

ALLERGIES
Can Be
ELIMINATED

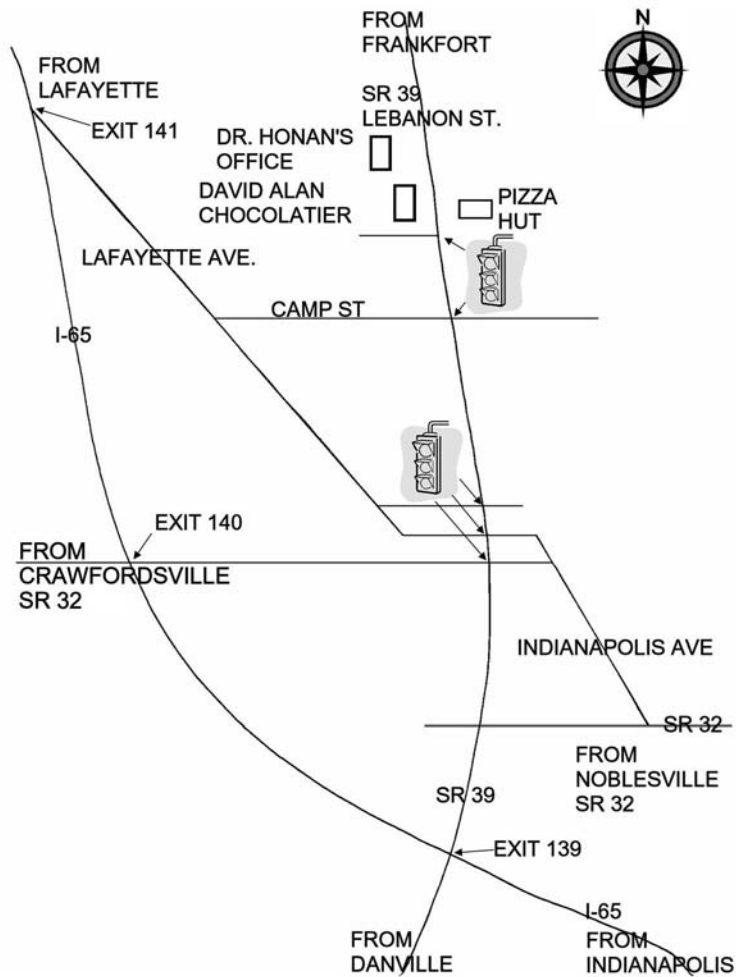
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Paul Honan, M.D.

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ALLERGIES CAN BE ELIMINATED

*Nambudripad Allergy Elimination Technique
(NAET)*

Third Edition

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FORWARD

SOLVE THE PROBLEM, NOT MERELY THE SYMPTOMS!

NAMBUDRIPAD ALLERGY ELIMINATION TECHNIQUE (NAET):

The reason that some people become allergic to some substances (allergens) is unknown. The conventional treatment for conditions caused by allergies is suppression of the symptoms with medications and avoidance of the allergens. Suppression of symptoms is an ongoing and continuous process. Symptoms may or may not be controlled to the comfort and satisfaction of the patient. Nambudripad Allergy Elimination Technique (NAET) is a method of therapy that changes the response of the body to allergens. It removes the allergy from the body so that the allergen no longer causes allergic symptoms. *It solves the problem, not merely the symptoms.*

SCENAR TECHNOLOGY

The Soviet Union conducted a secret project for 20 years with 40 scientists researching a method to treat astronauts in outer space. It was not possible to send doctors to treat their illnesses. An electronic treatment device the size of a TV remote was developed. After the collapse of the Soviet Union, the technique spread to London and then to the US. Several case reports are included to demonstrate its value in different conditions. *Scenar is used to solve the problem in many conditions.*

The following is from page 20 of a book “Curing the Incurable” by Thomas E. Levy, M.D., JD. 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 the 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.”

In the following Introduction to NAET it is indicated that this physician initially rejected this new medicine concept as ridiculous. It conflicted with too many of the concepts that most physicians, journals and textbooks embrace. The circumstances of a personal illness and family pressure were factors that influenced the acceptance of advanced

methods.
Paul Honan, M.D.

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. But 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.

A new treatment called 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 use of drugs as the exciting future of medicine.

A DICTIONARY OF TERMS TO UNDERSTAND ALLERGY ELIMINATION

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.

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.

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.

Patients have expressed their gratitude for the welcomed relief of allergy symptoms following NAET treatments. They 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.

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 of several minor allergens.

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.

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, 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 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 management of anaphylaxis is avoidance of the allergen. People who are subject to attacks of anaphylaxis are advised to carry Epi Pens for self-injection of epinephrine.

Anaphylaxis can be treated or 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 treated or prevented with NAET.

