

Welcome

Welcome to the clinic and thank you for considering us for your health care needs. We want your first visit to be informational and beneficial to you. Please read the following introduction to allergy elimination; make note of any questions you may have. The doctor will give you time ask questions and will explain how this *extraordinary* process of allergy elimination works.

INTRODUCTION TO ALLERGY ELIMINATION

Nambudripad's Allergy Elimination Technique (NAET) is a method that helps to balance energies in the body. It is not a primary care procedure. When a person's body energies are maintained in a balanced state, the body does not suffer from most health disorders that arise from an energy imbalance. According to NAET theory, food and environmental sensitivities and true allergies can cause energy imbalances in the body. These energy imbalances are the primary cause for any sensitivity reaction towards any substance. When the energy disturbances associated with a reactant/allergen are identified via testing procedures and that allergen is deactivated or desensitized, that particular reactant/allergen has not been shown to produce adverse bonds or unpleasant reactions in the body on future contacts.

NAET is a mild, noninvasive, gentle, energy balancing procedure that helps to remove energy blockages from the energy meridians and restore normal circulation of the vital energy to the body. As a result of the balancing, patients experience several health benefits including relief from severe allergies and allergy-based health disorders.

NAET utilizes Muscle Response Testing (MRT) to determine the sensitivities that the body is dealing with. Treatments are done through tapping on specific meridians or energy pathways in the body to restore balance. NAET has not been shown to cause any long-term adverse effects on anyone within the last 31 years.

YOUR INITIAL EVALUATION AND FIRST VISIT:

Your initial visit is about gathering information about your health concerns. You will start out with a consultation with the doctor to review your paperwork, an explanation of how the treatments work and an opportunity for you to ask questions.

Following the consultation, the doctor will examine you. This will, most likely, be different from other doctor examinations that you have had in the past. There will be several tests that the doctor may do, the main one will be to test you for reactivity to the 15 Core Allergens as laid out in the NAET protocol.

Our testing procedures do not require you to disrobe, do not require invasive testing such as skin prick or skin scratch testing. The NAET testing is non-invasive.

Preparing for Initial Session:

The following items are very important to make your first visit and every visit in the Clinic as successful as possible.

1. Minimize Smells: Don't wear any strong-smelling perfumes/deodorants/hairspray/aftershave, etc.

- Avoid eating strong smelling foods prior to your appointment such as strong herbs like garlic.
 - NO SMOKING is allowed in (or around) the office.
 - PLEASE take a shower before you come to the office and wear clean clothes to avoid smells of herbs, spices, smoke, paint, perspiration, etc.
2. Hydration: DRINK a glass of water before each session, energy moves better in a well-hydrated body
 3. Eating Foods: Eat prior to the appointment but avoid heavy meals. You should not take a treatment when hungry.
 4. Wash Hands: Please wash your hands with soap and water before beginning the evaluation. Washing removes residue left from contacting other substances prior to coming to the office.
 5. Jewelry & Clothing: Wear minimum or no jewelry and simple dress when you come in for treatments.
 6. Electronic Devices: Avoid wearing or carrying electronic devices to your appointments such as cell phones, calculators, tape recorders, cameras, watches, etc.
 7. Cell Phone Use: Please turn off your cell phones inside the waiting room and treatment room. Other patients may react to your cell phone. Keep cell phones off and away from your body during testing and treatment.
 8. No Food or Gum: Do not eat or chew gum during testing or the treatment.
 9. For FEMALE patients: Treatments are not advisable during the first three days of your menstrual cycle.
 10. Severe Hypersensitivity Reactions: If you have a history of severe hypersensitivity reaction (anaphylactic reactions) toward any allergen, you **MUST** tell the practitioner **BEFORE** beginning the evaluations.

We look forward to seeing you soon!