

PATIENT STORIES

Nambudripad's Allergy Elimination Technique



{ Michael A. Pickens, D.C. }

NAET PATIENT STORIES

T. POWERS, AGE 53

Under-functioning thyroid and allergies eliminated through comprehensive approach. Grand children's headaches, allergies and bedwetting responding.

When my medical doctor discovered I had hypothyroidism, she prescribed the traditional drug. I asked if there weren't some vitamins or something I could take to improve my thyroid's function. She said there wasn't anything that she knew of. I read up on the drug and was shocked to learn that once you take it, you must take it for life. It takes over for your thyroid and your thyroid atrophies. Someone recommended Dr. Pickens, and although I was skeptical, I made an appointment. Dr. Pickens has changed my life!

Through muscle testing, he determined exactly what my thyroid needed and what dose. (No wasting money on supplements that "might" help.) I took supplements for a few months and went back to my medical doctor for a check-up. I confessed to her that I didn't take the drug she had prescribed, but tried natural remedies. She said, "Oh, then you need another thyroid test." To her surprise and my delight, my thyroid tested fine.

I have had digestive problems and sinus congestion my whole life. When I was tested for allergies by an M.D. allergist through blood tests and painful scratch tests, the tests were positive only for dust-mites. The doctor explained to me that there are different allergic responses and the scratch test only tests for IgE response. He said I could very well have other allergies, but they only test for things they can give shots for. Ouch! Dr. Pickens to the rescue! Through NAET, he does pain-free muscle testing for allergies. He has been treating me for allergies, and I can breathe through both nostrils now, and my digestive problems have virtually disappeared.

I am so pleased with what Dr. Pickens has done for me that I have put my precious grandchildren in his hands. He cured my nine-year-old's daily headaches with chiropractic. Through NAET, we are eliminating their allergies and already see a big improvement in some bed-wetting problems. My three-year-old grandson is so thrilled with his treatments that he told me, "I wish I could get treated by Doctor Pickens everyday!"

When you see a surgeon, he recommends surgery. When you see an M.D., he recommends drugs. When you see Doctor Pickens, he has a more open-minded approach. He believes in treating the person and curing the root cause. He isn't married to one method of treatment. He is a perfectionist with a wealth of knowledge and skill in chiropractic, NAET, muscle testing and nutritional supplements. Best of all, he takes the time to listen because he truly cares about you.

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- T. Powers, Age 53

D. ANDREWS & C. ANDREWS, AGES 37 & 10:

Able to eat like a normal family again. Relief from joint pain and skin problems for mother and improvement in focus and behavior for her son, resulting in improved school work and a happier family.

NAET has simplified my life. Before my son and I were de-sensitized, there was not a meat I could fix that my entire family of four could eat (without negative consequences). I was allergic to beef and chicken, my son was allergic to eggs and turkey, and my daughter is allergic to all seafood. (She has yet to be treated.) NAET has made my life easier – I can fix just one meat for a meal instead of two.

Our menu has expanded too. Plus I can eat out at restaurants and other people's homes. We again have omelets, egg-protein/fruit smoothies, cookies, and muffins in our home.

I used to have aches in my feet and hips, which I only had after eating red meat-I don't have that pain anymore. Also, my hands used to have dry itchy patches of skin that cracked and bled. When I desensitized to RNA/DNA and plant fats, my hands cleared. They are normal! I don't hide my hands now.

Another huge difference NAET has made in our lives is with my elementary school-age son. He was demanding, angry, irritable, irrational, and did not accept responsibility for his wrong doings. He was tired and had little to no attention span. Since he has been treated for the pertinent nutrients, he's a pleasure to be around. He has made a huge turn around in the efficiency and quality of his school work (and chores). Thank-you Dr. Pickens!

NAET PATIENT STORIES

J. WILLY, AGE 49:

Lifelong food allergies, insomnia and depression corrected, feeling great and planning to live past 100.