CONDITIONS THAT CAN BE TREATED BY ALLERGY ELIMINATION

Sinus Congestion
Hay Fever
Seasonal Allergies
Nasal Allergies
Asthma
Irritable 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**

Paul Honan, M.D.

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. Epi Pen automatic epinephrine injections are easy to use. Every person who has a history of anaphylaxis should carry Epi Pens.

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. Of several methods of stimulating the nerves at the sides of the spine, I prefer to use a double-headed electric vibrator down the back. The allergy removal is then “locked in” or secured in the body by stimulating acupuncture points on the hands, elbows and feet with a small electric vibrator. 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. Allowing 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 ANNAPHYLAXIS

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 and her eyes watered. 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 serous 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 FLUORESCEIN

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 hundred others. This writer was fortunate to be trained by Dr. Devi and considers her as one of his heroes.

ANGIO EDEMA: 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.

Neuromuscular Sensitivity Testing (NST) revealed allergies to about 20 substances. It was unusual that she was not allergic to any of the basic ten allergens. The strongest NST 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 NST 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.

ANGEIOEDEMA: 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. 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 Epi pens.

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. Neuromuscular Sensitivity Testing (NST) was positive 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 noted profuse diuresis, weight loss and 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 infective 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 angio edema? 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.

Severe sudden allergic reactions are called anaphylaxis. Anaphylaxis can be triggered from substances inhaled, eaten, injected or contacted by the skin. The reactions can be mild such as a sudden swelling of an eyelid, lobe of an ear or the upper lip. They can be

moderate with perhaps vomiting or weakness. Sudden asthma or spasms of the bronchial tubes has been known to result in death in five minutes. A man allergic to formaldehyde unknowingly entered a room with newly installed carpet and died from a sudden asthma attack. A young lady suffered a fatal asthma attack in a restaurant in Seattle after eating guacamole with sulfites used to maintain a pleasing green color. Cardiovascular shock is another manifestation of anaphylaxis. Sudden itching accompanies many cases of anaphylaxis. One bite of caviar triggered sudden intense itching of the palms of the hands and soles of the feet and weakness indicating the beginning of cardiovascular shock. Fortunately vomiting eliminated much of the allergic substance and recovery followed. Anaphylaxis from peanut allergy is a huge problem especially in children. Allergy can occur from almost any medication administered by mouth or by injection. The reaction can be mild or severe with anaphylaxis that can be fatal.

Allergies can be removed from the body with Nambudripad Allergy Elimination Technique (NAET). Reactions including anaphylaxis, as was the case of Roy's body's response to the presence of fish even from a distance of several feet can be prevented by removing the allergy. The conventional treatment and prevention of most allergies includes avoidance of the substance, antihistamine medications, carrying of Epi Pens to treat sudden reactions and immunotherapy for a few substances. The introduction of NAET offers a wonderful new method of actually removing the allergic reaction from the body and prevention of future reactions. Allergies to substances inhaled, swallowed, or contacted by the skin can be eliminated and allergic reactions can be prevented with NAET.

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. Using Neuromuscular Sensitivity Testing (NST) he was tested 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. His skin cleared after that allergy was eliminated with NAET. 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 positive 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. Had the patient had sufficient time NAET at that time would likely have relieved his acute symptoms.

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.

Neuromuscular Sensitivity Testing (weak muscle testing) revealed a few sensitivities. Yeast seemed to be the most prominent to which he might have substantial exposure. He was also NST positive 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. Neuromuscular Sensitivity Testing (NST) was positive when she touched

the irritated eyelid. NST was negative when she touched her blouse suggesting the allergy was not due to laundry detergent. NST was positive 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. Neuromuscular Sensitivity Testing (NST) revealed allergy 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. Indeed Neuromuscular Sensitivity Testing (NST) revealed allergy to the panties. NST was also positive 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 NST positive 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: 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.

Neuromuscular Sensitivity Testing (NST) revealed allergy 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. NST revealed no allergy to either of the infant formulas that had been used.

Allergies to testosterone and Vitamin B6 were also removed by NAET.

ALLERGIC DERMATITIS: Dr. Honan had itching skin on his ankles while attending a conference in California. Allergy to detergent used to wash hotel bed sheets was suspected. He 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 his body. The specimen elicited an allergic response with Neuromuscular Sensitivity Testing (NST). Using the specimen he 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. Neuromuscular Response Testing (NST) indicated allergy when she touched her eyelids and also positive 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.

Neuromuscular Sensitivity Testing (NST) revealed allergies 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. Neuromuscular Sensitivity Testing (NST) revealed she was 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. Dr. Honan was allergic to bricks and concrete.

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. Neuromuscular Sensitivity Testing (NST) indicated an allergy cause 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 including 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 has 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 itching stopped on the drive home after the NAET treatment. She commented that her feet had been burning for years and had a cause had never been found by her doctors. 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 and the bees around it 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 to the office. The waist of the slacks was accomplished. 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.

