Understanding and Reversing Food Allergies and Sensitivities with NAET (Nambudripad’s Allergy Elimination Technique) Presented by Ruth Mueller, traditional naturopath, RN, LMT

Mindful Eating

- Helps us tune into our bodies varying needs
- When children are forced to eat things they don’t want it cancels this internal guidance system
- Learning to discern between unhealthy cravings and the bodies needs for health
- Mindfulness helps us discover our allergies

Allergy

- "Altered Reactivity"
- Adverse physical, physiological or psychological response of an individual towards one or more substances also known as allergens
- In NAET an allergy is defined as something that causes a disturbance in the meridian flow of the body

Ways to become aware of our allergies

- Mindfulness
- Meridian testing
- Muscle testing
- Blood or saliva testing
- Pulse test
- Skin scratch test (will only identify IgE allergies)

Types of Reactivity

IgE

- Immediate response (2 hrs. or less) therefore is easy to self diagnose
- Histamine release that causes classic allergy symptoms of itchy eyes, rash, sneezing, feeling tired or ill
- Usually just involves 1 or 2 foods
- Skin prick tests and IgE blood tests identify
- Account for 5-15% of all allergies
- Most common allergies are milk, peanut, egg, tree nuts, shellfish, fish, soy, seeds, and wheat
- Treatment is avoidance

IgG

- Delayed response (2 to 72 hrs. later)
- Can affect any part of the human body creating symptoms that are not usually associated with allergies
- Is a common occurrence
- Usually involves a number of foods
- Addictive cravings are present in 20-30% of patients
- Rarely self diagnosed
- Reactions are reversible by avoiding the food for 3-6 months
- Skin tests are negative

IgG Testing

- Tests should be reproducible
- It is important to test for all IgG sub-classes for more effective treatment
- A lot of inexpensive lab tests just test IgG4
- Gluten is reactive on IgG1
- Immuno Labs meet these criteria, www.immunolabs.com

Discounted Test Prices: card with 19 common allergens $195, Basic 88 $315, 115 foods $400 (retail $910), 154 foods $455 (retail $1540), IgE food and airborne assays $428, Total IgE $44. All tests other than the card require a blood draw; call if you would like me to send you a kit 505-980-7952.

- To get your blood test drawn go to www.anylabtestnow.com and find the location closest to you.
- For a summary of research validating IgG testing go to www.thefreelibrary.com/IgG+allergy+testing-a0192102204

Allopathic Medicine

- Avoidance
- Treatment of Symptoms
- Allergy shots for pollen allergies
- Usually don’t test for IgG

Integrative Medicine

- Avoidance
- Elimination diet
- Treat symptoms
- Treat underlying causes associated with allergies
- Use of homeopathic drops
- Low Dose Allergen Immunotherapy (Townsend Letter April 2012)
- IgG and IgE testing
- IgG rotation diet
- Various types of energetic clearing
- NAET (Nambudripad’s Allergy Elimination Technique)
**Muscle Response Testing**
- Keep thoughts neutral
- Stay hydrated
- Do the cross crawl
- Do Donna Eden’s Hook-up
- Connect to your higher self and ground
- Then test using the body pendulum or a muscle test

**NAET Treatments**
- Muscle response testing is used to identify reactivity in the body
- Only one item is treated at a time
- Items are treated in a specific order based on the most important nutrients for promoting health
- There is a 25-hour avoidance period after receiving a treatment
- A strong muscle test at the end of the avoidance period indicates the completion of the treatment
- To find a practitioner go to www.NAET.com

**Allergies and sensitivities are on the rise**
- Almost 60 million Americans are affected by allergies.
- The number of children with potentially fatal peanut allergy doubled between 1997-2002.
- This number tripled between 1997-2008.
- Asthma rates in black children rose 50% from 2001-2009.
- CDC figures show an 18% increase in food allergy from 1997-2008.
- Sources for these figures are www.achooallergy.com, www.foodallergy.org, www.webmd.com

**Recipe for Disaster**
1. One standard American diet including liberal amounts of high fructose corn syrup, trans fats and produce grown in devitalized soil.
2. Sprinkle with refined sugar, refined salt, and bleached white enriched (with synthetic nutrients) flour.
3. Add electromagnetic fields, cell phones, and wireless internet.
- Increased tumors of salivary glands, glioblastoma, and astrocytoma.
- Fetal exposure in mice led to hyperactivity and decreased memory capacity. [www.sciencedaily.com](http://www.sciencedaily.com)
- Cell phone radiation penetrates the skulls of children much more deeply because their skulls are much thinner than adults. [www.bodyearth.net](http://www.bodyearth.net)
- A weak signal increases the radiation exposure. [www.mercola.com](http://www.mercola.com)
- A strong correlation was shown between cell phone use and sperm count, motility, viability, normal morphology and Ph. [www.fertstert.org](http://www.fertstert.org) Vol. 89, No.1, January 2008
- DVD “Public Exposure” stream on [www.youtube.com](http://www.youtube.com)

4. Stir in vaccinations, polluted air and toxic skin care and cleaning products.

- Are vaccines responsible for the epidemic of anaphylaxis in young children today?
- In 1913 Charles Richet, Nobel Prize winner, identified that foreign proteins in the blood that had not been modified by digestive juices could cause reactivity, and a second injection could cause anaphylaxis.
- Researchers have found that foods with the same molecular weight can cross react in allergic persons
- Foods that are cross-reactive to latex allergy include banana, avocado, chestnut, kiwi and celery.
- Hib vaccine cross-reactive to peanut.
- Diphtheria vaccine cross-reactive to almond and soybean.
- Tetanus vaccine cross-reactive to cashew.
- Neisseria Meningitidis reactive to mango.

