



# NAMBUDRIPAD'S ALLERGY ELIMINATION TECHNIQUE

{ Michael A. Pickens, D.C. }

## ALLERGIES, NAET & DR. NAMBU DRIPAD

An allergy is an unusual sensitivity to something: foods, beverages, drugs, herbs, vitamins, water, fabrics, chemicals, plastics, plants, animals, etc. Whatever it is, to most people it's harmless. But to you, it's a substance your brain sees as a threat. When you're exposed, energy pathways in the body become blocked and you develop symptoms of an allergic response.

Undiagnosed allergies are often the cause of common or chronic illnesses, which when left untreated, can become serious or critical. The brain signals these possible dangers using symptoms that can range from mild to debilitating to life-threatening.

In NAET, allergies are viewed from a holistic perspective based on Oriental medical principles. In Western medicine, an allergy is viewed simply as an overreaction of the immune system. With NAET, the focus is on the effect an allergic substance has on energy flow in the body.

Blockages in the body's energy pathways can lead to inflammation, pain, headaches, fever, heart attacks, strokes, abnormal growths, and numerous other physical and psychological discomforts.

By using NAET to remove the blockages, Dr. Pickens can help your body regain its perfect energy balance so you can achieve optimum health.

### NAET & THE ENERGY CONNECTION

Dr. Nambudripad found that allergic imbalances are created when a person's energy field comes close to the incompatible electromagnetic energy of an allergen. These repulsive forces can cause various types of allergic reactions and disease, all the result of disturbed energy flow and blocked pathways in the body.

So, unless they recognize the reaction (to a specific food, substance or living organism), people often continue interacting with these incompatible energies.

As a certified NAET practitioner, Dr. Pickens is trained to identify energy imbalances caused by allergens. During treatment, he stimulates different acupuncture points associated with reactions to individual substances. In this way, Dr. Pickens can gradually eliminate your allergies one by one.

NAET treatment is completely natural, painless and non-invasive. It can be safely used on anyone, from newborn infants to the elderly. NAET also can be used to help lessen the side effects of other medical therapies – such as antibiotics, chemotherapy and radiation.

### THE TESTING & TREATMENT PROCESS

NAET is a synthesis of various medical disciplines including allopathy (or Western medicine), acupuncture, chiropractic, kinesiology and nutrition. The method uses muscle response testing (MRT) to detect allergens and allergy-based disorders in the body. MRT has been used in the U.S. since 1964 as a tool to test for kinetic imbalances.

Standard muscle response testing can be done while you're standing, sitting or lying down. Using MRT, Dr. Pickens compares the strength of a strong muscle in the absence and presence of a suspected allergen.

**There is hardly any human disease or condition where allergic factors are not involved... Allergic patients do not have to spend the rest of their lives in fear or in a bubble anymore. Instead, they too can live like other normal persons.**

**- Dr. Nambudripad**

In most cases, the doctor will use your arm to conduct the tests. As you hold your arm out from your body, Dr. Pickens will push on it to test your strength. Then, he will conduct the test again while you touch or hold a possible allergen. For example, he might have you hold a piece of bread or some grass, or certain jewelry or cleaning products.

If a muscle that tested strong becomes weak in the presence of a substance, it indicates an allergy. If there is no change in muscle strength, then the substance is ruled out as an allergen. In this way, Dr. Pickens can test and identify the presence of allergens around you.

During NAET treatment, Dr. Pickens stimulates acupuncture points along the spine while you hold the allergen. To confirm the treatment is working, he will retest the strength in your arm – if your muscle no longer weakens, it's a sign the allergy has been eliminated.

Then the doctor will tap, massage or vibrate specific acupuncture points on the arms and legs to stabilize the treatment. Afterward, Dr. Pickens will instruct you to avoid touching or eating the allergen for at least 25 hours to "lock-in" the correction.

### ELIMINATING ALLERGIES CAN TAKE TIME

Allergens are treated and cleared one at a time in a specific sequence. Normally, only one item is treated on a given day. But in many cases, one session is all that is required to eliminate a specific allergy.

Some people experience immediate relief. Most people must be treated for the “basic” 10-15 allergen groups first. However, sometimes it takes numerous office visits for optimum recovery, especially from long-term or serious disorders. The treatment can't be rushed. Dr. Pickens is extremely thorough and methodical.

Being treated with NAET takes patience. If you have a poor immune system, a long history of sickness in your family or poor general health habits, it could take 100 or more NAET treatments to fully recover.

### EAST MEETS WEST: DR. DEVI NAMBU DRIPAD

Knowledgeable in both Eastern and Western medicine, Dr. Devi Nambudripad drew from a broad range of disciplines when she developed Numbudripad's Allergy Elimination Technique (NAET), a unique treatment she used to overcome her own serious allergies. A Chiropractor, Licensed Acupuncturist, Ph.D. and M.D., Dr. Nambudripad was born in India and now lives in Southern California.

Almost all her life, Dr. Nambudripad suffered from a multitude of health problems. Her childhood was spent visiting doctors and taking medicines. As a young adult, Dr. Nambudripad and her husband moved to Los Angeles, where she became very ill. She took different antibiotics and other medicines, changed doctors and consulted nutritionists, yet nothing seemed to help.

When she entered acupuncture school, Dr. Nambudripad learned about muscle response testing to detect food allergies. By then she had been to neurologists, psychologists, nutritionists and herbalists, but none had suspected food allergies as a cause of her chronic ill health.

Her acupuncture instructor helped confirm Dr. Nambudripad's suspicions: she was simply allergic to almost everything, including vitamins, calcium, proteins, sugars, even radiation from the sun.

One day, after eating a few pieces of carrot, Dr. Nambudripad became tired and lethargic. To keep from fainting, she inserted acupuncture needles at key pressure points. During the treatment, she fell asleep . . . and the rest is history.

When she awoke, Dr. Nambudripad felt a renewed, pleasant energy. She wasn't sick or tired anymore. She wondered: was her sudden sense of well-being because she was holding the carrot during the acupuncture treatment?

Dr. Nambudripad had been taught that every object has an energy field, and that all energies either attract or repel one another. So she tested her reaction to the carrot

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using the muscle response procedure. She was no longer allergic to it! She then ate one and didn't get sick or have any reaction.

Then she tried the treatment with another of her known allergens. Sure enough, after treatment, their energies became compatible – no more allergic reaction!

Through NAET, Dr. Nambudripad was able to restore her health and change her life. Since then, she has trained thousands of doctors around the world in this unique and effective form of treatment – including Dr. Pickens, who is a licensed practitioner of the revolutionary NAET.

For more information on the value of NAET treatments visit [www.drpickens.com](http://www.drpickens.com) or call 419.535.7818 to speak with Dr. Pickens.