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 was NST 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.

Neuromuscular Sensitivity Testing (NST) revealed sensitivity 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.

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.

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. NST indicated allergy 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. NST indicated allergic response 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 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 NST allergic to the first 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 eye drops to prepare the eye to check the eye pressure. I assured the patient 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 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 (NST) negative 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 eye drops used as anesthetic at attempted cataract surgery. The surgery was cancelled. There was also inadequate anesthesia. NST revealed sensitivity 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 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. NST indicated no allergy to Ciloxan but strong allergy to the contact lens solution she was using. She was NST negative 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. NST is an adjunct to diagnosis. 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. Neuromuscular Sensitivity Testing (NST) revealed allergy 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.

Neuromuscular Sensitivity Testing (NST) indicated allergy 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 has not 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. NST indicated no allergy 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.

Neuromuscular Sensitivity Testing (NST) Technique revealed that she was allergic to 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. Neuromuscular Sensitivity Testing (NST) revealed she was strongly positive 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 NST indicated allergy to the medication. She also tested NST 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 NST 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 Neuromuscular Sensitivity Test (NST) indicated strongly positive allergy. NST also indicated allergy 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 the tear stained tissue 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. The Neuromuscular Sensitivity Test (NST) indicated allergy 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 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.

Neuromuscular Sensitivity Testing (NST) indicated allergy when she touched her eyelids and also when she touched her clothing. She said she used Tide laundry detergent. The NST test also indicated allergy positive to a test vial of Tide. It was explained that the finger pads are sensitive to things to which a person is allergic. The allergy causes muscles to be weak for testing purposes. In this case the arm muscles were used.

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 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 and skin of the eyelids. Nizoral had been used as a shampoo. Neuromuscular Sensitivity Testing (NST) revealed an allergic response 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. Neuromuscular Sensitivity Testing (NST) indicated allergy 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 glass outside the office 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.

Neuromuscular Sensitivity Testing (NST) revealed a positive allergy response 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 was NST 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 NST 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.

EYE ALLERGY: The chief complaint of a lady 84 was intense itching in her left eye. Neuromuscular Sensitivity Testing (NST) indicated allergy when she touched her eye and also when she touched her pants. A tissue rubbed on the pants also elicited an allergic NST response. NST indicated no allergy 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.

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 each eye when evaluated with the examining microscope. Neuromuscular Sensitivity Testing (NST) indicated an allergic reaction when she touched her eye. NST revealed allergy 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 (NST).

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. Neuromuscular Sensitivity Testing (NST)

revealed allergy to Restasis. Nambudripad Allergy elimination Technique (NAET) was used to remove the allergy. Immediately following the treatment she said that her eye 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. Neuromuscular Sensitivity Testing (NST) indicated an allergy condition 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 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 eye. 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 touch 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. Neuromuscular Sensitivity Testing (NST) demonstrated allergy 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. Neurosensory Sensitivity Testing (NST) revealed allergy to the new blue lenses. It was suggestive that she was allergic to the blue dye in the lenses. It is not unusual for systemic effects such as nausea to occur with a substance touching the body such as a ring, clothing, latex in elastic bands and shoes. 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.

NST 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.

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.

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 have improved in a few days. The reason the allergy was removed was to offer this patient more rapid relief of his allergy symptoms.

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 with Neuromuscular Sensitivity Test (NST). 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 with Neuromuscular Sensitivity Test (NST). 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 demonstrated a positive NST response to environmental 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 & SNORING: A running nose when eating had developed in his middle 80's. Especially bothersome was a dripping nose when he ate chicken noodle soup. He was allergic to several foods including chicken noodle soup, which were eliminated with Nambudripad Allergy Elimination Technique (NAET). His running nose stopped. After one Scenar treatment on his neck his snoring stopped.

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 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 relieve 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.

A.D.D. & 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".

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 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. NST indicated no allergy when she touched the right eye with her finger and allergy when she touched the affected left eye with her finger 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 treatment NST indicated no allergy 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. Neuromuscular Sensitivity Testing (NST) indicated a strong allergy 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.

SINUS ALLERGY

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 headaches had been treated by the usual decongestants, nasal sprays, and antihistamine medications. 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. Neuromuscular Sensitivity Testing (NST) was positive 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 partial metal 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. Neuromuscular Sensitivity Testing (NST) indicated allergy 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. Neuromuscular Sensitivity Testing (NST)

revealed allergies to white oak wood and white pine wood. She also tested positive 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.

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 NST indicated allergy to suspect outside pollens collected on a paper tissue 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.

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. Neuromuscular Sensitivity Testing (NST) indicated allergy 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: A lady with a history of contact dermatitis from poison ivy tested (NST) negative 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.

IRRITABLE BOWEL SYNDROME

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

IRRITABLE 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.

