

## **INSTRUCTIONS to and CONSENT from the NAET® Client BEFORE Beginning the NAET® Desensitization Treatment**

### **I. Introduction**

The prospective NAET® client should read Say Good-bye to Illness or Say Good-bye to Your Allergies before coming to the first treatment. If this is not possible, either one should be read as you begin your treatment process. NAET® is a method that helps to balance energies in the body. According to Oriental medical theory, when one's body energies are maintained in a balanced state, one does not suffer from most health disorders that arise from an energy imbalance. According to NAET® theory, allergies cause energy imbalances in the energy meridians, also known as energy pathways. An energy blockage is the primary cause for any allergic reaction toward any substance. When the energy blockage from an allergen is removed via NAET®, that particular allergen has not been shown to produce adverse reactions in the body on future contacts. NAET® is a mild, energy balancing, noninvasive, gentle procedure. It has not been shown to cause any long-term adverse effects on anyone within the last twenty plus years. While going through NAET® Treatments, clients should try to keep their symptoms under control by taking necessary medications, therapies or other modalities. The client is required to seek care of a primary care physician while getting NAET® treatment. If you suffer from a specific problem, you should also seek care of an appropriate medical specialist to manage health needs related to your condition. NAET® is only an energy-blockage removal treatment. NAET® is NOT a primary care procedure.

### **II. Before the First Treatment**

1. When you arrive at the office, these guidelines will be provided to you or your guardian or caretaker. You (They) MUST read and comply with these rules before beginning the testing procedures.
2. Previous medical records, laboratory and radiological reports can be helpful if available, they are not necessary. You will be required to complete the following forms before beginning treatment. Client Bill of Rights, Personal Health History, Symptom Survey and a NAET® consent form.
3. If you have a history of anaphylactic reactions toward any allergen, you MUST tell the NAET® practitioner before beginning the tests. Doing so, your NAET® Practitioner can take adequate precaution to prevent you from becoming anaphylactic during treatments.
4. If you have a history of ANAPHYLAXIS, you should inform your practitioner on the very first visit before beginning the testing and treatments. People with a history of anaphylaxis should ALWAYS be treated through a surrogate. They should wash their hands or rub both hands together immediately after each treatment. If you have severe allergies or anaphylactic history on any basic group of allergens (Egg, milk, wheat, fish, etc.) those allergens should be treated after completing the rest of the Basic fifteen groups. People with anaphylaxis are NOT required to hold the sample during the 20 minute waiting period.
5. NAET® Anaphylactic protocol SHOULD be followed strictly while getting treated. Your NAET® practitioner will instruct you appropriately.

### **III. Before Each Treatment**

6. **PLEASE do not wear any clothing that has been washed in scented laundry detergents or fabric softeners (including dryer sheets), perfume, perfumed powder, essential oils, strong smelling deodorant, hair spray, or after-shave** and do not eat strong smelling herbs like raw garlic, seafood, etc., when coming to the office for a treatment.
7. If you suspect something is responsible for causing an allergic reaction, you may bring the item to the office in a thin glass container with a lid (e.g. baby food jar with lid), wrapped in a brown paper bag. Please do not bring items in plastic containers (unless you are anaphylactic). Plastic containers cannot be used in testing or treating.
8. There is NO smoking allowed in or around the office. PLEASE take a shower before you come for a treatment and wear clean clothes to avoid smells of herbs, spices, perspiration, etc. Various smells can cause irritation and reactions in other sensitive clients in the office waiting room. Please do not eat or drink in the office. Another client in the office waiting room might react to the smell of your food.
9. Wear minimum or no jewelry when you come in for a treatment. Avoid wearing large crystals or large diamonds. NAET can be done while wearing your own clothes provided you wear simple, loose clothes without ANY artwork or embroidery with crystals, beads, stones, metals, glass or plastic pieces. Avoid wearing watches, cell phones, calculators, tape recorders, photo camera, etc.
9. Please do not wear any guns or knives to the office even when they are part of your job requirements. Please do NOT bring sharp metal objects, large keys, sharp toys, heavy toys or toy guns to the office.

