS: A young man experienced itching and swelling in his left eye while working with hay. Two days later he sought medical attention. He wondered if he had a piece of dirt in the eye. Careful examination revealed no evidence of a foreign body in his eye the left upper eyelid was reddened swollen. He tested allergic when he touched the skin of the eyelid, to a tissue rubbed on the

eyelid as well as the outside pollens of that day. After a NAET treatment the itching subsided. He made an uneventful recovery.

EYE ALLERGY

EYE ALLERGY: A girl age 7 had itching eyes when in a church basement classroom. A facial tissue was used to collect dust and perhaps molds from the basement floor and was placed in a plastic bag. She tested allergic to the specimen and was treated with NAET holding the bag in her hand. Subsequently there are no more symptoms when she was in the church basement.

ALLERGY TO FACIAL TISSUE: Following retinal eye surgery a lady continued to have a painful red eye for a few weeks. The retinal specialist indicated that it was very abnormal for this intense reaction to continue for such an extended period of time after surgery. She tested allergic when she placed her finger on the lids of the affected eye and also to the Puffs Plus facial tissues she was using. She was not allergic to Kleenex brand. Of course the use of the Puffs Plus was discontinued. A NAET treatment to Puffs Plus was used to provide immediate relief. Apparently Puffs Plus contains an added chemical to increase softness. One other patient has had contact dermatitis of the eyelids due to Puffs Plus.

ALLERGY TO TOPICAL ANESTHESIA: Two patients undergoing cataract surgery with tetracaine anesthesia eye drops had very red eyes. The anesthesia was not effective to relieve pain and was supplemented with another anesthesia eye drop. Both patients tested allergic to the anesthetic drops. Their allergies to tetracaine have not yet been removed.

ALLERGY TO EYE DROPS: A patient examined in the office had marked eye redness swelling and discomfort due to Proparacaine anesthetic eye drops to prepare the eye to check the eye pressure. The patient was assured that the reaction would not last long. The patient was very uncomfortable. NAET was done to remove her allergy to those eye drops and the reaction resolved in a few minutes. She was grateful for the relief of the discomfort.

ALLERGY TO EYE DROPS: A lady age 60 developed red eyes after using Proparacaine anesthetic eye drops to check her eye pressure. She tested allergic to the drops. The allergy to the anesthetic was removed with NAET. The eye redness resolved in about 10 minutes. A year later she was still not allergic to those drops and it was used in her eyes without adverse reaction.

ALLERGY TO EYE DROPS: A lady age 77 had an intense red eye reaction to tetracaine eye drops used as anesthetic at attempted cataract surgery. There was also inadequate anesthesia. The surgery was cancelled. She tested allergic to the drops. Nambudripad Allergy Elimination Technique (NAET) was used to remove the allergy to the anesthetic drops. A week later cataract surgery was performed with successful anesthesia using the same drops. There was no red eye response to the drops. Sensitivity to topical anesthetics is a very rare occurrence. This patient demonstrated inadequate anesthesia with a medication to which she was sensitive. Information is not found in the literature on the lack of anesthesia response to anesthetics to which persons are allergic.

ALLERGY TO CONTACT LENS SOLUTION: A lady 45 wears soft contact lens in one eye only. Her chief complaint was a red sore eye for three days. She had not worn the lens for three days. She had used antibiotic Ciloxan drops suspecting an eye infection. There was moderate redness and a diffuse cornea irritation. There were no secretions on her lids or lashes suggestive of infection.

Sensitivity to Ciloxan or contact lens solution was suspected. She tested not allergic to Ciloxan but

strong allergy to the contact lens solution she was using. She tested not allergic to another brand of contact lens solution. It was recommended to discontinue the contact lens solution, which she was using, and use the other brand. The sore eyes resolved in a few days.

Sore eyes due to sensitivity to chemicals in contact lens solutions sometimes persist for days or weeks after discontinuing the solutions. The sensitivity can be removed with Nambudripad Allergy Elimination Technique to relieve the irritation.

ALLERGY TO CONTACT LENS SOLUTION: A young man age 19 had worn disposable contact lenses a few years. He developed red eyes. He tested allergic to the contact lens solution he was using. He was not allergic to another brand of contact lens solution. He was advised to use a new pair of disposable lenses and the solution to which he was not allergic.

EYE ALLERGY: A lady age 40 wearing soft contact lenses had had red eyes for months. She had been using Alcon Express No Rub and B&L Renew contact lens solutions.

She tested allergic to both the contact lens cleaners she had been using but not to Solo Care by Ciba Vision.

She had no red eyes after switching to the Solo product. It was explained that if she developed allergy to other lens products, allergy could be removed with NAET.

EYE ALLERGY: A man age 72 presented with a chief complaint of watery eyes only when he entered his home. He is a farmer and had no symptoms out of doors or in other buildings. Allergic conjunctivitis was suspected. Patanol allergy relief eye drops were prescribed which provided some but unsatisfactory relief. House dust allergy was suspected. Some dust from the office floor was collected on a facial tissue. He tested not allergic to the office dust. It was requested that he bring a sample of dust on a tissue placed in a plastic bag from his house. He was allergic to the dust from his house. The allergy was removed with Nambudripad Allergy Elimination Technique (NAET).

One week later he had had no more watering of his eyes when he entered his house and required no more Patanol drops.

ALLERGY TO EYE DROPS: A lady age 85 who has glaucoma said she had experienced a blur for a few days after each office visit for evaluating the status of her glaucoma. She wondered if the blur was related to the drops used when eye pressure was checked.

She tested allergic to Proparacaine anesthetic drops used prior to checking the pressure in the eyes.

Nambudripad Allergy Elimination Technique was used to remove allergy to these anesthetic medications. She no longer experienced blur after the pressure was checked for evaluation of her glaucoma.

EYE ALLERGY: A lady age 92 presented with a chief complaint of watery eyes. She said she had had watery eyes for about a month in the spring and a month in the fall for many years.

A fresh sample of pollens of that day was obtained by rubbing a paper tissue on an outside windowsill and a car window. She tested strongly allergic to that pollen sample. It indicated an allergy to pollens in the air that day.

Nambudripad Allergy Elimination Technique was used to eliminate the allergy. She reported that her eyes no longer watered by the time she left the office.

ALLERGY TO LUMIGAN: Mary, age 85 uses Lumigan eye drops each evening for treatment of glaucoma. For a few weeks her eyes had been red and were itching on awakening the next morning.

When she touched each eye she tested allergic to her tears that contained the medication. She also tested allergic to Travatan and Xalatan, which are the other medications of the same class medications.

A bottle of Lumigan was not available with which to remove the allergy with Nambudripad Allergy Elimination Technique (NAET). A facial tissue was used to rub across the eyelids several times. It absorbed enough of the drops, and she exhibited an allergic response to the tissue.

The allergy was removed with NAET while she held the tissue. She was able to resume using Lumigan medication without the allergic response of red itching eyes.

EYE ALLERGY: A lady age 54 presented a history of itching blurry left eye for two weeks. When she touched the left eye she tested strongly allergic. She tested allergic when she touched her clothes that had been washed in Tide detergent. She also tested allergic to a test vial of Tide detergent and also to a tissue used to wipe the tears from the left eye.

Nambudripad Allergy Elimination Technique (NAET) was accomplished with the patient holding tissue rubbed on the eye and test vial of Tide detergent. After the treatment the patient volunteered the information that the itching and tearing sensations had been relieved.

ALLERGIC CONJUNCTIVITIS: A girl age 15 wears Focus Night & Day 30 day soft contact lenses. The left eye became mildly red, and she rubbed the eye because it itched. The school nurse sent her home suspecting "pink eye". There were no secretions on the lashes suggesting pink eye, and the eye was only mildly red. Itching was a predominant symptom. This was not an infectious contagious eye infection. She tested allergic when she touched her eye and touched her clothing. Her mother said several different laundry detergents were used plus fabric softener. Previous experience had led to the suspicion of detergent or fabric softener transferred to the eye by a finger touching the clothes washed in detergent resulting in an allergic reaction. She was allergic to detergent or fabric softener used to wash her clothes. Treatment options included temporary relief with topical medications, changing of detergents, eliminating fabric softeners, and elimination of the allergies with Nambudripad Allergy Elimination Technique (NAET). She opted for temporary relief with topical medications.

ALLERGY TO TIDE: Linda age 61 presented with burning itching eyes and eyelids of two days duration. A red swollen area over the cheekbone below the left eye also felt hot and itched. She had noted tiny itching bumps on her fingers for two weeks.

She tested allergic when she touched her eyelids and also when she touched her clothing. She said she used Tide laundry detergent. She tested allergic to a test vial of Tide.

The source of the allergy in her eyes and on the skin of the lids was the transfer of minute amounts of tide from her clothes to her eyes via her fingers. Three methods of treatment were offered. Eye drops could suppress the allergic response, and a weak corticosteroid cream could suppress the allergic response on the skin of the lids. An oral antihistamine tablet could help suppress the allergic response and she should feel better in a few hours.

Nambudripad Allergy Elimination Technique (NAET) was the other therapy offered with an expected immediate relief of symptoms and permanent cure of the Tide allergy.

She opted for the NAET treatment. Immediately following the treatment she commented that the itching had ceased and that her eyes actually felt cool. When she looked into a mirror she could observe that the redness of the lids had disappeared, and the red swollen area on her left cheek was much less red and swollen.

As she was leaving the office she confessed that she had had no confidence in the treatment but was extremely pleased that the itching, burning eyes were completely relieved. It was explained that she need not change types of detergents because she was no longer allergic to Tide.

ALLERGY TO SHAMPOO: A lady age 88 in a nursing home had had very red itching eyes and eyelids for one week.

Examination revealed intense redness of the conjunctiva on the white of the eye and skin of the eyelids. Nizoral had been used as a shampoo. She tested allergic when she touched her eyelids and also when she touched her hair. It was theorized that she had touched her hair and transferred the Nizoral allergen to her eyes with her fingers.

The desired treatment would have been NAET to a tissue rubbed on her lids and hair. Unfortunately she was in a wheel chair and carrying an oxygen tank. NAET treatment would have been uncomfortable for her. It was recommended to wash her hair with baby shampoo to eliminate the Nizoral allergen from her hair. Eye drops to relieve the allergic response and cream for the skin were prescribed.

ALLERGIC RED EYES: Janet age 56 wearing rigid contact lenses had red itching aching eyes. She tested allergic when she touched her eyelids with her finger, to a tissue with which she had rubbed her eyes and also to a tissue that was wiped on a car window and outside windowsill that day. NAET was done with both tissues. At the end of the 30-minutes treatment she volunteered the information that the aching was mostly relieved. Her eyes were also less red. She was likely allergic to some pollens of that season, and that allergy was eliminated with NAET.

ALLERGY TO CONTACT LENS SOLUTION: A schoolteacher age 52 had but one seeing eye. That eye had had cataract surgery without a lens implant, a filtering implant for glaucoma and a very distorted cornea that prevented useable vision with glasses. A special design rigid gas permeable contact lens allowed suitable vision for her to teach school. After wearing the contact lens for several months it became uncomfortable, and the vision became blurred.

She tested allergic when she touched her affected eye, to the contact lens after it had been removed from the eye, and to a bottle of the contact lens solution she had been using. The cornea on which the contact lens rested was very irritated caused by allergy to the contact lens solution. She tested not allergic to another brand of contact lens solution. She volunteered that the contact lens was comfortable when the lens was reinserted into the eye using the solution to which she was not allergic. The blur had been caused by excess mucus on the lens stimulated by the allergic response. The vision was clear when using the non-allergic solution because of absence of excessive mucus on the lens.

This case illustrates the value of NAET type allergy testing to determine within minutes that allergy to the contact lens solution was the cause of the blur and discomfort. It was possible to identify a solution to which she was not allergic at that office visit setting without weeks of trial and error. She was able to realize good vision and return to teaching school that day.

ALLERGY TO CONTACT LENS SOLUTION: At age 81 her rigid contact lens had felt scratchy for two weeks. The cornea where the contact lens rests had an irritation called punctate keratopathy that was observed with the office-examining microscope. She tested allergic to a bottle of the contact lens

solution she had been using and also tested allergic when she touched the eyelids. She tested not allergic to another brand of contact lens care solution. It was recommended that she switch to the contact lens solution to which she was not allergic.

EYE ALLERGY: The chief complaint of a lady 84 was intense itching in her left eye. She tested allergic when she touched her eye and also when she touched her pants. A tissue rubbed on the pants also elicited an allergic response. She tested not allergic when she touched her blouse. She said she washes her blouse in Palmolive dish detergent. Her pants are washed in the nursing home laundry. The allergy to the laundry detergent was removed with Nambudripad Allergy Elimination Technique (NAET) while she was holding the tissue that had been rubbed on her pants. The symptom of itching left eye was eliminated.

ALLERGIC CONJUNCTIVITIS: Intermittent blur in the left eye was her chief complaint. She had 20/20 vision left eye with her glasses but experienced a “film” in her vision part of the time. An eye examination revealed no ocular abnormalities. Testing indicated an allergy reaction when she touched her left eyelids but not her right eyelids. There was a positive allergy reaction also when she touched her clothing. She used Dreft laundry detergent. Further questioning indicated that she had a habit of working crossword puzzles at a table with her left elbow on the table and left fingers touching her left eyelids. Dreft detergent from touching her clothes had been carried to the left eye. The tissue covering the eye and lining the lids is called conjunctiva. It is extremely sensitive to allergies. In medical school it was learned that a good test for a substance suspected of allergy is to put it in the eye if that substance can be put in the eye safely. A conjunctival allergy reaction stimulates excess mucus production that covered the cornea and caused a blur. Some eye drops to treat eye allergy was prescribed. Elimination of the allergy to Dreft with NAET was recommended.

ALLERGIC CONJUNCTIVITIS: For 2 weeks Sarah’s eyes had been red in the morning when she awakened. There was no matter in her eyes. The redness improved later in the day. She also had a wart on her right lower eyelid. She tested allergic when she touched the eye, when touching her clothes, touching a tissue ruffed on her eyes and her clothes, a test vial of Wisk detergent and a wart test vial. She said she used Sears laundry detergent. It was explained that the red eyes were caused by allergy to the laundry detergent used to wash the bed linens and her clothes. Her eyes had been close to the pillowslip during sleep. She was treated with NAET using the tissue rubbed on her eyes and clothes plus the Wisk and wart test vials. A re-evaluation in 30 days was recommended to evaluate the status of the viral wart. It was expected to disappear.

CONTACT LENS SOLUTION ALLERGY: At 11 am a lady experienced intense itching and burning in her eyes. The eyes were red. She removed her contact lenses and applied cold compresses for relief. She was examined at 2:30 pm on the same day. The eyes were red and the corneas exhibited irritation with punctate keratopathy eye irritation each eye when evaluated with the examining microscope. She tested allergic when she touched her eye. She tested allergic to Renu contact lens solution she had been using for 3 weeks. She was not allergic to Opti Free solution. It was recommended she switch to Opti Free. It was explained that if allergies were to develop to too many types of solutions the allergy to one could be removed with Nambudripad Allergy Elimination Technique.

The following day the allergic reaction had not subsided. After the allergy to Renu was eliminated with NAET she was comfortable again.

RESTASIS ALLERGIC CONJUNCTIVITIS: A couple of weeks following cataract surgery a lady age 76 resumed using Restasis eye drops to treat her dry eyes. After using the drops the first morning the eyes became red and had a burning sensation. When she was examined the afternoon of the same

day the eyes were very red. She complained of eye discomfort and also general malaise. She tested allergic to Restasis. Nambudripad Allergy elimination Technique (NAET) was used to remove the allergy. Immediately following the treatment she said that her eyes felt much better and also sensation of malaise had “lifted” and she felt much better.

DRY EYES OR ALLERGY?: Connie age 76 presented with a chief complaint that her eyes felt very dry. Also her forehead felt “strange” and full. The sensation was aggravated when she turned her head suddenly. Further questioning revealed that there was also an itching sensation in her eyes. The symptoms started 6 days earlier, which happened to coincide with the beginning of the ragweed pollen season in Indiana. Tear break-up time was over 10 seconds, which is not consistent with dry eye syndrome. In dry eyes syndrome the tear break-up time is usually less than 10 seconds. She tested allergic when she touched either eye, put her finger in her mouth and also to a specimen of fresh grass. The grass would include the prevailing pollens of the day.

The patient had tried the use of artificial tears without relief of the major symptom of sensation of dryness. It was suggested that allergy was the likely cause of her symptoms. The suggestion of the use of antihistamines was countered with her experience of unpleasant side effects of antihistamine medications.

NAET with a specimen of saliva, a tissue rubbed on her eyes and fresh grass specimen was administered. At the end of the treatment she said she experienced some relief of the symptoms. The following morning she felt much better. Allergy to pollens of the season (ragweed?) was the likely cause of her symptoms due to allergic conjunctivitis and allergic sinusitis. Elimination of allergy to seasonal pollens with NAET relieved the symptoms.

ALLERGY TO EYE DROPS: A glaucoma patient age 84 was prescribed Travatan medication. The second night after using the new eye drops in the evenings she awakened at 3 AM with severe pain both eyes. She turned on a light and experience sensitivity to the light. The next morning she was examined. She was very sensitive to light. The vision was good. No other abnormality was found at examination other than her red eyes. Allergy testing was positive when she touched her eyes and the bottle of Travatan eye drops. After the allergy to Travatan had been removed with NAET she feared using it again. Another glaucoma medication to which she tested not allergic was prescribed.

ALLERGIC CONJUNCTIVITIS AND DERMATITIS: A lady got some fiberglass in her left eye. The fiberglass was removed but redness itching and swelling of the left eye continued. The eyelids became swollen. There was also itching and swelling of the skin of the left side of her face. She tested allergic when she touched her finger to her left eye, her blouse and shorts. She used Cheer laundry detergent to which she was allergic. NAET to Cheer removed the allergy to Cheer and relieved her itching and swelling. In recounting the event she had rubbed her left eye many times when she had fiberglass in the eye. Her fingers carried Cheer detergent from her clothes to the eye. The allergic response resulted in itching and more rubbing which transferred more Cheer from her clothes to the eye. Rubbing the eye made the allergy response worse. To stop the vicious cycle she was treated with NAET to remove the allergy to Cheer. The itching, redness and swelling disappeared.

ALLERGY TO COLORED CONTACT LENSES: A lady was wearing Acuvue 2 soft contact lenses successfully. She decided she wanted Acuvue Opaque blue lenses. Shortly after inserting the new blue lenses her eyes felt irritated and became red. The discomfort increased the longer she had them in her eyes. She became nauseated. Her vision was blurred. On examination the eyes were red. Examination of the lenses revealed no tears or cracks in the lenses. Clear Acuvue 2 lenses were reinserted. She experienced immediate comfort, her vision was clear and the nausea disappeared. She tested allergic to

the new blue lenses. It was suggestive that she was allergic to the blue dye in the lenses. The lady decided to wear clear soft contact lenses.

ANGIOEDEMA: A girl age two had a swelling in her right upper eyelid that lasted several hours. A few days later a similar swelling occurred in her right lower lid. She tested allergic to milk. The milk allergy was removed with NAET. At a follow up examination she had had no more attacks of angioedema that is a type of anaphylaxis.

ANESTHETIC ALLERGY: A lady was in the operating room being readied for cataract surgery. After the first anesthetic eye drops were used she began sneezing. The sneezing was persistent and continued. The surgery was cancelled because of the sneezing. After the attack of sneezing had subsided a couple of hours later cataract surgery was done using general anesthesia. Testing revealed the sneezing was due to an allergy to the anesthetic drops called tetracaine. The allergy was removed with NAET. A few days later a test drop of tetracaine in her eye elicited no sneezing reaction. Cataract surgery was done on her other eye without incident.

CONTACT LENS SOLUTION ALLERGY: Her new soft contact lenses caused eye irritation. She had rinsed the new lenses with Equate Saline solution. She tested allergic to the Equate Saline solution that is buffered with boric acid and sodium borate. She was not allergic to Opti-pure sterile saline solution that contained only sodium chloride and water without buffers or preservatives. She was allergic to the boric acid and sodium borate buffers. It was recommended that she use only Opti-Pure sterile saline solution. She also tested allergic to Renu Contact Lens care solutions. She was not allergic to Opti-Free Replenish care solutions. At one office visit it was determined she was not allergic to and could use Opti-Free and Opti-pure products. Without the ability to evaluate allergies several office visits with trial of different solutions would have been required to solve her contact lens solution problem.

ALLERGY TO RENU DROPS: A man with keratoconus wears rigid gas permeable lenses. He presented in the office with a history of irritated red eyes for several days and said his eyes were sensitive to light. A pharmacist had suggested he discontinue the use of Renu Lubricating and Wetting eye drops two days before his office examination. He had switched to the use of Refresh wetting drops. He said the symptoms had improved slightly. Examination revealed his eyes were red and there was corneal punctate epitheliopathy (irritation observed with an office examining microscope) on both eyes. He tested allergic to Renu Lubricating and Wetting drops. The allergy to Renu drops was removed with NAET. At the end of the treatment he commented that the sensitivity to light had gone away. Comment: After discontinuing the Renu eye drops the eye irritation would likely have improved in days or weeks. The reason the allergy was removed was to offer this patient more rapid relief of his allergy symptoms.

EYE ALLERGY: Itching watering eyes had bothered a soft contact lens wearer for three weeks. There was no mattering but the eyes were red. She used a hydrogen peroxide sterilizing system to sterilize her contact lenses. It is an excellent sterilizing method. She tested allergic to the part of the sterilizing system that neutralizes the residual hydrogen peroxide in the contact lenses. Allergy to that part of the system was removed with NAET. She was then able to use the hydrogen peroxide system without eye irritation.

ALLERGY TO ACRYLIC NAILS: Jane's left eye became red, and itched and had a burning sensation. A similar incident had occurred a month earlier. Her allergy history included having hives due to aspirin and also from some foods, especially Chinese foods. She tested allergic to her acrylic nails. She recalled having used the nail side of a finger to rub that eye earlier that day. Avoidance of

touching the eyes with her nails was suggested as a temporary measure. Removal of the allergy to the acrylic nails and other allergies with NAET was recommended.

ALLERGY TO CONTACT LENS SOLUTION: A young lady had red eyes for a week. She used Renu solution. She tested allergic to Renu soft contact lens care solution. She was not allergic to Opti-Free solution, which was recommended. It was explained that if she were to become allergic to other contact lens care products, the allergy could be removed with NAET to one or more of them.

SEASONAL ALLERGIES: Mary age 10 had had coughing, itchy eyes and a running nose in spring and fall. She was Allergic to spring and fall pollens, fruit, dust and grains plus some chemicals. She improved with each NAET treatment and was completely free of symptoms after her allergies were removed. Significantly her treatments were done during the spring allergy season.

ALLERGY TO GLASSES: New glasses provided her with much improved vision. After Marie wore the new glasses with a plastic frame for a few hours her eyes felt strained and uncomfortable. Especially the right eye became red and had a burning sensation. She could wear her old glasses with a metal frame comfortably. A complete examination revealed that the lenses were of the proper power. She tested allergic to her new glasses frame.

EYE, SKIN ALLERGY: Lynn's eyes became very red when she was using her glaucoma medication drops. She tested allergic to the Timolol eye drops she was using. She tested not allergic to Travatan glaucoma drops. She was given a sample bottle of the new drops. She returned two weeks later. Indeed her eyes were no longer red and the drops were controlling the eye pressure to treat the glaucoma. As she was leaving the examining room she mentioned the intense itching of the skin on the palms of her hands. She tested positive to her clothing that had been washed in Tide detergent. She was tested with test vials of other laundry detergents. It was revealed that Tide was the only detergent to which she was allergic. She opted to switch detergents. It was explained that allergy to Tide could be removed with NAET if she wished.

