

Treatment with N.A.E.T. for allergies

What treatment involves

For new patients, a full case history is taken at the first appointment, including current symptoms, medical history and family medical history.

This takes between ¾ hour and 1½ hours

Muscle response testing (MRT) is used to test for sensitivity to various allergens. If there is a history of anaphylaxis, please ensure I am aware of this before MRT takes place.

Whilst holding the allergen, spinal acupuncture is performed, together with specific breathing techniques. This is followed by massage of the ten gate points (see additional attachment) on the body. The spinal treatment is not painful but is occasionally ticklish or uncomfortable. Let me know if you feel the pressure is too hard.

You will then rest for 15 to 20 minutes whilst still holding the allergen. After this, MRT will be repeated to ensure there is no weakness to the allergen (if some weakness is evident, the spinal acupuncture may be repeated).

Wash your hands in plain water without soap, and drink some water.

You then need to avoid the allergen for 25 hours – you will be given full details of what you can eat and what you should avoid.

Preparing for treatment

You will be given details in advance of the foods/substances to avoid and what you can eat before the session. This will enable you to shop and prepare foods before you have the N.A.E.T. treatment.

You should not receive treatment during the first 3 days of your menstrual period.

Try to eat around an hour before receiving your treatment and ensure you are well hydrated.

Wash your hands with soap before receiving treatment.

It is advisable to shower or bath before treatment, and to wear freshly washed clothes. Avoid using perfumes, strongly scented lotions, creams or deodorants, hairspray or aftershave. Do not eat any strong smelling substances such as garlic before coming for treatment and ensure that clothes do not smell of paint or smoke.

After the treatment

It is important to eat the approved foods in the 25 hours after treatment – do not fast. Maintaining a diet with little variety in this period will help the body to overcome the allergy and allow the digestive system to rest. If a N.A.E.T. treatment is given at the first appointment there is no avoidance required afterwards.

Avoid taking a shower or bath for at least 6 hours after treatment.

Do not take any vigorous exercise for at least 6 hours after treatment.

Drink plenty during the 25 hours. Distilled water should be used after treatment for calcium, salt, minerals and chemicals. Do not use distilled water on an ongoing basis as it can deplete the essential minerals from the body.

If you inadvertently come into contact with or eat a substance on the avoidance list during the 25 hour period, massage the gate points (one minute on each point).

Reactions after treatment

Everyone reacts to treatment in a different way. You may notice little change or you may experience one or more of the following symptoms:

- High/low energy in varying degrees
- Extreme fatigue
- Sleepiness
- Insomnia
- Restlessness
- General aching
- Sensation of tingling in the body
- Temperature variation
- Shooting or dull pain
- Sneezing, coughing, post nasal drip
- Abdominal bloating, diarrhoea, constipation belching
- Palpitation, change in blood pressure
- Anxiety, nervousness, depression, mood-swings, crying
- Blurred vision
- Dizziness
- Headaches
- Craving for certain foods or smells

Any symptoms should pass during the 25 hour avoidance period, but if they persist, please contact me as a rebalancing treatment may be needed.

Frequency of treatments

It is usually appropriate to be treated once a week, although people with a strong immune system can have two or more treatments a week, if necessary.

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Treatment for the basic allergens

People who have environmental allergies, for example to cat hair, pollen or chemicals will want these allergies treated first. It may be difficult to understand why the basic 10 to 15 allergens need to be treated first when cat hair is the problem.

The basic treatments include treatment for the essential nutrients, vitamins, minerals and those that are needed for the normal physical, physiological and emotional functions of the human body. These nutrients are necessary to maintain a good immune system. When you do not have a good immune system, allergic reactions are intensified and treating a severe allergy without improving the immune system can result in unpleasant and severe reactions.

The basic treatments consist of the essential nutrients that boost the immune system and are absorbed from everyday foods. When you are allergic to the food or the nutrients in the food, you cannot absorb or assimilate nutrients from your food. Nutrients are absolutely necessary for normal body functions, growth and development, to repair wear and tear in the body, fight infections and for proper maintenance of bodily functions. When you are allergic to eggs, milk, fruit, vegetables or grains you are also allergic to the nutrients contained in them like proteins, calcium, vitamin C, sugar, B complex etc that are needed for a strong immune system.

Environmental allergies

People with environmental allergy will also have food allergies (although they may be unaware of them). Most of the environmental allergens contain food elements. For example, grass, weeds and pollen contain vitamin C, vitamin A, minerals, vitamin B and so on.

In most cases, when treated with N.A.E.T. for the basic nutrients, your environmental reactions will reduce greatly. For example, a teenage boy with severe hayfever experienced a total recovery from his symptoms after treatment for minerals.

How many treatments are needed?

This depends on the severity of your allergies. If you have numerous allergies and have suffered for years, treatment is likely to take several months. In particular, the process for treating anaphylaxis takes several sessions, just to clear the allergy to a single substance.

Some people do not clear every treatment first time and the treatment may need repeating. At the initial appointment I will test the first 15 basic allergens, and can then ascertain how many are likely to need treating.

It will then be possible to move on to other specific allergens such as nuts, cat hair, pollen etc.

Even after treatment is complete, some people like to book a treatment every few weeks just to maintain good health.

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Can I stop treatment after the basics?

If you feel that your symptoms have been resolved, then stopping after the 15 basic allergens have been treated is absolutely fine although I would recommend one or two additional sessions during which I will test the breakdown of all the basic allergens and test them in combination with other substances, such as DNA and RNA.

Some people experience a mild recurrence in symptoms at a later date and it is beneficial to book a follow-up treatment if this occurs. At this time it may be necessary to re-treat one of the basic allergens, or to identify whether there is a new allergen present.

Emotional treatments

Allergies to foods can often have an emotional component. One of the most common emotional allergies is to sugar, which is often used as a bribe for good behaviour when we are children. However N.A.E.T. can also be used to treat other emotions, such as anger, resentment, jealousy and so on, and many patients have reported that these are the most powerful treatments they have experienced.

One woman experienced a revolution in her eating habits after being treated for over-eating, and another experienced a huge change in her work and personal life after a treatment for lack of confidence.

If there is a dominant emotion evident, I may treat this emotion during the same session as the planned treatment for that week but will always ask for permission first.

Further information

You may wish to read "Say Goodbye to Illness" by Dr Devi S. Nampudripad 2nd Edition (available from Amazon for around £15) before commencing treatment. It is not essential but does give a great deal of information about the treatment, and how it was originally devised.