10. Please turn off your cell phones inside the waiting room and in the treatment room. Other sensitive clients might react to your cell phone. Cell phones should be off and kept away from your body during NAET® testing and desensitization treatment.
11. Always eat before you come for the treatment. You should not take NAET® treatments and acupuncture when you are hungry.
12. Please wash your hands with soap and water before beginning the Neuromuscular Sensitivity Testing procedure (NST). Hand washing will remove any residue left on your hands from other substances.
13. Do not treat with NAET® if you are extremely tired, worked a night shift or worked too many hours without a break.

#### **IV. During Each treatment.**

14. You should NOT have any companion with you standing or sitting within your magnetic field during the treatment. You should not bring any children or pets to the treatment room while you are being treated. You should be alone with your NAET® practitioner while you get tested or treated with NAET®
15. Since NAET® is a mind-body balancing procedure, the NAET® practitioner needs to receive permission from your conscious and subconscious minds before performing any energy balancing procedures. Signing the consent is the permission from the conscious mind. But permission from the subconscious is necessary for a successful NAET treatment. For a trained practitioner it takes only a few seconds to seek permission from the subconscious. In rare occasions, it had been shown that certain person's subconscious mind does not grant permission to perform the NAET® testing or treatment. In such cases, the NAET® practitioner may NOT proceed with NAET® testing. Instead, the NAET® practitioner will make appropriate referrals for further evaluations related to their health conditions.
16. The NAET® practitioner must get permission from YOUR subconscious mind before each NAET® desensitization treatment as well. On a particular visit, if your brain did not give favorable signals for a new treatment you will be rescheduled for another date. This is for YOUR BEST benefit. It has been shown that even anaphylactic cases also can be treated successfully for the anaphylaxis producing allergen when the NAET® practitioner gets permission from the client's brain before doing the treatment. You may rest for a few days until your brain and body are ready to get more treatments or you may be able to receive other immune system supporting treatments like chiropractic adjustments, acupuncture, massage, Yoga, etc. while waiting.
17. While performing NST the client SHOULD wash or rub his/her hands together for 15 seconds between touching different samples. The energy of the previously test sample has shown to produce false results if the energy of the previous item has not been removed from the hands before touching a new one.
18. While receiving NST testing or NAET® desensitization procedures, PLEASE make a loose fist with your free hand (one without the allergen) in order to prevent contact between the table or your clothes with your fingers while testing.
19. Do not eat or chew gum or candy DURING NST testing or NAET® treatment.
20. The NAET® practitioner will not have ANYONE observing the treatment or taking notes, from a close proximity. The distance varies with each client for each allergen. Your practitioner will know how to determine the distance.
21. If you are unable to be directly tested yourself (if you are child, old person, too strong, too weak, disabled, advanced stage of pregnancy, etc.) then you should be tested through a surrogate so that the practitioner can get accurate information about your sensitivity. You should maintain skin-to-skin contact with the surrogate during testing and the surrogate should rub his/her hands together or wash hands between testing different allergens.
22. You could also be treated through a surrogate's body and get the exact benefit as if you were getting treated directly. Client's in advanced stages of pregnancy, morbidly obese, with psoriasis or other debility skin problems, back surgery, scoliosis, or a history of anaphylaxis, etc. you SHOULD receive NAET® treatments through a surrogate.

#### **V. The BASIC 15 treatments.**

23. The NAET® basic 15 treatments are in fact the basic essential nutrients for everyone. If you are allergic to them your body may not receive adequate nutrients that will cause lowering of the immune system and may cause you to have various health disorders due to nutritional deficiencies brought on by allergies. When your immune system is maintained at a normal level, not only do you feel better overall, your allergic sensitivity will be reduced with the result, you need fewer NAET® treatments to get maximum results.