ITCHING EYES AND BREATHING PROBLEMS: At age 59 Mary Jane had had many allergies. After new carpet was installed in her church she had itching eyes and difficulty breathing when she entered the church. She had similar problems when in enclosed shopping malls. Allergy to formaldehyde in the new church carpet was suspected. In shopping malls formaldehyde in new clothes in clothing stores drifts out into the hallways.

Highly allergic people can be sensitive to minute amounts of formaldehyde in the air hallways of enclosed malls. Indeed she did test allergic to a formaldehyde test vial. The allergy was removed with Nambudripad Allergy Elimination Technique. She had no more itching eyes and difficulty breathing in church or malls.

IRITIS AND ALLERGY TO VITAMIN C: Cathy phoned late in the evening. She reported a red painful eye that had developed in the previous few hours. She said the pupil was small. She lives some distance from the office. The symptoms were suggestive of iritis. The usual treatment for iritis is Prednisolone eye drops. It was considered not prudent to prescribe Prednisolone eye drops without an examination and a positive diagnosis. I told her that in other cases of iritis vitamin C 2000mg every hour had resulted in dramatic and rapid improvement. Vitamin C was recommended plus an examination the next day. She was unable to come to the office till late afternoon the next day. The eye was worse and she had experienced diarrhea with the vitamin C. Examination revealed that she did have an iritis. Allergy testing indicated an allergy to vitamin C that caused the diarrhea. It was explained that with Prednisolone eye drops alone the iritis would be expected to recover in 2 to 3 weeks. If vitamin C

could be added she could likely recover in 2 to 3 days. The allergy to vitamin C was removed with NAET. The allergy elimination protocol requires avoidance of vitamin C for 25 hours. During this time period she used Prednisolone eye drops every half hour and there was no relief of the iritis pain. After the 25 hour waiting period she took vitamin C 2000 mg every hour. She experienced relief of the iritis pain and light sensitivity in a few hours. It was explained that as improvement occurred the tolerated dose of vitamin C would be reduced. She would be aware of the improvement as the vitamin C dose requirement of the body would lessen and would begin to cause diarrhea. Indeed she did recover rapidly. A maintenance dose of vitamin C was recommended. This case demonstrates the value of NAET to eliminate allergy to vitamin C so it could be used to treat her iritis.

EYE ALLERGY: On a summer trip to Texas she said her eyes did not bother her. After her return home to Indiana her rigid contact lenses became scummy and cause blur. Her eye condition requires contact lenses for good vision. Glasses do not provide satisfactory vision. She tested allergic to summer pollens. Allergy to summer pollens were removed with NAET. She could again wear her contact lens satisfactory and enjoyed good vision.

EYE ALLERGY: Her Chief complaint was that her eyes watered when she arose in the morning. She said a couple of dogs sleep in her bed. It was explained that allergy or dry eyes likely cause tearing when getting out of bed. There was a history of sinus congestion, forehead pressure and mucus drainage into her throat and fall seasonal nose allergies. She tested allergic when she touched her eyes and clothing. She said she used Tide laundry detergent. With allergy test vials she tested allergic to Tide detergent but no other detergents in the in the test vial kit. She was not allergic to dog hair. The tearing on awakening was likely caused by the contact with the bed sheets that had been washed with Tide. She was offered the treatment option of changing laundry detergents or removal of the Tide allergy with NAET. It was explained there were likely other allergies that caused the sinus and seasonal allergies. They could also be removed with NAET.

EYE ALLERGY: Sensitivity to light was the only symptom exhibited by four-year-old Marla. She shielded her eyes from the sun with her hand. She did not rub her eyes and her eyes did not become red. She was allergic to a specimen of grass collected in a zip-loc plastic bag. After a NAET using the grass she no longer was sensitive to light. A couple of months later again she became sensitive to light. She was allergic to a specimen of dust from her house collected on a tissue and brought to the office in a zip-loc plastic bag. After a NAET treatment to her house dust she was no longer sensitive to light.

DENDRITIC CORNEAL ULCER (Herpes Simplex Keratitis) Herpes simplex viruses cause recurring infections affecting the skin, mouth, lips (fever blisters) eyes (dendritic keratitis) and genitals. Severe infections include encephalitis meningitis and neo-natal infections (newborn). Conventional treatment is with anti viral medications such as acyclovir. Recovery may take weeks or months. The virus can be transmitted from a person who has an active infection. After the initial infection, the virus can remain dormant in the nerve ganglia from which it can come out periodically and cause infections and symptoms. It can re-emerge or re-occur due to several reasons including exposure to sunlight, fever, or emotional stress and obscure reasons.

In the eye it can cause an infection on the surface of the cornea (epithelium). The cornea is the clear dome over the pupil. The infection produces severe pain, scratchiness, tearing light sensitivity and redness of the eye. Diagnosis is made with the examining microscope in the office of an ophthalmologist. The cornea is constructed of 5 layers. The outer layer is made up of 5 to 7 layers of tiny epithelial cells. An ulcer is an infection that eats through the epithelial surface and invades the next layer that contains nerve endings (pain). The branched shaped ulcer indicates a definite diagnosis of a herpes simplex keratitis.

Herpes simplex keratitis is slow to heal in spite of conventional antiviral medications by eye drops or tablets and recovery may take several weeks. Recurrences typically occur in the spring and fall.

There are at least two additional therapies available for virus infections. In his book “Curing the Incurable” cardiologist Thomas E. Levy, M.D. describes successful treatment of all viral infections with intravenous vitamin C. This writer has not had the opportunity to treat herpes simplex keratitis with intravenous vitamin C. Several cases of herpes zoster (shingles) have responded favorably and rapidly to treatment with intravenous vitamin C.

Another therapy found effective for herpes zoster infections (shingles) and also herpes simplex keratitis has been energy medicine therapy using the Nambudripad Allergy Elimination Technique (NAET). Its use in shingles is presented in another pamphlet titled “Shingles”. Herpes simplex keratitis (dendritic ulcer) occurs not too frequently (fortunately). Following are reports of cases that resolved rapidly with the NAET energy medicine treatments.

EYE ULCER (HERPES SIMPLEX KERATITIS) (DENDRITIC ULCER): Helen, age 34 awakened one morning with pain and light sensitivity in her left eye. She was examined 2 days later as the symptoms became more severe. The left eye was red. She shielded the eye from the ceiling light in the room with her hand. With the examining microscope a small distinct branching pattern corneal ulcer 2 mm in diameter was observed on her left eye. It is called dendritic ulcer caused by the herpes simplex virus.

Neuromuscular Sensitivity Testing (NST) indicated sensitivity when she touched the left eyelids and also to a Herpes Virus test vial.

It was explained to her that the usual treatment for a dendritic ulcer is antiviral drops. Improvement could be expected in a few days with recovery in a couple of weeks. Without treatment recovery requires several weeks.

With addition of new therapies much more rapid recovery is possible. Large doses of vitamin C and NAET treatment to the herpes virus have been used to hasten the recovery time.

The antiviral drops were prescribed. NAET treatment using the herpes virus test vial was administered. Vitamin C 2000mg every waking hour was recommended. The potential of over dosing of vitamin C with resulting diarrhea was explained.

Also mentioned was that with this type of infection diarrhea with this dosage is extremely unusual indicating that the body really needs that much vitamin C.

The next day the pain had become relieved, there was minimal sensitivity to light and she was able to drive herself to the office. She had had no diarrhea from the large dosage of vitamin C. With the examining microscope the dendritic ulcer was mostly healed. She was able to return to work. She was advised to decrease the dosage of vitamin C when bowel dosage (diarrhea) began to become evident.

DENDRITIC CORNEAL ULCER: A man had had a scratchy sensation in his right eye for two days. He had been cutting some metal and wondered if he had a piece of metal in his eye. There was no evidence of a corneal metallic foreign body when he was examined with an office microscope. There was a tiny ulcer on the cornea (clear dome over the pupil). It was explained that the ulcer would feel like a piece of dirt in the eye when he blinked. The tiny ulcer had a distinctive branch-like configuration that is diagnostic for a herpes simplex viral keratitis also called a dendritic ulcer. He said he felt sick all over. That sensation was due to the virus circulating in his blood called a viremia. Antibiotic drops are

not effective against viruses. Special anti-viral drops are used. The treatment usually begins to become effective and offer symptom relief in a few days. An additional treatment method was offered. A positive NAET energy sensitivity testing response occurred when he touched the eyelids with his finger or held a NAET herpes virus test vial. A NAET energy medicine treatment was administered while he held the test vial and a tissue that had been rubbed on his eyelids. Anti-viral eye drops were prescribed. The next day he felt much better. The sick feeling all over his body had been relieved suggesting that he had recovered from the viremia. The eye felt less scratchy. The eye was less sensitive to light. The corneal ulcer was smaller and appeared to be in a healing phase. Being a physician he recalled he had been in contact with a lady who had had a herpes virus on another part of her body a few days before his ulcer. The following day the ulcer was healed.

He had made a rapid recovery. The use of anti-viral drops usually results in healing in a time frame of a week or two. The initial irritating scratchy sensation usually lasts for several days. With the additional NAET energy medicine treatment the ulcer in this patient was healed in two days. There was no residual corneal scar that sometimes can result in permanent damage to the eyesight.

DENDRITIC CORNEAL ULCER: Amy's eye felt scratchy and painful in the afternoon after her cataract surgery that morning. The pain kept her awake that night. It was still very painful in the ophthalmologist's office the following morning. A characteristic branch like pattern of a corneal ulcer was observed with the office microscope. This pattern indicates a definite diagnosis of a herpes simplex keratitis. It is also called a dendritic keratitis characterized by a branch shaped superficial infection on the cornea (the clear dome over the pupil). It was explained to Amy that the usual treatment for this type of infection is antiviral eye drops. Improvement would be expected in a few days with recovery in a couple of weeks. Sometimes corneal scars result in permanent blur.

A new treatment was offered using NAET energy medicine technique. It might shorten the treatment time. She opted to try the new treatment. A NAET energy medicine treatment was administered using a herpes virus test vial plus a tissue that had been rubbed on the eye. Before she left the office Amy volunteered the information that the pain was gone. She was asked to return later that day. Six hours later there was no pain or scratchiness and the ulcer was nearly healed when examined with the office microscope. She was very fortunate to have recovered from a serious type of corneal ulcer rapidly and without a scar and possible permanent decrease in vision.

DENDRITIC CORNEAL ULCER: A young mother had had a very painful scratchy red eye for three days when she went to the hospital. The hospital emergency room physician made a diagnosis of a herpes dendritic ulcer from the characteristic branch-like pattern of the ulcer on the cornea. Because the patient felt sick, had a headache and a mild fever a head scan and blood tests were done. She was hospitalized and given intravenous antibiotics. An ophthalmology consultation was requested for management of the corneal ulcer. She was examined late that evening in her hospital bed. With NAET sensitivity testing she was sensitive to herpes NAET test vial. A NAET type treatment was administered. Vitamin C 2000 mg every hour and antiviral eye drops were ordered. At a hospital visit early the next morning it was learned the eye pain had been relieved about an hour after the NAET treatment the previous evening. The sick feeling had been relieved and she felt good. After her discharge from the hospital that morning she was examined with an office-examining microscope. The typical branch-like corneal ulcer pattern had mostly disappeared. There were no corneal scars. The antiviral eye drops had become available only at the time she had been discharged from the hospital. The ulcer had mostly healed before the drops were available. It was explained to the young mother that the usual course of that type of ulcer using antiviral drops is for relief of the scratchy pain in a few days and recovery in a week or two. Sometimes scars causing permanent blur develop. She was pleased at the rapid recovery.

CORNEAL ULCER-WHAT TYPE?: The hospital emergency room referred a lady who had had red painful eyes for 3 days. It was her practice to wear her 2-week disposable contact lenses day and night for 2 weeks at a time. That type of lens is not approved for continuous wear. On two other occasions she had developed corneal ulcers. Corneal ulcers are more likely to occur when contact lenses are worn 24 hours a day. Her optometrist had prescribed numbing eye drops several times daily for the previous 3 days to relieve the discomfort. Repeated use of numbing drops has been known to delay healing and can be associated with increased risk for infection and corneal ulcers. On examination there were corneal ulcers on each eye. In one eye it was difficult to evaluate whether the ulcer was a type caused by a herpes simplex virus or a bacteria. The type of treatment to be used would be different if it were a virus ulcer. Using NAET type sensitivity testing it was determined it was not a virus ulcer. Antibiotic eye drops to treat a bacterial infection were used and the ulcers improved rapidly. In this case NAET type sensitivity testing was valuable in helping to determine the type of therapy needed.

ALLERGY TO TIDE: Annette had experienced itching both upper and lower eyelids for one week. The lids were red and nearly swollen closed. She tested allergic when she touched her eyelids and her clothes washed in Tide detergent.

A NAET treatment removed the allergy to Tide. During the treatment she volunteered the information that the skin on her forehead felt less tight and the itching was relieved. She said she is allergic to some medications. A screening to determine other allergens was recommended.

DETERGENT ALLERGY: The daughter asked her mother why her mother's left eye was red. The mother replied that the left eye had felt watery and itched for a couple of days. The right eye was also mildly red. With NAET type testing the mother demonstrated allergy when she touched her left eye and also when she touched her blouse but not when she touched her pants. The blouse and pants had been washed in the same laundry detergent at different times. When the blouse had been washed a fabric softener had been used when the clothes were dried. She also tested allergic to a sheet of the fabric softener that had been used. The allergy to the fabric softener was removed with a NAET treatment. The redness of the eye was mostly gone by the next day and there was no itching. It was explained that the fingers touched the detergent allergen on the blouse and carried it to the eyes. For some reason she had been touching the left eye more than the right eye. This resulted in the left eye being more red than the right eye. Allergy to laundry detergents is the most common cause for allergic reactions on the skin of the eyelids and on the eye itself.

ALLERGY TO GLASSES: Mary had 4 pairs of glasses. She felt uncomfortable in one of the pairs. She felt comfortable after removing them. She wondered if the glasses prescription had been filled correctly. The glasses were measured and found to be of the correct prescription. She tested allergic to the frame in that pair of glasses. The presence of the glasses on her face resulted in an uncomfortable allergic reaction. She ordered a new pair of glasses. The new frames were tested for allergy. She was not allergic to the new frames.

ALLERGIC EYES: After Kathy mowed the yard one evening her eyes became swollen and itched and watered. Her skin of her arms itched. The next day the skin of her face was puffy and the skin of her arms was red and swollen. She tested allergic to a tissue rubbed on her eyelids, fresh grass and a pollen test vial. A NAET treatment was provided using the above allergens. A double-headed back vibrator was used for the stimulation down the sides of her spine. It was used longer than usual to provide immediate relief. During the 5-minute back treatment she volunteered the information that the itching of her eyes and skin had been relieved. Following the 20-minute treatment the puffiness of the skin of her face had disappeared. The itching was gone and she said she felt much better.

ALLERGY TO TRANSITION LENSES: Terry had redness on the skin of his cheeks and brows since he got a new pair of glasses with transition lenses. Transition lenses become darker when exposed to the sun and function as sunglasses. He tested allergic to his new lenses and not to the frame or other glasses lenses that do not have the transition feature.

Terry had had a long history of allergies. He had had Crohn's disease years with many treatments over 40 years including surgeries. His diet had been extremely limited to avoid diarrhea and abdominal cramps associated with Crohn's disease. After NAET treatments his diet has become unlimited. He can eat without symptoms he formerly had with Crohn's disease. He enjoyed his first milk shake in 40 years and suffered no consequences.

Since his body seems to develop allergies to different substances he had developed allergy to transition lenses. With his allergic nature it is possible that he may also develop allergy to some other foods. In fact recently he said he had noticed some abdominal discomfort when he ate ham and onions. Indeed he tested allergic also to ham and onions. Allergies to Transition lenses, ham and onions were removed with NAET. He was relieved of his symptoms. He was encouraged to report any other allergy symptoms that might develop so that they can be resolved.

ALLERGIC EYE: For four days a lady had had tenderness and pain in her left eye when she applied mild pressure on the lower lid with her finger. The eye and the eyelid were not red. Examination with the examining microscope revealed no signs of inflammation. With the NAET testing method she tested allergic when she touched her left eye. She tested allergic when she touched her clothing and also to a tissue rubbed on her clothes. This suggested an allergy to laundry detergent, which was Tide. She tested allergic to test vials of Tide, Cheer and Wisk. A NAET treatment was provided using these test vials. An hour later she said there was no longer tenderness when she pressed on the eye with her finger.

EYE ALLERGY: Amy had red itching eyes after she had worn her 2-week disposable soft contact lenses for a few days. Her eyes did not bother her the first day she changed to a new pair of disposable contact lenses. She tested allergic to the contact lens solution she was using. She tested not allergic to another brand of contact lens solution. It was recommended that she use the brand to which she was not allergic.

SPRINGTIME ALLERGIES

Sneezing, itching eyes, wheezing and sinus congestion, unfortunately herald springtime for some allergy sufferers. Spring flowers, warm weather, higher pollen and mold spore counts and many plant varieties contribute to nose and eye allergies and asthma.

Treatments

Conventional methods are directed toward reducing the occurrence of symptoms and attacks. They include attempts to avoid the pollens and other air borne causes plus suppressing the symptoms with medications. Medications include antihistamine drugs immunotherapy with injections or drops under the tongue and corticosteroids drugs. Corticosteroids are available in eye drops, nose spray inhalation and tablets.

Avoidance To Ease Allergies

Confining ones self in an air-conditioned room or house that has been thoroughly cleaned in an attempt to remove dust and mold can relieve symptoms somewhat but is rather impractical for most people. Taking allergy medicine before going out doors can help some.

Showering before bedtime can remove some pollens on the skin and hair. If possible pets should be avoided because they carry pollens indoors. Unfortunately it is nearly impossible to avoid all pollens and molds and relieve all symptoms with medications.

A Better Method Of Treatment

Allergies can actually be eliminated from the body with Nambudripad Allergy Elimination Technique (NAET). After NAET treatments pollens and molds no longer cause itching eyes, sneezing and wheezing. It is no longer necessary to attempt to avoid pollens and molds or to take medications to suppress the symptoms. Allergies can be removed before or during the allergy seasons. Future allergy seasons need not be feared because the body is no longer allergic to spring pollens.

FALL ALLERGIES

Sneezing and wheezing and itching eyes in the fall are allergy symptoms similar to springtime allergies. In the fall the nose allergies are called hay fever. The reactions on the body are the same as spring allergies. Different pollens cause the symptoms in the fall. The pollen counts reach higher levels. In Indiana ragweed pollen is a major problem for allergy sufferers. Giant ragweed also called horseweed begins to pollinate in mid August, usually around August 15. Giant ragweed ceases pollinating about Labor Day. Hay fever sufferers usually experience relief for a few days. Then small ragweed plants pollinate sending pollen counts soaring and allergy sufferers get worse. The small ragweed season ends later in September, usually around September 21. Molds and other plant pollens contribute to the fall allergies.

Treatments

Usual treatments are similar to those used for springtime allergies. Those who are able to travel can seek relief in areas of the country that does not have ragweed pollens. From Indiana areas of relief include northern Michigan, the mountains of Colorado, the costal areas of the Carolinas and Florida. Complete relief is available for those who can escape to pollen-free areas.

For those who cannot escape to ragweed-free parts of the country, hibernating in air-conditioned homes and workplaces is an option. Medications are the same as offered for springtime allergies.

A Better Method

Nambudripad Allergy Elimination Technique (NAET) can remove allergies to ragweed and other fall pollens and molds. The treatment can be used prior to the fall season to prevent fall allergy symptoms or during the fall allergy season.

NOSE ALLERGY

DOG ALLERGY: Marilyn had a stuffy nose and asthma when she was near the two family housedogs.

The dog allergy was removed by NAET. Three years later she remains free from allergic reactions to the dogs.

HOUSE DUST ALLERGY: A man had been a sneezer upon awakening for years. After NAET treatment using a specimen of dust collected with a tissue on the floor of his house he no longer sneezed upon awakening.

SEASONAL ALLERGY: It was summer. A lady's nose had been running for 2 or 3 weeks. A pollen specimen was taken from out-of-doors by swiping a facial tissue on the windowsill outside of the office. Indeed she tested allergic to the specimen. She was treated with Nambudripad Allergy Elimination Technique using that specimen. She received some relief from her allergy symptoms but not complete relief. It was requested that she bring a pollen specimen from outside her house, which was 10 miles away from the office. A specimen of dust collected from her car plus the specimen she brought from home were used to treat her with NAET. She received complete relief from her symptoms. A year later she had not suffered from seasonal nose allergies. She had had episodes of ivy skin poisoning. After removal of her allergy to poison ivy with NAET she had not had poison ivy skin reaction for two years.

FLOWER ALLERGY: In an office setting one member of the staff brought a freshly cut flower arrangement including phlox, daises, wisteria, iris and lilac to the office. Another staff member, Roberta, walked passed the open door of the room where the flowers were on display and experienced a sudden headache and sore throat. Mary entered the room and experienced sudden a headache, swelling in her throat, itching eyes and sensation of heaviness of her upper eyelids. She immediately exited the room but experienced the symptoms the remainder of the day. Doris with previous knowledge of allergy to lilac developed a mild headache after entering the room.

The three ladies demonstrated three levels of intensity of allergic reaction to substance inhaled. In this case it was flowers. One was severe, one was moderate and one was mild. Fortunately none experienced a life threatening reaction.

All three ladies tested allergic to lilac. Allergy to lilac was removed that day in Mary (who had the more severe reaction) with Nambudripad Allergy Elimination Technique (NAET). The eye allergy symptoms were relieved, but the headache persisted. The following morning she still had the headache. Suspecting allergies also to other substances she tested allergic to outside pollens. Following NAET to the outside pollens collected on a tissue her headache was relieved.

NAET was used to remove the lilac allergy in Roberta with the moderate reaction and in Doris with the mild reaction to the lilac flower.

SAILBOAT ALLERGY: While on their sailboat the husband and wife owners both experience sneezing and itching eye especially on awakening in the morning. They brought a pillowslip from the boat to the office. Neuromuscular Sensitivity Testing (NST) revealed allergy to some substance (mold?) in the pillowslip in both the husband and wife. The allergy was removed with Nambudripad Allergy Elimination Technique (NAET). At the next weekend sailing trip, the sailors enjoyed the absence of sneezing and itching eyes.

ALLERGIC RHINITIS: A man age 85 had had sinus congestion and "a dripping nose" all his life especially at the dinner table. The symptom was especially prominent when eating chicken noodle soup. He also had itching eyes on awakening in the morning. Substances to which he was allergic included chicken noodle soup, chocolate, coffee, fluorescent light, yellow color pollens of all seasons, vitamin A, colon, sulfur, Palmolive detergent, sun, calcium mix and the cover on his bed pillow. After eliminating

the allergies with NAET he was relieved of his sinus congestion and of the annoying symptom of his nose “dripping” at the dinner table that had bothered him he said “for nearly 84 years.” His eyes quit itching on arising after allergy to the pillow cover was eliminated.

ADD & ALLERGIC RHINITIS: A boy age 11 had had a diagnosis of Attention Deficit Disorder. Also he had seasonal nasal allergies. He was aware of being allergic to cats, dogs, pollens, grapefruit, fish, rabbits and horses. He tested allergic to all the above allergens plus detergents and a few other chemicals plus latex. After removal of his several allergies he had no nasal allergy symptoms. He was able to concentrate on his schoolwork and his grades improved. He exhibited the observation by Dr. Nambudripad that removal that removal of the total allergic load in the body allows the immune system to function more efficiently and the mind to become clearer. In adults Dr. Nambudripad indicates that after removal of allergies clears what she describes, “brain fog”.

NASAL POLYP: A lady suffered from nasal allergies. Her nose was chronically congested. A diagnosis of a nasal polyp had been provided. Surgery was recommended to remove the polyp. After removal of several allergies with NAET her nose became decongested. She could breath through her nose freely. Surgery was not needed to remove the nasal polyp.

