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## **NAET BASIC 15**

*Adapted from "The NAET Guide Book" By Dr. Devi S. Nambudripad, DC, LAc, PhD*

The instructions below are to be followed **AFTER** each particular treatment and there are no dietary restrictions **BEFORE** the treatments

### 1. **BBF:** (Brain Body Balance Formula)

This is to balance the overall energy of the body. If the overall energy is not in a balanced state, an individual can experience difficulty in clearing other allergens in the list. This BBF sample (a combined energy of various vital organs and tissues and elements and ingredients necessary to maintain a good nervous stem are incorporated in this sample. There are no food elements here; hence no food avoidance is necessary after this treatment). This should be treated on the first visit before treating for anything else.

**Avoid:** Avoid stress and relax for 25 hours following the treatment for BBF. Drink five to six glasses of non-allergic water -(any water that you are not allergic to: it could be bottled water, distilled water, tap water, etc.). Sometimes people are allergic to even bottled water. In that case boil the water (any water, even tap water is ok after boiling for full 10 minutes). That will help reduce the allergies and sensitivities to water. Drink the water spaced through the day. BBF may be used as a combination with all other basic allergens if it is indicated after each single group has cleared. First treat the allergen then after 25-hour clearance period, when your practitioner rechecks BBF, if it is indicated, he/she will treat you again for BBF alone and for combinations with other basics. Sometimes the need for BBF may not come up until one clears all basic groups of allergens.

2. **EGG MIX:** (Egg-CMG: Egg Yolk, Egg White, Chicken, Tetracycline, Ovomucin, Lisozyme and Feathers). CMG means the individual components associated to groups. Individual components of each master group should be added to each of these basic allergen groups while getting treatments.

**YOU MAY NOT EAT OR TOUCH:** egg white, egg yolk, chicken, tetracycline antibiotic and all foods containing egg or chicken including crackers, cookies, soups, breads, mayonnaise, salad dressings that contains egg product, cakes, pastries, pies, pancakes, foods baked or fried in egg batter and thick sauces. Also avoid birds, feather pillows, down comforters, vitamins and protein drinks made with egg, shampoos, conditioners and skin lotions with egg products.

**YOU MAY EAT OR USE:** brown or white rice, pasta without eggs, imitation eggs (make sure there is no part of real egg is present in the product), pan cakes and waffles made with imitation eggs, vegetables, salads, oil and vinegar salad dressing (avoid creamy salad dressings), fruits, milk products, oils, beef, pork, fish, dried beans, lentils, green pea, potato, French fries, coffee, juice, soft drinks, water and tea.

3. **CALCIUM MIX:** (Cal-CMG: Albumin, Casein, Calcium lactate, Calcium Gluconate, Calcium citrate, Calcium Malate, Calcium Fumarate, Coral Calcium, Vitamin D, Milk mix, Breast milk, Lactic Acid, Cheese mix, Lacto globulin, Cow's Milk and Goat's Milk).

**YOU MAY NOT EAT OR TOUCH:** milk or milk products, eggs, uncooked vegetables, dark leafy vegetables like lettuce, cabbage, spinach, dandelion greens, Brussels sprouts, broccoli, sesame seeds, oats, navy beans, milk products, cheese, soybeans, almonds, dried beans, walnuts, sardines, salmon, peanuts, sunflower seeds, calcium supplements and any pre-packaged food fortified with calcium.

**YOU MAY EAT OR USE:** cooked rice, pasta, cooked vegetables (cooked vegetable may contain a small amount of calcium, but once it cooked very well, they don't seem to make patients lose treatments. Cooking may denature the actual vegetable), cooked potato, corn, yams, cauliflower, sweet potato, red meat, chicken, sugar, coffee and/ or tea without milk. Drink and use distilled water (washing your hands, face, brushing your teeth, etc.). Avoid using toothpaste for 25 hours. Any food without calcium derivatives is ok. If the food label says the food contains less than 2%, then it is ok usually. Read the label.

4. **VITAMIN C MIX:** (Vit. C-CMG: Ascorbic acid, Acerola C, Camu camu, Oxalic acid, Rose hip, Kakadu plum (high source of vitamin C), plum mix, Bioflavonoid, Citrus mix, Citric acid, Berry mix, Vegetable mix, Fruit mix, Chlorophyll, Cucumber, Melon mix, L. Gunololactone, Zucchini, Vinegar mix, Hesperidin, Rutin, Quecetin, Quince seed, and Vegetable mix).