#### **VI Reasons Why Treatments may need to be Given Out of Order.**

24. If you have allergies to white rice, or pasta, they can be treated before the Basic treatments.

25. Hard to avoid items like prescription drugs should be treated first in the practitioner's office, then treated at home through self-treatment every two hours. In case of a drug that cannot be avoided, you should treat by gate-massage before and after you take the drug as well as massaging the gates every two hours for the 25 hours after the initial treatment.
26. When a client has an ACUTE problem, practitioners will treat the acute problem before resuming the normal order of treatments if the client's brain gives permission to do so. For instance, when a client is reacting to a particular food that was eaten recently, a medication that is essential for the client's survival (like pain medication, cortisone, antihistamine, antidepressants, heart medications, etc.) fire-smoke, accidental exposure to fumes, drinking water, city water, acute emotional imbalances like the death of a loved one, etc., can be treated as an acute allergen before completing the basic fifteen treatments as long as the body permits. If someone has severe reaction to pollens, weeds, cigarette smoke, regular drugs like chemotherapy drugs, antibiotics, standard emotional blockage removal treatments, person-to-person allergies, etc. can be treated after completing six basic treatments (after completing sugar mix). When the treatment for an acute allergen is completed satisfactorily, you should go back to the basics and continue as before.

## VII After Treatments

27. You must wash your hands with plain water after the treatment BEFORE you leave the office. After the treatment if you cannot wash or rinse your hands, vigorously rubbing your hands by interlacing your fingers for 30 seconds will be sufficient.
28. **After the NAET® desensitization, PLEASE do not exercise vigorously for 6 hours. A mild walk is fine.**
29. **AVOID exposure to extreme hot or cold temperature after the desensitization treatment.**
30. **Do NOT bathe or shower for 6 hours following the NAET® treatment (includes swimming).**
31. Do not read or touch other objects with your FINGERS during the 20 minute waiting period after the NAET® treatment. Keep the fingers of your empty hand loosely curled in a fist.
32. Do NOT cross your hands or feet during the 20 minute waiting period following the NAET® treatment. Lying or resting with a calm mind will be beneficial. You could visualize positive, warm energy circulating through the 12 meridians while resting. Meditation is allowed. After an emotional NAET® you are advised to think positively during the 20 minute waiting period about the issue which was treated
33. Normally, your practitioner WILL ask you to avoid the treated allergen for 25 hours or more as indicated by the testing after the completion of the treatment in the office. After the treatment you should avoid eating, touching, breathing and coming within 5 feet of the substance what was treated following 25 hours after treatment. **However, because of specialized equipment (Advanced Bio-Photon Analyzer used in my office), the client is not required to avoid the substance being treated.** This makes treatments much easier to schedule and complete. (Anaphylactic client's should avoid the substance until after the return to the practitioner's office)
34. If you are a highly SENSITIVE person, or if you experience any discomfort during the 25 hour avoidance period after the treatment (crying spells, depression, unusual emotions or unusual pains anywhere in the body, etc.) you may need to balance your gates every two hours on your own at home while you are AWAKE. When you sleep, you do not need to set an alarm to wake yourself every two hours. Instead, whenever you wake up, you can continue treating again.
35. If you have any discomfort during the 25 hour period, BALANCE your gate points every two hours while awake. In case the client has developmental disabilities, caretakers should be instructed to massage the gate points (Read page 58 in the book, Living Pain Free by Devi S. Nambudripad) every two hours during the 25 hours and also before and after touching the treated allergen. Your practitioner will teach you the self-balancing technique if you do not understand by reading the book. It is advisable for you to BUY THE BOOK, Living Pain Free, the self-help book with illustrations since it can help you to control or reduce various allergic reactions and discomforts arising from untreated allergies by massaging the appropriate acupressure self-treatment points whenever the need arises.
36. No adverse reactions have been noted when a person eats food INCLUDING the food he/she was treated for 20 minutes following the retest of the initial treatment for the allergen. The 25 hour restriction beings 30 minutes after the completion of the treatment. Do not eat HEAVY meals before or after the NAET® or acupressure treatments. DRINK a glass of water before the NAET® treatment. Energy moves better in a well hydrated body. Drink 4-6 glasses of water through the day after NAET® treatments to help flush out the toxins produced during the treatment.
37. You are advised to MAINTAIN your own treatment and food diary in The Guide Book after each treatment. Write down all the good and bad symptoms you experience during 25 hours following treatment and bring it to your practitioner on your next visit. If you have frequent health problems and you do not know the cause of your problems, write down your daily activities for a month in a separate notebook. Record all the food and drinks you consumed even if they were in small portions and record also anything new you have purchased in the house or

work area since the problem started. Bring your record to the office and let your NAET® practitioner test you for the items in your list to find the culprit.