SPRING ALLERGY: Darlene began sneezing after mowing the yard. She continued sneezing. The next day she experienced some relief after taking a Benadryl capsule. She was treated with NAET using a small hand full of grass in a zip-loc plastic bag. During the treatment she reported that her nose had a watery discharge. Following the treatment her nose became dry and comfortable. There was no more sneezing.

SINUS PRESSURE HEADACHE: For two days she had had a pain in her left brow area and behind the left eye. The day of her visit to the office the left eye became very red. She tested allergic to touching her finger on her left eye and to a tissue rubbed on that eye. A diagnosis of allergic sinusitis and allergic conjunctivitis was made. She was treated with NAET to the tissue rubbed on the left eye. Scenar treatment was done on the back of her neck, which is also a method to induce sinus drainage. During the treatments she experienced a relief of the pressure sensation behind the left eye and the eye felt less swollen. After the treatments she said she was greatly relieved of the pain and discomfort.

She had been aware of the usual treatment of taking decongestion medications to treat sinus congestion. She had learned from family members of the NAET and Scenar treatment for faster and more thorough treatment of her sinus congestion.

ALLERGIC RHINITIS: At age 13 a boy had had itching eyes and running nose all his life and worse spring and fall. He was allergic to eggs, pollens, sulfur and sulfa drugs. He experienced great relief after his first treatment with Nambudripad Allergy Elimination treatment for eggs and pollens. He had no more problems after the other allergies were removed. He was able to discontinue all his allergy medications.

ALLERGIC RHINITIS: A lady age 85 developed a running nose only when she was in the bathroom. She also had itching skin. Why should a lady her age develop allergies? Why does anyone develop allergies? The fact was that she did develop allergies. Testing of tissues rubbed on different objects in the bathroom revealed that she was allergic to the pine wood used in the doors and window shutters and the tap water used in bathing. Removal of the allergies to soft pinewood and tap water with NAET relieved the nasal discharge and itching skin. Other people from different cities have been allergic to the water used in bathing and drinking. It is amazing that allergy to wood in doors and shutters can cause symptoms in people who are near them and not touching them. The multitude of different substances to which people can be allergic seems to require careful searching. Fortunately with effort they can be found, the allergies can be removed and the patient’s symptoms can be relieved.

ALLERGIC RHINITIS: At her work place Ann experienced sneezing, sinus pressure and a cough. She improved in the evening only to get worse the next day when she returned to work. She wiped the work place floor area with a tissue and placed it in a zip-lock bag. She tested allergic to the tissue in the plastic bag and also to mucus from her nose. Nambudripad Allergy Elimination Technique (NAET) was used to remove the allergy while she held the tissue in the plastic bag plus the tissue with mucus from her nose. At the end of the treatment she said her nose and sinuses opened up and her chest did not feel as tight. She said she felt much better.

ALLERGIC RHINITIS: Amy age 11 sneezed and had itching watery eyes when she was in her bedroom. Tissues rubbed on several objects in her room were placed in separate Ziploc plastic bags. Allergy testing revealed she was allergic to the painted pink walls. Further testing indicated she was allergic to the color red and all shades of pink and red. The allergy to red was removed with NAET. She was able to be in the bedroom without symptoms. Amy's grandmother experienced a running nose and watery eyes only in her kitchen. Allergy testing revealed she was allergic to the color yellow. The kitchen walls were painted with yellow paint and the lace curtains were yellow. After NAET treatment for yellow she experienced no symptoms in her kitchen.

HOARSE VOICE: Anna age 31 had had a very raspy hoarse voice for a week. There was pain in her left ear and her throat felt sore. Also she felt as though there was a painful spasm or knot in a muscle in her left shoulder. She also felt fatigued. She had had these same symptoms on other occasions. She had experienced relief with NAET treatments. It was spring and she suspected allergy to spring pollens as a possible trigger of her symptoms. She collected specimens of grass, flowers and straw from around her house and placed them in plastic bags and brought them to the office. She tested allergic to all the specimens plus fresh pollens from outside the office and a test vial of pollens. Immediately following a NAET treatment her raspy voice recovered to a clear voice. The ear pain and sore throat were relieved. The painful bump on her left shoulder was less painful. This case illustrates the rapid recovery possible when appropriate allergens are used in NAET treatments. Until some method is available to prevent her from developing allergic responses, Anna feels comfortable in the knowledge that relief is available via NAET if she should have problems again.

CAT ALLERGY

Approximately 10 million Americans are allergic to cats. (JAMA May 11, 2005). The allergen (a substance that causes allergies) can cause asthma, a stuffy running nose itching watery eyes, and a sense of ill feeling.

Some people are so sensitive that they have symptoms when entering a house in which a cat has not been a resident for many days.

The conventional management is avoidance of cats and the use of antihistamine medications to suppress the allergic reactions.

A person can be allergic to one cat and not to another. One lady had 5 house cats. She was allergic to 3 of them but not the other two. It is recommended that hair specimens from cats suspected of causing allergic reactions be brought to the office for allergy testing.

A new method of management can remove the cat allergy from the body so the body no longer reacts to the cat allergen with symptoms.

CAT ALLERGY: An ophthalmologist was so allergic to cats that he experienced itching eyes when

examining patients who had cats at home. After NAET to cat fur he no longer suffered symptoms when near cats and when examining patients with cats at home.

CAT FUR ALLERGIC CONJUNCTIVITIS: A lady age 43 was examined on a Friday morning with the chief complaint of a left red eye. The red eye had been present since the previous Monday. She said she was allergic to cat fur. On Monday she had been in a place of business that had an indoor resident cat. She is left handed and theorized she had had her hand on a table or some object on which there had been cat fur and rubbed her left eye with her finger.

There was no light sensitivity or foreign body sensation or secretions to suggest an infection. The eye was red. There was no corneal stain with fluorescein to indicate a serious corneal problem. She tested allergic when she touched the eyes and also when she touched a test vial of cat fur. A NAET treatment was done while she held her finger on the affected eye. After the NAET treatment she tested not allergic with her finger touching the left eye and also the cat fur test vial. The symptoms resolved that day.

CAT ALLERGY: Dr. Honan's daughter was allergic to cats. She collected some fur from her cats in a glass jar that she held for a NAET treatment. Although not subject to headaches she had a headache till bedtime that day. The next evening she was able to play with the cats without symptoms. Four years later she still is not allergic to cats.

CAT ALLERGY: Bruce age 43 presented with chief complaint of red, scratchy, itching eyes. He could not open his eyelids. There was a history of allergy to cats. He was aware that a cat had taken a nap on his jacket that he had laid on a chair. He wore the jacket and quickly developed the eye symptoms.

Examination revealed that the whites of both eyes were very red and swollen. There was irritation on the corneas of both eyes. He tested allergic to cats. He was treated with NAET to cat fur. A phone call later revealed that the symptoms were relieved shortly after leaving the office.

CAT ALLERGY: Mary was unable to visit her daughter and grandchildren because she was allergic to their house cat. She suffered sneezing, a stuffy, running nose and itching watery eyes. When the grandchildren visited her, their clothes sometimes carried cat allergen to cause symptoms.

Mary was treated with NAET to remove the cat allergy. She now enjoys visiting her grandchildren and has no allergic reaction to the cat.

CAT ALLERGY: Mark and his family had mice in their New York apartment. A mouser cat would have been helpful but Mark was allergic to cats. Mark's brother living in the country in Indiana had extra cats. Mark's cat allergy was removed with NAET. The next day a new family cat rode in the car with Mark and his family back to N.Y.C. Ten years later the cat is still on mouse patrol and Mark is still not allergic to cats.

CHRONIC NOSE AND SINUS PROBLEMS

"I don't have to use my nasal spray any more at bedtime. In fact I do not need nasal and sinus decongestant medicines anytime now. I've needed these medications for years till my allergies were removed with NAET. I can breathe through my nose clearly for the first time in years." The statement by this patient is similar to others who have been relieved of chronic sinus problems with NAET.

Widespread advertising of nasal and sinus allergy and decongestion products belies the magnitude of allergy illness. The seasonal or year round chronic symptoms include congested stopped-up nasal passage forcing mouth breathing resulting in dry irritated throat and sneezing. Postnasal discharge into

the throat sometime stimulates coughing. Mucus drainage into the throat is sometimes swallowed and can cause vomiting. Sinus headaches are described as aching and sensation of pressure in the forehead and behind the eyes, which may be worse when turning the head suddenly or stooping. Sneezing on awaking in the morning may require the use of several Kleenex tissues. Tissues are the constant companion of the nose allergy and chronic sinus person.

Conventional treatment includes suppression of the allergic response with antihistamine and decongestion medications, and cortisone type nasal sprays. Secondary infections in the sinuses are treated usually with antibiotics. Nasal polyps may develop as part of the allergic response.

Sinus surgery to treat sinus problems may be repeated two or three times. Many are discouraged that the surgeries have not eliminated the problem.

Removal of allergies with Nambudripad Allergy Elimination Technique (NAET) has been found to be effective in relieving chronic nasal and sinus congestion. Over a thousand test vials representing different things to which a person might be allergic are used to screen a person with chronic nasal and sinus allergies. No needles are used. The screening process to determine what allergic substances is causing the nasal and sinus problems usually take 10 to 15 minutes. Substances to which the victims of chronic nasal and sinus congestion may be allergic may include foods, pollens, dust, medications, chemicals and many other substances. The NAET process is described elsewhere in this book. It is painless and non invasive. Depending on the number of substances to which a person is allergic two or three or more treatments may be needed. One person may be allergic to 3 to 5 substances while another may be allergic to 25. A person maybe more strongly allergic to some substances and experience great relief when one of them is eliminated. For others several or all may need to be eliminated before complete relief is experienced. It is very important to individualize the correct diagnosis and treatment by the patient bringing specimens form the bedroom, pets, basement, workplace, etc. for testing and treatment.

SINUSITIS: ALLERGY OR INFECTION?

“I thought I had allergies but found out it was a sinus infection.” The confusion expressed by this sinus trouble victim reflects an opinion by some doctors. The controversy whether chronic sinusitis is due to infection or inflammation from allergy was debated without reaching a resolution by the American Academy of Allergy and Asthma (AM News 4-16-07). The news article focused on the excessive use of antibiotics to treat acute and chronic sinusitis. It indicated that antibiotics may not be the proper treatment for most cases of sinusitis, but most doctors continue to prescribe them probably out of frustration because of lack of efficient means of therapy. Antibiotics are prescribed in up to 83% of doctor visits for sinusitis according to a research study. Other medications prescribed are antihistamines, decongestants and corticosteroids. “Itis” in the word sinusitis indicates inflammation. An “itis” can be caused by infection. It can also be caused by allergies. Sometimes inflammation from allergies can create fertile soil for opportunistic infections. The usual treatment for inflammation due to allergies is the use of antihistamine medications and suppression of the inflammation with anti-inflammatory corticosteroid medications. These drugs are used to treat the inflammation in allergic conditions such as asthma, seasonal nasal allergies, hives, eczema and other conditions caused by allergies.

Elimination of the allergies from the body that cause the inflammation in allergy conditions would be a logical approach to treating these conditions. Nambudripad Allergy Elimination Technique (NAET) can actually remove allergies from the body. The allergies that cause the inflammation can be eliminated. Chronic sinusitis is a condition for which people frequently seek relief through NAET treatments. Sufferers describe sinus congestion, sinus drainage down their throats that sometimes causes coughing,

pressure sensation behind the eyes and forehead, sinus headaches that may have been on going for years. Associated nose allergies may have caused inflammation and swelling in the nose and the inability to breathe through the nose for years or all their lives.

It has been professionally rewarding to observe patient's become relieved of their sinus problems after their allergens have been removed with NAET. Substances causing the allergies (called allergens) have been different in different people. Dust, molds and pollens are probably the most common allergens. Foods, medications, fabrics, detergents, leather, airborne, chemicals are among the many causative allergens. Sometimes some detective work is required to identify allergens that can be eliminated with NAET. Over a thousand test vials of different allergic substances are routinely used to screen a person to identify allergens. Testing for personal items such as clothing, cosmetics, foods, dust and mold from his or her home, work place, car, etc individualizes the process. Sometimes a single allergen is the chief cause of the sinus problems. Sometimes the symptoms are not relieved till a totality of several items has been eliminated.

Are antibiotics ever of value in treating sinus problems? Sinus inflammation due to allergies can lower the resistance to microbes and can result in secondary infections. If the microbes are bacteria, antibiotics can be helpful in clearing up the infection and relieving the sinus congestion. Some sinus sufferers have recurring attacks requiring the use of antibiotics. Yes, antibiotics can be useful in clearing up of infection, but they do not attack the root cause of the problem. If the attacking microbes are viruses, antibiotics are of no value. Fortunately removing allergies with NAET can remove the cause of inflammation in the sinuses and the fertile soil for opportunistic microbes causing infections. Patients provide many fascinating stories after their sinus problems have been removed with NAET. A man suspected dust in his overstuffed furniture as the cause of his sinusitis. He threw out all his fabric covered chairs and sofa and replaced them with leather-covered furniture. NAET evaluation and treatments revealed that leather in his shoes, jacket, belt, car seats and furniture was the major cause. He recovered completely after NAET treatment to remove his allergy to leather.

An elderly man had had sinus congestion since childhood. After removal of several allergies he was able to breath through his nose for the first time in his life. A musician had problems singing because of sinus drainage into his throat. He was allergic to several things including the costume wig he wore on stage. It was a major source of his sinusitis and singing problems. His allergies were removed with NAET. Chronic sinus headaches in children and adults are major sources of illness requests for headache medicines. Dust, molds and other inhaled allergens treated with NAET offer welcome relief to these headache sufferers.

SINUS ALLERGY CASE REPORTS

NOSE RUNS WHEN IN BATHROOM: Only in the bathroom a lady complained that she had nasal mucus discharge. It did not occur any place else in the house. Of several items in the bathroom tested only the throw rugs tested positive for allergy. The rugs were washed and she was still allergic to them. There was no label attached to the rugs to identify the fabric. The lady tested allergic to a tissue rubbed on the rugs. NAET treatment using the tissue eliminated the allergy. Her nose no longer dripped when she was in the bathroom.

ALLERGIC SINUSITIS: A man age 66 had had long-standing sinus congestion and nasal stoppage, and the usual decongestants, nasal sprays, and antihistamine medications had treated headaches. NAET removed allergies to dust and flowers from his place of business, cigarette smoke and outside pollens collected with tissues on car windows different weeks in spring and early summer. Corn tassel was the final allergen with which he was treated. At last he was symptom free and required no medications.

ALLERGIC SINUSITIS: A lady age 69 living in Florida had had sinus headaches, bronchitis, laryngitis, and hives. She had had sinus surgery without relief of symptoms. She traveled to Indiana for NAET treatments. She was allergic to live oak moss, scrub bush, mold and a mold specimen from a sea wall, mold test vials, sugar and local pollens. After 6 days of daily NAET treatments she was free of symptoms. Six months later she was still symptom free in Florida.

SINUS HEADACHES: A lady had been treated with antibiotics for a sinus headache for 3 weeks. An MRI revealed no congestion in the sinuses. She still had a headache. She tested allergic to her saliva. The saliva apparently contained the allergens to which she was allergic. They may have been pollens, molds or other substances. A NAET treatment to her saliva was given at 5:00 pm. She awakened the next morning without a headache for the first time in weeks.

ALLERGY TO A DENTAL PLATE: A lady reported a very unusual cascade of symptoms starting after starting to wear a new metal partial dental plate. Her nose started running and mucus drained from her sinuses down the back of her throat. She continued to wear the dental plate for a few days and developed a bronchitis that required treatment with antibiotics. She discontinued wearing the dental plate. She tested allergic to the metal in the plate. After NAET to the metal plate she was able to wear it comfortably without symptoms.

SINUS ALLERGY: A lady age 44 presented with a history of sinus congestion since moving into a new house three months earlier. She tested allergic to white oak wood and white pine wood. She also tested allergic to test vials of several molds and a tissue she had rubbed over the floors and furniture at home. She was treated with all the above allergens with Nambudripad Allergy Elimination Technique (NAET). At the end of the 30-minute treatment she volunteered the information that her nasal passages and sinuses had opened up.

A week earlier her daughter had been treated with NAET for sugar allergy. The mother had avoided sugar along with her daughter following the treatment for 25 hours. She commented concerning her improved sense of well being and the relief of pains in her knees and hips in the absence of sugar in her diet. She had had the joint pains for a year. She had become resigned to the development of arthritis because she said it was a hereditary factor in her family. She was not allergic to sugar. The reason for the relief of joint pains when she avoided eating sugar could only be speculated. It could have been related to the inflammatory theory of degeneration worsened with refined carbohydrates.

POLLENS: A man age 81 went out of doors to get his morning newspaper. When he returned to his house his eye were watering, itching and his nose was running. Later that morning he tested allergic to suspect outside pollens collected on a tissue paper rubbed on a car windshield. NAET was done while he held the tissue. After the treatment he remarked that the symptoms were completely resolved.

PESTICIDE ALLERGY: At age 30 a lady had had Allergic sinusitis and nasal allergies. She asked exterminators to get rid of an ant infestation in her house. When she entered the house she developed immediate hoarseness, sinus congestion and headache. She stayed with a friend for a few days. She reentered her home to get specimens of the ant spray, wasp & hornet pesticides to bring to the office for NAET treatment. When she entered the office her voice was hoarse she had hives on her arms, her nose was completely obstructed and she had a headache. During NAET treatment with the two pesticides her hoarseness cleared approximately 90%, the hives disappeared and she expressed great relief when her tightly obstructed nasal passages opened and she could breathe freely through her nose.

CIGARETTE SMOKE ALLERGY: In an airport smoking area Henry approached a smoker and asked him to blow smoke in his face. The smoker accommodated with a big puff of smoke in Henry's

face. Then he asked “Why”. Delighted at his body’s non-allergic response to the smoke he explained that his nose had been strongly allergic to smoke. He just wished to test the treatments he had had to eliminate allergies that had caused his nose to run and his sinuses congested for many years. Henry had received treatments with Nambudripad Allergy Elimination Technique (NAET) over a period of a couple of months. His treatments had included removal of allergies from several foods, dust and molds and cigarette smoke. He expressed appreciation of the relief of his long-standing allergy problems.

EYE PAIN: A lady had had severe pain in and behind her right eye for 3 days. The throbbing pain was worse when she bent her head down or turned it from side to side. She feared something bad had developed in the eye. She said she had had sinus headaches but none as severe and not quite like this pain. She had 20/20 vision. Examination revealed no evidence of glaucoma or other eye condition to cause the pain. It was explained that sinus congestion could cause pain that feels like it is occurring in and behind the eye. A Scenar treatment was recommended on the back of her neck. During the treatment the skin of the neck became very red which is an indication that “something” is not healthy and that treatment is being administered by the Scenar instrument. After approximately 2 or 3 minutes of the treatment she volunteered the information that the pressure pain was being relieved and that she was experiencing watery discharge from her nose. By the end of the 5-minute treatment she said the pain and discomfort had been completely relieved. It was explained that the Scenar treatment afforded a relief of the symptoms but not a cure. It has been our experience that most cases of sinus congestion are due to allergies. Elimination of allergies with NAET can remove the cause of the sinus congestion. Allergy screening was recommended to investigate her allergies and to eliminate them with NAET

POISON IVY

POISON IVY: A lady presented herself to the office with a swollen itching eyelid. There were tiny blisters on the skin of the lids. She had been working in the yard the previous day. She tested allergic when she touched her eyelid and also a test vial of poison ivy. She was offered three options to treat the ivy poisoning. With eye drops and antihistamine tablets recovery should be expected in a week. A cortisone dose pack should offer relief in a few days. NAET should take effect in an hour or two. She opted for NAET. The treatment was done at 9:00 am. A second treatment was done at 1:00 pm, which probably was not needed because the symptoms were mostly resolved.

POISON IVY: LS with a history of contact dermatitis from poison ivy tested not allergic to a test vial of 3-leaf poison ivy. Other patients had been sensitive to and treated with that vial. Leaves of 3-leaf ivy were obtained from this lady’s yard. She tested strongly allergic to the leaves from her yard. After NAET treatment she tested not allergic to the ivy leaves from her yard. She no longer was subject to ivy poisoning.

Are there differences in the sensitivity producing factors in different vines of 3-leaf ivy? These cases would suggest that there are differences. Three of our office staff members have had a history of contact dermatitis from poison ivy and have had the allergy removed to 3-leaf ivy with NAET using the 3-leaf test vial. Patient LS was not allergic to the same test vial but was allergic to 3-leaf ivy from her own yard.

POISON IVY: A lady in her 80’s had had poison ivy many times. She presented herself in the office with tiny itching blisters on her fingers present a couple of days. She said she had been exposed to poison ivy leaves. Testing revealed she was allergic to poison ivy. It was proposed to her that she be treated with NAET. Since the condition had been ongoing for a couple of days two treatments that morning might be needed. After NAET treatment she was asked to remain in the office for an hour and another treatment be provided. An hour later she reported that the tiny blisters on her fingers had

disappeared and there was no more itching. Although it was likely not needed, a second treatment was given. She was told that the treatment should also provide immunity from future attacks of ivy poisoning.

POISON IVY: Katherine fell in the yard at her home. She broke the bone in her right upper arm and also her left wrist. The bone fragments were not out of place and surgery was not needed. Her orthopedic surgeon applied splints and an arm sling. The next day she had intense itching and blisters appeared on the skin under the splints. She was allergic to the cotton stockinet used in conjunction with the splints. She was not allergic to cotton so the allergy was likely due to some chemical used in manufacture of the stockinet. The allergy was removed with NAET. The next day the itching blisters had spread to other parts of her body. Then it was learned that she had been exposed to poison ivy in the yard at the time of her fall and the resulting fractures. The poison ivy allergy was eliminated with NAET. To increase the effectiveness of the NAET treatment two treatments were provided that morning. This was a strange scenario that ended happily as the skin problems cleared rapidly.

POISON IVY: Rose had poison ivy and was treated with NAET four times without relief of itching. She noted that the itching on her skin was worse when she held the bottle of caladryl lotion she had been applying to the itching skin. She tested strongly allergic to the caladryl lotion. She experienced immediate relief from itching after the caladryl allergy was removed with NAET.

INFLAMMATORY BOWEL SYNDROME

INFLAMMATORY BOWEL SYNDROME: After NAET to milk a lady with inflammatory bowel syndrome with 15 movements a day quieted to 1-2 daily.

INFLAMMATORY BOWEL SYNDROME: A lady had had diarrhea for 15 years. She had been to several clinics without a diagnosis or effective treatment. She was allergic to meat. After NAET treatment for meat she was greatly improved. She was also allergic to marble. There were several marble tabletops in her home. After NAET to remove allergy to marble she had no more diarrhea.

INFLAMMATORY BOWEL SYNDROME: BF age 29 had had surgery to remove her colon at age 9 to treat ulcerative colitis. Lately she has developed Crohn's disease. Ulcerative colitis is an inflammation of the inner lining of the intestines. Crohn's involves all layers of the intestine and may involve a 3 or 4-inch segment. The lumen or opening of the intestine becomes very narrow and constricted thus slowing down movement of the intestinal contents. She had been having 40 to 50 loose stools daily. During the night she has been awakened 10 to 15 times. She had to rush to the bathroom 3 to 5 times during meals. She suffered cramps in her abdomen. She had been hospitalized several times with rectal abscesses. She tested allergic to milk, grains, eggs, coffee, sulfur and latex (rubber and elastic). The allergies were removed with Nambudripad Allergy Elimination Technique (NAET). After the allergies were removed she said her life had been completely changed for the better. She no longer suffered with cramps in her abdomen. The watery diarrhea had become more formed and occurred only about ten times a day. Without a colon she was fully aware she would of necessity have some frequency of movements. She said she now gets more rest at night since she has to go to the bathroom only 2 to 3 times nightly compared to the previous 10 to 15 times. She was delighted to be able to set through an entire meal without having to rush to the bathroom 3 to 5 times. The rectal irritation had subsided. She had been faced with the prospect of surgery to create an ileostomy or opening of her small intestine to the abdominal wall and is required to wear a plastic retainer bag the rest of her life. The surgery would no longer be necessary. She was excited that her health had improved sufficiently that she would be able to return to work. She was pleased that there are no adverse effects with NAET as there are with many medications. She expressed gratitude that NAET had removed the inflammation of her

inflammatory bowel disease and that she could now live a normal life.