While reading a book on finances, of all things, I took a quiz about my lifestyle and what was important to me. I thought it would end up revealing how much money I should put away for the future, instead, it pointed out that as a divorced woman with no children and her own business, what was most important to me was my health. Without anyone to “take care of me” as I aged and relying solely on myself for an income, I reached the startling conclusion that health must be number one. So, instead of dropping out of the health club to save money, like I thought the book would advise, I joined the YMCA, (closer to my house), and signed up for twice a week spinning classes. I found a nutritionist and started to take control of my eating habits.

Then menopause hit, bringing on hot flashes, insomnia, depression, and the search to make it through this phase of my life unscathed by drugs. A friend of mine with boundless energy and an enviable ability to cope with life was going through menopause at the same time. During a conversation one evening, she told me she was being treated by Dr. Mike Pickens for her chiropractic needs and receiving nutritional supplements to help control her hypoglycemia.

I was taking the alphabet in vitamins plus a few other herbs, and was wondering what I really needed. Exactly how much vitamin C did I need to supplement considering my new eating habits? Was I just wasting my money and literally flushing the excess away? Dr. Pickens seemed like the perfect solution.

My first visit to Dr. Pickens completely took me by surprise. I thought he would take a blood sample and find out what vitamin and minerals I was missing, then concoct a supplement to fit my needs. Boy, was I wrong. I found myself lying on his treatment table with my arm up in the air holding little bottles of who knows what. Was this guy nuts or what?

The results of my first testing showed I was allergic to most every food known to Mankind. Which really didn't surprise me, as my mother had always told me I was allergic to everything except liver, peas, applesauce and goats milk, when I was a baby. Yet the only thing I had severe reactions to were fresh citrus fruits, aspirin and sulfa.

Well, trying to keep an open mind and pushing away all thoughts of Dr. Pickens being an escapee from a mental asylum, I gave in to the first treatment. It ended up being very relaxing, totally non-invasive, and as a bonus, I got to take a 20 minute nap! But what would it do?

Within hours I would find out. That night I slept better than I had in at least three years. I slept soundly, never woke up during the night, and hopped out of bed refreshed. I didn't care if Dr. Pickens ever cured a single allergy, if I got to sleep like this it was all worth it!

As time went by and I continued my treatments, I began to see some other results. At Christmas I ate my first orange in years without having an allergic reaction. I then tried to take a couple of aspirin and didn't break out in hives. Amazingly, the treatment was working. I still couldn't believe it, but the truth was right there staring me in the face... a big, delicious Florida orange.

I continued with the treatments and all was going well. It had gotten to the point that it only took one treatment for me to “clear” the allergen. (In the beginning it took upwards of three times.) Then, it seemed like out of the blue menopause came back with a vengeance, and I fell into a deep depression. The symptoms became progressively worse to the point I wasn't leaving my house. I was cold to the core all the time and was sleeping 10 plus hours a day.

As I dragged myself to my appointment with Dr. Pickens, I never thought to tell him about my dilemma, and only mentioned my symptoms when he asked me how I was doing. Well, he jumped right in and treated me for thyroid. I couldn't believe it. The next morning I woke up and could breathe. Now, to anyone who has experienced depression, this is a major development. Typically you feel there is a 50 pound weight on your chest pushing down every breath you take. It was gone! This was astonishing.

As the week wore on, I continued to feel happier and happier (so much so I started to think maybe I was bi-polar and this was the high side)! The feelings started to subside by late in the week, and when I went back to Dr. Pickens, he had to treat me for thyroid again. It took three times to finally correct my thyroid condition, but my depression is thankfully a thing of the past.

How does NAET work? I have no idea, but I love the results. What is going to happen when I finish the program? I'm hoping Dr. Pickens will finally advise me what supplements, if any, I need to take, and I'll walk out the door allergy free and healthy. I think I may become a super being and live disease free well into my 100's. If I do, I'll have to look up Dr. Pickens and his patients, as all our skeptical friends will be gone!