38. During the 25 hours afterward, if you get a life-threatening reaction from an allergen (either from the one you were treated for or another one), you MUST seek emergency help immediately from a primary care physician or emergency room, or by calling 911.
39. Once every month or so, or after completing treatments for TEN to FIFTEEN allergens, your practitioner will repeat NST on all treated allergens. If an allergen wasn't passing over 50% at the time, they will be boosted up again. No avoidance is necessary at this time.
40. AFTER 15 basic treatments with the practitioner, clients should begin to gather a small sample of everyday food and drinks and holding the sample, balance the gate points every night before bedtime. One item of food in the mix must be avoided the following day.
41. DRINK one 6 ounce glass of water first thing in the morning. Drink 1 glass of water before bedtime.
42. Remember to CHECK with your practitioner for the item you treated after 25 hours and within one week to make sure you have completed the treatment.

## **VII Additional Information about NAET®**

43. NAET® is a HOLISTIC procedure. It balances the entire body including physical, physiological and emotional functions. Everyone needs balance in all these levels of the body to be healthy. If one area is not balanced properly, other areas cannot function normally. NAET® emotional balancing procedure has been shown to produce marvelous results in people who suffer from environmental illness, chemical reactions, chronic pain disorders, other chronic illnesses, Autism and ADHD, etc. This emotional balancing treatment will be provided to the client without additional cost. After completion of Sugar treatment (after six basics) NAET® emotional balancing treatments can be administered upon request and with the permission of the body.
44. NAET® emotional balancing procedures do NOT replace the need for traditional psychological or psychiatric help. If you are getting treatments in these areas prior to NAET®, please continue with your therapies and medications as needed. If you for any reason do not like to be balanced emotionally by your NAET® practitioner (due to religious reasons, etc.) you should inform the NAET® practitioner on the initial visit, then emotional balancing procedure will be excluded from your treatment plan.
45. If you did not complete the treatment, or if you could not complete the specific NAET® treatment for some reason, do not panic. NAET® is a mild, energy balancing, noninvasive, gentle procedure. It has not been shown to cause any long term adverse effects on anyone within the last 20 years. Your temporary symptoms may be due to the incomplete treatment and may continue for up to two or three weeks maximum. Drink about 4-6 glasses of boiled cooled filtered water daily to help with your energy circulation.
46. Eventually the particular symptoms will wear off and you may return to your pre-NAET® status if you did not repeat the treatment for the unfinished allergen. For example, if you suffered from insomnia prior to NAET® treatment, you may continue to have insomnia; if you suffered from pain disorders, you may continue to suffer from pain disorders, etc. An allergen which was treated halfway has not shown to render any benefit to the client at all. The Human body forgets and adapts new ways fast. The incomplete treatment is forgotten in about three days to a week in most cases but in some cases it has shown to take as long as three weeks, then the body learns to focus on current events. Thus, in a few days, an incompletely treated allergen has been viewed by the body as an allergen that was never treated before.
47. But if you had to stop the NAET treatment for the particular allergen because you had no means to get to the office, then you can balance the energy for the particular item at home on your own by holding the item while massage the gate points once every four hours while awake for two to three weeks or as short or as long as the body needs to view that as a friendly item. This method will only work after one has been treated initially with a trained practitioner, and the treatment was not completed for some reason. IF it is an uncomplicated, individual item, like a piece of sourdough bread, a piece of meat, a hot dog, a laxative or a pain pill like Tylenol or another drug, a particular piece of fabric (a shirt, scarf) etc., then the client or the caretaker can complete the treatment in this manner at home. CAUTION: this should be done only on a single allergen, never try on a group of allergens.
48. After completing treatment for an allergen, if NST tested strong on retest but the client is still suffering from prior symptoms, the client should be allowed to rest a few days to a couple of weeks without any new NAET® treatment. This is in fact to rule out or determine if the desensitization toward the particular allergen was successful or not, and to determine if the presenting symptom is arising from another source or not. IF the particular allergen treatment is incomplete, if you wait a few days, the NST will produce a weak response either on its own or with some combinations. Then the treatment on the allergen itself or with a combination can be repeated at that time. While waiting to detect the outcome of the previous treatment, it is OK to boost up the immune system with

acupuncture, chiropractic treatments, massage, herbs or other therapies. Or the client can continue to self balance for the item at home as described above.

