

Instructions for New NAET Patient before Beginning Treatment

I. Introduction

NAET is a mild, energy balancing, non-invasive, gentle procedure that helps to balance energy in the body. According to Oriental medical theory, when the body's energies are maintained in a balanced state, one does not suffer from the health disorders that arise from an imbalanced state. According to NAET theory, energy blockages are the primary cause for an allergic reaction towards any given substance. When the energy blockage from an allergen is removed via NAET, that particular allergen ceases to produce adverse reactions in the body on future contact. *While going through NAET treatments, patients should continue any prescribed medications, and discuss any therapies or modalities with the NAET practitioner. If you suffer from a specific health condition, you should also seek the care of an appropriate medical specialist to manage the health needs related to your condition.*

II. Before the First Treatment

- The prospective NAET patient is required to read "Say Good-Bye to Illness" or read or listen to the CD of "Say Good-Bye to Your Allergies" before coming for the first treatment.
- Please read and sign the NAET guidelines *before* beginning the testing procedures. If you have recently had lab work done with another doctor, a Records Release Form can be found on our website to request that those results be sent to us.
- If you have a history of anaphylactic reactions toward any allergen, please tell the NAET practitioner *before* beginning the tests. Your NAET practitioner can then take adequate precautions to prevent you from becoming anaphylactic during treatments. People with history of anaphylaxis should ALWAYS be treated through a surrogate (your practitioner will explain this procedure). If you have severe allergies or anaphylactic history from any basic group of allergens (egg, milk, wheat, fish, etc.) those allergens may be treated after completing the rest of the Basic Fifteen groups.

III. Before Each Treatment

- Strong smells can cause irritation and reactions in other sensitive patients in the waiting room. PLEASE do not wear any perfume, perfumed powder, strong smelling deodorant, hair spray, or after-shave. Do not eat strong smelling foods like raw garlic, seafood, etc. before coming for treatments. 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. Please do not eat or drink in the office. Another patient in the office waiting room might react to the smell of your food.
- A hydrated, well-rested, and well-nourished body will get the most benefit from NAET treatments. ALWAYS eat and drink water before you come for the treatment. Do NOT treat with NAET if you are extremely tired or ill. For FEMALE patients: Treatments are not advisable during the first three days of your menstrual cycle.
- If you suspect something is responsible for causing an allergic reaction, you may bring a sample to your NAET appointment in a thin glass container with a lid (such as a baby food jar with lid). Plastic containers cannot be used in testing.
- Wear minimum or no jewelry when you come in for a treatment. Avoid wearing large crystals or large diamonds. Wear simple, loose clothes without any art work or embroidery with crystals, beads, stones, metals, glass or plastic pieces. It is fine to wear simple wrist watches while testing or during treatments.
- Please turn off your cell phones inside the waiting room and in the treatment room. Cell phones should be off and kept away from your body during NAET testing and desensitization treatments.

IV. During Each Treatment

- NST (Neuromuscular Sensitivity Testing) will be conducted to compare the strength of a predetermined muscle in the presence and absence of a suspected allergen. If the particular test muscle weakens in the presence of an item, it signifies that the item is an allergen. Please wash your hands with soap and water before beginning the NST (Neuromuscular Sensitivity Testing) procedure and subsequent NAET treatments. Hand washing will remove any residue left on your hands from other substances.
- You should NOT have any companion with you standing or sitting within your magnetic field during treatment. You should not bring any children or pets to the treatment room while you are being treated.
- If you are unable to be tested/treated yourself, you will be instructed on surrogate testing/treatment, which will have the same benefit as if you were getting treated directly. Small children, patients in advanced stages of pregnancy, morbidly obese patients, those people with psoriasis or other debilitating skin problems, back problems, scoliosis, or a history of anaphylaxis, etc., should receive NAET treatments through a surrogate.

- Since NAET is a mind-body balancing procedure, the NAET practitioner must receive permission from your conscious mind and subconscious mind before performing any energy balancing testing or procedure. Signing the consent form is the permission from the conscious mind, but permission from the subconscious mind is necessary for a successful NAET treatment. On rare occasions, it has been shown that a person's subconscious mind does not grant permission to perform NST testing or NAET treatment. In such cases, the NAET practitioner may NOT proceed with NST testing or NAET treatment, and the appointment will be rescheduled.