CHOCOLATE ALLERGY: Kevin vomited after having lunch at a restaurant. The same scenario was repeated two times after having lunch at different restaurants. Then he recalled having eaten a chocolate truffle before lunch on each of the occasions he became ill. His place of employment was in the same building as the chocolate factory of David Alan Chocolatier. Kevin suspected the chocolate truffles as a cause of his vomiting. Testing indicated he was allergic to chocolate. Nambudripad Allergy Elimination Technique (NAET) treatment eliminated the chocolate allergy. He was able to eat chocolate truffles without allergic response. Kevin confessed to great doubt that the treatment could be effective in removing the allergy to chocolate. He was pleasantly surprised that the treatment was successful.

INFLAMMATORY BOWEL SYNDROME: A man had several attacks of vomiting each of which lasted for 4 to 6 hours. Testing revealed allergy to sugar. After the sugar allergy was removed with NAET there were no more attacks of vomiting.

INFLAMMATORY BOWEL, SINISITIS: A lady age 68 presented with symptoms of bloating, excess gas, coldness, irritability, sinus congestion, itching eyes, ached all over and was fatigued. She was allergic to over 30 items including pollen, vitamin A, vitamin C, grains and other foods. She was delighted to be free of all her symptoms after NAET treatments to eliminate her allergies.

CONSTIPATION MOTHER AND SON: At age 28 Jane said she had been constipated all her life. After meals she frequently had swelling in her fingers and toes and had eczema on her hands and waist. An elimination diet revealed an allergy to wheat. By avoiding wheat she had been able to prevent constipation. Testing indicated allergies to grains including wheat. After NAET treatment for removal of allergy to wheat she had no more problems with constipation. She remarked that she ate ravioli for the first time and enjoyed it and suffered no constipation. She no longer had swelling in her fingers or toes and had no eczema.

Her son age 6 months had been constipated since birth. Sometimes he went as long as three weeks between bowel movements. He was allergic to his formula, corn, sugar, honey and sulfur. The allergies were removed with NAET. A week later the mother reported that the baby had had normal bowel functions daily since the treatment.

CELIAC SPUE: Fern, age 44 had a history of sinus infections, diarrhea and abdominal discomfort, loss of equilibrium, weakness, and skin rash on her arms and thighs. She had been given a diagnosis of celiac sprue. The treatment for celiac disease is a gluten free diet by avoiding foods containing wheat, rye or barley. Gluten is also used in some soups, ice creams and hotdogs. She was greatly improved by adhering to a gluten free diet. She tested allergic to grains, wheat, starch, gluten, yogurt, silver, iron, potassium and minerals. Allergies to starch and grains including wheat were eliminated with NAET. She returned to her home in Australia before the other allergies could be removed. Eighteen months later she sent information that she was completely free of all her symptoms. She had been able to eat grains and other foods without any problem. In retrospect she probably had an allergy to grains and gluten and not true gluten intolerance. Is there a difference between gluten intolerance and gluten allergy? In this case there was an allergy to gluten. This illustrates the value of NAET to clarify diagnosis and also of course to resolve problems.

ULCERATIVE COLITIS: For six years a lady age 61 had had bloody diarrhea and abdominal cramps. Colonoscopy and a colon biopsy indicated a diagnosis of ulcerative colitis. In August she had had itching eyes and nasal discharge. Allergy testing indicated allergies to eggs, grains, Vitamin A, milk, cheese, ragweed and other pollens. After the first NAET treatment, which was for eggs and milk, she awakened the next morning without her usual abdominal cramps and the number of bowel

movements was greatly decreased. The other allergies were removed with NAET treatments. She had been using medications that were inadequate to relieve her symptoms. Being a physician she was amazed and pleased at the wonderful relief of her ulcerative colitis without the use of medications. She had been aware that inflammatory bowel syndrome includes ulcerative colitis and Crohn's disease, but she had not been aware that removal of allergies could provide such dramatic improvement.

INFLAMMATORY BOWEL SYNDROME: At age 43 Ann said she had had diarrhea and constipation all her life. She had had many treatments. She tested allergic to 25 different foods, pollens, molds and chemicals. They were all removed with Nambudripad Allergy Elimination Technique (NAET). There were no more symptoms of diarrhea and constipation. Inflammatory bowel diseases include ulcerative colitis and Crohn's disease. The relationship of inflammatory bowel disease to allergies is not usually recognized. Since elimination of allergies with NAET results in improvement it would seem that allergies might cause the inflammation. Other inflammatory diseases such as nasal and sinus congestion and asthma are also relieved when allergies are removed with NAET. This is further suggestion that allergies may cause some types of inflammation.

INFLAMMATORY BOWEL: A lady presented a history of headaches, abdominal bloating and sinus congestion. Her symptoms were worse when she ate bread, peanut butter and drinking beer. She was allergic to yeast, milk, corn, grains and eggs. The allergies were removed with NAET. Her symptoms all disappeared. She was particularly pleased she could drink beer without getting headaches.

CROHN'S DISEASE: Crohn's disease and ulcerative colitis are classified as inflammatory bowel diseases. Ulcerative colitis involves the inflammation of the inner lining of the intestines and causes diarrhea.

Crohn's disease involves all layers of the intestinal wall in perhaps 3 to 6 inch segments. Thickening of the intestinal wall may constrict the inside opening of that segment of intestine to perhaps the size of a pencil. Crohn's also has diarrhea as a symptom.

Henry age 62 had Crohn's for 40 years with diarrhea and abdominal cramping. His mother had also had Crohn's. He had had surgery to remove a section of involved small intestine. He said that the Crohn's reoccurred. He had observed that certain foods could cause diarrhea. He had also had nasal allergies in spring and fall. Changes in weather were associated with aggravation of the diarrhea. He also had had diarrhea after taking medications to treat the Crohn's. He tested allergic to eggs, grains, yeast, vitamin A, vitamin C, milk, fruit, flowers, grass, dust and Crohn's medications. After removing allergy to milk and vitamin A he enjoyed a milk shake plus his favorite cheese and lettuce sandwich. He had not had a milk shake for 40 years. The new foods caused no diarrhea. At a party he enjoyed spicy chicken wings but suffered diarrhea. He was allergic to the spices. He recalled having diarrhea after eating paprika on fish. The allergy to the spices including paprika was removed with NAET. He was able to enjoy the spices without getting diarrhea. He admitted that initially he was very skeptical about NAET because he couldn't understand how it works. After experiencing such good results he said he really didn't care how it works. He said he hadn't felt so good in years.

GELATIN ALLERGY: A lady experienced nausea after taking fish oil capsules. She tested not allergic to a bottle of liquid fish oil but to the same brand fish oil in a gelatin capsule. The allergy to the gelatin was removed with NAET so she could again take fish oil capsules.

EOSINOPHILIC ESOPHAGITIS: At age 10 Jane had had diarrhea, abdominal cramps, and vomiting since age 2. At age 6 she had been diagnosed with food allergies. She improved with avoidance of milk, grains, soy and eggs. Avoidance was difficult. a diagnosis of gastro esophageal reflux disease (GERD) was made. Prevacid was prescribed. Tissue obtained from her esophagus by gastroscopy was

consistent with a diagnosis of eosinophilic esophagitis. NAET type testing revealed allergies to milk products, eggs, vinegar, aspirin, Diet Pepsi, mushrooms and Zantac. The allergies were removed with NAET. She became symptom-free. There was no diarrhea or vomiting. Medications were no longer needed. In order to prove she recovered from eosinophilic esophagitis a second piece of tissue from her esophagus would need to be studied. However it would not be appropriate to subject the little girl to another general anesthetic and a gastroscope inserted down her throat and into her esophagus when she no longer exhibited any symptoms and appeared to be a healthy girl.

Another case of eosinophilic esophagitis is described in the section on asthma. A little boy had both asthma and eosinophilic esophagitis.

MEDICATION ALLERGY

ALLERGY TO MEDICATION: A lady age 71 presented a history of taking Keflex antibiotic one year earlier for treatment of a sinus infection. Since that time she had suffered from a sensation of burning itching and swelling inside or under the skin. The sinus congestion had continued. She tested allergic to Keflex, Tide detergent, Glucosamine-Chondroitin medication, sulfa, Evista, Motrin, Iodine, Yellow dye, Ativan and emotions of fatigue and depression. Allergies to all the allergens were removed with Nambudripad Allergy Elimination Technique (NAET). The Keflex allergy seemed to be the strongest. Her symptoms were all resolved.

MEDICINE ALLERGY: RM had a very red eye during cataract surgery. Prior to the surgery on the second eye he was asked if he was aware of any allergies to medications. He replied that after intravenous contrast media for an MRI he had vomited all day. The contrast media likely contained iodine. He tested allergic to iodine and Betadyne. Betadyne solution contains iodine and been instilled in the eye during the surgical preparation.

The allergy to Betadyne was removed from his body with Nambudripad Allergy Elimination Technique (NAET). In cataract surgery on the second eye two days after removing the allergy there was no red eye or allergic reaction when Betadyne solution was instilled in the eye.

CODEINE ALLERGY: In a head-on collision the air bag deployed appropriately. The 25-year-old man was fortunate to have suffered only a minor eye injury. For eye pain the hospital emergency room prescribed Tylenol with codeine. During the office examination of the eye injury he experienced nausea and vomiting. He was allergic to codeine. The allergy was removed with NAET and the nausea and vomiting were relieved.

DRUG ALLERGY: A sulfa drug was prescribed for a urinary infection. The lady had neglected to tell her doctor that she had been allergic to sulfa previously. The skin of her face, arms and back became red and itched and her eyes watered and itched. The sulfa drug had been stopped and prednisone had been prescribed to suppress the allergic reaction. After three days the itching was still intense and her vision was blurry due to the watery itching eyes. She tested allergic to sulfa. The allergy was removed with NAET. Immediately following the NAET treatment she commented that there was lowered intensity of the itching. The following day she phoned that the red itching skin reaction was mostly gone.

FLU VACCINE ALLERGY: Jim had a Flu shot at 8 AM. He began experiencing nausea soon after. Later in the morning with NAET type testing he demonstrated an allergy to the flu vaccine. After a NAET treatment to eliminate the allergy the nausea disappeared and he was ready to eat lunch.

ASTHMA

Asthma is a disease of inflammation of the bronchial tubes caused by a number of triggers resulting in spasm or constriction of the bronchial tubes. Symptoms include shortness of breath, wheezing, and tightness in the chest and sometimes a frightening sense of depression and impending doom.

Asthma prevalence is now estimated at almost 9% among children and adolescents in the US, doubling since the 1980's. Black children have an incidence 60% higher, (JAMA June 27, 2007). The usual treatment for asthma includes inhaled bronchodilator medications to relax spasm of constricted bronchial tubes plus inhaled corticosteroid medications. If substances to which they are allergic can be identified it is recommended those substances be avoided. Sometimes it is difficult to avoid food items to which a child is allergic. Some asthmatics are severely restricted as to the foods they can eat. It is more difficult to avoid inhaled substances to which a child is allergic such as dust and pollens. It is very difficult to avoid solid objects such as wood, bricks and concrete that can cause attacks of asthma.

Asthma attacks can be triggered by allergies to almost anything including foods, chemicals, metal, wood, concrete, pollens, fabrics, flowers and other plants, animals, insects and many other things.

Allergies cause inflammation in the bronchial tubes resulting in bronchospasm in persons subject to asthma. NAET removes the allergy that causes the inflammation and constriction in the bronchial tubes. After allergies are removed it is no longer necessary to avoid certain foods or avoid going out-of-doors during pollen seasons.

ASTHMA: A two-year-old girl had asthma with coughing during the night. Medications included inhaled corticosteroids and chewable Singulaire. She tested allergic only to sugars. NAET was done to remove the sugar allergy. Two weeks later there had been no more symptoms of asthma. Testing revealed no more allergens. It was recommended that the medications be continued till her asthma doctor discontinued them. Hopefully eventually they can be discontinued.

ASTHMA: A schoolteacher entered her classroom in fall to prepare for the teaching semester. She said some of the walls of the classroom were black with mold. Although she had had no history of asthma she became short of breath. Having had experience with NAET for other allergies she collected some of the mold on a tissue and requested treatment. She was having considerable trouble breathing. She tested allergic to the mold specimen. A NAET treatment was provided while she held the mold specimen in her fingers. The stimulation of the nerves at the sides of the spine from the neck to the tailbone was provided with a double-headed electric back vibrator. Breathing became easier shortly after the beginning of the back treatment. The vibrator back treatment was continued till the breathing became normal which took 15 minutes. She had no more asthma when she returned to the school classroom.

ASTHMA & ADHD: A girl age 9 had had asthma, running nose, puffy eyes, ear infections and a skin rash. A behavioral disorder was manifested by a lack of concentration, a very demanding personality, and attacks of rage and hatefulness. She had poor grades in school. An allergist had prescribed allergy shots ever two weeks. She had itching skin when near cats. She had been allergic to milk when she was a baby. Food allergies and food restrictions required her to avoid school cafeteria food and to carry a lunch from home. Medications included albuterol inhaler and Singulaire for asthma.

Her allergies including vitamin C, eggs, milk, aspirin, strawberries, dogs, brazil nuts, pecans, pistachio nuts, pollens and sun.

Her symptoms improved gradually as allergens were removed with NAET. After removal of the allergies she had no more asthma or skin allergies. Her diet was no longer restricted. Her behavior problems had become resolved. She was able to concentrate normally and had good grades at school. She no longer required albuterol inhaler or Singulaire tablets for asthma.

FATIGUE AND ASTHMA: Asthma, sinus congestion and fatigue had bothered a lady age 66 for 3 years. She felt exhausted at the end of her 8-hour day working at a bank. Asthma medicines included Singulaire and Albuterol. She had many allergies including meat, turkey, chicken, soybeans, maple sugar, heart, dog hair, dandelion, tide detergent, many pollens, grains, minerals and herpes simplex. After removal of her allergies the asthma was relieved and she needed no asthma medications. She had no sinus congestion and her nasal passages were clear. She was exuberant describing her new sense of well being with lots of energy and joyous about the absence of asthma and sinus congestion.

ASTHMA, ALLERGIC, SINUSITIS: All her life a lady 62 had had asthma and sinus congestion and sinus headache. She had been worse since age 35. She had allergy shots for several years. All allergy medicines helped somewhat. She was allergic to fifteen different foods and pollens. Symptoms gradually improved with NAET treatments. After NAET treatments she was free from Asthma, sinus congestion and sinus headaches. Her chest no longer hurt when she breathed cold air. Puffiness in her eyelids resolved. She was relieved to be able to breathe through her nose for the first time in years.

ASTHMA: A schoolteacher had trouble breathing on her first day back to school after summer vacation. She had also had itching skin a few days earlier when in bed at home. She collected dust samples on tissues from her bed, bedroom floor and the walls at school and placed them in plastic bags. While waiting in the office reception room the plastic bags were in her purse that was sitting on the floor at the side of the chair in which she was sitting. Her breathing became labored, her skin itched all over her body and her face became red. She carried the purse to the office receptionist and asked that the plastic bags be removed from her purse. Her breathing then became easier. She tested allergic to the contents of all the plastic bags. Following NAET treatment to all the bags her breathing problem was completely relieved and her skin quit itching. The redness on her face had not yet disappeared by the time she left the office.

ASTHMA: A lady age 42 awakened with difficulty breathing, felt extremely fatigued and felt a sense of heaviness on her chest. She had a history of allergic conditions. She tested strongly allergic to a tissue that had been rubbed on an outside windowsill. NAET was done to remove allergy to the dust or pollen that was on the tissue. It took 15 minutes of paraspinal stimulation to remove the allergy. Five minutes is sufficient for most allergy eliminations treatments. The asthma attacks were relieved during the 20-minute rest period as she held the tissue holding the dust. She volunteered the information that her stopped up nose had opened. Then she related she had similar attacks of shortness of breath previously but had not been aware they were attacks of asthma.

ASTHMA: After his first NAET treatment (Nambudripad Allergy Elimination Technique) a 4-year-old boy with asthma had great improvement. His mother said he could play and run out of doors without wheezing and coughing. Also he had been diagnosed with gastrointestinal reflux disease (GERD) manifested by vomiting 2 to 3 times daily for 2 years. His doctors had wanted him to have a gastroscopy examination to look at his esophagus and stomach for cause of the vomiting. He had not vomited since the first NAET treatment. The asthmatic little boy had had pneumonia several times. His medications included antihistamine Zyrtec, Flonase nasal spray, Pulmocort inhaled via a nebulizer, Prevacid for GERD, Singulaire and prednisone by mouth. These medications are the conventional method of treatment. The asthma clinic at a large hospital had recommended broncoscopy to evaluate his bronchial tubes and also gastroscopy to evaluate the symptoms attributed to GERD. Allergy testing

indicated allergy to 21 foods, pollens, molds plus latex. The first NAET treatment was to remove allergy to eggs and pollens. As stated above there was a dramatic improvement in his asthma and there was no more vomiting. After removal of more allergies with NAET, the parents reported that all his medications had been discontinued. He had had no asthma, ran and played without coughing or wheezing and had had no vomiting.

Before the series of NAET treatments had been completed the young boy began coughing while petting a goat at a petting zoo. Then the mother recalled that goat hair allergy had not yet been removed. Goat hair allergy was removed at the next and last NAET treatment needed by the patient.

The mother confided in the burden on the family with a child with a chronic incurable illness. Then she shared the great relief and happiness at seeing her little son running and playing normally without asthma and requiring no medications.

The parents reported the scenario of their son's access to allergy removal for treatment of his asthma. His sister had had a broken arm. The orthopedic surgeon recommended allergy removal to treat her brother's asthma. The parents were distressed that their daughter had a fracture but were pleased that the incident introduced them to a method to treat their son's asthma.

The mother admitted that she and her husband had been very skeptical concerning the unusual NAET treatments. They were also desperate and were willing to try the new treatment when they learned it would not be harmful. She also felt confidence in the referral by the orthopedic surgeon who highly recommended the NAET treatment.

Food Allergy News is a publication for families with children with allergies. Its editor is noted allergist Hugh A. Sampson, M.D. The June-July 2007 issue includes an article on Eosinophilic Esophagitis (EE). This refers to an inflammation in the esophagus, the tube through which food passes from the mouth to the stomach.

E.E. gets its name from eosinophils. An eosinophil is a type of white blood cell that indicates inflammation due to allergies. Eosinophils are normally found in the bloodstream and tissues but healthy people do not have many in the esophagus. A few eosinophils in the esophagus are present in gastro esophageal reflux (heartburn). The presence of many eosinophils in the esophagus is a sign of EE.

The symptoms of EE vary. With infants and toddlers there are feeding difficulties, irritability and sometimes poor weight gain. Older children typically have regurgitation, vomiting, heartburn and abdominal pain. Teens and adults can have similar symptoms but more typically have chest pain with or without eating, difficulty swallowing and a feeling that their food "gets stuck" while swallowing. Most cases patients with EE do not fully respond to acid-blocking medications, such as H-2 blockers and more than half also have asthma, food allergies, eczema or allergic rhinitis (nose runs due to allergies).

The usual evaluation procedure includes x-rays and perhaps esophago-gastroscopy to take a biopsy. Medications are usually prescribed to suppress stomach acid. Allergists evaluate food allergies and recommend permanent avoidance of certain foods. Prednisone type medications are prescribed to relieve the inflammation.

This case of the 4-year-old boy with a two-year history of asthma and vomiting 2 or 3 times daily seems to have had symptoms similar to those describing EE. A positive diagnosis of EE would have required a biopsy obtained through broncoscopy before and after treatment. Following the first NAET treatment

the asthma and vomiting were relieved. This tends to lend support that allergy was the cause for his symptoms, which were similar to those described for EE.

A sincere "thank you" to you and all your staff. Mason continues to improve everyday. The difference is unbelievable. Thank you so much for saving our son's life. I have reviewed the copy of the case report you sent. Yes, everything was correct.

*Sincerely,
Josh & Angelica Hill*

ASTHMA: A lady had had asthma, sinus congestion, felt cold and fatigue. After elimination of 13 allergens with NAET she was symptom free and enjoyed high level energy. She no longer felt cold. Six months later she went on a vacation to another state and began having asthma again. She had become allergic to pollens. She had not been allergic to pollens previously. It is always possible for allergic type people to develop other allergies. Fortunately the allergy to pollens was removed with NAET and she was again free from asthma.

DOG ALLERGY A FEARFUL NON-EVENT: Karen was excited but somewhat fearful to greet her dog Sam. Sam had spent the night at a friend's house during the 25 hours avoidance of dogs. It was part of the NAET treatment to remove her allergy to dog hair. Attacks of asthma, watery and itching eyes and an itching skin rash had been her allergic reactions when she was near dogs. Before her husband brought Sam home for the cautiously fearful reunion she prepared for the worst. Her emergency medications included an asthma inhaler an EpiPen, allergy eye drops, and antihistamine tablet and cortisone skin cream.

Sam was very happy to return home. He bounded into the house and greeted Karen with a lick on her face. Karen returned the greeting with a big hug. There was no asthma attack no watery eyes and no itching skin reaction. Relieved, she realized she was no longer allergic to dog hair. She was anxious to return to the doctor for removal of more of her allergies.

COPD? Asthma: At age 66 Maridell had had trouble breathing for 17 years. She had had a diagnosis of chronic obstructive pulmonary disease (COPD) for 5 years. For treatment to help her breathe she used corticosteroid and bronchodilating inhalers and antihistamine medications. NAET allergy testing revealed allergies to grains, formaldehyde, sulfur, mushrooms, Kleenex brand tissues and pollens. She experienced much improved ability to breathe after NAET treatments to remove allergies to grains pollens and cats. She no longer needed the aerosol nebulizer machine bronchodilator treatments nor the allergy medicines. She was relieved and elated at her ability to breathe deeply and easily. The great improvement suggested that there might have been a significant asthma component to her COPD disease. Asthma is a reversible bronchial airway obstruction (bronchospasm). Removal of allergies with NAET can be beneficial in relieving the bronchospasm of asthma. COPD is a chronic bronchial constriction that is considered not to be reversible. Bronchospasm associated with COPD is usually treated with bronchodilator and steroid medications. In this case elimination of allergies offered significant relief of symptoms.

ALLERGIC GLOSSITIS

Glossitis is the name given for inflammation of the tongue. A young lady age 23 had had attacks of tender bumps on her tongue lasting for a couple of days for many years. In her case the inflammation was due to an allergy.

She was screened with approximately 1000 NAET test vials for allergies. Her allergies included Grain mix, serotonin, tyramine, Tylenol and Colgate, soft soap.

After removal of allergy to the Grain mixture she experienced no more bumps on her tongue. The other allergens were removed with NAET to reduce the total allergy load in her body.

She related that her sister in San Diego also suffers from bumps on her tongue. The sister has been able to relate her tongue bumps to eating peanuts. Swelling of the tongue due to allergies can be mild as in the case of these sisters. It can also be extensive and involve the entire tongue. In some cases it can occur very quickly after eating some food to which there is an allergy. Sudden swelling in the back part of the tongue can close off the throat and require emergency treatment to prevent choking.

Chronic Fatigue, GERD, Irritable Bowel, Sinus Congestion
Related by Mrs. H.B.

At the age of 33 I went through numerous medical tests due to extreme fatigue and apparent hormonal imbalances that were causing dizzy spells, hot flashes and horrible PMS symptoms.