49. Sometimes the client continues to have the same symptom but NST does not show any weakness on the previously treated allergen. In such cases, it has shown that the client passed the treated allergen but another allergen capable of producing similar symptoms similar to the first one has been identified as the culprit. Usually people with history of allergies react to more than one or a few allergens. When one allergen gets desensitized and eliminated from the body, others will get noticed easier, hence the symptom of the previous allergen continues until all the allergens are desensitized with NAET®.
50. When one has a weakness in any particular area of the body, every allergen affects that area of the body giving rise to symptoms similar to the first one. This pattern is especially noticed in clients with asthma, sinus problems, autistic disorders, attention-deficit and hyperactive disorders, chronic pain syndrome, as in degenerative arthritis, fibromyalgia, lupus, headaches, migraines, backaches, myofascial pain, peripheral neuropathy, PMS, insomnia, manic or depressive disorders, etc. Because of this mechanism, until you complete the NAET® basic fifteen, you may not see much change in your health in these cases.
51. When you are allergic to a substance, your body produces lots of endogenous (created within, by the body) toxins. After you are treated to an allergen, it takes 24 hours for the body to detoxify the allergen from all 12 major meridians (each meridian takes 2 hours) naturally to get the toxins out of the body. SOME clients may not have 25 hour avoidance restrictions. Some people may pass the allergen right after the treatment, some may take just a few hours, some may take 25 hours, yet some others may take 40 or more hours. Even though NST demonstrated that you would clear the allergen in 10 hours or so, it is to your advantage to avoid the item for the whole 25 hours allowing the body to detoxify naturally. After a few NAET® treatments, you have the option to go on a good detoxification program using different products (herbs, minerals) etc.) to clean up your system. But if you faithfully follow the 25 hour avoidance, you may not need any special detoxification since the body is able to naturally eliminate the toxins in time if given a chance.
52. You are advised to continue ALL medications and other treatment modalities as they have been prescribed unless otherwise directed by the doctors who prescribed them. PLEASE do not stop any of the treatments you are on: medication, therapy, chiropractic treatments, massages, NSA, etc.
53. NAET® treatments have NOT been shown to interfere with any other treatment. In fact, if you can keep your body free of toxin accumulation and keep your symptoms under control by using medication or therapies, NAET® has shown to work better.
54. For FEMALE clients, treatments are not advisable or allowed during the first three days of your menstrual cycle.
55. NAET® treatments during pregnancy have not shown to cause any adverse effects to the mother or child so far. In fact, tremendous benefits have been noted in both cases. When the mother receives adequate NAET® treatments during pregnancy (at least 15 basics and all known allergens of the mother treated), their children are born with very few allergies when compared with their siblings who never had exposure to NAET® before birth.
56. When you go through the NAET® treatment program, you will be advised to get supplemented with the appropriate amount of vitamins, minerals, and other nutrients for a while if it is indicated. When the nutrients are supplemented appropriately, pain and discomfort arising from various disorders like chronic fatigue, general body aches, arthritis and other pain disorders due to deficiencies, etc. will be reduced.
57. If you do not show any improvement in your health status after successfully passing the basic fifteen allergen groups at all three levels, probably NAET® is not for you. Please ask your practitioner to refer you to another source of health-care facility.

**To SUMMARIZE – for a total of 6 hours after receiving a NAET treatment you should not:**

- 1. Exercise vigorously**
- 2. Receive an Acupuncture treatments**
- 3. Receive an Chiropractic adjustments**
- 4. Receive a massage**
- 5. Bathe or shower**
- 6. Exposure yourself to extreme temperatures for extended periods of time.**

By signing this document, I declare that I have **read AND understand** the instructions and precautions of NAET® in their entirety. I recognize that it is my responsibility to follow the instructions given to me by my NAET® practitioner in order to successfully pass the NAET® treatments given to me.

NAME OF THE CLIENT

NAME OF THE CLIENT'S GUARDIAN

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SIGNATURE OF THE CLIENT

SIGNATURE OF GUARDIAN

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Date