**YOU MAY NOT EAT OR TOUCH:** fresh fruits, vegetables, leafy vegetables, citrus fruits, dry fruits, juices, different sauces, ketchup, salad dressings, vinegar, tomato sauce, Tabasco sauce, soft drinks, milk, artificial sweeteners, and vitamin C supplements. Avoid grasses, plants, trees, flowers, gardens, etc.

**YOU MAY EAT OR USE:** cooked white or brown rice, pasta without sauce, boiled or poached eggs, baked or broiled chicken, fish, cooked red meat, turkey, toast, hot dogs, deep fried food, French fries, baked or cooked potato without sour cream or butter, chicken fries or nuggets without sauce or ketchup, salt, any nut oils, white sugar, water, coffee without milk. Any food that does not have vitamin C or its derivatives is ok. Read the label. Less than 2% on the label is ok.

5. **B COMPLEX MIX:** (BC-CMG: B1, 2, 3, 4, 5, 6, 9, 12, 13, 15, 17, PABA, Inositol, Choline, and Biotin).

**YOU MAY NOT EAT OR TOUCH:** whole grain products, fruits, vegetables, meats, and dairy products, anything with B vitamins. Avoid grasses, plants, trees, flowers, walking in the gardens, etc.

**YOU MAY EAT OR USE:** Donuts, jello, white sugar, Cooked white rice, cooked white pasta, cauliflower raw or cooked, well cooked or deep fried fish, salt, white sugar, black coffee, French fries, purified water while treating for any of the B vitamins. Rice should be washed well before cooking. Cook the rice or pasta with lots of water and drain the water after cooking the rice (pasta) to remove the fortified vitamins. If you find difficult to treat all fifteen B vitamins in one session, please break them down to small groups and treat each small group in one session.

6. **SUGAR MIX:** (Sugar-CMG: Beet sugar, Brown sugar, Cane sugar, Corn sugar, Cellulose, Date sugar, Dextrose-Mannose, Pentose, Hexose, D-Ribose, Fructose, Galactose, Glucose, Grape Sugar, Honey, Lactose, Maltose, Maple sugar, Molasses, Sucrose, Raw sugar, Rice sugar, Coconut palm sugar, Turbinado sugar, Crystal sugar, Demerara sugar, Barbados sugar, Invert sugar, Barley sugar, Powdered sugar, Castor sugar, Berry sugar, Granulated Sugar and Sugar cubes).

**YOU MAY NOT EAT:** Brown rice (Rice sugar comes from brown rice), whole grains, carrots, fruits, beets, milk or milk products, anything with any of the above sugars, sauces, drinks with sugar. Do not use powdered spices in pre-packed containers, toothpaste and mouth washing liquids (even though toothpaste may have artificial sweeteners, brain is still stimulated with the taste of sweetness and patients have lost treatments in the past).

**YOU MAY EAT OR USE:** white rice (wash well, cook in lots of water and drain the water. This way you are only eating the starch part, slightly high on glycemic index, but you will still pass the sugar treatment), pasta without sauce, raw or cooked vegetables, green salads, oil and vinegar dressing without sugar added (avoid creamy salad dressings), vegetable oils, any type

of red meat, eggs, chicken, turkey, French fries, fried chick-en, fried fish without any sauce, water, coffee, tea without milk (contains lactose) and sugar. Sugar -free Jell-O pudding is ok. Read the label.

7. **IRON MIX** (Iron-CMG: Ferrous gluconate, Ferrous sulphate, Iron bisglycinate, Ferrous Fumarate, Ferrous Citrate, dark meat of the Chicken, Beef mix, Pork, Lamb, Raisins, Dates, Bacon, Ham, Gelatin Pepperoni, Crude iron, Wrought iron and Iron Wok).

**YOU MAY NOT EAT OR TOUCH:** apricots, peaches, green banana, plantain, black molasses, dates, prunes, raisins, brewer's yeast, whole grain cereals, turnip greens, broccoli, Brussels sprout, spinach, beet tops, alfalfa, beets, sunflower seeds, walnuts, sesame seeds, whole rye, dry beans, lentils, kelp, egg yolk, liver, red meat, pork liver, beef, lamb, organ meats like kidney, heart and liver, farina, raw clams, oysters, nuts, asparagus, coffee, herbal tea, regular tea, ice tea, chocolate and iron supplements. Avoid leather belt, shoe, purse, wallet, or any other leather goods. Avoid ornamental ironwork, iron skillet, wok, universal iron works, etc.