Use of Aluminum in Vaccines

- Aluminum is put into vaccines because without it the body will not react to weak strains of antigens.
- Aluminum will always create an IgE reaction.
- Mercury was "phased out" of vaccines from 1999-2002. Mercury is still present in flu shots.
- Since this phase out there has been a 20% increase in aluminum in vaccines.
- FDA states that the safe level of injectable aluminum for premature babies is 5 mcg/kg/day based on this the safe level for a 22 lb. 1 year old would be 30 mcg dose.
- Babies now get nearly 5 mg of aluminum by 18 months of age. [www.thinktwice.com](http://www.thinktwice.com)

Levels of Aluminum In Vaccines

- Hib (PedVaxHib brand only) - 225 micrograms per shot.
- Hepatitis B - 250 micrograms.
- DTaP - depending on the manufacturer, ranges from 170 to 625 micrograms.
- Pneumococcus - 125 micrograms.
- Hepatitis A - 250 micrograms.
- HPV - 225 micrograms.
- Pentacel (DTaP, HIB and Polio combo vaccine) - 330 micrograms.
- Pediarix (DTaP, Hep B and Polio combo vaccine) - 850 micrograms.

For a list of toxic skin care products to avoid go to [www.skinallnatural.com](http://www.skinallnatural.com)

For a list of toxic cleaning supplies go to [www.green.yourway.net](http://www.green.yourway.net)

5. Add fluorinated, chlorinated, water filled with chemicals.

- The fluoride and chlorine added to water act as goitrogens by preventing the uptake of iodine by the thyroid gland. This suppresses thyroid function.
- Research shows that fluorides lead to behavioural disorders, hypothyroidism, hip fractures, bone cancer and kidney damage.
- Chlorine has been linked to heart disease and cancer.
- Other chemicals found in our water supply include Pesticides, Herbicides, Lead, Arsenic, Hexavalent Chromium, PCB’s, MtBE, Perchlorates, Pharmaceuticals [www.growyouthful.com](http://www.growyouthful.com)

6. Mix in pharmaceutical drugs and serve in large portions until chronic health problems develop and health and vitality have completely disappeared.

- Pharmaceutical Drugs are the 4th leading cause of death in the US. [www.nuremberg-tribunal.org](http://www.nuremberg-tribunal.org)
- 2,216,000 hospitalized patients a year have adverse drug reactions to properly prescribed drugs.
- Are detected in the water supply of all the cities that have tested for them. [www.shirleys-wellness-caffe.com](http://www.shirleys-wellness-caffe.com)
- Are detected in watersheds. [www.foxnews.com](http://www.foxnews.com) (health)
- Research shows the presence of these drugs is affecting fish, earthworms and plankton.
- "The medical establishment works closely with drug multinationals whose main objective is profits and whose worst nightmare would be an epidemic of good health." Dr. Guylaine Lanctot M.D. author of “The Medical Mafia”

NAET provides us with a method to support and reprogram our bodies in dealing with an increasingly toxic world.

NAET Autism study abstract

**Background:** Autism prevalence increased more than 50% between 2002 and 2006. We hypothesized that major contributors to the development and symptoms of autism include food and nutrient sensitivities. Desensitization to multiple allergens forms the basis of the Nambudripad Allergy Elimination Techniques (NAET) treatment for autism.

**Subjects and Intervention:** Sixty children (2.5-10 years old) with autism were randomly assigned to treatment or control groups. The treatment group (26 boys and four girls) received NAET treatments (combining acupuncture and kinesiology) for 50 key allergens for 1 year. The nonblinded control group (25 boys and five girls) did not receive any NAET treatments. Each group was allowed to continue with any other therapies they had been receiving. Neuromuscular Sensitivity Testing (NST, kinesiology and muscle testing) was used to determine which substances triggered sensitivity reactions in each child, and NAET acupuncture treatments were then used to eliminate the sensitivities.
**Outcome Measures:** Status for each participant was determined at the beginning and end of the 1-year study using the following tools: Autism Research Institute Autism Treatment Evaluation Checklist (ARI-ATEC), Childhood Autism Rating Scale (CARS), NST, and Allergy Symptom Rating Scale (ASRS).

**Results:** A total of 56 children (NAET, 26 children; control, 30 children) completed the study. After 1 year, the children receiving NAET treatments demonstrated significant improvements in performance compared with the control group, determined with the ARI-ATEC score (mean decrease: NAET, 68%; control, 0.8%; P < .0001), CARS (mean improvement: NAET, 47%; control, 0.4%; P < .0001), NST (mean improvement: NAET, 66%; control, 0%; P < .0001), and ASRS (total decrease: NAET, 85%; control, 2%; P < .0001). The NAET treatment resulted in statistically significant improvements in 30 of the 35 symptoms assessed using the ASRS. In the NAET group, 23 of the 30 children returned to regular school classes with healthy, nonautistic peers after treatment, but all of the children in the control group continued to require special education.

**Conclusions:** The NAET treatment is effective and well tolerated for children with allergy-related autism.

For information on the NAET Autism study or NAET clinic figures go to [www.naet.com](http://www.naet.com)

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