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Naturopath

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NAET

NAET (Nambudripad Allergy Elimination Technique), as the name implies, is a method for clearing allergies and sensitivities from the body (and which can be used for humans and pets). So no more avoiding various foods etc—this method clears the allergy/sensitivity from the body.

Allergies and sensitivities occur when the body sees a particular substance as a threat (this can be food, drink, pollens, grasses, vitamins, minerals, herbs or any other substance it comes in contact with).

The body reacts by creating blockages in the energy pathways (meridians) which affects the body's normal energy flow and interfere with the communication between the body and brain via the nervous system. The result is that whenever the body is exposed to a substance it mistakenly believes to be an enemy it reacts inappropriately—causing symptoms that vary from mildly annoying to severe (fatigue, pain, runny nose, digestive upsets etc including major illness).

The NAET process involves testing the body's reaction to various substances and then using acupuncture to clear the blockages from the person's energy system so that the body no longer perceives that substance as an enemy. Some of the problems that NAET has been used to help are ADD/ADHD, anxiety, asthma, candida/yeast infection, eczema, food cravings, hay fever, headaches, chronic fatigue, indigestion, irritable bowel, poor memory, rheumatoid arthritis, sinus and many, many more.

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