

Alternative Medicine

The Allergy-free Body

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A dramatic new treatment puts the cure in your hands as Dr. Nambudripad shows you how to stay free of allergies for life

RICHARD LEVITON

For the 35 million Americans who know they have allergies and who want a better way to get over them, the treatment discoveries of California acupuncturist Devi S. Nambudripad, D.C., O.M.D., Ph.D., will come as good news. But for the 50% of Americans-128 million people-who suffer from problems caused, unknown to them, by allergies, Dr. Nambudripad's techniques will come as a great surprise.

For the last 12 years, she's been using her own discovery, the Nambudripad Allergy Elimination Technique (NAET), at her Buena Park, California, clinic, to permanently heal between 80-90% of her patients' hidden allergies. People come to her from all over America for this unprecedented degree of relief. She's taught NAET to about 625 other doctors which means this innovative allergy cure is now available in many parts of the U.S.

This couldn't come at a better time because according to Dr. Nambudripad, far more people have allergies than doctors, or the patients themselves, have ever suspected.

The shocking fact is that "there is hardly any human disease or condition in which allergic factors are not involved," claims Dr. Nambudripad. Even more challenging is this statement: "Any substance under the sun, including sunlight itself, can cause an allergic reaction in any individual."

In other words, potentially you can be allergic to anything. If you check with enough people, as Nambudripad has, you'll find allergies to almost everything. Foods, clothing, plants, chemicals, vitamins, tap water, vaccines, furniture, plastic, metals, wedding rings, piano keys, water, heat, acrylic fingernails, saliva, even your own adrenaline-the list is staggering.



Undiagnosed allergies can produce symptoms, illnesses, even chronic diseases like cancer, that affect every system and organ in your body. Chronic fatigue, migraines, hyperactivity, arthritis, asthma, anxiety, depression, backaches, addictions-all these and more can be allergy-based. Unless you understand the secret of allergies, you may spend years fruitlessly visiting medical specialists, never getting better.

In her bold new book, Say Goodbye to Illness, Dr. Nambudripad promises to "revolutionize the practice of medicine." It may sound like an exaggeration, but for Nambudripad, who is a licensed chiropractor, acupuncturist, registered nurse, and a Ph.D., it's the simple truth.

Dozens of dramatic case studies presented in her book support her strong claim.

Diagnosing hidden allergies in itself is not revolutionary. Environmental medicine has been doing that for several decades. Usually you remove the allergenic substance from your life, go on a rotation diet, and you can manage. But Nambudripad's techniques allow you to continue using the very substance that has made you sick-and without any further bad results.

The secret to NAET is to retrain your brain and nervous system to no longer react to the offending substance. "We can reprogram our brains to perceive unsuitable energies as suitable ones and use them for our benefit rather than allow them to cause energy blockages and imbalances." Let's see how this works in a few stories from her clinic.

Susan was a 19 year old woman, newly married, who came to Nambudripad complaining of severe lower back pain. She'd suffered with this for 5 days, and was now having fever, chills, and severe headaches. A urine test suggested a possible kidney infection. Aspirin and a light antibiotic helped reduce her symptoms. Then she had a cup of fenugreek herbal tea. Within 10 minutes she had an intense reaction: chills, muscular stiffness, and high fever.

Nambudripad tested her at once for an allergy to fenugreek tea then used NAET to lower her temperature to normal within 30 minutes. It turns out Susan had drunk fenugreek tea 5 days earlier as well, starting the chain reaction of symptoms.

Thomas was a computer programmer, age 28, who started experiencing extreme fatigue only a year after taking a new job. He was so tired he started to hate going to work. His job performance dropped, he could barely walk without somebody's help, and soon he was diagnosed as having chronic fatigue syndrome. He took time off from work, seemingly facing a grim future. Yet he started to feel better, just by being home. But when he returned to work, he got worse again.

This cycle continued for 4 years until he had the good fortune to visit Dr. Nambudripad. She tested Thomas for allergies and found he was allergic to the plastic material of his computer keyboard and to computer screen radiation. She used NAET on Thomas and he was able to resume full-time work with no further allergic reactions.