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. Neuromuscular Sensitivity Testing (NST) 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.

IRRITABLE 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.

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 a year later she had suffered from a sensation of burning itching and swelling inside or under the skin. The sinus congestion had continued. Neuromuscular Sensitivity Testing (NST) indicated allergies 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. Neuromuscular Response Testing (NST) revealed that he was 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.

ASTHMA

ASTHMA: A two-year-old girl had asthma with coughing during the night. Medications included inhaled corticosteroids and chewable Singulaire. Neuromuscular Response Testing (NST) revealed positive response only to sugars. NAET was done to remove the sugar allergy. Two weeks later there had been no more symptoms of asthma. NST 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 lady age 42 awakened with difficulty breathing and extremely fatigued and sense of heaviness on chest. She had a history of allergies. Neuromuscular Sensitivity Testing (NST) indicated strong allergy when she held a tissue that had been used to wipe dust off an outside windowsill that day. NAET was done while she was holding that tissue. It took 15 minutes of paraspinal stimulation to achieve a NST negative status. Five minutes is sufficient for most NAET treatments. After closing the gates and a 20-

minute energy equilibration period the symptoms were relieve. She volunteered information that also her stopped up nose had opened.

The patient had had similar symptoms previously she had not been aware they were due to asthma.

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 he collected some of the mold on a tissue and requested treatment. She was having considerable trouble breathing. NST revealed she was 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.

NST reveled many 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.

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.

CODINE 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.

CHRONIC FATIGUE, GERD, IRRITABLE BOWEL, SINUS CONGESTION

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 anti-anxiety 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 is raining and there is 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.

NST indicated he was not allergic to the basic 15 NAET test vials. NST demonstrated allergy 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 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.

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. NST revealed allergies 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 hurts 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.

HOARSENESS, ALLERGIC LARYNGITIS

Ed, age 75 had been hoarse and he had sinus drainage for 9 months. Laryngoscopy revealed no evidence of cancer. A CT scan revealed no throat problem but congested sinuses. At a second laryngoscopy cultures from vocal cords indicated no infection. A blood test for allergies revealed no allergies. The hoarseness and sinus drainage continued. Testing with Neuromuscular Sensitivity Testing (NST) revealed allergies to sugars, artificial sweeteners, spiders, and environmental pollens. The allergies were removed using Nambudripad Allergy Technique (NAET). The hoarseness cleared and he observed that his sense of smell had improved.

PROSTRATE HYPERTROPHY

At age 66 a man had prostrate hypertrophy with difficulty urinating for 15 years. He said his problems started after taking a sulfa drug. On occasions the problem was sufficiently severe to require catheterization. With NAET testing he was allergic to Grains, fish, sulfa and vitamin C. The first NAET treatment was for Grains. The first night he experienced aggravation of symptoms of difficulty urinating. Then he experienced complete relief with no difficulty urinating. Later other allergies were removed. He had no more prostrate problems and described a great sense of well-being.

AUTISM NAET PILOT STUDY

The Newsletter of the Nambudripad Allergy Research Foundation for January/February 2006 presented a report on a new Autism study. Dr. Devi Nambudripad is the developer of the Nambudripad Allergy Elimination Technique (NAET).

The NAET clinic in Buena Park CA has completed an exploratory pilot study on autism that started in October 2004 and ended in October 2005. It demonstrated a very promising future for the autistic population. The study included 60 non-verbal, non-communicative children divided into a treatment group and a control group of equal numbers. Children in the treatment group received 50 NAET treatments to remove allergies in 12 months. The control children did not receive NAET treatments but continued the conventional treatments they had been using. At the end of 12 months all the children in the study were evaluated. All 30 children in the study group who received NAET treatments had made significant improvements in verbal and non-verbal communication skills. Twenty-three out of the 30 are attending regular school. Their autism labels have been removed. There was no change in the control group. The control group now is being administered NAET treatments.

Another nation-wide multicenter NAET autism study is planned.

The cause of autism is not known. One theory is that there may be some factor of nutritional deficiency disorder associated with poor digestion, absorption, assimilation and utilization of essential food elements associated with or caused by allergies. NAET is the only treatment known so far that is able to eliminate allergies allowing the sufferer to live normally. NAET is a noninvasive no needle painless technique that is able to eliminate allergies. No adverse reactions to NAET treatments have been reported.

There is one thing in common among most autistic children: They all suffer from lots of allergies with different intensities. Allergies affect individuals differently by attacking different tissues or organs. For some reason in autism the brain is affected. A child with autism is living in an allergy cloud. When an autistic child is treated with NAET the allergy cloud becomes thinner and thinner with each treatment. Each allergy contributes

to the total allergy load. As each allergen is removed with NAET the autistic child can show evidence of improvement.