**YOU MAY EAT OR USE:** All oils -- including olive, vegetable, canola, palm, nut and fish oils -- are iron-free. Butter, margarine and imitation spreads, mayonnaise, shortening and lard are also devoid of iron. Artificial sweeteners, club soda, tonic water, bottled water and tap water, plain brewed coffee, brewed black tea and unsweetened instant tea, distilled alcoholic beverages, such as vodka and whiskey, white rice without iron fortification, sourdough bread without iron, cauliflower, ice berg lettuce, yellow squash, yellow apple, yellow banana, potato, egg white, light meat of the chicken, light green vegetables, water, orange juice, spices: turmeric, olive oil, vegetable oil, white or brown onions, Sour cream, Ice cream cone, chocolate covered, with nuts, flavors other than chocolate, baby food, plums, bananas, white rice, ginger and garlic.

8. **VITAMIN A MIX:** ((Vitamin A-CMG: Beta Carotene, vitamin A, salmon, Shellfish mix, and Fish Mix). Shellfish mix: Abalone, Clams, Crab, Crappie, Cray, Lobster, Mackerel, Oyster, Scallop and Shrimp. Fish mix: Ahi tuna, Anchovy, Barracuda, Catfish, Cod, eel, Escargot, Flounder, Haddock, Halibut, Mahi mahi, Pollock, Sardine, Sea bass, Shark, Sole, Red Snapper, Sword fish, Squid, Tilapia, Trout, Tuna, Opah, Saxitoxin, and Salmon.

**YOU MAY NOT USE OR TOUCH:** yellow orange or red fruits, yellow vegetables, banana, carrot, spinach, green fruits, green vegetables, green peppers, fish or fish products, cheese, milk product, butter, tomato, and corn products.

**YOU MAY EAT OR USE:** brown or white rice, pasta without tomato or cheese sauce, potato, cauliflower, peeled red apples, chicken, turkey, red meat, egg white, sugar, water, salt, olive oil, and coffee.

9. **MINERAL MIX:** (Minerals-CMG: trace minerals, Aluminum, Antimony, Barium, Beryllium, Boron, Bromide, Caesium, Chromium, Chloraminum, Chlorine, Cobalt, Copper, Electron, Europium, Fluoride, Gallium, Germanium, Gold, Iodine, Lead, Lithium, Manganese, Magnesium, Mercury mix, Molybdenum, Neutron, Nickel, Palladium, Potassium, Phosphorus, Proton, Rubidium, Samarium, Scandium, Selenium, Silica, Silver, Sodium, Sulfur, Strontium, Thallium, Thorium, Tin, Titanium, Tungsten, Uranium, Vanadium, Zinc and Zirconium.

**YOU MAY NOT USE OR TOUCH:** metals, tap water, mineral water, root vegetables like onion, potato, car-rots, turnips, fish and shell fish. Avoid any exposure to pesticides. Wear gloves while touching metal surfaces. Metal on the eye glasses, buttons on clothes, shoes, hand bags, wedding rings or religious rings, door knobs (Chrome), water faucets, etc. can be covered with masking tape before going in for treatment. Use plastic and glass utensils to cook and paper or plastic plates, cups, plastic spoons and forks to eat. Use a pair of gloves during 25-hour period to avoid touching metals. If you have any amalgam filling, please wear a pair of gloves even to bed, so that you may not touch your mouth or tooth filling with your fingers during sleep.

**YOU MAY EAT OR USE:** use distilled water for drinking, washing and showering. Wash and cook rice, pasta, corn, other grains, vegetables, fruits, meats, etc. in distilled water and keep the cooked foods in a plastic or paper container before going in for treatment. You may cook the food in regular stainless steel cookware, but transfer them into paper or plastic dishes. Cooking in stainless steel dishes are ok. No cast iron or crude iron woks, and aluminum dishes or products. You may eat eggs, milk and milk products, chicken, turkey, all types of cooked red meat, cooked vegetables, salads, bread, coffee and tea.

10. **SALT MIX:** (Salt-CMG: Sea Salt, Table Salt, Rock Salt, plain salt, iodized salt, Kosher salt, Sodium, and Chloride)

**YOU MAY NOT USE OR TOUCH:** kelp, celery, romaine lettuce, watermelon, seafood, processed foods with salts, fast food, table salts, soy sauce, fish, shellfish, carrots, beets, artichoke, dried beef, brains, kidney, cured meats, bacon, ham, coffee, watercress, seaweed, oats, avocado, Swiss chard, tomatoes, cabbage, cucumber, asparagus, pineapple, tap water, and prepared, canned or frozen foods. Read labels for sodium content.

