



Universal Health™



## Nambudripad's Allergy Elimination Technique (NAET)

The body is designed in a way which allows you to eat whatever you want, live in whatever environment you want to live in, wear whatever clothes or cosmetics you want to wear, live or associate with whomever you want to, and be happy. If you are in a position to be able to do these things, then it can be said that the body is in a state of true health. If there is an inability to be in contact with any of these; whether it is physically, physiologically or even emotionally – it can then be said that you have a sensitivity or allergic response to the things around you. This can lead to various health-related conditions.

The central nervous system reacts to foods or other substances as if they are toxic when they are really neutral or beneficial. It is possible to reprogram the brain to perfect health.

Genetically passed allergies and allergy-related illnesses can be controlled with ease.

### What is an allergy?

An allergy is a condition of unusual sensitivity of an individual to one or more substances which may be inhaled, swallowed or come into contact with the skin. These substances may be harmless or even beneficial to the majority of most other individuals. In sensitive people, contact with any of these allergens can produce a number of symptoms which may vary from slight itching to swelling of specific tissues and organs, a mild runny nose to a severe asthmatic attack, general fatigue to a severe anaphylactic reaction. These allergens are capable of alerting the immune system. The confused immune system instructs the white blood cells to produce type E immunoglobulins to stimulate the release of chemical mediators such as histamine. These chemical mediators produce abnormal physical, physiological and psychological symptoms in a sensitive person.

### What causes allergies?

Energy blockages and imbalances caused in the body's energy circulation by the following factors:

1. Heredity
2. Toxins from a number of different sources such as food, drinks, chemicals, pesticides, environmental factors, bacteria, fungus, virus, mercury and so on.
3. Various stressors on the body such as; physical injuries, accidents, surgery, serious illness and emotional traumas.
4. Deficiency and malabsorption disorders which can lead to abnormal functions in the body.
5. Overexposure to toxic substances over a long period of time.
6. Emotional factors and traumas tend to create a sudden halt in energy flow in the body which result in blockages.
7. Toxins caused from physical exertion like vigorous exercise, running, playing sports and so on.
8. Radiation exposure from television, the sun, radioactive materials, mobile phones etc.

### What is NAET?

NAET is a non-invasive, drug free, natural solution to eliminate allergies of all types and intensities whether it is a mild sensitivity, severe hypersensitivity reaction, severe anaphylactic reaction or an allergy-related disorder. NAET uses a blend of selective testing and treatment procedures from acupuncture, allopathy, chiropractic, nutritional and kinesiological disciplines to balance the body with unsuitable energies. Some of these include food, chemicals, viruses & bacteria's, environmental resources like grass, wood, rocks, radiation etc., physical sensitivities like heat, cold, humidity, dampness, wind and dryness. Some of the common problems affected by NAET are Autism/ADHD, learning disabilities, chronic fatigue, colds and flu, skin complaints, arthritic complaints of various types and intensities and depression

Integrative Medicine combines the best available in Health Care in order to obtain optimum results by maximizing the body's natural healing mechanisms.

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Restore + Sustain + Advance