NAET testing procedures are very sensitive to detect allergies even in their mildest forms. Once detected, NAET is able to remove them permanently. When all allergies have been removed allergy sufferer can resume a normal life. This scenario works with autistic children to remove their allergies so they can live better lives.

HEADACHE

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.

SCENAR TECHNOLOGY

Scenar was developed in Russia where it is used to treat many conditions. In this office it has been used for the following conditions.

- **Pain from injury**
- **Achalasia (in ability to swallow)**
- **Herniated intervertebral disc**
- **Peripheral neuropathy**
- **Snoring**
- **Sleep Apnea**
- **Exophthalmos-Bulging eyes in Graves Disease**
- **Post Herpetic neuralgia**
- **Macular Degeneration**
- **Constipation**
- **Sinus Headache**
- **Shingles**

- **Vomiting**
- **Bell's Palsy**
- **Back Pain**
- **Sacroiliac Joint Pain**

SCENAR

Scenar is one method of energy medicine. It originated in research in the Soviet Union. A secret project involved 40 scientists for 20 years working on a type of medicine to treat astronauts in space vehicles. It was not practical to send a doctor into space to treat astronauts. A device the size of a TV remote control was developed. After the Soviet Union collapsed in 1989 the device was patented. The device is used widely in Russia. A pediatrician Dr. Zulia Valovia in Kajakizan married an Englishman name Frost and moved to London in the middle 1990's. She took Scenar technology with her. In 2001 Jerry Tennant, M.D. brought Scenar technology to Dallas. Richard Kratz, M.D. and Dr. Honan were long time friends of Dr. Tennant and were invited to his home in November 2001 to learn the new treatment method. In January 2002 Dr. Tennant offered the first course on Scenar technology in Dallas. Orthopedic surgeon Barth Conard, M.D. of Lebanon and Dr. Honan attended that first course. Later Robert Kunz, M.D. of Lebanon also attended another Scenar Course.

Scenar treatment involves accessing the brain, spinal cord and the nerves in the body via the skin. The Russians feel that the brain and spinal cord can cure any disease condition if the energy in the body is in balance or symmetrical. They say that the Scenar instrument can detect asymmetry in the body's energy system and correct it, thus allowing the brain and spinal cord to effect healing. The Chinese have perfected acupuncture technology over the past 4000 years. Needles are used to stimulate certain acupuncture points to effect healing. Scenar actually measures voltages at different areas on the skin to determine where treatment is needed and then applies appropriate treatment. Some wonder how treatment applied to the skin can reach the brain and spinal cord. In the embryo there are three structures. Endoderm, mesoderm and ectoderm. The ectoderm develops into the brain, spinal cord the nerves and the skin. Thus there is an embryonal relationship between the skin and the brain and spinal cord. Areas of the skin called dermatomes represent different parts of the spinal cord. There is a segment of the spinal cord and an area of skin on the back that represents every organ and every part of the body. The Scenar instrument can be used to identify and treat the skin area that represents a particular segment of the spinal cord and a specific organ or part of the body. Scenar therapy is a vast field of therapy.

CASE REPORTS

Knee pain: A lady had had a broken kneecap six months earlier. She had had surgery but pain and swelling persisted. Scenar treatment on the knee relieved the pain the next morning the swelling was gone. She was treated again the next day. The pain and swelling have not returned 4 years later.

Herniated Intervertebral Disc: A man age 25 had lifted a 35lb piece of glass and experienced sudden pain down both arms and partial paralysis of both arms. MRI revealed a herniated disc in his cervical spine in the neck. After the first Scenar treatment on his neck he experienced ability to move his arms. After 3 more daily treatments his symptoms have not returned 4 years later. His neurologist decided a repeat MRI was not indicated because of lack of symptoms.

Herniated Intervertebral Disc: A schoolteacher age 55 had severe neck pain. She used an ice bag on her neck for pain relief while she graded papers. An MRI revealed two herniated intervertebral discs in her cervical spine in her neck. The neurosurgeon told her surgery would be too risky. After 5 Scenar treatments she was pain free and has been so for two years.

Retinal Detachment Surgery: A man age 70 suffered retinal detachments in both eyes the same day two years after cataract surgery in both eyes. After surgery for retinal detachment he had 20/70 vision in one eye and 20/40 in the other eye. A year later he had the same vision. A former army airplane pilot he decided he would like to fly again and wanted something done to improve his vision. After five weekly Scenar treatments on his face area the vision improved to 20/40 in one eye and 20/20 in the other eye. The vision stabilized to 20/25 vision in each eye for the next two years when it was last evaluated. No additional Scenar treatments were needed.

Achalasia: This is a condition in which the sphincter valve that opens to let food into the stomach from the esophagus fails to open. The esophagus is the tube that carries food from the mouth to the stomach. Thus food gets stuck in the lower end of the esophagus and can't enter the stomach. The cause is usually unknown. Medicine is effective in treating some cases. A balloon can dilate the lower esophageal sphincter. Surgery is used in some cases.

