

NAET Allergy Elimination

NAET or Nambudripad's Allergy Elimination Technique was developed by Dr. Devi Nambudripad, M.D., D.C., L.Ac., R.N. PhD. over 20 years ago. Dr. Devi "discovered" NAET while using acupuncture to treat herself during an allergic reaction.

What is NAET?

NAET utilizes a combination of modalities to detect and desensitize patients from their allergies. NAET is an all natural and drug-free solution to eliminate allergies of all types and intensities by using a blend of testing and treatment procedures from acupuncture, allopathy, chiropractic, nutritional, and kinesiology disciplines of medicine. Applied kinesiology, or muscle response testing (MRT), is used to determine the allergic substance, or allergen, causing the allergic reaction. Once the allergen has been determined, a technique consisting of spinal stimulation is used to desensitize the patient to the allergen.



Acupuncture or acupressure stimulation is then given to keep the patient clear of their allergy. This treatment essentially reprograms the brain and nervous system to no longer react to an offending substance. It makes your body strong to the substance, where it was weak before. Thus, an allergic reaction should not result upon future contact with that same substance. When this result is obtained, the patient is said to have been 'cleared' of his allergy to that substance.

How does NAET work?

NAET is based on the theories of Traditional Chinese Medicine (TCM), and is a method that helps to balance energies in the body. According to TCM, 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 towards 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.

What kinds of allergens may be causing my allergies?

An individual can be allergic to anything; foods, drinks, pharmaceutical drugs, herbs, vitamins, water, clothing, jewelry, chemicals, paint, silicone, latex, plastics, chemicals, pesticides, pollen, and grasses are some of the more common allergens.

What is an NAET treatment like?

NAET is a mild, energy balancing, and gentle procedure. It is similar to a regular acupuncture treatment but also includes muscle response testing (MRT) and spinal stimulation. One allergen is treated at a time. An NAET treatment will begin with MRT. You will be given different substances to hold, and the practitioner will use MRT to assess whether or not an allergy is present. A strong muscle response will indicate no allergy and a weak muscle response will indicate an allergy. Specific spinal points along the back will be stimulated to remove the allergic reaction. Different breathing exercises may be done at the same time as the spinal points are stimulated. Spinal stimulation activates the body's nervous system and removes the blockages in the meridians, allowing the body to desensitize itself to the allergen. You will then also receive acupuncture at specific NAET points on the front of the body. At the end of the treatment you are retested for muscle strength with the allergen in your hand. If the treatment was successful, the MRT will yield a strong muscle response, indicating that the allergy has been cleared.

What can I expect after the treatment?

It is important to avoid all contact with the treated allergen for 25 hours. Make sure to drink plenty of water for the rest of the day. On the following visit (anywhere from 1 to 7 days) you will need to be re-checked to ensure the treatment has held and the allergen has been cleared.

If you are frustrated with merely treating the symptoms of your allergies with medications, and are interested in exploring and treating the underlying causes of dysfunction, call our office to schedule an appointment today at 250-374-9700.