A Naturopathic doctor diagnosed me with Chronic Fatigue Syndrome. I also saw many other doctors and internists who simply kept running more tests and put me on antianxiety and antidepressant medications. All of which had little effect on my feeling better. I did try different medications for a few years and then quit using them and tried acupuncture, herbs, vitamins, massage, reflexology and any other alternative treatment I could find, all of which had some effect but did not alleviate the problem.

Over the next 6-7 years, the extreme fatigue began to dissipate but my hormonal problems began getting worse and now included migraines. I also began developing frequent sinus infections, something I had never experienced before. I was put *on* numerous antibiotics, all of which helping relieve the current sinus infection also made me feel worse.

A few years later I had to have my gallbladder removed due to large gallstones and immediately following the surgery, I developed Irritable Bowel Syndrome. At first it consisted of constant and urgent bowel movements and almost daily diarrhea. Along with the came GERD (damaging heartburn), constant pain in my chest (which I was told was a result of the vagus nerve being irritated) and a problem with vomiting at the least provocation that would often go on all night ending with dry heaves.

I was prescribed different medications for this by a gastrointestinal doctor, but they would also make me feel horrible for a few days after taking them, so I did so very infrequently.

I became extremely sensitive to medications, herbs, alterations in diet and any added exercise. Not only would I become extremely tired from any of the above but would often have negative reactions that consisted of vomiting, nausea, stomach aches and flu-like symptoms. Again, I tried several different alternative practitioners along with the regular medical community. I was put back on anti-anxiety medications and antidepressants to try to control these problems. This time the drugs did help settle things down, but after only a year, I went off of the antidepressant due to fact that it made me feel numb, and the only thing I was depressed about was the inability to diagnose and heal my issues.

Within the last year and a half I also went on Bio-identical hormone therapy due to a horrible downward turn in my hormonal symptoms, i.e. confusion, constant hot flashes and night sweats, nausea, migraines and constant energy drain. Many of these symptoms have since been greatly reduced.

To date I still have never recovered my previous energy level. I am usually tired to some degree. I have

horrible insomnia, frequent nausea, absurdly powerful bowel movements, allergic responses to many medications and diet changes, frequent anxiety and occasional migraines.

When I finally stumbled upon Dr. Honan and the NAET treatments, it was through my persistent internet searches attempting to figure out how to restore my health.

After my first NAET treatment, the Irritable Bowel symptoms disappeared. At first I thought I was reversing to constipation, but in fact, I realized I was not constipated at all but was instead having normal bowel movements.... and this also had the side effect of restoring a great deal of energy that I had been losing after every bowel movement.

When I began treatment I was also fighting an oncoming sinus infection, which subsided, after my next few treatments. I have not had a migraine since beginning NAET therapy (approximately 1 ½ months ago), which is a blessing in and of itself. I have also noticed myself becoming much calmer and previous anxiety producing situations seem to have no effect upon my state of mind.

My chest pains and GERD have disappeared. I have more energy and feel more centered and healthy than I have in over 17 years. I have drastically changed my diet with no consequences. There is no more constant nausea, stomach aches (which disappeared after the first treatment), or vomiting.

My allergy symptoms (congested nose, watery eyes, sneezing, etc...) have completely disappeared since completing my treatments. Also, all of my hot flashes and night sweats have disappeared (I was diagnosed as being allergic to all hormones during my NAET testing), and I feel extremely clear-headed.... no more confused thinking.

I am excited about my future progress. What has already been cleared has proved amazing and something I must say I honestly did not expect due to all my previous failed attempts at healing.

I have also had my youngest son who is 9 years old begin treatment, and his stomach aches and strong, unpleasant bowel movements have also disappeared.

I would recommend anyone try NAET. It truly has made a marked and extremely beneficial change in the quality of my life.

FIBROMYALGIA

Mr. C had had symptoms of chronic fatigue and fibromyalgia for 17 years. He had aching in his shoulders and twitching in his arms. During days when it was raining and there was low barometric pressure the fatigue and aching in his shoulders was worse and he experience tingling all over his body. He has a cardiac pacemaker and defibrillator. He said he is allergic to all bees and wasps.

He tested allergic to bee, wasp and wood bee. He was treated with NAET to bee, wood bee and wasp. During the treatment he experienced tingling all over his body and shoulder aching similar to that he experienced during a period of low barometric pressure. After the 20-minute waiting period he said his legs were so weak he could not get off the examining table. He was able to get off the table after another 20 minutes and rested in a chair for a half hour before he felt he had sufficient strength to leave the office.

A week later he reported that he did not experience aching in his shoulders when another low barometric weather front passed through his city.

FIBROMYALGIA: Emily had not felt well for several years. At age 20 she suffered with aching hips and a very dry mouth for 7 years. Medication to moisten her mouth sometimes resulted in uncomfortable frothy excess moisture. A rheumatologist took x-rays of her hips and did other testing. He found no evidence of rheumatoid arthritis and no serious problems with her hips. Her hips hurt when she was on her feet for a long time. She said sometimes she ached all over. She also had problems sleeping. A neurologist recommended several tests and found no serious disease. He made a diagnosis of fibromyalgia. She had also had some canker sores in her mouth. Her medications included Pilocarpine tablets to increase the moisture in her mouth and Lyrica for pain and sleeping pills.

Emily tested allergic to latex, aspirin, Pilocarpine, mushrooms, grains and a vegetable mix. Her first NAET treatment was to eliminate allergies for grains, pilocarpine and aspirin. When she came to the office for the second treatment she reported that she no longer had a dry mouth and had discontinued the Pilocarpine medication. At the second and last treatment allergies were eliminated to latex, mushrooms and vegetable mix. A follow-up examination revealed she was feeling much better without hip pains and dry mouth. She had discontinued the Lyrica and sleeping pills and said she was recovering from the withdrawal effects of the medication.

COLDNESS

A lady age 75 phoned the office and asked if she could be treated for being cold. She said she had felt uncomfortably chilled for years. Her hands and feet always felt cold. She said she sleeps wearing socks. She was informed that we had never treated such a symptom but would try.

At the first examination in addition to feeling chilled she said her nose dripped water most of the time. She tested allergic to grains, sugars, potatoes, vitamin C, pollens, dust, Tylenol and cat fur. It was learned that Tylenol made her dizzy.

After removal of several allergies with NAET she no longer felt chilly did not sleep wearing socks and no longer had her allergic nose problem. She reported another observation that after using the riding lawnmower she no longer hurt all over her body.

FEELING COLD: A man felt unusually cold in winter even though his house was warm. He heated a bag of rice in the microwave oven to warm his feet when he went to bed. He had some health problems caused by allergies. NAET was used to remove the allergies. Amazingly his feet were no longer cold, but his body still felt cold in winter. He felt cold in bed in spite of using many blankets. When he got out of bed he sneezed several times. After NAET treatment to “cold” test vial he no longer experienced sneezing when he got out of bed. He was amazed that he felt warm and comfortable in bed. During the night he felt so warm that it was necessary to throw some bed covers off his shoulder part of the time.

Many elderly people feel cold in winter or in summer air-cooled buildings. It is usually attributed to poor blood circulation. Other people have been relieved of the sensation of feeling cold when allergies have been removed with NAET. The reason is not yet known.

ALLERGY-RELATED AUTISM

Autism is a brain disorder that becomes manifest by the age of 3 characterized by atypical interaction with others, inability to cuddle or communicate with peers, avoidance of gaze, insistence on sameness and resistance to change, intense attachment to familiar objects, repetitive acts, speech and language problem (perhaps non-verbal). There are several degrees of autism.

Estimates of its prevalence range from 5 per 10,000 to 50 per 1000. A recent new item reported 1 in 150. It is 2 to 4 times more common in boys. Strong evidence supports a genetic component. Suspected environmental causes include vaccinations. It has not been firmly established.

Treatment has been challenging. Intensive behaviorally based approaches that encourage interaction and meaningful communication with others have shown some promise. Speech and language therapy should begin early. Physical and occupational therapists plan and treat these children. Some medications may help.

Dr. Devi Nambudripad who developed NAET has written a book “Say Good-Bye to Allergy Related Autism”. The source of her book is available inside the back cover of this book. Dr. Nambudripad has also done a study on a group of autistic children and shown improvement with NAET treatment. See www.NAET.com.

An autistic boy age 4 was being tested for allergies with the NAET system. He had several allergies. One of the allergies revealed was B complex vitamins. The parents recalled that a doctor had given him an injection of B complex vitamins. They said his hyperactive behavior became much worse and described it as “uncontrollable” for two weeks.

Eliminating allergies with NAET had been shown to be of benefit in some autistic children. Many treatments are usually needed.

HEADACHE AND MIGRAINE

MIGRAINE: Migraine is a type of headache that has a rather abrupt onset and may last hours to days. Visual symptoms may include blurred vision and inability to read because of temporary blind spots, zigzag lights usually in a curve pattern, seeing half of objects and sensitivity to light. It is more common in women but does occur in men. It may occur in several members of a family. Rarely temporary numbness may occur in different parts of the body.

Triggering mechanisms may include bright lights, strong odors, certain foods, stress, weather changes and monthly hormonal changes in women. During attacks there may be nausea and vomiting and a desire to lie quietly in a dark room.

It is helpful to keep a diary to document frequency of attacks and possible triggers such as Red wine.

Pain medicine may or may not be effective. Some special medicines are available when the headache begins and others to prevent attacks. They may be very effective. Some patients do not respond well with them and they are not without side effects.

Textbooks indicate that some food items can trigger migraine attacks. After removing allergies with Nambudripad Allergy Elimination Technique (NAET) to treat other conditions several patients have commented that they have had no more migraine headaches. Several patients have had their allergies removed to treat migraine. Some have no more migraines after eliminating a specific item such as red wine. Others may not experience absence of migraine till all allergies are eliminated. This is consistent with the total allergy load concept in which the condition is not able to clear up till all allergies are removed.

ALLERGY TO RED: Eating Chocolate caused headaches. The lady had been unable to eat chocolate for years. She tested allergic to chocolate. Chocolate allergy was removed with NAET. Later she ate a piece of red velvet cake that contains chocolate. She suffered a headache after eating a piece of the

cake. She assumed the headache was due to the chocolate in the cake. Allergy testing revealed she was really no longer allergic to chocolate but was allergic to the color red. She tested allergic to the red telephone she uses all day, her red fabric purse, red fingernail polish, red ballpoint pen and any red object.

Her allergy to the color red was eliminated with NAET. She has had no more headaches.

MIGRAINES: A young man age 15 had had severe migraine headaches with vomiting weekly for several months. He was allergic to grains, molds, smoking, white pine wood and several other allergens. After starting removal of allergens with NAET he had only one mild migraine. After several NAET treatments he had no more migraines.

ECZEMA, MIGRAINE: A young lady had had seasonal nasal and eye allergies, constipation, eczema and migraine for several years. She was allergic to grains, milk, eggs, several laundry detergents and cats. After NAET treatments she was relieved of all her symptoms. A year later she developed eczema and migraines again. She tested allergic to grains and woolite detergent. The allergens were removed with NAET.

This case illustrates that a person with the tendency to develop allergies can develop allergies again to the same ones, which had been removed with NAET treatments, or to new allergens. Thankfully the allergies can be removed again. This writer had approximately 40 allergies removed with NAET. Nine years later an allergy again developed to vitamin C. The availability of NAET to remove the allergy was greatly appreciated.

ALLERGY TO BODY ODOR: At the work place occasionally it was necessary for Jane to work near a lady whose body odor was unpleasant. During one of those work-related relationships Jane developed a severe headache. The headache lasted all night and into the next workday. Jane tested allergic when she touched the fabric cover on the chair on which the lady had been sitting the previous day. She was also allergic to a tissue rubbed on the chair fabric. A NAET treatment was administered while she held the contaminated tissue. To hasten the relief from the headache a Scenar treatment was administered to the back of her neck, which gave instant relief. She was no longer allergic to the body odor of that lady.

This case illustrates the phenomenon that allergies are manifest by different symptoms in different people. Jane had developed headaches previously from the color red on her purse and telephone, lilac flowers and some foods.

MIGRAINE: A young man age 17 had had debilitating migraine headaches for years. They required bed rest in a quiet dark room. He was somewhat relieved after vomiting. He tested allergic to serotonin, flannel, cigarette smoke, mold, Chinese food, grain mix, white pine, olive oil and others. After the removing of these allergies with NAET he had complete relief for 8 months. The migraines reoccurred. He was allergic to pancreas, mushrooms, avocados fish oil and his finger stick blood. His headaches were again relieved. The recurrence might be considered a failure of the NAET treatment. However he was relieved from headaches for 8 months. His body seems to develop allergies. Apparently he developed some allergies to some other substances. Fortunate for him NAET was available to remove the new allergies he had developed and allow him to be free again of migraine headaches.

MIGRAINE, ASTHMA: At age 65 Amy had had asthma and migraine headaches, sinusitis and eczema her entire adult life. She tested allergic to vitamin C, vitamin A, fruits, dust mites, prednisone, pollens, latex and rubber. After removal of her allergies she was relieved of all her symptoms. After moving to South Carolina she again had migraine and asthma. She brought some specimens of grass and leaves from South Carolina. The allergy was removed with NAET. She was able to be symptom

free when she returned home to South Carolina.

SHINGLES **(Herpes Zoster)**

Chicken pox and shingles are both caused by infection by the varicella-zoster virus. After chicken pox the virus lies dormant in the body. When it reactivates it inflames the nerves and skin supplied by those nerves. It frequently occurs in the elderly and those with weak immune systems. There are no clear-cut reasons that trigger attacks of shingles. Severe sharp pains occur at the infected site followed in 2 to 3 days by a red skin rash and a crop of blisters. The site is very tender to touch and very sensitive to touch by clothes. It may occur anywhere on the body. It is always on one side only and does not cross the centerline. The pain may be severe. The blisters continue to form for 3 to 5 days. The blisters tend to dry up and become dark and disappear 2 or 3 weeks.

Some, especially the elderly continue to have persistent pain called post herpetic neuralgia that may persist for months or years.

When shingles involve the face it may affect the eye and sometimes can cause serious eye damage.

The usual treatment is with Fancyclovir or Valcyclovir antiviral medication. It is likely to be more effective if given within three days after the skin blisters appear.

Prevention involves preventing chicken pox in children with vaccine. In adults the use of a more potent vaccine to boost immunity in those who have had chicken pox has been shown to decrease the incidence of shingles. Treatment of post herpetic neuralgia is very difficult.

Some treatments other than acyclovir have been effective. In the early stages (the earlier the better) Nambudripad Allergy Elimination Technique (NAET) using the herpes virus test vial and the shingle test vial can be effective in halting the pain and clearing up the skin eruptions. In one very painful case in which the skin eruption had just begun to appear the severe pain stopped by the end of the NAET treatment. The treatment may be effective even though the skin eruption has been present up to a week or more.

Intravenous vitamin C is recommended to kill all viruses in the book "Curing the Incurable" by Thomas E. Levy, M.D. Very painful shingles with very red skin can begin to become relieved in an hour after a dose of intravenous vitamin C. One injection is usually sufficient to affect a cure.

Scenar or Biomodulator therapy can also be effective to relieve the pain of shingles. Post herpetic neuralgia is rather resistant to treatments. Scenar has been effective in some cases. Information about is available in the Scenar section of this book.

SHINGLES: On a Friday a lady felt she had sprained her upper back while she was lifting a card table. Two days later on Sunday there was an area of reddened skin and blisters three inches in diameter on her upper back. On that Sunday evening she was administered 25,000 mg vitamin C intravenously. The pain subsided that evening. The next day the blisters had become dark scabs as usually occurs two or three weeks after the onset of shingles.

SHINGLES: Having had shingles twice before a lady age 66 was aware of the symptoms of shingles. She awakened one morning with pain and redness on her left forehead and left cheek. Her internal medicine specialist made a diagnosis of shingles and prescribed Acyclovir. She tested sensitive to shingles and herpes virus test vials. Using these vials a NAET treatment was administered. The next

day there was no redness on her face. She was aware of the long recovery time when she had had shingles on her buttocks and on her chest and appreciated the rapid recovery times with the recent episode on her face.

SHINGLES: A man age 72 had had a headache for a week. It kept him from sleeping. Three days prior to the first office exam red painful skin and tiny blisters appeared on the left side of his forehead and left eyelids. The left eyelids were swollen and the white of his eye was red. His doctor-diagnosed shingles and referred him to evaluate if it had affected the inside of his eye. Acyclovir antiviral medication had been prescribed.

Examination of the eye with the office microscope revealed that the shingles had not yet affected the inside of the eye. Shingles has the capability of affecting the eye severely.

He tested sensitive to the shingles virus test vial and to the herpes virus test vial. A NAET treatment was administered using the two virus vials. The following morning he was able to drive himself to the office. He reported that the headache was mostly gone, the eye felt comfortable and that he had his first good night's sleep in a week. The eyelids were still swollen and the forehead remained red. A second NAET treatment was administered. The third day there was no pain. The skin lesions were crusted in a healing mode. A third NAET treatment was administered but was probably not really needed. There was still no involvement of the inside of the eye. Shingles usually remains painful for days and weeks in spite of the use of acyclovir. Pain, called post herpetic neuralgia can persist for months and years. He did not develop the pain called post herpetic neuralgia. It took more than a week for the red skin and crusts on the skin to resolve.

SHINGLES IN THE EYE: A lady had had shingles with blisters on the skin of the right side of her forehead for 2-½ weeks. The blisters had mostly dried up but the forehead was still painful. Her doctor had prescribed the usual acyclovir medication for shingles. Shingles is always on one side and does not cross the midline. The shingles had affected the inside of the right eye resulting in blurred vision. Shingles in the eye is called herpes zoster ophthalmicus. If untreated it can cause extensive eye damage. The usual treatment for shingles in the eye is corticosteroid eye drops and sometimes prednisone tablets. The eye drops were prescribed every hour. A week later the shingles in the eye had not improved. With NAET type allergy testing she tested positive to the shingles test vial and the herpes zoster test vial. After Nambudripad Allergy Elimination Technique (NAET) using these test vial the shingles in the eye cleared up and her vision improved.

SHINGLES 10 YEARS: Shingles affected a four-inch diameter area on the skin of Joe's right lower back. Ten years later small bumps and scabs continued to reoccur with a sensation of itching and burning. He tested sensitive to a NAET Shingles and Herpes Virus test vial. After a NAET treatment with the test vial the skin lesions resolved. The skin became smooth without any skin irritation for the first time in ten years. NST test with the Shingles and Herpes virus vial indicated he was no longer sensitive to it. A year later the skin area again became irritated with itching and burning. After NAET treatment the skin lesions again resolved. Two years later he has had no more recurrences.

SHINGLES: Mollie age over 90 had pain in her left arm for 2 to 3 days. She developed redness and blisters on the skin of her left arm from the shoulder to the elbow. It was very painful. She was referred by her doctor for treatment for shingles the same day the red skin and blisters developed. With NAET type testing she tested positive to shingles and herpes virus test vials. Following a NAET type treatment using those vials she became pain free by the time she left the office. The blisters were scabbed over 3 days later and recovery was uneventful. She was unaware that recovery usually takes weeks.

ENVIRONMENTAL ALLERGIES

“Environmental Allergies” is a term that has been used to refer to a multitude of allergies afflicting some unfortunate individuals. They suffer from multiple allergies. They seem to be allergic to “everything under the sun”. The conventional approach to this problem is total avoidance of those things to which they are allergic. A few have attempted to avoid all contact with the modern environment of multiple chemicals, metals, etc and live in the desert in shacks with basic amenities in desperate attempts to avoid allergy illnesses.

Indeed some people seem to develop allergies to substances in the surrounding environment including different woods, bricks, marble, concrete, colors, carpet fabrics, latex (rubber), different metals, foods, car exhaust, smoke, and almost anything and everything that we use and that surrounds us in our daily living.

The allergy symptoms elicited by all these “environmental allergies” can affect any body system. They include the nose and sinuses, lungs (asthma, bronchitis) intestines (diarrhea, vomiting), skin (eczema, hives, itching), anaphylaxis involving different body systems, and mimic many disease process.

NAET is effective to remove the allergies associated with these multiple problems. It is a rather tedious process because of the many allergies involved. People with multiple allergies tend to continue to develop allergies to other substances. It is possible for people with multiple allergies to have them eliminated with NAET to be able to live normal lives.

NON-CONVENTIONAL THERAPIES

Conventional medical therapy is therapy that is prescribed or administered by a majority of physicians.

There are many alternatives to conventional therapies including Acupuncture, Homeopathy, Chinese medicine, Chiropractic, Osteopathy, Spiritual healing, herbal medicine, massage therapy, biofeedback therapy, hypnotherapy, nutritional therapy meditation, Energy Medicine and others.

Most physicians are unacquainted with other than conventional therapies. It is a human trait to oppose and condemn things we don’t understand or know about. Most physicians are opposed to any therapies not learned in medical school or post-graduate training. I expressed my typical physician biases when I voted against two alternative medicine issues as a Delegate in the American Medical Association House of Delegates. In retrospect I realize I voted my biases without investigating the issues.

Personal health problems can sometimes be mind-altering experiences. A severe asthmatic for 10 years I had been under the care of allergists and attended meetings of the American College of Allergy and Asthma seeking help for my condition. Extremely minute amounts of sugar and other foods resulted in severe asthma and sometimes resulted in anaphylaxis or serious sudden allergic attacks.

In my search for relief I came to realize that for treatment of asthma standard medicine provided only the recommendation to avoid foods and other substances to which a person is allergic plus symptomatic relief with medications. There was no method to remove the allergy or hope for cure.

In 1997 I learned about Nambudripad Allergy Elimination Technique (NAET). Approximately 40 allergies were removed from my body. I took several courses by Dr. Nambudripad and began providing this therapy for patients.

Jerry Tennant, M.D. of Dallas introduced Russian Scenar Therapy into the US in late Summer 2001. Richard Kratz, M.D. of Los Angeles and I were invited to Dr. Tennant's home in November 2001 for initial instruction in Scenar therapy. I was fortunate to attend the first Scenar course in January 2002 and an advanced course in July 2002. Scenar Therapy is being made available in this office.

Barth Conard, M.D., Robert Kunz, M.D. and I now use NAET and Scenar therapies in Lebanon, Indiana. We feel they offer treatment for some conditions for which other treatments are not available.

CHILD ALLERGIES DISRUPT FAMILIES

Severe allergy diseases in children can be disruptive and create much stress in a family. Life threatening allergies such as asthma, peanut allergy and bee sting allergy require constant vigilance, administration of medications and grave concern for the child's safety.

Asthma attacks can occur when the child is at play, at school or visiting friends or family. Some asthma attacks can be fatal in five minutes. Medications may be required several times during the day and night. The parents worry if food pollen, cat or other allergic substance might be encountered when they are not present. Some schools offer peanut-free lunch tables. Birthday parties are of special concern. Some people do not understand the serious implications and may allow an allergic child just a little peanut butter cookie that can result in a serious reaction.

Sudden anaphylactic reactions due to peanut or other severe food allergic substance or bee sting may require the use of an emergency EpiPen adrenaline injection. Parents worry if they might not be available in an emergency.

A physician had a sudden severe asthma attack in a hotel dining room. Her EpiPen was in her hotel room. After rushing to the room and in the excitement of the occasion she stabbed herself in the thumb in place of intended leg location. She knew that an injection in a finger or thumb might constrict vessels and cause gangrene. Also it might constrict vessels to prevent enough adrenalin to enter her blood stream to relieve the attack of asthma. Another concern was she carried only one EpiPen. Suppose in the excitement she had struck the EpiPen on a hard surface and wasted the medication. She had no back-up EpiPen. Fortunately the asthma attack was relieved and her thumb was not injured.

Allergists recommend carrying 2 or 3 EpiPens. If the physician mentioned above had problems using an EpiPen, this raises questions of its use in inexperienced hands.

