

What is N.A.E.T.? How Does It Work?

Exert from *Eliminate Your Allergies* by Paul R. Honan, M.D.

Nambudripad Allergy Elimination Technique (NAET) is a new way to treat allergy conditions. Allergy conditions are usually treated by avoiding substances to which a person is allergic and suppression of the symptoms with medications such as antihistamines and prednisone. NAET actually removes the allergy from the body so that an allergic substance no longer causes illness. After a NAET treatment to eliminate milk allergy, a person who formerly suffered nausea and vomiting when drinking milk can drink milk without ill effects.

Skin tests, blood tests and elimination diets are the usual methods of diagnosing substances to which a person is allergic. NAET uses a novel method not involving needles.

Actual elimination of an allergic substance from the body by the NAET system uses a unique method. Chinese medicine describes energy channels or pathways in the body. When energy flows freely through the channels there is health. If the energy flow is blocked, there is illness. According to the NAET theory allergies cause blockages in the energy pathways. The NAET treatment involves stimulating nerve pathways at the side of the spine from the neck to the tailbone. This procedure opens blocked energy pathways to allow the body to heal. This is one type of energy medicine. Energy medicine alters the energy pathways in the body to effect healing without the use of medications. Case reports of patients with allergy conditions are reported in the *Eliminate Your Allergies* book (located under the Resources tab). Although these patients and many others have not been familiar with terms like eastern medicine and energy channels, they have enjoyed the relief of allergy condition symptoms following NAET treatments. They have experienced the NAET system as safe and effective.

Although Chinese medicine and blocked energy channels are not understood by most traditionally trained physicians including this writer, the NAET method really works well. It is effective in helping patients recover from allergy diseases.