

# **SAY GOOD-BYE TO ILLNESS**

*An Innovative, Natural  
Solution for Allergies and  
Allergy-Related Conditions*

# Introducing NAET: Nambudripad's Allergy Elimination Techniques



**Devi S. Nambudripad**  
*D.C., L.Ac., M.D., Ph.D.*

**Say Good-Bye To Illness.** The book also explains the theoretical basis for her technique and provides true testimonials and fascinating case histories of patients who have been treated successfully with NAET for allergies and chronic health problems.

Currently, conventional medicine has several methods for diagnosing allergies which include the intradermal test, patch test, scratch test, and various blood tests such as the RAST test and the ELIZA test. The standard treatment is drug therapy using either antihistamines or steroids to control allergic symptoms. Unfortunately, this does not correct the underlying problem and often the allergy sufferer experiences serious long-term side effects. The most effective treatment option until now has been complete avoidance of the offending allergen(s) which can be difficult and in some cases impossible.

Nambudripad's Allergy Elimination Techniques is an innovative treatment for allergies that is completely natural, painless and non-invasive. This method can be used safely on anyone, even newborn infants, the elderly, patients in a coma, and pets. NAET can also be used to treat healthy individuals with hidden allergies that could cause illness in the future. In addition, NAET can complement other medical therapies requiring the use of pharmaceutical drugs (e.g. antibiotics, chemotherapy, radiation) to treat for any side effects and to maximize the effectiveness of the drugs. With the progress of modern science and technology, new chemicals and products are being developed every day which create potential allergens for many people. NAET is a truly revolutionary solution that provides relief from adverse reactions to new allergens and empowers the individual to live a better life in our modern world.

In 1983 Devi S. Nambudripad, D.C., L.Ac., M.D., Ph.D. (Acu.), discovered NAET and began extensive research and development for a new, effective approach to the diagnosis and elimination of allergies. Dr. Nambudripad's knowledge in Eastern and Western medicine gave her the insight and guidance to develop this unique treatment in order to overcome her own serious allergic food reactions. She shares the amazing story of her personal struggles to free herself from lifelong allergies in the book,

# How Does NAET Work?

NAET is a synthesis of various medical disciplines such as allopathy, acupuncture, chiropractic, kinesiology and nutrition. Nambudripad's Testing Techniques utilizes Muscle Response Testing (MRT) which indicates the kinetic imbalance in the body caused by allergens. The NAET treatment stimulates pressure points along the spine from the neck to the sacrum while the patient is holding an allergen. After the treatment, a strong MRT indicates that the allergy has been removed. Specific acupressure points are then massaged or acupuncture needles may be inserted for 20 minutes to stabilize the treatment. The substance must then be completely avoided for 25 hours following the treatment for best results. Allergens are treated and cleared one at a time in a specific sequence. Normally only one item is treated on a given day. In most cases one session is all that is required to eliminate an allergy if NAET is applied properly. Individuals who are highly sensitive may sometimes require additional treatments.

People fly to Southern California from all over the world to be treated by Dr. Nambudripad with NAET. Now it is available to you in your local area because Dr. Nambudripad has trained thousands of doctors of acupuncture, allopathy, chiropractic and various other licensed medical practitioners through her regular training seminars. For more information on NAET practitioners and training seminars, please visit the NAET website at <http://www.naet.com>. or write to:

## NAET

6714 Beach Blvd.

Buena Park, CA 90621

Tel: (714) 523-8900

Fax: (714) 523-3068

email: [naet@earthlink.net](mailto:naet@earthlink.net)

### **Say Good-Bye To Illness**

*by Dr. Devi S. Nambudripad is available from each NAET practitioner's office and in bookstores.*

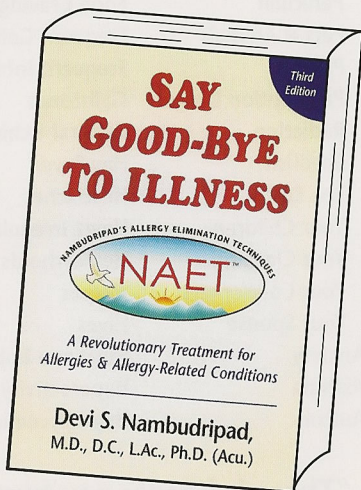
*It can also be ordered online at:*

[www.naet.com](http://www.naet.com)

[www.amazon.com](http://www.amazon.com)

[www.bn.com](http://www.bn.com)

[www.borders.com](http://www.borders.com)

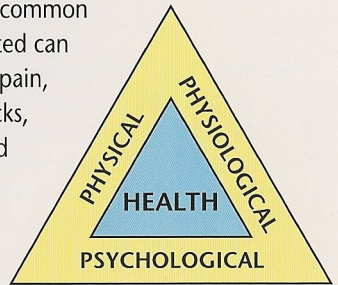


# Allergies As A Cause Of Illness

An individual can be allergic to anything: foods, drinks, pharmaceutical drugs, herbs, vitamins, water, clothing, jewelry, chemicals, paint, silicone, latex, plastics, pollen, grasses, etc. Allergy symptoms can range from mild to debilitating reactions to life-threatening illnesses. Medical scientists are still researching to find the exact cause and nature of allergies. From a Western medical point of view, an allergy is an overreaction of the immune system. In NAET, allergies are viewed from a holistic perspective based on Oriental Medical principles and defined in terms of the effect an allergic substance has on the energy flow in the body.

