

## *A Natural Solution for Allergies and Allergy-Related conditions*

### *What is NAET?*

*Nambudripad's Allergy Elimination Technique, also known as NAET, is a non invasive, drug free, natural solution to treat allergies by using a combination of energy balancing, testing and treatment modalities including: acupuncture/acupressure, allopathy, kinesiology and nutrition.*

*NAET was discovered by Dr Devi Nambudripad in 1983. Currently over 7000 licensed medical practitioners who have been trained in NAET are practicing all over the world.*

### *Can Allergies Cause Illness?*

*An individual can be allergic to anything under the sun: foods, medications, plants, chemicals, clothing, jewelry, water, vitamins, plastic, and pollen are just a few of the countless possibilities. Allergy symptoms can range from a minor inconvenience to debilitating and sometimes life threatening.*

*An allergy is a condition of unusual sensitivity to one or more substances which may be harmless to the majority of other individuals. In an allergic person, a substance is viewed by the brain as a threat to the body's well-being. When contact is made with an allergen, it disrupts the normal flow through the body's electrical circuits. This energy blockage causes interference in communication between the brain and the body via the body's nervous system. This begins a chain of events that can develop into an allergic response. Undiagnosed allergies are often the cause of common or chronic illness.*

### *How Does NAET Work?*

*NAET uses a technique called Muscle Response Testing (MRT). A skilled NAET practitioner utilizes MRT to check for energetic imbalances in the body caused by allergens. The practitioner then stimulates pressure points along the spine from the neck to the sacrum while the patient is holding a vial that contains the energetic imprint of the allergen. Specific acupressure points are then massaged and the substance must be completely avoided for the first 25 hours following the treatment.*

*Basic essential nutrient absorption issues are treated in the first few visits, followed by food and environmental allergens. Most patients need just one treatment to clear an allergy, however if the patient is severely immune deficient or the allergy is very strong, it can take two or more treatments to clear. The average patient with a moderate amount of allergies can expect 12-15 office visits to desensitize their allergies.*

*NAET specializes in treating the following conditions:*

- *ADD/ADHD*
- *Acid Reflux*
- *Frequent Colds*
- *Candida*
- *Frequent Cough*
- *Congestion Asthma*
- *Poor Digestion*
- *Eczema*
- *Fatigue*
- *Headaches*
- *Hives/Rashes*
- *Frequent Infections*
- *Insomnia*
- *Itchy Eyes*
- *Irritable Bowel*
- *Post Nasal Drip*
- *Seasonal Allergies*
- *Sinusitis*
- *Sore throats*
- *Sneezing*

*The rapidly increasing popularity of this technique is due to the fact that it is effective, painless and does not involve taking medication. Traditional allergy treatments focus on the symptoms produced by an allergic reaction. Treating the cause and not just the symptom of the allergy appeals to many people who are looking to get off medication. This technique is appropriate for people of all ages and takes approximately fifteen minutes per visit.*

*If you or a family member suffer from any of these conditions and are looking for a natural, non-invasive approach to treatment, you can find a certified NAET practitioner by going to [NAET.com](http://NAET.com) and finding an accredited practitioner in your area.*