How is this possible? Normally, you remove the allergenic substance and stay away from it forevermore, yet here are Susan and Thomas able to resume living while in contact with a substance that had made them terribly sick. The secret of NAET lies in the energy pathways through the body that acupuncture calls meridians.

Here's what happens, according to Dr. Nambudripad. Your energy system and brain interpret a particular substance as potentially harmful to your body. For other people this item-a diamond ring, a carob-coated cherry, a peanut, hot water-is a harmless, everyday item; but for your system, it's toxic. Your energy pathways freeze up as a way of defending the body against this unsuitable substance. This in turn blocks your energy meridians and if the condition never changes, the overall functioning of your body suffers.

"With the first bite of most allergic foods, the brain begins to block the energy channels to prevent the entrance of the adverse energy of the food into the body," Nambudripad explains. This is what produces allergies. In Susan's case, it was her kidney meridian that got blocked and kept generating the allergic symptoms of fever, chills, headaches, and kidney infection. "The sudden blocking of the meridians is one of the quickest defense mechanisms of the brain to stop the allergen from entering deeper into the body."

So, the offending substance causes an energy disturbance in a meridian, this blocks the energy flow, the body becomes unbalanced, symptoms show up, and eventually, you get sick.

But how can Nambudripad figure out what is the offending substance in the first place? She uses an ingenious technique called muscle testing, familiar to chiropractors as Applied Kinesiology.



See [Alternative Medicine, the Definitive Guide](#), "[Applied Kinesiology](#)".

The idea is simple: the patient holds a substance that you think produces allergies while the physician tests the strength of certain muscles. You extend your arm and resist as Nambudripad gently tries to push it down. Allergenic substances weaken your muscles, so if your arm goes down, you're probably allergic to the substance you're holding in your other hand. This is something you can do at home with a partner whenever you suspect an allergy, as the section below shows.



[HOW TO BE YOUR ALLERGY DETECTIVE](#)

This is quick and straightforward if you already suspect a substance. But if you're not sure, Nambudripad uses a faster, computerized system of muscle testing based on the principle of electroacupuncture and biofeedback.

This device registers minute changes in electrical response through your skin, mainly your fingertips, as you hold different materials. It gives Dr. Nambudripad an idea of the intensity of the allergy on a scale of 0-100. It's a fast, thorough, and efficient way to find out what a person is allergic to, says Nambudripad.



See [Alternative Medicine, the Definitive Guide](#), "[Energy Medicine](#),



See "[Prevention-You Can See Disease Coming](#)" by Burton Goldberg, this issue

The next step is to actually reprogram the patient's nervous system not to react anymore to the allergenic substance. This is the genius of Nambudripad's approach: it takes the allergy out of any substance and turns the allergic body into the allergy-free body.

Remember Susan and the fenugreek tea? Dr. Nambudripad used finger-delivered acupressure (she'll also use needle-based acupuncture when appropriate) to treat Susan's kidney meridian and organ imbalance at the same time Susan held the fenugreek tea in her hand. The effect is to reorganize the body's way of reacting to a substance. Because the energy pathways are unblocked, your body does not have to defensively recoil every time it comes in contact with fenugreek, or computer plastics, or hundreds of other allergenic substances.

Your brain re-interprets what it used to think was a poison, seeing it now as a harmless, acceptable substance. "This produces a totally new, permanent and irreversible response to the allergen," Nambudripad says. Your nervous system learns a different response to the same stimulus and you are suddenly allergy-free.

Using Nambudripad's Allergy Elimination Techniques, you undo your body's conditioned response and allow it to co-exist again with everyday items. You only have to stay away from the substance for 24 hours as your energy meridians "reset" themselves.

Let's not forget, too, that in hundreds of cases, NAET transforms people who are acutely or chronically ill into healthy, happy, functioning allergy-free human beings again.