Parents must rely on friends, family members, schoolteachers and other to use EpiPens on their child in an emergency. Can they be trusted to do use it effectively?

As an adult and a physician this writer was subject to severe life threatening asthma allergic reactions called anaphylaxis due to food allergies. Two emergency EpiPens were carried at all times. After all allergies had been removed and there was no more danger of anaphylaxis the emergency EpiPens were carried for several years. Finally it was realized that allergies had been removed with NAET and no longer was there a threat of anaphylaxis requiring EpiPens.

Parents have confided in the great relief from the stress of worrying about a child with severe life threatening allergy conditions after the allergies have been removed with NAET and there is no longer a threat of allergic reactions.

RELIEF DURING NAET TREATMENTS

Following NAET treatments the relief of allergy symptoms is usually reported at the next or follow-up office examination. Relief of symptoms may occur during the treatments.

Mabel was allergic to house dust collected in an air filter. Her face became very red felt hot and itched and her sinuses became congested when she held a test vial made from the dust filled air filter. During the 20-minute rest part of the treatment she described a gradual relief of the symptoms. By the end of the treatment she said the symptoms had all been relieved.

Jan described the symptoms of her sinus headache as a pressure behind her left eye and into her ear plus obvious hoarseness in her voice. During the NAET treatment she described a gradual relief of her symptoms by the end of the treatment she said her “head” had opened up completely and felt clear. The hoarseness was gone.

Kathy had itching skin on her ankles. She was allergic to Ivory soap. The itching was relieved immediately following NAET to Ivory soap.

Many patients with itching watery eye and nasal allergies due to pollens have experienced relief of symptoms during and immediately following NAET treatments.

Chronic sinuses congestion with longstanding inflammation in the sinuses should logically take longer for relief of symptoms. Yet many describe opening up of their noses and relief of sinus pressure sensation during or immediately following NAET treatments.

Blisters associated with poison ivy have been reported to disappear and the itching is relieved within an hour following NAET treatments.

ACCEPTANCE OF FOOD INTOLERANCES

Mr. Krass was asked about history of previous health problems as part of his examination in the doctor’s office. He told about his hip and knee replacement surgeries, cardiac catheterization and cardiac pacemaker. Then he added that of course he could not eat fish or fruits such as oranges or broccoli or green vegetables because they all caused indigestion.

It is logical for people to avoid foods that cause indigestion. Trial and error can identify foods to which persons are intolerant. “I can’t eat that because it disagrees with me.” People learn to accept the fact that they cannot eat certain foods without personal discomfort. They learn to avoid those foods. They may not be aware that the intolerance to certain foods is often due to allergies to those foods.

Acceptance of intolerance to foods to which a person is allergic is really not necessary when the allergies can be removed with NAET. Those foods that were formerly intolerable can be eaten without discomfort.

Avoidance of essential nutrients because of food intolerances can result in nutritional deficiencies adversely affecting ones health. Green leafy vegetables and fruits containing antioxidants are necessary to prevent many degenerating diseases. Avoidance of fish and fish oil because of allergic food intolerances can deprive the body of omega-3 fatty acids also essential in preventing diseases. Allergies to essential nutrients can be removed with NAET.

The new concept of chronic inflammation as the cause of degenerative disease creates an expanded interest in food intolerances that deny the body of essential nutrients. It also places an increasing importance on eliminating allergies causing food intolerances so the body can utilize the advantage of those nutrients to aid in preventing degenerative diseases. Degenerative diseases include heart attacks, cardiac valve disorders, angina, heart rhythm disorders sometimes requiring pacemakers, congestive heart failure, strokes, aneurisms, age related macular degeneration, clots in blood vessels in retinas of the eye, hearing loss in aging, osteoarthritis, sometimes requiring joint displacement, rheumatoid arthritis, adult on-set diabetes, Parkinson's disease, Alzheimer's disease inflammatory bowel disease including ulcerative colitis and Crohn's disease, multiple sclerosis and there is some evidence to include cancer.

ALLERGY LOAD PHENOMENON

A THEORY OF DISEASE

Many, or most, people have inherited tendencies toward developing allergies. In a majority of people, these allergies are hidden or inactive. Some allergens (things to which people are allergic) are more active or stronger than others are. Emotional or physical stress combined with a strong allergen may weaken the immune system sufficiently to allow hidden or inactive allergies to come out of hiding, and the body falls prey to other problems. Resistance breaks down as the immune system cannot keep the allergies in check or suppressed and chronic physical, functional and emotional problems arise. These problems may be manifest as frequent colds, sinus trouble, hay fever, asthma, arthritis, pain, headaches, fibromyalgia or chronic fatigue syndrome, to mention only a few.

Ken, age 18, is a healthy youth. He had had hay fever for several summers. It was very uncomfortable and he sought relief in air-conditioned environments whenever possible. The allergies triggering the hay fever were inhalants from trees and grasses. The physical or emotional stress resulting in a compromised immune system was unknown. He is a high achiever in school and other endeavors. With his compromised immune system, for whatever reason, hidden allergies manifested themselves. His system became overly sensitive to trees and grasses and he developed hay fever. It didn't just happen. Although the allergy to trees and grasses triggered the hay fever, other allergies were present and inactive for years.

Allergic family members include Ken's parents, grandfather and great grandparents. His parents have sinus allergies and his mother is allergic to poison ivy. Their physical and emotional stress factors precipitating their allergies are unknown. Both are high achievers. They developed their allergies after age 20.

Ken's grandfather had childhood seasonal asthma due to allergy to ragweed pollen. The onset occurred following a tonsillectomy at age 10. He "outgrew" his childhood asthma, or it went into remission. It reoccurred as severe 24-hour-a-day asthma 12 months a year in his 60's. Precipitating emotional or physical factors are unknown.

Ken's great-great grandparents both had asthma. His great-great grandfather developed severe asthma after having the flu at age 60. At 65, the asthma disappeared after he again had the flu. It reoccurred after the flue at age 70 and persisted the rest of his life. Ken's great-great grandmother developed asthma late in life. It became worse and was fatal.

Ken was tested and treated for allergies with the Nambudripad Allergy Elimination Technique (NAET). NAET uses a muscle response method for allergy testing rather than skin or blood tests. NAET treatment involves a combination of spine and acupuncture or acupressure treatment. NAET eliminates allergies rather than merely relieving them temporarily.

Ken was found to be allergic to several inhalants and ingestants. The summer hay fever, due to grasses and trees, might suggest that these allergens should be eliminated first by NAET. One of his strong allergies was to egg. After NAET treatment to eliminate egg allergy, the hay fever symptoms ceased the next day. Later the pollen allergies were eliminated.

An explanation might be as follows. Ken had a total load of several allergies. There were many things to which he was allergic. The allergy to trees and grasses was the overload or “straw that broke the camel’s back.” It was the additional load factor that broke down his immune system to the extent that it precipitated disease. Egg was apparently a strong allergen in his total allergy load. Elimination of allergy to egg reduced the stress on his immune system by reducing the total allergy load so that tree and grass allergy no longer resulted in disease. There were several more hidden or inactive allergies. NAET treatments to other allergens have further reduced Ken’s total allergy load to prevent further disease.

The immune system seems to be improved or strengthened by reducing the allergy load. Many disease states are improved. In addition to improvement of disease, there are side benefits. Reducing the allergy load can lead to a sense of well being or even euphoria compared to a relative depression associated with a high allergy load. There are reports of improvement of deeper levels of depression after elimination of allergies. Minor benefits also include a decreased sensitivity to cold air or drafts. Cold hands and feet develop noticeable, comfortable warmth. People who sneeze repeatedly on awakening in the morning are relieved of this annoying symptom. People who are mouth breathers because of difficulty breathing through their noses find they can breath through their noses comfortable. Air travelers whose ears become plugged and painful when planes descend are relieved of this painful symptom.

Most people do not relate allergies to seemingly unrelated medical conditions. It may be associated with such conditions as obesity, alcoholism, food and drink cravings, nicotine addiction, depression, exhaustion, and other conditions.

INDIVIDUALIZING NAET THERAPY

A lady with a history of contact dermatitis from poison ivy tested negative to a test vial of 3-leaf poison ivy. Other patients allergic to that test vial had had their allergies removed with NAET using it. Then the lady brought poison ivy leaves from her yard. She was strongly allergic to those leaves. NAET was used to remove allergy from the poison ivy leaves from her yard. She no longer got poison ivy on her arms from poison ivy leaves in her yard.

Most people with sensitivity to poison ivy treated with the office test vial no longer get poison ivy. Some people are sensitive to poison ivy vines from one area and not others. This would suggest there are differences in different vines.

Three people had their allergy to poison ivy removed using three-leaf ivy. They no longer got poison ivy from 3-leaf ivy. These same three people tested positive to 5-leaf ivy. Their allergies to 5-leaf ivy were removed with NAET. It had been in my previous medical knowledge that 5-leaf ivy does not cause poison ivy on the skin. It is now our experience that some people can get poison ivy from 5-leaf ivy.

A man complained that his eyes watered only when he entered his home. He was not allergic to any of our several house dust test vials but allergic to a dust specimen from his home. After NAET to his own house dust he had no more watery eyes. Two other patients were not allergic to test vial of house dust but were allergic to house dust from their homes. NAET using the house dust from their homes relieved

their symptoms.

Customizing allergy testing and NAET therapy to specific allergens in their individual environments can be of help in treating some patients.

DO ALLERGIES REOCCUR AFTER NAET TREATMENTS?

When I was in Medical school one professor repeatedly discussed the “Diathesis” or tendency for some people to develop certain illnesses. The reasons for most of those tendencies were and are still obscure. Heredity and certain gene expressions have offered some clarification.

Tendency to develop allergies seems to involve heredity. The science of prevention or treatment of hereditary problems has yet to evolve for practical therapeutic purposes.

A baby may have an allergy manifestation such as eczema. The allergy can be removed with NAET. He or she may never develop other allergies, or they may occur at anytime throughout life. Asthma, gastrointestinal allergies or many of other possible allergies can develop during any decade of life.

A person may have one or a dozen or more allergies removed with NAET and live free of allergies for the rest of his or her life. Because of the original basic tendency to develop allergies a person could again become allergic to a substance that had been treated with NAET. Allergy could occur to an entirely different substance to which he or she had never before been allergic and could affect a different part of the body.

This writer had approximately forty allergies removed with NAET. Four years later I became allergic to detergents used to wash linens in a particular hotel. The allergy was removed with NAET, and no more problems have occurred from detergents. Nine years after my initial NAET treatments I became to vitamin C again. This reoccurrence was not likely related to failure of the original NAET treatment for vitamin C but a recurrence of the allergy because of the tendency of my body to develop allergies. I had previously enjoyed nine years freedom from allergy to vitamin C. After NAET treatment the allergy was again removed.

NAET can remove allergies but is not able to change the internal make-up or tendency of the body to develop allergies. The good news is that if allergies should reoccur or if new allergies should occur they can be eliminated with NAET.

BRAIN FOG

Dr. Devi Nambudripad describes what she calls “brain fog”, but people are usually skeptical about the existence of this rather vague condition. What is brain fog? Does it really exist? Practitioners of NAET may treat hundreds of patients while keeping the symptom of brain fog in the backs of their minds.

Brain fog cannot be seen or measured. Its presumed existence or presence is suggested in the volunteered comments of patients after allergies have been removed with NAET. Patients do not include brain fog in their lists of symptoms. After several allergens have been removed and symptoms have been relieved many patients say they feel better “all over”. Some say they can think better. A few who may have heard of the term previously say that their brain fog has lifted.

Dr. Nambudripad describes treatment of Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD) by removal of allergies. Parents have related comments by schoolteachers that after removal of allergies children with ADD or ADHD are “more focused” in their

schoolwork. Improvement in grades at school has been reported after NAET. It may be that chronic constant sinus congestion, inability to breathe through the nose, a constant “running nose”, asthma or discomfort from other allergy conditions could result in distraction from clear mental processes.

Awareness or the consciousness of brain fog seems to be apparent only after a person no longer has it. Awareness of the ability to think more clearly, remember phone numbers easier, more easily understand the meaning of a printed paragraph without re-reading it and improved ability to mentally calculate simple mathematical problems are some of the ways NAET patients have described the absence of brain fog.

EAR PROBLEMS WHEN FLYING

Increase in atmospheric pressure when descending from a high altitude to earth level in an airplane is a threat to those with nasal allergies. The tiny tube passageway from the nose to the inner ear is called the eustachian tube. The eardrum presents a barrier to the passage of air as atmospheric pressure increases when an airplane descends to the earth. The eustachian tube allows air to pass from the nose to the inner ear to equalize the pressure from outside the ear to the pressure in the inner ear.

Nasal allergies can result in inflammation and swelling of the tissues lining the inside of the nose (called mucus membrane) at the point where the eustachian tube leaves the nose to go to the ear. The opening of the eustachian tube can become obstructed or closed because of the mucus membrane swelling.

As the plane descends the increased atmospheric pressure applies external pressure on the eardrum. Air from the nose normally escapes through the eustachian tube to equalize the pressure in the inner ear. If a sensation of ear pressure occurs during the plane’s descent the equalization of the air pressure can be facilitated by the use of the Valsalva maneuver. The Valsalva maneuver consists of holding the openings of the nose (the nares) closed with the finger and thumb and “blowing” with the lungs to increase the air pressure inside the nose. If there is no or minimal swelling in the lining of the nose the increased air pressure can force air through the eustachian tubes and relieve the uncomfortable pressure in the ears.

Nasal allergies resulting in inflammation and swelling in the lining of the nose can cause minimal or complete obstruction of the entrance to the eustachian tubes. Pain and sometimes rupture of the eardrum can occur.

Many people with nasal allergies have learned to carry nasal decongestant and antihistamine medications to take approximately an hour before a plane lands. This writer with many allergies carried Benadryl capsules for many years to take an hour before landings. I accepted allergens as “a way of life”. I fought to try to feel and act normal by taking the antihistamine Benedryl to shrink the nasal mucus membranes that had been inflamed and swollen due to allergies. At least I had been able to avoid a blown-out eardrum

After my allergies had been removed with NAET I no longer have ear pressure problems when riding in planes and no longer carry Benadryl. Several patients have reported the same absence of ear problems when flying after removal of allergies with NAET.

ALLERGIES CAN BEGIN AT WHAT AGE?

Henry began having attacks of diarrhea in his 50’s. Strangely the attacks occurred mostly during the night. One day for some reason he had no evening meal. He had no problems that night. Allergy

testing revealed allergy to wine, grains, mushrooms and sulfur. The allergies were removed with NAET. He had no more problems.

Why did Henry suddenly develop allergies in his fifties? Why does anyone develop allergies? Why did the allergies affect his gastrointestinal system? Allergies to foods can cause other reactions. Reactions can include asthma, sinus drainage, pains in muscles, constipation, migraine etc. Some people have no allergies problems till they are in there 20's, 50's, 80's or at any age. Of course there are no answers to the above questions with present medical knowledge.

Food allergy reactions can occur immediately after consuming a problem food or up to a day later. Reactions can range from mild to life threatening as in anaphylaxis. They can affect any part of the body including the gastrointestinal tract as in Henry's case, lungs (asthma or cough), skin (eczema, hives), sinus congestion and drainage, aching in muscles or joints, general body swelling due to retention of waters, mood alterations or other symptoms. Finding the specific food or foods causing the allergic reactions can require some detective work. One problem food item may become readily apparent, but allergy testing for hundreds of allergy test vials may be needed to uncover the food or foods causing the problem. Sometimes the allergic reactions can occur for years or a lifetime before being diagnosed. A lady age 28 was constipated all her life. By trial and error she had found that by avoiding wheat she would not be constipated. After removal of wheat allergy with NAET she could eat wheat products and had no more problems with constipation.

Had Henry gone to a physician who was not accustomed to considering allergy problems, what would have been the probable investigation and treatment? An unexplained diarrhea throws up caution flags of perhaps intestinal infection, bowel inflammation and even cancer. Logical investigation would include stool examinations for possible bacteria, amoebia, parasites, etc. X-ray examinations would look for tumors and other abnormal bowel conditions. A sigmoidoscopy exam might be appropriate. An allergist might have recommended an elimination diet to reveal the allergies. The entire processes could have possibly taken several weeks or months. The cause might not have been discovered. In Henry's case there was actually bowel inflammation due to allergy. When the allergy was removed the inflammation and symptoms subsided.

CAN ALLERGIES CHANGE?

Frank had poison ivy many times when he was a boy. At age 50 he assumed he was still sensitive to poison ivy although it had not bothered him for several years. During a testing to determine what allergies were causing his sinus congestion it was found he was no longer sensitive to poison ivy. Indeed when he came in contact with the dreaded plant it caused no reaction.

Frank's brother Paul bragged that poison ivy never bothered him. He could work in the yard and pull out poison ivy plants with his bare hands without problems. At age 45 he had a severe attack of poison ivy on both arms.

Indeed allergies can change. People can have no allergic responses for years and then develop intestinal allergies or sinus congestion or asthma. Other may have asthma or intolerance to foods causing intestinal inflammation when young and relate that they "out grew" those problems as they became older.

The reasons why allergies occur are unknown. The reason they may disappear spontaneously is also not known.

In some people with seemingly allergic tendencies it may be a challenge to keep up with their changes.

Fortunately allergies can be eliminated with NAET. One lady who had not been bothered with allergies all her life developed a running nose when in her bathroom. It was determined it was caused by the olefin fabric in the rugs. That allergy was removed with NAET. Later she developed an itching skin on her ankles, waist and chest. She had developed an allergy to latex. The allergy was removed with NAET. A few months later the bathroom again bothered her nose, this time she was allergic to the white pine wood in the doors and wooden window shutters. That allergy was removed with NAET. Nose problems in the kitchen were found to be due to the color yellow on the painted walls and curtains. Fortunately all the allergies could be removed with NAET. Also fortunately for this lady she seemed to recover from her tendency to develop different allergic responses.

A man enjoyed an allergy free life after removal of several allergies with NAET. Eight years later he experienced some nausea in the mornings. He was observed the nausea occurred after taking his morning vitamins. Allergy testing revealed he had become allergic to the B complex vitamin he took every morning. Allergy to B complex had been removed 8 years earlier. Apparently he had again become allergic to it. The allergy was removed with NAET and again he was free of allergy symptoms. Apparently he has a tendency to develop allergies and had again developed an allergy to B complex. Fortunately NAET Treatment was available to remove the allergy.

AVOIDANCE AFTER NAET TREATMENT

Dr. Nambudripad recommends avoidance of the substance (allergen) that is used for a NAET treatment for 25 hours after the treatment. She explains that the treatment opens up Chinese energy meridians that had been blocked by the allergic substance. The body is no longer allergic to that substance. She says it takes approximately two hours for each of the 12 Chinese energy meridians to clear and remain clear of their blockages caused by that allergy substance. Two hours for each meridian equals 24 hours. An extra hour assures success for the body to stabilize in the non-allergic state.

Sometimes the body is able to clear itself of the allergy in less than 25 hours. The doctor can determine if the body can clear that substance in less than 25 hours.

Avoidance of latex after NAET to remove the allergy is particularly difficult. Latex is in elastic used in panties, bras and also is used in shoes, car seat cushions, chair cushions, etc. The stimulus and desire to get rid of itching and aching due to the latex allergy is usually sufficient to endure 25 hours avoidance of the allergen latex.

Avoidance of foods used for NAET treatments may be challenging but is possible and usually successful.

ENERGY MEDICINE

A discussion of energy medicine is very important in this book about removal of allergies. It is very difficult to explain. There are many branches of energy medicine of which one is Nambudripad Allergy Elimination Technique (NAET). An explanation of NAET can introduce the manipulation of energy flow to cure disease.

There is a flow or movement of energy throughout the body. The brain controls the body through the spinal cord and nerves plus the flow of energy. Chinese medicine describes 12 energy meridians in the body. In health energy flows freely through these channels. If the channels become blocked illness develops.

An allergy is a condition of unusual sensitivity to a substance or substances that may not cause problems in other people. In a person with allergic response such as asthma the allergic substance (called an allergen) is considered by the brain as a threat to the body's well being. When the body comes in contact with that substance it causes blockages in the energy pathways (the Chinese Meridians). This disrupts the normal flow of energy through the body's energy pathways. It interrupts messages from the brain to body organs that begin a chain of events that develop into an allergic response (eg. asthma or skin rash or hives). The NAET treatment opens blocked energy pathways to allow free energy flow and the return to health.

This type of thinking used in Eastern medicine and other methods of healing therapies is foreign to of us accustomed only to Western medicine. There are many books about energy medicine. There are many methods of energy medicine including Chinese medicine, Native American Medicine, Chiropractic medicine, Acupuncture, Spiritual Healing, Massage therapy, biofeedback therapy, Reiki, Homeopathy, Herbal medicine, nutritional biotherapy, Scenar and Biomodulator therapy, Meditation and others. Each of these methods manipulate the flow of body energy to effect healing.

Many feel that energy medicine is the medicine of the future.

ADD and ADHD

Attention deficit disorder and attention deficit hyperactivity disorder have been classified into 3 types:

- 1) predominately inattentive
- 2) predominately hyperactive – impulsive
- 3) combined.

ADHD has been considered a developmental disorder, although increasingly it is considered a disruptive behavior disorder of as yet unknown cause. It is estimated to affect 2 to 10% of school – aged children. The predominately hyperactive – impulsive type occurs up to 9 times more frequently in boys. The predominately inattentive type occurs in approximately equal frequency in girls and boys. ADHD is said to tend to run in families.

The symptoms may involve dysfunction in attention, memory, perception, and language, problem – solving, or interacting with others. An affected child may not pay attention to details, has difficulty sustaining attention in school, may not seem to listen when spoken to, has difficulty following instruction, may not finish tasks, dislikes tasks that require sustained concentrations, often loses things and is easily distracted. The hyperactive type can't set still even in the classroom, may run and climb excessively, often on the go and talks excessively.

The child may often interrupt or intrude on others and impulsively blurts out answers before questions are completed. There may be temper tantrums; excessive frustration, sleep disturbances, anxiety, and poor play relationships with other children, depression, mood swings and excessive clumsiness. The behavior pattern may lead to being shunned by other children, loneliness, academic failure, low self-esteem and poor social skills.

Medications have been shown to control the abnormal behavioral patterns. The dosage must be carefully controlled and are not without side effects. Behavioral management with counseling is also of benefit.

Dr. Nambudripad has written a book "Say Good-Bye to ADD and ADHD" the source of this book is available on the inside back cover of this book. Our experience has confirmed that of Dr. Nambudripad.

Removal of allergies is beneficial for these patients. After allergy removal patients have commented that children are more able to stay focused in school and on tasks and at home, lose their hyperactivity and are able to interact more easily with other children. These children have several allergies and require multiple treatments.

DYSLEXIA AND LEARNING DISABILITIES

Dyslexia refers to problems with reading. Dyslexia and other learning disabilities affect the ability to use spoken or written language, do mathematical calculations, coordinate movements, or focus attention on a task. They include problems in reading, mathematics, spelling, handwriting and understanding the spoken word. Most victims have mixed learning disabilities.

The number of children with learning disabilities is unknown. Among affected children boys outnumber girls 5 to 1.

No cause has been found. A child may be born with a learning disability or may acquire it. It may have genetic influences. Other possible causes include maternal illness or toxic drug use during pregnancy or complications of the pregnancy or delivery, low birth weight or other infant stresses.

Typical children with learning disabilities have at least average intelligence. Mild to moderate disabilities usually not apparent until school age. They may have trouble learning the alphabet or counting or naming letters. They may reverse words or the order of sounds in words. The printed words "this" and "that" or "was" and "saw" may be confused. Language and vocabulary may be learned at slower rate. They may not understand what is read, have poor handwriting and hold a pencil awkwardly. May have trouble retelling a story in organized sequence, or confuse math symbols and misread numbers and letters. Problems distinguishing a lower case "b" and "d" may extend into adulthood. Story problems may be very difficult to perceive.