V. After Treatment

- During the first 20 minutes following the NAET treatment, do not cross your hands or feet and do not read or touch other objects. If possible, lie down and rest with a calm mind and visualizing positive, warm energy circulation through the 12 meridians. After an NAET treatment for an emotion, you will be advised to think positively during the 20 minute waiting period about the issue which was treated.
- Wash your hands with plain water BEFORE you leave the office. After the treatment if you cannot wash or rinse your hands, vigorously rubbing your interlaced fingers for 30 seconds will be sufficient.
- After the NAET desensitization treatment, please do not exercise vigorously for 6 hours. A mild walk is fine.
- Avoid exposure to extreme hot or cold temperature after the treatment.
- Do not bathe or shower for 6 hours following the treatment.
- After the treatment you should avoid eating, touching, breathing and coming within 5 feet (or more as indicated by testing) of the treated substance for 25 hours (or more as indicated by testing).
- After avoiding the treated substance, if you have completed your treatment satisfactorily (as per practitioner testing), it is advised that you consume a small amount of the item daily for three to four days. If the treatment is not completely finished, you will bring out some minor symptoms and your practitioner can investigate the reason behind those symptoms and eliminate them. Another benefit of introducing the treated allergen into your body is to reconfirm to the brain and nervous system about the harmlessness of the item.

VI. The Basic 15 Treatments

- The NAET Basic 15 treatments consist of the basic essential nutrients for everyone. If you are allergic to them, your body may not receive adequate nutrients. That will lower the immune system function and may cause you to have various health disorders due to nutritional deficiencies brought on by allergies. The Basic 15 treatments must be completed before moving on to more specific allergens. Your NAET practitioner will test you using NST to determine which treatments will be necessary to complete.

VII. Additional Information

- It is highly recommended that after three NAET basic treatments, you try to consume foods and drinks from the desensitized groups only. Add new items to your list as you complete each treatment. This will reduce your overall discomfort while going through the rest of the treatments and your NAET treatments will be more effective and you will be able to see results with NAET faster.
- A patient with severe allergies and poor immune system can only tolerate one treatment per week whereas patients with better immune systems can possibly tolerate three or more treatments per week. Your practitioner can test your body for the appropriate plan.
- Your practitioner will teach you to balance your gate points every two *waking* hours on your own at home.
- No adverse reactions have been noted when a person comes into contact with the treated substance for *20 minutes* after the NAET treatment is completed.
- You are advised to maintain your own treatment and food diary in the NAET 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 of the food and drinks you consumed even if they were small portions and 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.
- Your practitioner may advise you to take EXTRA precaution while you being treated for environmental substances, i.e. mineral mix, metals, water, wood, mold, mercury, flowers, pollens, etc. Besides staying away from these items, you may also need to wear a mask, gloves, scarves, earplugs, etc.

- Once a month or so, or after completing treatments for 10 -15 allergens, your practitioner will repeat NST on all treated allergens. If an allergen wasn't passing over 50% of the time, they will be boosted up with a booster treatment. No avoidance is necessary at this time.
- After the Basic Fifteen treatments with the practitioner, the patient should begin to gather a small sample of everyday food and drinks in a glass jar and holding the sample, balance the gate points every night before bedtime.
- NAET is a holistic procedure. It balances the entire body including physical, physiological and emotional functions. 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 may be administered upon request in conjunction with a treatment for another substance.
- 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, you should inform the NAET practitioner on the initial visit, then emotional balancing procedure will be excluded from your treatment plan.
- If you did not pass any given treatment, or if you could not complete the specific NAET treatment for some reason, do not worry. NAET is a mild, energy balancing, non-invasive, gentle procedure that has not been shown to cause any long term adverse effects. Contact your practitioner if you have any symptoms that need to be addressed.
- NAET treatments during pregnancy have not been shown to cause any adverse effects to the mother or child so. In fact, multiple benefits have been noted in both cases.
- If you do not show any improvement in your health status after successfully passing the Basic ten to fifteen allergen groups, NAET may not be right for you. Please ask your practitioner to reevaluate your case or refer you to another health-care facility.

Continue ALL medications and other treatment modalities as they have been prescribed unless otherwise directed by the doctors who prescribed them including pharmaceuticals, massage therapy, acupuncture, etc.

During the 25 hours of avoidance, if you get a life-threatening reaction from an allergen (either from one you were treated for in the office or another one) you MUST seek emergency help immediately from a primary care physician or emergency room, or by calling 911.

Please do not hesitate to ask your practitioner about anything you do not understand or have questions about.

I have read, understand and agree to these instructions:

Signature of patient/guardian _____ **Date** _____

Printed name _____