"Is a permanent cure for allergies possible? At last the answer is a definite yes," Nambudripad says. "You can retrain the body to go back to its original function, so you can make the nervous system accept the presence of other rejected items without creating blockages or unpleasantness in the body."

Dr. Nambudripad learned the principles of NAET the best possible way-through being sick herself. She was sick since childhood with multiple illnesses. She had eczema, arthritis, joint aches, bronchitis, insomnia, clinical depression, sinusitis, migraine headaches, chronic exhaustion, plus she suffered 3 miscarriages.

By the time she arrived in Los Angeles nearly 20 years ago from India, she was taking 30 aspirin a day to survive. She tried all sorts of doctors, techniques, medicines, herbs, vitamins, and nutritional programs, but everything made her worse. The only things she wasn't allergic to were white rice and broccoli. "Every inch of my body ached."

Finally, she stumbled upon an acupuncturist who tested her for allergies. He was the first physician Nambudripad encountered who made the link between her rather stunning list of problems and undiagnosed allergies. "I followed my teacher's advice and ate white rice and broccoli exclusively." All of her symptoms started to lift, but as soon as she started to add more items to her food list, the allergic reactions returned. "I was simply allergic to everything under the sun."

Was she to live on rice and broccoli the rest of her life? That is what she did for the next 42 months. Then one day she ate a carrot and made a discovery that led to NAET.

After eating only a few bites of carrot, Nambudripad instantly felt tired and lethargic, as if she were going to faint. She used muscle testing on herself and learned she was highly allergic to carrots. Was this to be just another item added to her list of untouchable substances? No. This time Nambudripad had an idea.

She gave herself an acupuncture treatment, working the points she knew would keep her awake or from going into shock. Then she slept for 45 minutes. When she woke, she felt completely different, no longer sick and tired. Compared to how she'd felt for years, this was a new state of "supreme well-being." Then she looked at her hands. She was still holding pieces of carrot.

That's when she saw the link between holding the allergenic substance within your body's electromagnetic field while receiving a treatment for adverse food reaction. Somehow the combination of the two took the allergic charge out of the carrots. Her body was no longer repulsed by the energy of the carrots. To prove it, she ate a carrot and had no allergic reaction. She tested her muscles for carrots and got nothing. Carrots had lost their allergic bite.

The result is NAET. In the last 12 years of clinical use it has entirely relieved allergy symptoms or produced satisfactory improvements in 80-90% of her patients, which number in the thousands. "In every case, allergies were cleared out, never to return." And all this without any strict rotation or elimination diets to avoid the allergy-producing substance.

The experience opened Nambudripad's eyes to a new world of cause and effect in understanding allergies. "I discovered that although it has been gaining acceptance as a separate area of medical study in the last few years, allergy certainly has not been given the recognition it deserves as a primary cause of many types of disorders and illnesses."

Both physicians and patients attest to the high degree of success with NAET. Many have said goodbye to illnesses they thought were permanent afflictions.

"Dr. Nambudripad's Allergy Elimination Technique is the most incredible practice tool I have seen in health care in my 40 years of practice," states chiropractor John Kasler, D.C., of Charlotte, North Carolina. "I have seen NAET put my extremely sick patients back in control of their lives once again," comments acupuncturist Jan K. Steele, L.Ac., O.M.D. "After completion of an NAET treatment program, they are free of symptoms, free of excessive medication, and free once again to enjoy good health."

Ask Novato, California, chiropractor Dr. Eleanor Chin, D.C., about NAET, and you get more positive feedback. "NAET is a practical potent, and proven method of changing the body's unbalanced response to a substance, be it food or environmental. A number of my patients have told me that this work is the single most powerful booster of their immune function, while also integrating the mind, body, and emotional aspects of healing."

Even the allergy specialists, such as environmental medicine physician, Sandra Denton, M.D., of the Alaska Alternative Medicine Center in Anchorage, admit that NAET has shown them something new about treating allergies.