There may be difficulty in understanding, abstracting, generalizing, reasoning and organizing and planning information to solve problems. They may have problems taking turns, standing too close to a speaker or understanding jokes, have short attention spans, restlessness and poor printing and copying abilities. Some of these symptoms are similar to those of ADD, ADHD and mild Autism. There may be aggressiveness, withdrawal, excessive shyness and fear.

The usual treatment centers on educational management plus medical behavior and psychological therapy. Individual instruction includes teaching phonics skills separate from reading instruction. Remedial teaching programs and repetitive reading training are included therapies.

Dr. Devi Nambudripad reported that following removal of her many allergies her thinking and concentration became clearer. The relationship between what Dr. Nambudripad describes as "brain fog" and learning disabilities is unclear. There are several degrees of what is described as dyslexia and learning disabilities. Parents of several children with these problems have indicated that the children are more focused on their work in school and have improved grades after removal of allergies.

ALLERGY TO COLOR

It is difficult to comprehend that there could be allergy to a certain color. Color is recognized by the eye because of its specific energy frequency of light. Apparently some people develop an allergy to the specific wavelength or energy frequency of light. In actual practice relief of symptoms has been observed where allergies to colors have been removed with NAET.

Shannon age 11 years developed itching eyes when she entered her bedroom. Allergy testing revealed she was allergic to the rose colored walls. She was also allergic to a red plush covered toy animal and a red pencil. The allergy to color red was removed with NAET. She had no more symptoms. Her grandmother became allergic to the yellow walls in her kitchen. Her watery eyes and nose were relieved after NAET to remove allergy to yellow.

CANKER SORES

Aphthous stomatitis (canker sores) is a common condition in which round or oval painful ulcers occur on the lining of the mouth and sides of the tongue. The cause has never been known and thus treatment of the cause has not been possible. It occurs in 20 to 30% of children and adults. The Merck Manual indicates predisposing factors include stress and foods particularly chocolate, coffee, peanuts, eggs, cereals, almonds, strawberries, cheese and tomatoes. (This hints of a possible allergy cause) The usual treatment is with prednisone-like ointment or lotions. Sometimes prednisone tablets are used.

NAET has been used to prevent reoccurrences of canker sores. A lady had had recurring canker sores since the age of 6 years. She acted as a surrogate to remove allergies from her young daughter. Using this method she held skin contact with her daughter. The NAET treatment was actually done on the mother. Skin contact transferred the allergy eliminating treatment to the daughter.

Amazingly the mother also received allergy-eliminating treatment and had no more canker sores.

Katie and her Dad both had canker sores many times over a period of a few years. NAET was used to remove their allergies. Her Dad had no more canker sores. Later Katie had more cankers sores. She had developed more allergies. The new allergies were removed with NAET. Immediately following the treatment she reported that the pain was relieved. A few days later she said she had had no more discomfort and the canker sores had healed.

CANKER SORE: David had had a painful canker sore (aphthous ulcer) on the side of his tongue for over a week. He tested allergic to 9 items including Sears's detergent, Diet Pepsi, blood, Sun detergent, magnesium, oats and latex. Because of his pressing upcoming work and travel schedule it was decided to treat him for all the diagnosed allergens at the same time with NAET. The next day he reported that the tongue pain had been relieved since about an hour after the treatment. He tested negative to all those allergens for which he had been treated. There was a risk of treating so many allergens at the same time, especially including latex. On this occasion the treatment was successful.

NAET TREATMENT REACTIONS

There have been no serious reactions. Two patients experienced warmth sensation in their faces and the skin of their faces became red during the treatments. After the treatment vials were removed from their hands the warm sensation in their faces stopped immediately.

Two patients have developed headaches during NAET treatments and 2 have developed slight nausea. The symptoms resolved within a few minutes.

Mothers have related that following NAET treatments their small children fall asleep in the car on the trip home. Many adults have fallen asleep during the 20 minutes rest period, which is part of the NAET treatment. Many patients have related that they are very relaxed and sleep exceptionally well the night following a NAET treatment. A few very sensitive patients have related that they have been extremely

fatigued for one or two days after NAET treatments.

ENERGY FIELDS

Every object on earth, whether living or non-living, possesses a surrounding electromagnetic energy field. The energy field of each object has different frequencies. All these different energies can attract or repel depending on their energy differences. When a person is allergic to a substance the energy field of that substance causes an adverse response or allergic reaction to that substance. The energy field is invisible. The effect of an energy field can be demonstrated when an iron magnet is observed to attract or repel tiny bits of iron filings. Some bits of iron filings on top of a piece of glass are used as a demonstration to schoolchildren. When an iron magnet is held beneath the glass the iron filings can be observed to arrange themselves in patterns according to the energy field of the magnet. The closer to the glass the magnet is held the stronger effect on the iron filings can be observed.

Energy fields of substances to which a person is allergic are stronger when the person is nearer to the substance. This principle is demonstrated by the stronger effect on iron filings when the magnet is held closer to them. Likewise the adverse effects of energy fields of substances to which a person is allergic are stronger when they are closer to a person. They are strongest when they are swallowed or inhaled, touch the skin or are injected as in a bee sting.

Some people are more highly allergic than others. Allergy to a certain mold may cause minor nose allergies or severe asthma attacks. In the office treatment room a specimen of mold in a plastic bag lying on a table triggered an attack of asthma in a lady sitting eight feet distance from the specimen.

Energy fields from a substance can extend radiate and penetrate through a plastic bag or glass jar cardboard or wooden box. A doctor allergic to cat fur experienced itching eyes and nose allergy symptoms when examining patients who had cats at home. His wife put some cat fur in a glass jar with a lid. The doctor experienced sudden weakness and nausea when he carried the jar as he walked about 100 feet. The energy field of the cat fur had penetrated the glass jar and affected the doctor who was highly sensitive to cat fur. Fortunately NAET removed the cat fur allergy and he no longer experienced adverse effects when he examined patients who had cats at home. A man felt very uncomfortable and perspiration appeared on the skin of his face when in the same room with one sulfa drug tablet. Another man allergic to spices had perspiration on his face in a restaurant when a waiter carried spicy food past his table when serving food to another table. People allergic to bricks have had attacks of asthma living in brick houses.

Instruments are available to measure electromagnetic energy field from out door overhead electric lines, in your bedroom or work place. Presence of the effect of energy fields of substance to which a person is allergic is apparent by their effects on the allergic body.

The conventional method of treating an allergy symptom is to attempt to avoid the offending energy fields. This method is practical when a person is allergic to one or a few substance that can successfully be avoided. Accidentally encountering an energy field to which a person is highly sensitive can be life threatening. Unintentionally eating a nut, shrimp or other food item or entering a room with a new carpet in which there is formaldehyde has been known to be fatal.

During the process of allergy testing a young asthmatic girl with over a thousand potential allergy substances it was revealed she was allergic to brick. The girl then exclaimed to her mother that it explains why her asthma is worse at home in the family brick house than she is at grandma's wood house.

Several patients who are allergic to laundry detergents have related that they suffer allergy symptoms when walking along aisles in food markets where detergents are displayed in plastic containers.

The NAET treatment protocol includes total avoidance of the substance for which treatment was administered for 25 hours. This avoidance allows the body to adjust internally to removal of the allergy. Understanding energy fields helps understanding the reasons for staying completely away from those substances.

Removal of allergies with NAET can remove the sensitivity to offending energy fields and prevent allergic reactions in the future.

RESISTANCE TO CHANGE

Nambudripad Allergy Elimination Technique (NAET) is a different type of medical therapy compared to that with which most of us are accustomed. It is a change. It is a type of energy medicine compared to pharmaceutical based medicine. Energy medicine is discussed elsewhere in this booklet.

We do not like change in our lives. Customs or habits are strong deterrents to acceptance of change. The first day of school or changing to a new school is a difficult change for a child. Introduction of new foods is a change sometimes resisted by children and also by some adults. A dog became severely dehydrated when it refused to drink from a new water bowl. It recovered after it was able to drink from the old bowl rescued from the trash.

Historically hesitation, skepticism and a period of years have delayed recognition and acceptance of some notable changes in medicine. In ancient Rome physician Galen established hospitals for the care and rehabilitation of soldiers. The facilities included infection control, separate wards to avoid cross contamination, flushing toilets, and physical therapy rooms. Not till WWI did the world again establish such care for soldiers. Galen treated infected wounds by packing them with cloths soaked in wine. Today doctors use alcohol foam to sanitize the hands before doing surgery. Alcohol gel is available in convenient bottles for everyone to sanitize the hands.

In 1747 British Navel Surgeon James Lind conducted a scientific experiment aboard a warship. Twelve scurvy patients were divided into six pairs. Each pair was treated with a treatment under considerations at that time. The pair treated with citrus fruit (containing vitamin C) recovered and returned to duty. The study was published in 1753. Controversy, skepticism and protection of pet theories by influential physicians delayed change and acceptance to this life saving therapy for nearly half a century. In 1795 at war with France the British began a blockade of French ports on the English Channel. Too many sailors would have been lost to scurvy to continue the blockade for nine years except for a secret weapon. Daily rations of lemon juice brought in kegs from Majorca kept sailors healthy and permitted the blockade to continue till the French were defeated at Trafalgar in 1804. Had the British Navy used that secret weapon earlier it would have strengthened its roll in the American Revolutionary War and might have delayed the colonists in winning the war.

Ignatz Semmelweiss was appalled at the 12% maternal mortality rate due to infection in the medical student maternity clinic in Vienna in 1847. He noted that students came directly from the dissecting lab to the delivery room. Dr. Semmelweiss instituted hand washing with chlorinated lime water. The mortality rate fell to 3% the first year and to 1% the second year. Unfriendly physicians drove Semmelweiss out of Vienna. They were unable to accept change. He repeated the success in another city.

I was privileged to attend the annual AMA scientific meeting in San Francisco in June 1954 where studies were first reported that linked heart attacks and cigarette smoking. Noted physicians questioned and debated that mounting evidence of research supporting the connection for years. Twenty-four years later in 1978 I witnessed a bitter debate in the AMA House of Delegates when a vote finally banned cigarette smoking in its convention halls. The medical community resisted change for years.

It is very difficult for physicians to consider therapies or methods not learned in medical school (change). Prior to about 1950 doctors were taught to observe very carefully the results of treatments to decide what is best for patients. They were taught to think for themselves. After the mid-20th century doctors have been imbedded with the philosophy that only those methods learned in school are of value. There is a very strong “built-in” resistance to change. There is also a strong influence indicating that all new treatment methods must arise from medications.

Over 8500 practitioners worldwide have had training in the use of NAET. Knowledge of NAET is not widespread. It presents a change in theory and practice. Patients who have been able to overcome their resistance to change have benefited from NAET therapy.

The following is from page 20 of a book “Curing the Incurable” by Thomas Levy, M.D., JD. Dr. Levy expressed an opinion on the resistance of physicians to change. The book is recommended reading.

“Most people, especially highly schooled ones such as physicians doggedly persist in thinking as a group rather than as individuals contributing to a collective fund of knowledge. Once something gets etched into the pages of medical textbook, and medical school professors throughout the country teach it to medical students and doctors in post-graduate training, any contradictions to this orthodox body of knowledge get summarily ignored once these impressionable trainees become practicing physicians. This unquestioning faith in the “established” medical knowledge is so deeply engrained that many doctors simply will not even consider reading something that comes from sources that they do not consider worthy of producing new medical concepts. And if they do accidentally encounter and read such information, they quickly dismiss it as just being ridiculous if it conflicts with too many of the concepts that most of their colleagues and textbooks embrace”.

CUSTOMIZING NAET

The kits of NAET test vials designed by Dr. Nambudripad provide a comprehensive variety of allergens used for testing and treating most allergies. Some persons are victims of other specific allergens encountered at home, at work, while shopping, at school or at play.

An asthmatic may be allergic to his or her cat or dog and not to the standard dog or cat test vial. A certain food product brand may cause the allergy problem. The brand of laundry detergent or fabric softener the patient uses can be tested by asking the patient to touch his or her clothing. Asking him or her to touch his or her hair or skin can test allergy to the patient’s hair or skin.

Patients can bring personalized items to the office such as an item of cosmetics, a specific food, and his or her dog or cat hair by inserting the item in a zip-loc plastic bag. Rubbing the floor, windowsill, etc with a tissue and placing it in a zip-loc plastic bag can collect samples of dust or mold or pollens. In our office hundreds of specimen have been collected in zip-loc bags. Some NAET practitioners do not use plastic bags. In our office plastic bags have been used for several years with excellent results removing allergies. Only one person has tested allergic to the polyethylene plastic used in the bags. It is a convenient and practical method to collect personalized allergen specimens.

A patient may be allergic to the specific dust and mold specimen in his or her house and not to the standard test vials. A specific perfume or flower or dust in a specific food market may be the offending allergen. Sometimes a patient may bring a dozen or more specimens for which to test.

In our office test vials were made from specimens of grass or weeds were collected every 2 or 3 weeks year round for a two-year period. In winter tissues were rubbed on outside windowsills to collect local pollens. One vial was made from the many vials to represent the local pollens collected over a period of 2 years.

A patient may be requested to bring specimens of each of his or her medications for testing. A man with an intense itching skin rash on his back for a year was allergic to one of the pills he was taking. A certain tree in the yard may cause itching eyes or a running nose.

Some people may develop shortness of breath while walking in the detergent aisle at the grocery store. New products are sometimes introduced. A tissue can be used to rub all products on the shelves to enhance the detergent vial in the test kit for use in testing and treating patients.

A sleuth type of investigation and imagination is sometimes needed to find the substances needed to test a patient with allergy symptoms.

DIFFERENT MANIFESTATIONS OF ALLERGIES

The reaction to an allergy substance called an allergen may affect different parts of the body in different people. Allergy to wheat for example may cause:

- Asthma
- Itching skin
- Vomiting, diarrhea, constipation or abdominal cramps
- Nasal congestion
- Sinus mucus, drainage into the throat
- Anaphylaxis
- Itching eyes
- Fatigue
- Muscle aching
- Migraine
- Urinary frequency or incontinence

One allergy condition may be caused by different allergy substances (allergens) in different people. One allergen may be more prominent or a major cause of a condition but others may contribute to the problem. For example asthma may be triggered by:

- Substances inhaled such as pollens, molds, house dust, car exhaust, formaldehyde, perfume, laundry detergents, etc.
- Foods such as eggs, wheat, tomatoes, etc.
- Building materials such as bricks, concrete, different woods such as pine or maple, etc.
- Medications
- House furnishings such as rugs, upholstery, paint of different colors, paper, newspaper ink, etc.
- Animal hair
- Human skin and hair

A person with a tendency to develop allergies may develop allergies to different substances at different

times. A young girl developed itching eyes and a running nose. At different times it was caused by cats, floor dust at school, the pink color of her bedroom walls and the red color of a stuffed animal and spring pollens. Fortunately to the date of this writing she had not become allergic to foods and the many other causes of allergic conditions.

REMOVING POLLENS AND DUST FROM THE HOME

Removal of all pollens, dust and mold from the home is very difficult. It is better to remove allergies from the body with NAET so that those substances do not cause allergy symptoms.

Marketers for vacuuming cleaners claim allergy relief among other claims for their products. Consumer reports magazine for October 2007 indicate that most vacuum cleaners remove pollens from rugs and carpets. Pollens are rather large particles compared to dust particles and therefore easy to remove.

Absent in marketing claims is whether enough pollens can be removed to affect relief of allergy symptoms. Allergy sufferers have different levels of sensitivity. Some may have only a slight sensitivity and removal of some pollens from carpets may offer some relief. More sensitive people may experience little or no relief.

Others methods of removal for airborne pollens are air conditioning, specific air cleaning devices including electronic cleaners and dust filters. A study reported in a medical journal indicated these devices might offer some but not complete relief. Pollens from out of doors enter the house each time an outside door is opened. Other family members and pets can carry pollens from out of doors. It is also difficult for a pollen allergy victim to remain indoors all the time.

Traveling to another part of the country during the season in which pollens cause allergies can be very effective for allergy relief. Plants that produce offending pollens may not grow in another region. Fall pollens, especially ragweed, that caused hay fever and asthma in the Midwest in August and September can be avoided by travel to the north or south. Fall allergy victims in Indiana can experience relief by traveling to northern Michigan or Florida.

Some people with a tendency to develop allergies have moved permanently to another part of the country and are free from allergies. After 3 or 4 years they may develop allergy to local pollens in the new area.

The conventional treatment for people allergic to dust mites is to attempt to avoid them. Dust mites live on tiny skin particles that fall off the body into carpets, mattresses, sheets, bed covers, curtains and drapes and clothes. Attempts to avoid them include removing rugs and curtains from a bedroom, covering mattresses and pillows with plastic covers, washing bedcovers daily and air purifiers. Unfortunately these measures may not be sufficient to afford relief of symptoms such as asthma, nasal and sinus allergies.

Dust mites do not live in mountainous areas above 5,000 feet elevation. A man with asthma moved to Colorado above 5,000 feet elevation. He experienced complete relief from asthma. A couple of years later he was no longer allergic to dust mites encountered at lower elevations. A camp for children with asthma has been established in the Swiss Alps at 10,000 feet elevation. Children who remain at the camp for at least 6 months lose their dust mite allergy.

Treatment of dust mite allergy with NAET is usually successful with the first treatment although avoidance for 25 hours is not possible. Sometimes re-treatment may be required.

ENERGY MEDICINE IS POWERFUL

NAET is a type of energy medicine. The word “powerful” is used in the sense that it can be very effective. The term “Strong medicine” might indicate that there are possible “strong” or adverse reactions. NAET does not cause adverse reactions. The terms “powerful” or “effective” are more appropriate. They indicate it can result in healing or good results “quietly” and or without being unpleasant, strong or uncomfortable. It is a seemingly undramatic process or “non-event”. Allergies that are causing illness are silently eliminated.

Energy medicine utilizes manipulation of the body’s internal energy system to effect healing. It does not use drugs or medications. We are accustomed to taking a pill to suppress symptoms or to result in healing. We are not accustomed to therapy without the use of medications. It is difficult for us to comprehend a therapy like NAET that manipulates the body’s energy system. A NAET treatment involves stimulating one of the 12 Chinese energy meridians (the urinary bladder meridian) at the sides of the spine from the neck to the tailbone. This maneuver removes the allergy when the allergenic substance (allergen) is held by the fingers. I can’t explain how it works. The treatment is “locked in” by stimulating some acupuncture points on the hands, elbows and feet. We look upon these “strange” maneuvers with disbelief and doubting if such unorthodox treatment could possibly do any good.

The results indicate that this rather unfamiliar treatment can effect powerful healing in the body. An example is a farmer who was miserable with a stopped up nose and watery eyes during the fall allergy season. He had been taking antihistamine tablets and using a nasal inhaler without much relief. The pollen allergy was removed with NAET.

Following the treatment and as he was leaving the office he commented that the nasal congestion was gone, his eyes had stopped watering and that his mouth felt dry. He was advised to go home in his air-conditioned car and stay in his air conditioned home to avoid pollen for 25 hours to allow the treatment to become effective. A few days later he reported that he was able to work out of doors without allergy problems in his nose and eyes.

All the case reports using NAET in this booklet represent results of this “powerful” type of treatment without harmful or adverse effects.

FREQUENCY OF NAET TREATMENTS

The next NAET treatment can be provided after the body has been allowed to clear or is no longer allergic to the allergenic substance used for the previous treatment. The NAET protocol designed by Dr. Nambudripad calls for a 25-hour avoidance of the allergenic substance used for a treatment.

Chinese medicine describes 12 energy meridians in the body. Energy flows freely and unobstructed through the meridians in health. In illness the flow of energy freely through the meridians is said to be blocked. Acupuncture is reported to be one method of opening blocked meridians. NAET is used to remove allergies by opening blocked energy channels. Dr. Nambudripad indicates that it takes approximately 2 hours to unblock each of the 12 energy channels for a total of 24 hours. One hour is added to assure the opening is complete.

Some allergy victims travel long distances and stay in town for a week for elimination of their allergies in our office. Daily NAET treatments seem to work satisfactory. Local patients prefer treatments weekly or every few days.

Those with allergy symptoms want to be relieved of their symptoms as soon as possible. In our office of the 15 basic allergens indicated most important by Dr. Nambudripad only those to which the patient tests allergic are treated individually. Most patients test allergic to 1 to 5 of the basic allergens. The remaining allergies are treated in groups to shorten the number of treatments needed to eliminate allergies to all substance to which the patient is allergic.

It is our goal to alleviate allergy symptoms as soon as possible. This aggressive method is very effective and greatly appreciated by people with allergy symptoms compared to prolonged treatments over a period of months.

HOW DOES NAET ALLERGY TESTING WORK

Neuromuscular Sensitivity Testing (NST) is used to diagnose allergies in the NAET system of therapy. When the finger pads touch a substance to which the body is allergic it causes muscles to be weak. The reason is not clear. Usually the muscles in an arm held at a right angle to the body (straight out) are used. When the fingers of the other hand hold a substance to which the body is allergic, downward pressure on the extended arm by another person reveals a weakness in the arm muscles. Another method is to use another person called a surrogate. A surrogate person can maintain skin contact with the person being tested while a third person applies pressure to the surrogate's extended arm. Weakness in the surrogate's arm indicates that the person being tested is allergic to the substance held in his or her fingers.

What happens? Some factors of the apparently mysterious phenomenon are known and some are not known. The thinking brain transmits a message to the spinal cord to send a sufficient amount of electric current (called innervation current) to the muscles of the extended arm to maintain its extended position. For some reason as yet unknown when the person is being tested touches some substance with the fingers to which the body is allergic a lesser amount of current is sent to the muscles in the extended arm making the arm muscles weaker.

Electrical energy (current) flows to the body of the surrogate from the person being tested when skin contact is maintained between the two people. Experimentally one end of an electric wire held by the patient being tested and the other end by the surrogate still results in weak muscles in the surrogate's arm when the person being tested holds a substance to which the body is allergic. This is more evidence that an electric current is involved and is being transmitted to the surrogate.

Thus some of the mechanism of the NAET allergy testing method is known and some is as yet unknown. We know it works successfully to diagnose allergies but we do not know exactly how it works.

INFLAMMATION AND ALLERGY

The reactions of the body to substances to which it is allergic include inflammation and swelling. Visible evidence of inflammation in allergic skin conditions includes redness and swelling. They occur in conditions such as hives, eczema, insect stings, poison ivy and itching skin rashes due to allergies to medications, foods, fabrics and laundry detergents.

Not visible is the inflammation associated with asthma and allergic bronchitis. There is visible inflammation in seasonal eye and nose allergies manifested by red itching eyes and a red nose and nasal discharge. The inflammation and congestion of allergic sinusitis is uncomfortable and painful.

Not visible is the allergic inflammation of ulcerative colitis and Crohn's disease. Ulcerative colitis involves inflammation of the inner layers of the intestine wall and results in diarrhea and abdominal

cramps. Crohn's disease involves inflammation and thickening of all layers of the intestinal wall. It can affect several inches of a segment of the small intestine. The walls become so inflamed and thickened that the lumen or passageway inside the intestine can become very narrow.

Anaphylaxis usually due to food allergens can occur with visible redness, inflammation and swelling on an eyelid, lip, and ear or in other parts of the body. It can also occur in the throat and bronchial tubes where it can obstruct breathing. If the inflammation occurs like hives in the lining of the stomach it can cause vomiting lasting minutes to hours.

Tissue studies with laboratory microscopes reveal special types of inflammatory cells in inflammation due to allergies.

The conventional therapeutic approach to inflammation due to allergies is to avoid the substances causing the allergies and suppressing the inflammatory response with medications including prednisone type drugs.