An allergy is a condition of unusual sensitivity of a person to one or more substances which may be harmless to the majority of other individuals. In the allergic person, the allergic substance (known as an allergen) is viewed by the brain as a threat to the body's well-being. When contact is made with an allergen, it causes blockages in the energy pathways called meridians, disrupting the normal flow of energy through the body's electrical circuits. This energy blockage causes interference in communication between the brain and body via the nervous system which begins a chain of events that can develop into an allergic response.

Undiagnosed allergies are often the cause of common or chronic illnesses which when left untreated can become serious or critical. Through illness, pain, inflammation, headaches, fever, heart attacks, strokes, abnormal growths, tumors, and various physical, physiological and psychological discomforts, the brain signals the body about the possible dangers if the energy blockages remain within the body. The result of energy imbalances in the body leads to a diminished state of health in one or more organ system. By reprogramming the brain and removing the blockages from the energy pathways, NAET allows the body to regain perfect balance (homeostasis) and function normally to reach optimum health.



*The human body can be compared to an equilateral triangle. Each side of the triangle directly influences the other two sides. Health is present when the physical, physiological and psychological aspects are harmoniously balanced. Now this can be yours through NAET.*

***"The doctor of the future will give no medicine, but will int***

**Have you tried everything?  
DON'T GIVE UP – THERE IS HOPE.  
Through NAET, people have been treated  
successfully for the following conditions:**

Acne	Backache	Indigestion
ADD/ADHD	Bad Breath	Insomnia
Addiction to:	Blood Pressure Problems	Irritable Bowel Syndrome
Smoking	Bronchitis	Kidney Disease
Alcohol	Candida / Yeast	Knee Pains
Carbohydrate	Chronic Fatigue	Leaky Gut Syndrome
Coffee	Colitis	Lock Jaw
Drugs	Constipation	Menopausal Syndrome
Food	Cough	Migraines
Allergies to:	Depression	Mood Swings
Chemicals	Diarrhea	Nervous Stomach
Chemotherapy	Dry Eyes	Night Sweats
Cold	Dyslexia	Overeating
Computer	Ear Infections	O.C.D.
Cosmetics	Eating Disorders	Parasitic Infestation
Fungus	Eczema	Phobias
Heat	Environmental Allergies	Poor Appetite
Latex	Excessive Appetite	Poor Memory
Milk Products	Falling Hair	Post Nasal Drip
Mold	Fibromyalgia	Premenstrual Syndrome
Peanuts	Flatulence	Psoriasis
Penicillin	Food Cravings	Restless Leg Syndrome
Pets & Animals	Frequent Colds	Rheumatoid Arthritis
Plastics	Frequent Infections	Ringworm
Prescription Drugs	Gallstones	Sciatica Pains
Radiation	General Itching	Sea Sickness
Shellfish	Hay Fever	Shingles
The Sun	Headaches	Sinusitis
Your Children	Heart Irregularities	Stiff Neck
Your Clothing	Hemorrhoids	Varicose Veins
Your Co-Workers	Herpes	Vertigo
Your Spouse	Hives	Weight Problems
Anxiety	Hormone Imbalances	
Asthma	Hyperactivity	...and many others
Autism	Hypoglycemia	

*“There is hardly any human disease or condition  
where allergic factors are not involved.”*

– Devi S. Nambudripad, D.C., L.Ac., M.D., Ph.D. (Acu.)

*Devi Nambudripad's Allergy Elimination Technique is truly remarkable. She goes to the heart of the problem and eliminates it. Unlike other doctors, Devi offers a solution that is attainable. She evaluates the physical and emotional health and treats as one unit, like no other doctors I have met. I highly recommend this technique for anyone who suffers from allergies.*

**Dylan McDermott**

**Star of the ABC Television Series "The Practice"**

*I have seen NAET put my extremely sick patients back in control of their lives once again! After completion of the NAET treatment program, they are free of symptoms, free of excessive medications, and free to enjoy good health!*

**Dr. Jan K. Steele, L.Ac., O.M.D.**

**Los Angeles, CA**

*I've had CFIDS (Chronic Fatigue Immune Dysfunction Syndrome) and EI/MCS (Environmentally Ill with Multiple Chemical Sensitivities) since 1987. I saw 17 physicians and they all gave up on me. I was becoming progressively worse. Then I miraculously discovered Dr. Devi and her NAET treatments and I am here to say it really works. NAET literally saved my life and gave me a second chance to live a full life again!*

**Amy Clute**

**Redondo Beach, CA**

*Dr. Devi's technique helped to give my world class athletes a winning edge!*

**Mike Greenberg, D.C.**

**1984, 1988, and 1992 Olympics Doctor**

*NTT (Nambudripad's Testing Techniques) gave me the best tool to evaluate my patients' health disorders and NAET taught me the greatest healing technique to eliminate the problems almost instantly and painlessly. NAET has truly revolutionized the practice of medicine! I applaud Dr. Devi for developing this unique technique and sharing it with the world. I have no doubt, this is going to be the "Medicine of the Future."*

**Robert Prince, M.D.**

**North Carolina**

***For more information or to schedule an appointment:***