A 34-year-old lady with achalasia had had the lower esophageal sphincter dilated many times since the age of 18 months. She had had Botox injections twice which helped temporarily. Scenar treatment was done on her back. Immediately she was able to swallow cold water. She had been able to swallow only warm water. The first treatment lasted 6 hours. Daily treatments for 3 days provided complete relief.

Achalasia: A lady age 75 had had her lower esophageal sphincter dilated several times so she could swallow food. Only one Scenar treatment on her back was needed to relieve the condition. A year later while driving to church one Sunday the condition returned, as

she suddenly could not swallow saliva. A Scenar treatment on her back relieved the problem. Two years later there had been no reoccurrence.

Snoring: A doctor had snored loudly for many years. He was in a hotel room with two other doctors while attending a medical convention in 2002. The snoring was disturbing to the other doctors. One of the doctors had his Scenar instrument with him. The snoring doctor was treated on the back of his neck for 10 minutes. There was no snoring the next night. Three years later there was no more snoring.

Snoring: A man had snored so loudly for years that his wife had to sleep in another bedroom. After one Scenar treatment on the back of his neck the snoring ceased. A year later mild snoring began again. Another Scenar treatment was administered. There had been no more problems a year later.

Several more snorers have been treated. Their cases have not been followed. They have not returned for more treatments.

Sleep Apnea: In her early 60's a lady had snored for years. Sometimes she would awaken during the night with a sudden deep breath. She was always tired and sleepy during the day. After treatment with Scenar on her back and back of the neck the symptoms were relieved. Two years later she reported continued absence of the symptoms. This case was not documented by sleep studies. In sleep apnea there is a temporary stopping of breathing. It is frequently accompanied by snoring. At the end of a temporary stopping of breathing there may be a sudden "snort" or snoring sound when a deep breath ends the cessation of breathing. It may occur a few hundred times during the night. The reduced intake of oxygen has been attributed to several body conditions including lack of restful sleep.

Constipation: A lady age 53 has suffered from severe constipation for several years. Scenar Voltage readings on her spine and abdomen were very low. Energy was added 2 minutes at each spinal segment after which readings were measurable on the abdomen. Energy was then added on the abdomen. Relief from constipation lasted only a day after the first treatment. After the second treatment she said she used the restroom in a department store and clogged the toilet. After eight treatments her symptoms were absent and were so three years later.

Sinus Headache: A lady age 75 was scheduled for cataract surgery but was very uncomfortable with sinus headache. Four days before cataract surgery a Scenar treatment was administered on the back of her neck for 10 minutes. The next day she reported that much drainage into her throat began soon after the treatment and 24 hours later the drainage had decreased in volume, and she felt much better. A second treatment was administered. The sinus headache and postnasal discharge had resolved, and she was comfortable at surgery.

Macular Degeneration: Lady age 84 had had cataract surgery in both eyes. One eye had very poor vision due to age related macular degeneration. The other eye corrected to 20/50. She felt insecure driving her car and reading. She took eye vitamins. After 4 Scenar treatments on the face her vision returned to 20/30. She felt confident driving and said her balance had improved.

Aching different spots: For 5 years a man age 42 had daily aches in different parts of his body. He thought he might have cancer. Fatigued, he would lie down during daytime when he had the opportunity. He had had several MRI studies that revealed no cause. He had been to 6 doctors, one of whom suggested he quit bitching and get on with his life. No diagnosis had been provided. His wife read a magazine article on fibromyalgia, which described similar symptoms.

His neck and back were treated with Scenar for 30 to 45 minutes at each of 3 treatments. There was a dramatic relief of the aching and fatigue symptoms. He did not need to lie down when he returned home from his work in the evenings. He could again enjoy such activities as working in the yard and feeling good again.

Many physicians do not recognize Fibromyalgia and chronic fatigue syndrome as clinical entities. They are subjective symptomatic conditions lacking abnormal x-ray or MRI or physical exam findings, blood chemistry changes or other objective findings. Present day medicine requires some objective proof, or a symptom complex is not recognized as really existing.

Sinus Congestion and Shingles: A lady age 60 had a history of painful lesions on right side of scalp and right eyelid for 3 days preceded by unilateral headache. She also described “stuffiness” and congestion in her accessory nasal sinuses. Her internist made a diagnosis of shingles and prescribed acyclovir. Three days later she described the headache as intense, the skin lesions very tender and the sinus congestion was very uncomfortable. With Scenar she was treated on face areas and back of her neck. During the neck painting she described beginning relief of the pressure sensation of the sinus congestion and mucus drainage into her throat. The drainage continued and the nasal passages continued to open for several hours and the right-sided headache and tenderness associated with the zoster lesions decreased in intensity. Her relief of symptoms and increased in sense of well being allowed her to join other ladies of her church to make noodles for a church bazaar the next morning. A second Scenar treatment was given three days later but probably was not needed.