Nambudripad Allergy Elimination Technique (NAET) removes the allergies to substances causing the allergies (allergens). It removes the causes of inflammation and the associated symptoms.

IMMUNITY AND ALLERGY

The immune system protects the body from disease. It eliminates potentially harmful substances from the body. The immune system also has the capacity to recognize and destroy abnormal cells that derive from body tissues (tumor cells). There is a vast amount of knowledge about the immune system.

Allergic and other hypersensitivity disorders are caused by exaggerated immune reactions unrelated to injury or infection.

NAET has introduced some interesting relationships between allergy and immunity. A Catholic orphanage in India cares for children whose parents have died of AIDS. Two or three child deaths a week occurred due to AIDS at the orphanage. After multiple allergies were removed from the children with NAET there are now no deaths. The HIV positive status of the children has reverted to negative. The story of the orphanage children was related to an HIV positive man. He claimed no knowledge of having allergies. Testing revealed allergies to about a dozen substances. They were removed with NAET. He experienced an improved sense of well-being. He said he never felt so good. A year later he said that to the surprise of his doctors he had reverted to HIV negative status.

It is not intended to imply that NAET is a cure for AIDS. These cases are presented as representing interesting relationships between allergy and disease. It is not known what or if other factors may have been involved.

In many people with sinus infections and also some with bronchitis removal of allergies with NAET has been followed by recovery from the infections.

Although there is a vast amount of information available about the immune system, there is also much that is unknown. Why are some disease conditions improved after allergies have been removed with NAET? There are no ready answers. Why did the HIV positive children in the orphanage become HIV negative after removal of allergies with NAET? Why does sinusitis and bronchitis get better after removal of allergies?

A speculative theory lacks scientific validation but may offer opportunity for further studies. Do

allergies require some type of healing energy from the immune system? Suppose the immune system has a total healing capacity of 100 energy value points to fight all the infections, tumor cells and allergies in the body. Suppose that the person has many allergies and the immune system must expend 60 energy value points to prevent reactions to the allergies. Thus there are fewer energy value points to fight other problems in the body. Now suppose the allergies are removed by NAET. More energy value points would be available to fight other problems requiring help from the immune system.

Allergy is only one condition that utilizes the services and power of the immune system and can reduce its ability to service other conditions such as to eliminate potentially harmful substances from the body and to recognize and destroy abnormal cells that derive from body tissues. It has been written that approximately a thousand cells a day become abnormal and may become cancer cells. It is the job of the immune system to hunt down and identify those abnormal cells and destroy them. Other conditions that can affect and reduce the power of the immune system include injury, disease, poor nutrition, toxic substances, radiation and stress.

IMMUNOTHERAPY

Immunotherapy (desensitization) is a method of treatment of allergies by exposing the body to gradually increasing doses of an allergen (allergic substance) by injection or sublingually (under the tongue). It can induce body tolerance of the allergen to reduce allergy symptoms. It can decrease the severity of the symptoms. The conventional ideal method for treating allergies is total avoidance of the allergen. Immunotherapy is used when allergen exposure cannot be avoided and when drug treatment is inadequate. The injections (shots) must be given initially in very small doses every two weeks until the maximum doses are reached. After each injection the person must remain in the doctor's office for about 30 minutes because it is possible for a severe reaction to occur. Maximum doses should then be given every 4 to 6 weeks year-round. Year-round treatment is better than treatment just before the allergy season. This type of treatment can be used for allergies to dust, dust mites, pollens, animal hair, penicillin and insect stings. It is far too dangerous to be used for food allergies. Possible reactions to the shots may be related to overdoses or accidental intravenous injection. The reactions may range from a mild cough, hives, sneezing, severe asthma, severe anaphylaxis shock and even death. To keep the allergies under control the shots must be continued for years. This writer had shots for ragweed allergy for 30 years. NAET is a better and much safer method to treat allergies. With immunology it would take months to build up tolerance of the body to ragweed allergen to decrease the severity of hay fever or asthma. Allergy to ragweed can be eliminated with NAET treatments to prevent hay fever or asthma.

SUBTLE HEALING

Nambudripad Allergy Elimination Technique (NAET) treatments provide uneventful gentle and effective relief of symptoms. Occasionally minor symptoms such as tingling in the fingers or toes or headache or nausea or sensation of warmth may occur. The treatments involve no "bells and whistles", no pain, no needles, no surgery and no strong medications with their possible side effects. Without adverse reactions uneventfully patients merely get better. A boy with asthma had been using several medications including a medicated breathing machine several times daily. After NAET treatments to remove allergies to several substances including foods, dust and pollens the asthma quietly went away. Medications were no longer needed. A lady had a sudden attacks of anaphylaxis manifested by vomiting and intense burning in her eyes after the use of some diagnostic eye drops in the doctor's office. She tested allergic to the eye drops. After removal of the allergy to the eye drops with NAET she was completely relieved of her symptoms and felt fine in a few minutes. The nausea and vomiting quietly went away. She was no longer allergic to the eye drops. Had she gone to a hospital emergency room for treatment of anaphylaxis the likely treatment would have been injections of epinephrine and

antihistamine medications. In a couple of hours she would have been able to go home. She would have still been allergic to the eye drops. Kathy had had Irritable Bowel Syndrome (IBS) with unpredictable diarrhea for a few months. It had a profound restrictive effect on her activities. She tested allergic to 8 food items plus tap water. After removal of those allergies with NAET she was much improved. She still had some problems and became worse after playing bridge. She tested allergic to plastic playing cards. After removal of allergy to the playing cards the IBS quietly disappeared. She was fortunate to be relieved of the symptoms of IBS after having had it for only a few months. Some have had IBS for up to 20 to 40 years before allergies were eliminated with NAET and the symptoms silently went away.

ALLERGIES CAN DISRUPT LIVES

Diseases caused by allergies affect millions. They result in suffering lost days at work and school and costly hospitalizations.

Allergies to foods, pollens, dust, fabrics, cats, dogs, the environment, and other allergens can have a profound adverse affect on a person's life. A child who vomits when eating tomatoes may need to avoid tomatoes his entire life. Tomatoes are used in many foods. The victim must be constantly vigilant to avoid tomatoes.

Roy mentioned elsewhere in this book, suffered anaphylaxis when eating fish and was rushed to hospital emergency rooms when a child after eating even a very small amount of fish. As an adult he suffered anaphylaxis even being several feet from a fish sandwich. His fish allergy guided his selection of restaurants and affected his social life. After removal of allergy to fish with NAET his life became much less complex. He could sit at a dining table next to a person who was eating fish without adverse reactions.

Peanut or pecan allergies are frightening for parents of children who are allergic to them and the lives of adults with nut allergies continue to be complex.

A child allergic to wool must avoid wool his entire life. Others may need to avoid polyester or acrylic fabrics. Some people are allergic to cotton.

Allergies can even affect choice of a career. As a child this writer wanted a career in agriculture. Seasonal asthma and hay fever resulted in being confined to bed and loss of 15 pounds body weight during 6 weeks in the fall of the year. My father advised that another career would be necessary.

Some people are allergic to so many things surrounding them that a name "environmental allergies" has been used to describe their unfortunate circumstance. To avoid all the substances to which they are allergic, a few have taken the extreme route of living in a shack in the western US desert to attempt to avoid substances to which they are allergic. Some patients who have had the diagnosis of environmental allergies have had their allergies removed with NAET. They have been pleasantly surprised to be able to live normal lives again.

There have been rare reports of persons allergic to the dander of their spouses. Occasionally divorce has been the solution. One such allergy was treated successfully with NAET.

Allergy to certain foods that include essential nutrients has affected the health of those who are allergic to those foods. For example longstanding allergy to vitamins C and A have been observed to prevent eating fruits and vegetables with antioxidants and other essential nutrients. It has resulted in degenerative diseases. Life long dietary habits patterns developed because of necessary avoidance have

resulted in continued avoidance even after allergies have been removed with NAET in some people. It is difficult for them to change their eating habits to consume the recommendation of least five servings of fruit and vegetables daily for good health.

Ulcerative colitis and Crohn's disease causing diarrhea and abdominal cramps can result in severe disruption of normal lifestyle. When dietary allergens have been identified as aggravating the condition, avoidance of certain foods must be continued for a lifetime. After eliminating allergens with NAET one Crohn's patient described great pleasure in enjoying his first milkshake and cheese and lettuce on a sandwich in 40 years without intestinal symptoms.

Seasonal spring and fall nasal allergies are significantly disruptive to many. The magnitude of the problem is evidenced by the many commercial medications to suppress the symptoms and the multimillions spent on their advertising. Relief by removing the allergies with NAET is greatly appreciated and permits a normal lifestyle.

Chronic sinus congestion with cough resulting from mucus drainage into the throat causes a miserable way of life for many. Recently the use of antibiotics for sinus infections has been found to be of little value. Removal of allergies with NAET has been responsible for providing relief for sinus congestion and its complications.

Associated with nasal and sinus allergies are swelling inside the nose that can obstruct the nasal passages and inhibit the ability to breathe through the nose. Chronic nasal obstructions and breathing through open mouths in children creates a characteristic facial appearance. One man was unable to breathe through his nose all his life till after his allergies were removed with NAET in his 70's.

Asthma can adversely affect life styles of children and adults. Attacks can be life threatening. Avoidance of allergic foods, pollens, dust, and seasonal allergies causing asthma attacks is a major road blockage to a normal lifestyle. Medications to prevent and suppress asthma attacks and hospitalizations must be accepted as necessary. Removal of allergies with NAET is welcomed as a prevention of asthma attacks and the ability to live a normal life.

COMFORTABLY ALLERGIC

It happened again. Six months earlier John had developed red sensitive painful eyes. He was allergic to the contact lens solution he was using. The allergy had been removed with Nambudripad Allergy Elimination Technique (NAET). Now again he had had red sensitive painful eyes for a couple of days. He had switched to another brand of contact lens solution. He tested allergic to the new contact lens solution. The allergy was removed with NAET. The eye irritation was relieved in a few hours. He was again able to use the contact lens solution to which he had been allergic.

Why did John have allergies to two different contact lens solutions in a six months time period? The cause for allergies is as yet unknown. Some people tend to develop allergies. Unfortunately John is one of those people. Fortunately NAET is available to remove allergies if and when they develop. In his case it was possible to remove allergies to contact lens solutions.

John is aware that he is an allergic type person. He has developed confidence and is "comfortable" with the knowledge that, if allergies develop they can be removed with NAET. Hopefully some method will be developed to remove the tendency to develop allergies. Until that time the conventional methods of treating symptoms caused by allergies is avoidance of allergic substances and with medications. Some cases can be treated with injections or tiny amounts of the allergic

substances by mouth. This type of treatment maybe required for months or years. Nambudripad Allergy Eliminated Technique (NAET) can remove the allergy response from the body. Although allergies develop there is some comfort knowing the allergies can be removed with NAET.

This writer had severe asthma and attacks of anaphylaxis. The allergies to approximately 30 substances were removed with NAET. Most of those allergies remain eliminated. Eight years after removal of all those allergies again I became allergic to vitamin C. The allergy was again eliminated with NAET. Because my body seems to have a tendency to develop allergies, apparently the allergy to vitamin C did develop again. I felt comfortable in the fact the NAET was available to eliminate the allergy again. A couple of other allergies have developed. I felt comfortable also in their removal with NAET. Thankfully most of my original 30 allergies have not re-developed. There is comfort in knowing that NAET is available in case treatments are needed. Before having had NAET treatments I had had several attacks of anaphylaxis, two of which were life threatening. There have been no more attacks of anaphylaxis. Having had no attacks of anaphylaxis for several years eventually I developed confidence to discontinue carrying EpiPens to use in case of attacks of anaphylaxis.

Anna age 31 had had a very raspy hoarse voice for a week. There was pain in her left ear and her throat felt sore. Also she felt as though there was a painful spasm or knot in a muscle in her left shoulder. She also felt fatigued. She had had these same symptoms on other occasions. She had experienced relief with NAET treatments. It was spring and she suspected allergy to spring pollens as a possible trigger of her symptoms. She collected specimens of grass, flowers and straw from around her house and placed them in plastic bags and brought them to the office. She tested allergic to all the specimens plus fresh pollens collected from outside the office and a test vial of pollens. Immediately following a NAET treatment her raspy voice recovered to a clear voice. The ear pain and sore throat were relieved. The painful bump on her left shoulder was less painful. This case illustrates the rapid recovery possible when appropriate allergens are used in NAET treatments. Until some method is available to prevent her from developing allergic responses, Anna feels comfortable in the knowledge that relief is available via NAET if she should have problems again.

Marian had shortness of breath and nasal congestions in the office waiting room. She could smell the after-shave lotion emanating from a man also in the waiting room. She had come to the office for a NAET treatment because she was suspected an allergy to Tabasco sauce. By the time she was to be treated the man with the after-shave lotion had left the office. She tested allergic to her saliva, which likely contained the after-shave allergen. She had a NAET treatment while holding the tissue containing the saliva and the Tabasco sauce. Marian had had allergies to other substances. A few weeks earlier she had experienced an allergic reaction several times while driving past a certain field on a country road. She had collected a specimen of grass and dirt at that location and was treated with NAET for it. She had no more reactions, when driving on that road. Marian said she was distressed at the development of allergies to different things. She added that she was comforted with the knowledge that allergies can be removed with NAET.

BODY PAINS AND SINUSITIS

Chronic sinusitis affects approximately 31 million people each year in the U.S. Body pain is not listed as a symptom of chronic sinusitis in medical texts and journals. A review of data from 10 studies by Georgetown University Medical Center revealed that in some patient's body pains could be associated with chronic sinusitis. It indicates that as a result some patients are diagnosed with unrelated conditions such as arthritis, depression, fibromyalgia and chronic fatigue syndrome when the problem is in the sinuses.

Many people are unaware of that relationship. Treatment for sinusitis may relieve aches and pains elsewhere in the body. Treatment of chronic and reoccurring sinusitis includes the use of antibiotics and sinus surgery. The new balloon sinus surgery provides less invasive relief of the symptoms. Antibiotics may be needed repeatedly for reoccurring attacks of sinusitis. Repeated sinus surgeries may be required. Allergies to pollens, dust, foods and other substances can result in swelling of the mucus membrane that is the lining of the nose. Mucus membrane is also the lining of nasal accessory sinuses. Mucus membrane produces mucus when irritated by infection or allergies. The swelling and mucus can block the openings of the sinuses that drain into the nose. When body fluids anywhere in the body are designed to flow freely become obstructed they tend to become infected. Antibiotics can treat infections and result in improvement of symptoms. Sinus surgery opens up clogged sinuses. Unfortunately because of the stimulus of allergy, the mucus membrane can again become swollen and re-obstruct the openings from the sinuses into the nose.

Removal of allergies with Nambudripad Allergy Elimination Technique (NAET) can eliminate the swelling of mucus membrane and the production of mucus that can clog the sinus openings into the nose. Unless there are structural abnormalities of sinus openings sinus surgery should not be needed after allergy removal with NAET. With absence of mucus membrane swelling that clogs the sinus drainage openings, there is no stagnant mucus inside the sinuses to become infected. People who have had chronic sinusitis for years enjoy freedom from sinus infections after removal of allergies with NAET. Many remark they can again breathe freely through their noses. Many have been relieved of body aches and pains that are associated with chronic sinusitis.

HOPE AND ALLERGY CONDITIONS

The physical and emotional discomfort of illness lasting for weeks, months and years is discouraging and depressing. Hope of finding relief offers encouragement. People travel from doctor to doctor and clinic to clinic. Failure to find a solution for an illness does not deter hope for eventually finding *a cure or relief*.

People with allergy conditions try different doctors and clinics. Most doctors follow similar diagnostic and treatment protocols. Diagnoses of different allergic substances are usually made with skin tests or blood tests. Treatment usually consists of avoiding allergic substances and suppressing the symptoms with medications. Immune therapy using shots or drops under the tongue is available for treating inhaled substances. It is too dangerous to use for food allergies.

Hope and searching leads some allergy sufferers to investigating Nambudripad Allergy Elimination Technique (NAET). Most have investigated and have been treated by conventional methods. They have developed a realization that the treatments include avoidance of allergens and relief of symptoms with medications but are disappointed at the lack of finding cures.

NAET offers a new exciting approach to treatment. Allergies can actually be eliminated from the body so that they no longer cause allergic reactions. Avoidance of allergic substances is no longer necessary. Allergy medications are no longer needed.

The chances of hope for finding relief from allergy symptoms is greatly enhanced for those who find an opportunity to be introduced to NAET.

“NEVER AGAIN CAN I EAT ICE CREAM”

Yes you can! After the ice cream allergy is removed with NAET, you can again enjoy your

favorite desert.

After learning that an allergy to a food, pet or other substance is causing their symptoms most people experience the unpleasant realization that they must avoid that allergic substance forever. Indeed, avoidance of an allergen (allergic substance) has been the traditional primary method of prevention of allergic reactions.

The NAET protocol to eliminate allergies calls for avoidance of the treated allergen for 25 hours after treatment to allow time for the body to adjust to its new freedom from the allergy. Thus after a NAET treatment the person formerly allergic to ice cream can enjoy it without allergy symptoms. It is a different concept and may be difficult to accept.

Previous information in our thinking gained from doctors, friends and in reading materials dictates that if a person is allergic to a substance, he or she will always be allergic to it. The concept that an allergic substance can be eliminated from the body and can no longer cause an allergic reaction is new. Dr. Nambudripad discovered NAET in the 1980's. Its concept has yet to permeate medical thinking.

This writer found this new concept to be very difficult to accept. My strongest allergen was sugar. As an asthmatic I had been allergic to sugar for ten years. The tiniest pinch of sugar would trigger an attack of asthma. Life was very difficult. Eating in restaurants was hazardous. I had assumed that avoidance of sugar would always be necessary. Peter Holyk, M.D. in Sebastian Florida eliminated my allergy to sugar with NAET in January 1998. I was very skeptical. After a couple of days cautiously I touched my tongue to a bit of sugar. Nothing happened. It did not trigger an asthma attack. Then I became more brave and enjoyed sweet foods without any reactions. I took training in NAET methodology and eliminated allergies to approximately 40 allergens from my body. I gained confidence in the NAET method.

I experienced personally the doubt and fears of exposing myself to allergens after NAET treatments. I understand the hesitancy and nearly disbelief by others that allergens can really be eliminated by NAET.

Yes a person allergic to ice cream again can enjoy the desert after the allergy has been eliminated by NAET. The package label on a food product like ice cream lists many ingredients including milk, sugar, flavorings and salt. The allergy could be to one or more of the ingredients. A NAET treatment would remove allergy to all the ice cream ingredients to which the person is allergic.

The allergy to a food like ice cream could trigger reactions in one or more body systems. The reactions could include shortness of breath due to asthma, hives, itching, eczema, vomiting, diarrhea, fatigue, abdominal cramps, nasal and sinus congestion and postnasal drainage. A person allergic to the ingredients of any food such as ice cream likely is allergic to other food and other allergens. It would therefore be logical to do NAET type testing for hundreds of allergens. This can be accomplished in a time frame of one office visit.

There is a deeply ingrained medical philosophy that the primary treatment for an allergy to a substance such as ice cream is avoidance. Fortunately the new method of NAET is now available to eliminate the allergy from the body. *"Yes you can eat ice cream again after the allergy is removed with NAET"*.

WHY DOESN'T JOE TRY NAET?

People who have experienced relief with NAET or have family or friends who have found it successful find it difficult to understand why others are unwilling to try it. Some people just can't believe it will work. They have never heard of energy medicine or energy fields or electrical energy in association with the body. Perhaps they haven't pondered that electrical energy initiates each heartbeat and that an electrocardiogram (EKG) records electrical energy from the heart. Also an electroencephalogram records electrical output from the brain. Part of the electrical activity associated with NAET is known and other parts are not yet understood. We are mostly unacquainted with Eastern or Chinese medicine that provides information about energy channels and acupuncture points used in NAET.

We have had experience with medications but are unfamiliar with energy medicine. We know that allergy conditions can be relieved and controlled but not cured with medications. It is difficult for us to perceive that allergies can actually be eliminated from the body with NAET. Children with allergies to such things as peanuts, shellfish or milk can be subject to life threatening allergic reactions called anaphylaxis. Their mothers live in constant fear that one tiny bite of a food may cause a severe allergic reaction. Fortunately NAET can remove the allergies and eliminate fear of reactions.

Why doesn't Joe try NAET? People make decisions based on previous knowledge and experiences. Some people are more open or inclined to try new things than others. Doctors are subject to these same thought processes. Initially this writer was strongly averse to considering NAET. A personal illness and strong influence by family forced NAET upon me. In NAET courses I was introduced to energy medicine. I had never heard of it. It was not taught in medical school. Now I feel energy medicine will be very important in medicine of the future.

Robert Prince, M.D. treats patients with NAET in North Carolina. His book "Can Allergies Really Be Eliminated" is recommended reading. The publisher is Author House, 1663 Liberty Drive, Suite 200, Bloomington, In 47403, www.authorhouse.com, Tel 1-800-839-8640. On page 85 is a letter from a patient describing great relief from food allergies after NAET treatments. Her son with fatigue and nausea was also treated successfully. Her daughter with ADD was able to focus better in school after NAET treatments. The writer described her desperation seeking help from different doctors for her poor health. She had looked into NAET therapy with the attitude "What do you have to lose?" Then she described the different attitude of her husband and others in considering NAET therapy. A quote from her letter follows: "The sad part is that my husband is extremely skeptical of almost everything. Even though he has seen the changes in our children and me he does not believe it was the treatment that helped. I try to share this with friends who have children with sever allergies, but they don't believe or want to explore the possibilities. It just sounds too good to be true. Both my son and daughter have seen the benefits of the treatments and want to go to appointments, because they know it does work and it makes them feel better".

"I truly believe an individual must have an open mind when considering NAET. It is very different from traditional medicine: however, it is based on the most traditional techniques ever discovered. The techniques worked hundreds of years ago and they still work today. I never regret making the first phone call to the clinic in 1999. NAET has been a blessing for me and for my children".

NAET EMERGENCY CARE

A lady with allergic sinusitis brought some suspected allergy specimens from her yard into the office for allergy testing. They included specimens of butterfly bush leaves, potting soil and yard dirt in separate

sealed plastic bags. In the office she opened her purse to remove the specimens. Immediately she experienced severe shortness of breath, wheezing and had difficulty speaking because of limited breathing. She related she had had a similar but less severe attack when she had been in the yard near the butterfly bush a few days earlier. She tested allergic to all three specimens. A NAET treatment was administered while she held the specimens she brought in her fingers. A double-headed back massager was used for stimulation of the area at the sides of the spine downward from the neck to the tailbone. After 5 minutes she could breathe easier. She was completely relieved in 10 minutes. After the excitement had subsided, it was explained that she had had an attack of asthma. She was unaware that she was subject to attacks of asthma. The NAET treatment had relieved the asthma attack but also had removed the allergy from her body to prevent further attacks due to butterfly bush sensitivity. A week later she reported she had been in the yard near the butterfly bush and had had no shortness of breath.

Most people with acute attacks of asthma are not so fortunate to be in a facility where treatment is available. Known severe asthmatics are usually advised to carry emergency inhalers and perhaps emergency Epinephrine.

Although NAET is usually not considered as a treatment to care for emergencies it can be very effective. A lady who was unaware she was subject to attacks of asthma had a moderately severe attack. Fifteen minutes of back treatment were necessary before she could breath easily.

Depending on a person's degree of sensitivity, an acute attack of asthma can be mild, moderate, or severe or even fatal in five minutes. Elimination of allergies with NAET is effective in preventing attacks.

A lady awakened one morning with intense itching and redness of the eyes. She wondered if it could be associated with soybean harvest. She tested sensitive to a test vial made from soybean dust. After a NAET treatment using the soybean test vial she was completely relieved of her symptoms. The itching and watering of the eyes and nasal congestion were all relieved.

NAET can be effective in treating allergy emergencies.