Dr. Denton herself had endured chronic fatigue syndrome and serious asthma for years until Dr. Nambudripad revealed the host of substances she was allergic to and freed her body of its need to react against them. "She pointed out to me that many health problems in people all over the world are undiagnosed allergic reactions or due to the lowering of the immune system by multiple allergic reactions that allow diseases to attack the weakened host," Denton says.

Perhaps this patient's comment from an NAET-using acupuncturist's casebook says it all: "I felt as if I was let out of jail, that I escaped from allergy hell!" This happy patient, like many others, has seen there is a way to transform the allergic body into a healthy, balanced, and livable body.

EDITOR'S NOTE: You can contact Dr. Nambudripad for appointments or referrals for other doctors using NAET at Pain Clinic, 6714 Beach Blvd., Buena Park, CA, 90621; tel: 714-523-0800. To order her book, Say Goodbye to Illness (\$21.00), call AlternativeMedicine.com, 800-720-6363.

Gender & Age	Symptoms	Substance
woman, 22	severe abdominal cramps, indigestion	sanitary napkins
man, 62	lower abdominal pain,	leather belt

	frequent urination	
woman, 52	genital yeast infection for 12 years	cotton underpants
man, 32	severe headaches, nausea, vomiting, sour stomach, belching for 12 years	raw red onions
woman, 19	severe lower back pain, fever, chills, painful urination	fenugreek tea
woman, 38	severe diarrhea, perspiration on palms, anxiety before meetings	adrenalin
woman, 70	severe diarrhea, hypoglycemia for 50 years	all grains, vegetables, fruits, fats, sugars, proteins
woman, 34	severe itching, burning on thighs	all dietary fibers
woman, 42	sore throat, coughing, throat secretions, postnasal drip, breathing difficulties	smoked rainbow trout
woman, 32	dull constant thigh for pain 5 years	gold
woman, 44	severe pain left leg, 15 months	diamond ring
woman, 30	severe joint pain both hands, 9 months	crude pig-iron knife for chopping vegetables
man, 28	chronic fatigue syndrome	plastic products, computer keyboard, display screen radiation
woman, 30	chronic fatigue syndrome	sewing needle, stainless steel, iron, wood
girl, 3	coma, 9 days	pineapple
man, 37	leg cramps, muscle spasms	abalone
boy, 6	low grade fever 4 weeks	nutmeg
girl, 9	coma, 9 weeks	peanuts

woman, 37	severe chest pain, enlarged spleen	carob
woman, 56	asthma, 7 years	tap water
man, 79	metastasized cancer	wasp sting
man, 59	severe skin rash, itching on arms	wheat flour
man, 44	chronic athlete's foot, knee pain	cotton socks
man, 46	severe arm pain, 7 months	artichoke

According to Dr. Namudripad, here's how you and a partner can quickly identify which particular substance you're allergic to so you don't have to suffer your body's allergic reaction to it anymore....

STEP 1: Lie down in a flat surface, table, bed, or floor, your arms at your side.

STEP 2: Raise your left arm to a 90° angle. As the tester tries to push it down towards your toes, pushing lightly against the hand or forearm, gently resist it. Tester applies 5-10# pressure for 3-5 seconds.

STEP 3: If your arm goes weak right away, your energy is unbalanced. Tester places right forefinger at a point 1.5 inches below the navel and left forefinger at base of sternum. Gently tap these two points simultaneously with the fingertip for 20 seconds.

STEP 4: Retest the arm, following STEP 2. If the arm remains strong, go to STEP 5.

STEP 5: In your writing hand, hold the substance you suspect you are allergic to. Make sure your fingernails are scrubbed clean and carry no trace of perfume or other substances.

STEP 6: Tester presses against each of the 12 meridian points one by one, trying to push your arm down at the same time. Use the tip of your index finger to apply light pressure for 60 seconds at each point. Where your arm goes weak and drops down, that is the acupuncture meridian that is blocked by the substance in your hand.

STEP 7: Remove the allergenic substance from your energy field. Do not eat it or use it. Make an appointment with one of the 600 practitioners of NAET to reprogram your nervous system to not react to this substance any more.