Comment: Experience with shingles has indicated that Scenar treatment early in the disease is more effective and requires fewer treatments than treatment later in the disease process.

Vomiting: Shannon age 6 had been vomiting for 2 days. The abdomen was soft to palpation with no tenderness direct or rebound indicating absence of need for surgery such as appendicitis. No energy voltage readings could be elicited on any area of the abdomen.

Scenar energy was administered on the abdomen. There were still no energy voltage readings on the abdomen.

Scenar energy was administered down her spine. After this treatment there were measurable voltage readings all over the abdomen. She had vomited just prior to the Scenar treatment. Immediately after the treatment she asked for some food and ate some chicken. The vomiting ceased and she had no more problems.

Bells Palsy: While hospitalized for the birth of her baby a lady age 40 suffered bilateral Bell's palsy. Bell's Palsy is caused by a 7th cranial nerve neuritis that results in inability to close the eyelids or smile on one side of the face. This lady was paralyzed on both sides of her face. Bells Palsy is thought to be due to a virus infection. The palsy gradually improved but there was a residual of insufficient blinking so that she could not wear her contact lenses and her lips were unable to respond in a smile. After six months the neurologist indicated that recovery was probably at its maximum. At eight months Scenar Therapy was done on the six trigeminal exit points on her face. After the first treatment the increased ability to smile was observed by her 5-year-old daughter. After two more treatments she was able to wear her contact lens comfortably, and the smile was normal.

Sinus Headache: A lady age 81 had had constant severe frontal headache for 5 weeks. She had been treated for sinus infection with three courses of antibiotics. Headaches continued. A CT scan revealed no evidence of sinus infection. The patient reported that the headache was similar to previous sinus headaches.

Treatment: Scenar therapy was administered one evening. The back and face areas were treated. The scalp was treated for 5 minutes. The patient reported that the headache was less intense the next morning and disappeared by 9:30 am. She reported some liquid drainage into her throat. Although there was no headache a second treatment without the scalp treatment was administered 48 hours later.

Comment: Treatments of other sinus congestion headaches have been successful with only the painting of the back of the neck with Scenar for 10 minutes. Usually drainage of mucus into the throat begins during the treatment and lasts for several hours. In the case of this patient the symptoms were somewhat different in that there was no nasal congestion and the CT scan had indicated no evidence of sinusitis. Because of the uncertainty of the nature of the headache it was decided to administer a more comprehensive Scenar technique.

Graves Disease: A schoolteacher in her 40's had Grave's disease. In Graves's disease one or both eyes may protrude (exophthalmos). This lady's left eye protruded an excessive distance. She had had surgery for the condition and had been told she needed another surgery. After 5 weekly Scenar treatments on her face the protrusion of the eye disappeared, and she had a normal appearance. Three years later her appearance remained normal.

Two other milder forms of Graves's disease with one eye protruding have been treated with Scenar. They both regained normal appearance with weekly Scenar treatments. There has not been an opportunity to treat a Graves disease with both eyes protruding.

Macular Degeneration: Age related macular degeneration had been responsible for gradual decrease in visual acuity for a few years of a man age 81. When the vision decreased to 20/70 each eye he felt insecure in driving and reading. He had taken eye nutrition vitamins and added more green vegetable to his diet for over a year.

Scenar therapy was explained to him with the caveat that it was questionable to expect improvement when the vision was as poor as 20//70.

Scenar treatment on the 6 trigeminal facial points was followed by no improvement immediately following the treatment. A week later the visual acuity was 20/50+ each eye. The patient commented on his much improved vision for driving and reading.

It was explained that the appropriate frequency of treatments was not yet established. A series of retreatment exam was scheduled.

COPD: A man age 72 with chronic obstructive pulmonary disease (COPD) required the use of a bronchodilator nebulizer machine 6 times daily to relieve his shortness of breath. He was treated on his back with the Russian Scenar instrument. After 4 weekly treatments the nebulizer was required only once daily. He estimated 60% improvement. After two more weekly treatments the relief of symptoms continued and there was gradual improvement.

Back Pain: A lady age 80 had a very painful back after working in her yard. Back pain occurred at slightest movement. She was concerned about recovery prior to a trip by plane scheduled a few days later. There was point tenderness to the right of the lower spine. The Scenar instrument was held on the point of tenderness for 5 minutes. At the end of the treatment she was free of pain.

Macular Degeneration: A man age 81 had minimal nuclear cataracts plus age related macular degeneration. In one year visual acuity with the best glasses dropped from 20/40 to 20/60 each eye.