**YOU MAY EAT OR USE:** distilled water to drink and bathe, cooked rice, pasta without salt-added sauce, or prepared with salt substitutes, potato, fresh vegetables and fruits not listed above, chicken, turkey, all cooked meats and sugars.

11. **GRAIN MIX:** (Grains-CMG: Wheat mix, Corn mix, Seed mix, Gluten mix, Rice mix, Oat mix, Rye, Barley, and Hops.

Oat mix: steel cut oats, rolled oats, toasted oats and oat bran.

Rice mix: brown rice, yellow rice, red-yeast rice, Uncle Ben's rice, parboiled rice, wild rice, rice bran, and black rice.

Wheat mix: wheat bran, Durham wheat, red wheat, white wheat, farro, sprouted wheat, organic green wheat, whole wheat, Kamet, milo, spelt, sorghum, and teff.

Corn mix: corn blue, corn red, corn yellow, corn white, corn silk, and pop corn.

Seed mix: amaranth, buckwheat, chia seeds, flaxseed, hemp seeds, poppy seed, pumpkin seeds, sesame seed, safflower seed, sunflower seed, poppy seed, millet, and quinoa.

Gluten mix: gluten and gliadin.

**YOU MAY NOT USE:** whole grains and items made from above whole grains.

**YOU MAY EAT:** white rice, white pasta made with enriched flour, vegetables, fruits, meats, chicken, egg, turkey, milk, coffee, tea, sugar, oils, butter, salt and water.

12. **YEAST MIX:** (Yeast-CMG: Baker's Yeast, Brewer's Yeast, Tortula Yeast, Yogurt, Whey, Candida al. and Sour cream)

**YOU MAY NOT EAT OR USE:** Brewer's yeast, bakers yeast, and any foods containing these items including baked goods, sugars, fruits, soy sauce, yogurt, butter, ice cream, any fermented foods like miso, tofu, tempeh, sauerkraut, cheese, and alcoholic beverages.

**YOU MAY EAT OR USE:** white rice, pasta without sauce, fresh corn, fresh vegetables, potato, fries, unleavened bread or flat bread, meat, chicken, turkey, oils, salt and fish.

13. **STOMACH ACIDS:** (Acid-CMG: Aldehyde, HCL, gastric acid, gastrin, mucin, stomach mucosa, mucus, sugar digestion, Acid Regurg., Reflex dis., H. pylori, Secretin, parietal cells, Chief cells, Intrinsic factor, pepsin, pepsinogen, Ghrelin, tubulovesicular memb., carbonic anhydrase, acetylcholine, histamine, adenyl cyclase, M3 (muscarinic receptor), H2 (Histamine receptor-2), Somatostatin Receptor, Prostaglandin receptor, CCKA, CCK8, cholecystokinin), PLC(phospholipase C), G cells (Gastric cells), Mucous neck cells, ECL (Enterochromaffin-like cells), Gastric D cells, enterogastrone, neurotensin, lingual lipase, lysozyme, haptocorrin, R-factor, serous cells, mucous cells, gastric enzymes, GIP (gastric Inhibitory peptide), and DMG)

**YOU MAY NOT EAT OR USE:** Sugar, starches, fruits, grains, meats, other acid forming foods, supplements like betaine hydrochloric acid, coffee, etc.

**YOU MAY EAT OR USE:** herbal teas, raw and steamed or cooked vegetables, raw tomato (raw tomato is basic, cooked tomato is acidic), dried beans, eggs, oils, clarified butter, salt and milk.

**14. BASE:** (Base-CMG: Digestive enzymes and Enzymes from Intestinal Tract: Enzyme mix, amylase, Bile acids, Bromelain, carbohydrase, Cellulase, Chyme, trypsinogen, duodenal S cell, P ductal cells, Zymogen, P Acinar cells, Elastase, Lactase, p. Lipase, Maltase, nuclease, Papain, PGE/prostaglandin E), GIP, Duo K cells, Fructase, Galactase, Pancreatin, carboxypeptidase, Peptidase, triglycerides, glycerol, Sterol esterase, phospholipase, Pan.amylase, motilin, P. delta cells, Sodium bicarbonate, Protease, Ptyalin, Sucrase, trypsinogen, and Trypsin).

