

Natural Allergy Elimination Technique (N.A.E.T.) Practice Member Instructions

Help us help you get the absolute best results with N.A.E.T. Read the following instructions and keep them handy!

1. Every practice member should read *Say Good-bye to Illness* or *Say Good-bye to Allergies* (both by Dr. Devi Nambudripad, D.C., L.Ac, M.D., Ph.D.) before beginning N.A.E.T treatments.
2. Practice member must sign a Natural Allergy Elimination Technique (N.A.E.T) Informed Consent
3. PLEASE do not wear any perfume, perfumed powder, strong smelling deodorant, hair spray, or aftershave. Please do not eat strong smelling herbs like raw garlic just before you come to the office for N.A.E.T. sessions.
4. There is no smoking allowed in (or around) the office. Please do not wear clothes that smell like smoke or paint. Other practice members can and do react to these smells.
5. Please wash your hands before and after your N.A.E.T. sessions. After the session, if you cannot wash your hands, rub your hands together vigorously for 30 seconds.
6. Do not exercise for six hours after your session.
7. Avoid exposure to extreme hot or cold temperatures after your session.
8. Whenever at all possible please take a shower before you come for a session, and wear freshly washed clothes to avoid smell of herbs, spices, perspiration, etc. from your body or clothes.
9. Do not bathe or shower until six hours after your session.
10. Do not eat or chew gum or candy during your session.
11. Do not cross your hands or feet during the first 20 minutes after the treatment.
12. Do not read or touch other objects during the 20 minutes following the stage-1 spinal manipulation because contact with other substances during the period could cause your treatment to fail.
13. Wear minimum jewelry when you come for your session. Avoid wearing large crystals or large diamonds.
14. Remember to check with your doctor after 25 hours and at least within one week from your session to make sure you have completed the desensitization. If you did not complete, your symptoms may continue for a long time—sometimes weeks. Eventually the symptoms will wear off if you did not repeat the session for the unfinished allergen.
15. To ensure maximum progress, maintain your own treatment and food diary in the N.A.E.T. Guide Book at the section for record keeping (our office has these available for purchase for \$12.00+ tax). If you need help to record your sessions, please ask the Doctor.
16. You *may* need to take extra precautions while you receive sessions for environmental substances: (mineral mix, metals, water, leather, formaldehyde, fabric, wood, mold, mercury, newspaper, marker ink, chemicals, flowers, perfume, etc.). Apart from staying away from the item, you may also need to wear a mask, gloves, socks, and shoes – even to bed, full gowns, scarf, earplugs, and head and ear coverings, etc. *if* you are highly sensitive to the allergens.
17. Always eat before you come for your sessions. You should not take N.A.E.T. sessions when you are hungry. If you anticipate a long wait before your session, feel free to bring a snack with you and eat it just before being seen by the Doctor.
18. Do not eat heavy meals after N.A.E.T..
19. Drink a glass of water before the N.A.E.T. session. Energy moves better in a well-hydrated body. Drink lots of water (4-6 glasses/day) to help flush out toxins.
20. Please do *not* stop any other treatment you are on: medication, therapy, chiropractic adjustments, massages, etc. If you can, it is good to have a general body massage immediately before N.A.E.T. or six hours afterward. Massages can help to improve the energy flow.
21. If you are taking lots of vitamins and herbs, or any particular drug, you may continue them as before if you feel they are helping you. But when you get treated for the food containing a particular vitamin, herb or other substance, at certain times you may be asked to stop using it for 25 hours following that particular session.
22. N.A.E.T. will not interfere with any other treatment. In fact, you can keep your body free of toxin accumulation (by drinking water, taking stool softeners or laxatives to prevent constipation, and colonics or high enemas once or twice a month to eliminate the toxic build-up), your N.A.E.T. experience will be a lot easier! *Parents: children should stick to the Doctor's recommendations about*

avoidance and should drink copious amounts of water. The aforementioned remedies are generally not recommended for kids.

23. For female practice members: N.A.E.T. sessions are not advisable during the first three days of your menstrual cycle. If you find that you are scheduled for a session during this time, please let us know and we will be happy to reschedule you.
24. The Doctor will teach you some homework that will help you get the most out of your N.A.E.T. sessions. After being seen in the office, you are advised to self-treat the points you will be shown once every two hours at home. This will help you to pass the treatment without any adverse effects like feeling tired, sleepy, mood changes, extreme appetite, food cravings, etc. during the 25-hour avoidance period.

And lastly, ENJOY the process! N.A.E.T. is an amazing technique that can teach you a lot about your body. For more information, may we recommend that you visit www.naet.com