Eye vitamins used for macular degenerated were prescribed. In three months the vision got even worse to 20/70 each eye.

Scenar therapy was used on face areas. After 3 weekly treatments the vision improved to 20/50 each eye. Two weeks later the vision was 20/40 each eye.

The patient experienced a noticeable improvement in driving and reading vision. Another appointment was scheduled in a month. The 20/40 vision allowed him to drive legally in Indiana.

Macular Degeneration: A lady age 91 had only one useable eye and said her vision had become worse. Corrected visual acuity was 20/70. Nuclear cataracts were minimal. Decrease in vision was attributed to age related macular degeneration (AMD). She had been taking vitamin supplements including an eye supplement for AMD.

A Scenar treatment on face areas was done. One week later she delighted in reporting a noticeable improvement in vision. Corrected acuity was 20/40. A second Scenar treatment was provided.

Sacroiliac Joint Pain: A school bus driver developed severe pain in her left lower back. She was not aware of any injury. She experienced pain when walking and especially when driving the school bus. She had had chiropractic treatments without relief of pain. Examination revealed very tender point tenderness over the region of the left sacroiliac joint. After Scenar treatment the pain was relieved, and she could walk and drive the bus without discomfort.

Parkinson's And Herniated Disc.: At age 74 he required crutches because of back pain from a herniated intervertebral disc in his lower back plus early Parkinson's disease. He exhibited the typical shuffling gait of Parkinson's. After four Scenar treatments on his lower back in one week he was able to walk without crutches 4 blocks to a professional football game. The next week he returned the rented crutches and was able again to drive his car. Fish oil 7.5g EPA+DHA, (9 capsules) daily was prescribed for treatment for the Parkinson's. Two months later his feet no longer felt "stiff" and his walking improved. This was an indication that the nerve supply to the feet had improved. His neurosurgeon decided that with his decreased back pain he did not need back surgery. With several more Scenar treatments on his back the pain continued to improve. After pedaling a stationary bicycle a half hour his back pain was completely absent for a day. He was advised to continue that therapy. His written signature was scarcely legible before treatment. It gradually improved to near normal 6 months later. Six months into the treatment program he needed no more Scenar treatments, he had no back pain when he rode the bicycle daily and his gait had recovered to near normal. He had suffered Migraine headaches for years and especially after drinking red wine. Several allergies were removed with NAET. He had no more migraines and enjoyed red wine.

GERD, Achalasia, Herniated Intervertebral Disc, Peripheral Neuropathy, Allergic Dermatitis: A lady age 58 with diabetes had suffered regurgitation of food and had complained that food and water got "stuck" on its way to her stomach for 26 years.

Regurgitation of food is called gastro esophageal reflux disease (GERD). Food stuck in the lower end of the esophagus or tube that carries food to the stomach is called achalasia. The muscle sphincter or valve that allows food to pass from the esophagus into the stomach becomes spastic or tight and refuses to let food to pass into the stomach. Nexium offered some relief. She also had peripheral neuropathy with numb feet and


fingers. She also had neck pain and had been diagnosed with a herniated intervertebral disc at C6 and C7. She had had one surgery for a herniated cervical disc. Another developed and diagnosed with MRI but surgery was considered not advisable. She was treated with Scenar on the back of her neck and mid and lower back. During the multiple treatment sessions she also was treated for allergic dermatitis with NAET. Her GERD, Achalasia, neck pain and peripheral neuropathy all resolved. Three years later she remained symptom free

Peripheral Neuropathy: A man age 78 had had numb feet for a couple of years. He couldn't tell where his feet were located. He had to look at his feet to know where to place them when walking. He used a walker to help him walk. Scenar treatments on his lower back were followed first by tingling in his feet and later normal sensations. He was able to walk with the help of a cane. He no longer had to look at his feet when walking.

Peripheral Neuropathy: A man age 76 had numbness in his fingers and toes. Scenar treatments on the back of his neck and in his lower back were followed by gradual improvement till his fingers and toes felt normal. Omega-3 fatty acids in fish oil capsules and sardines were included in the treatment program.

MORE ABOUT NAET
NAET INFORMATION IS AVAILABLE AT
www.naet.com
NAET BOOKS ARE AVAILABLE ON THE
WEB SITE

- Say Goodbye To Illness
- Living Pain Free
- Say Good-bye To ADD & ADHD
- Say Good-bye To Allergy-related Autism
- Say Good-bye To Children's Allergies
- Say Good-bye To Your Allergies
- Say Good-bye To Asthma
- Freedom From Environmental Sensitivities
- Welcome to NAET
- The NAET Guidebooks

The above books are available from
Delta Publishing Company
 714-523-8900 Fax 714-523-3068
and from NAET Bookstore at
www.naet.com

CONDITIONS THAT CAN BE TREATED BY ALLERGY ELIMINATION

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