**YOU MAY NOT EAT OR USE:** Raw and cooked vegetables, beans, eggs, and milk.

**YOU MAY EAT:** grains, sugars, starches, breads, eats, overly ripe fruits, and black coffee without milk.

**15. HORMONES:** (Hormone-CMG: Estrogen, Progesterone, Testosterone, Androgen, Androsterone, DHEA, Estriol, Estradiol, FSH, HCG, Luteinizing hormone, Prolactin, and Semen).

**YOU MAY NOT EAT OR USE:** milk products, red meats and products with hormones fed or injected. If one is able to get the meat from an animal that has never received any hormone, it is OK to eat the red meat from that source. Avoid stimulating your own hormones by any means. Avoid treating during menstrual period.

**YOU MAY EAT OR USE:** grains, vegetables, salads, oils, fish, meat and fowl without hormones, organic milk, organic eggs, organic chicken, and dairy products, sugar, and sugar products (avoid sugar when one has hot flushes).

**16. ORGAN MIX:** (Organs-CMG: Brain, Skin, Bladder, kidneys, Uterus, Gall bladder, Liver, Heart, Small Intestine, Lungs, Large Intestine, Pancreas, Pericardium, Prostate, Triple warmer, Spleen and Stomach).

**YOU MAY NOT EAT OR USE:** Avoid ground meats and products. Avoid touching body parts and body organs. Wear gloves if necessary.

**YOU MAY EAT OR USE:** vegetables, fruits, grains, dried beans, sugar, oils and vegetable fats. Drink clean, purified water.

## FREQUENTLY ASKED QUESTIONS

**Why do I have to avoid these substances for 25 hours?** According to Chinese medicine theory, it takes 24 hours for your energy to circulate through the 12 major meridians or energy pathways in your body. According to NAET theory, if the energy can complete its travel without interruption and return to the original starting point 24 hours later, that uninterrupted journey is imprinted in the brain as harmless or beneficial energy and will no longer initiate an immune response to the allergen that was treated. Less allergic patients could possibly clear the allergy in less than 24 hours; however, we ask that you avoid the substances for a full 25 hours to make sure that the entire energy cycle is completed. It has been observed that patients who do not stick to the 25-hour avoidance often tend to need many more treatments later on. It is much more time and cost-effective if you stick to the 25-hour avoidance!

### **Can I just fast during the 25 hours?**

You should not fast. Your body will be going through many changes and it will need some nutrition during that time. Eat some of the foods from the “YOU MAY EAT” list. Keep your meals light and simple, focusing on whole foods with little or no processing.

### **What should I do if I accidentally eat or touch something I shouldn't have?**

As soon as you realize that you've made a mistake, stop touching the item or spit the food out of your mouth. Wash your hands or rinse out your mouth with water (distilled water if you are being treated for minerals or salt). If water is not available, rub the palms of your hands together for several seconds. Continue with the avoidance until the 25 hours has passed. There is still a good chance that you could have cleared, or at least partially cleared the allergen. Don't get discouraged!

### **How will I feel during the 25-hour avoidance period?**

Most people will feel fine; others may feel tired and weak. If you feel tired or wiped out, get plenty of rest. You will most likely feel better when the 25 hours have passed. Be sure to get

plenty of rest and stay hydrated during this time. There is no way to accurately predict how you will feel, as the intensity of reactions, or lack of negative effects, depends on many factors such as the duration of your previous illness or allergy and the overall status of your immune system. The following are some possible symptoms that have been experienced: High/low energy in varying degrees, extreme fatigue or sleepiness, insomnia, restlessness Sensations of tingling, movement or electricity in the body Temperature variations, flushed or cold feeling. General body aches, Congestion, sneezing, coughing, tight chest Hyperacidity, abdominal bloating, belching, and hiccups.

### **Are there some food items that aren't listed that I can eat?**

Yes, the lists are not all-inclusive by any means, but if the food appears on the list you should definitely follow the YOU MAY EAT/YOU MAY NOT EAT OR TOUCH instructions. If there is a food that you have a question about, feel free to ask your practitioner or you may also refer to [www.nutritiondata.com](http://www.nutritiondata.com) for nutritional information. If a nutrient is listed as having 2% or less of the Percentage Daily Value, you can eat that food item safely during the 25-hour avoidance period.