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NAET Post-Treatment Guidelines
Adapted from the "NAET Guidebook"
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The following is a list of items related to the specific allergen treated. The avoidance period is 25 hours after treatment, unless otherwise indicated by your practitioner. Please prepare your home, and your meals prior to your treatment, as a successful treatment depends on the avoidance of the allergen.

1. EGG MIX: (egg yolk, egg white, chicken, tetracycline, feathers)

YOU MAY NOT EAT OR TOUCH:

egg white, egg yolk, chicken, tetracycline and all foods containing egg or chicken including crackers, cookies, soups, breads, mayonnaise, salad dressings, cakes, pastries, pies, pancakes, foods baked or fried in egg batter and thick sauces. Also avoid birds, feather pillows, comforters, vitamins and protein drinks made with egg, shampoos, conditioners and skin lotions with egg products.

YOU MAY EAT: brown or white rice, pasta without eggs, vegetables, fruits, milk products, oils, beef, pork, fish, coffee, juice, soft drinks, water and tea.

2. Milk/CALCIUM MIX: (Calcium-Carbonate, Calcium-Gluconate, Calcium-Ascorbate, Cow's milk, goat's milk, milk casein, milk-albumin).

YOU MAY NOT EAT OR TOUCH: milk or milk products, eggs, chicken, uncooked vegetables, dark leafy vegetables like lettuce, cabbage, dandelion greens, Brussels sprouts, broccoli, sesame seeds, oats, navy beans, cheese, soybeans, almonds, dried beans, walnuts, fish, peanuts, and sunflower seeds, calcium supplements, figs, papaya, berries, rhubarb, tomatoes, prunes

YOU MAY EAT: cooked rice, pasta, cooked vegetables (potato, corn, yams, cauliflower, sweet potato, green pepper, mushrooms), red meat, olive oil, peaches, nectarines, and coffee and tea without milk. Contact with calcium- free (distilled) water only. Any food without calcium derivatives.

3. VITAMIN C MIX: (Ascorbic acid, Oxalic acid, citrus mix, berry mix, fruit mix, vegetable mix, vinegar mix, chlorophyll, hesparin, rutin, bioflavonoids).

YOU MAY NOT EAT OR TOUCH: fresh fruits, vegetables, leafy vegetables, citrus fruits, dry fruits, juices, sauces, soft drinks, milk, artificial sweeteners, and vitamin C supplements, toothpaste.



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YOU MAY EAT: cooked white or brown rice, pasta without sauce, boiled or poached eggs, baked or broiled chicken, fish, red meat, brown toast, deep fried food, French fries, salt, oils, and drink coffee and water. Any food that does not have vitamin C or its derivatives.

4. B COMPLEX: (B1, 2,3,4,5,6,12,13,15,17, paba, inositol, choline, biotin, folic acid).

YOU MAY NOT EAT OR TOUCH: whole grain products, fruits, vegetables, meats, dairy products, eggs, anything with B vitamins.

YOU MAY EAT: 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. Then, cook rice or pasta with lots of water and drain the water after cooking the rice (pasta) to remove the fortified vitamins. You may refer to the following individual B vitamins for more information.

5. SUGAR MIX: (cane sugar, beet sugar, brown sugar, corn sugar, rice sugar, maple sugar, molasses, honey, fruit sugar, sucrose, glucose, dextrose, maltose, lactose, date sugar, grape sugar).

YOU MAY NOT EAT OR TOUCH: 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.

YOU MAY EAT: white rice, pasta, vegetables, vegetable oils, meats, eggs, chicken, water, coffee, tea without milk.

6. IRON MIX: (ferrous sulfate, ferrous gluconate, beef, pork, lamb, gelatin).

YOU MAY NOT EAT OR TOUCH: apricots, apples, peaches, pears, banana, cherries, dates, prunes, raisins, brewer's yeast, whole grain cereals, black molasses, turnip greens, broccoli, Brussels sprout, spinach, beet tops, alfalfa, beets, sunflower seeds, walnuts, almonds, sesame seeds, whole rye, dry beans, lentils, kelp, egg yolk, liver, red meat, pork liver, beef, organ meats like kidney, heart and liver, farina, raw clams, oysters, nuts, asparagus, coffee, chocolate, salt, nor iron supplements



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YOU MAY EAT: white rice without iron fortification, sour dough bread without iron, cauliflower, potato, chicken, light green vegetables (celery, watercress, radishes, onions, shallots), butter, water and orange juice.

7. VITAMIN A MIX: FISH, SHELL FISH MIX (beta carotene, vitamin A, fish, shellfish sources).

YOU MAY NOT USE OR TOUCH: yellow fruits, yellow vegetables, green fruits, green vegetables, green peppers, orange vegetables (squash, carrots, sweet potatoes), fish or fish products, milk products and corn products; skin lotions.

YOU MAY USE: steamed rice, pasta, potato, canned cream of mushroom soup (Campbell's with water), cauliflower, red apples, chicken, water and coffee.

8. MINERAL MIX: (trace minerals like antimony, barium, boron, beryllium, bromide, caesium, chlorine, chromium, cobalt, copper, europium, fluorine, gallium, germanium, gold, iodine, lithium, manganese, molybdenum, nickel, palladium, rubidium, samarium, scandium, silver, strontium, thallium, thorium, tin, titanium, tungsten, uranium, zinc, zirconium, chromium, lead, magnesium, manganese, phosphorus, potassium, selenium, sulfur, vanadium, mercury).

YOU MAY NOT USE OR TOUCH: metals, tap water, mineral water, root vegetables like onion, potato, carrots and turnips. Wear gloves while touching metal surfaces. Metal buttons on clothes, shoes, handbags, wedding rings or religious rings etc. can be covered with masking tape. Use plastic and glass utensils to cook and eat. Use a pair of gloves during 25-hour period to avoid touching metals.

YOU MAY USE: distilled water for washing and showering, steamed rice, vegetables, fruits, meats, eggs, milk, coffee and tea.

9. SALT MIX / CHLORIDES: (sea salt, table salt, rock salt, sodium and chloride).

YOU MAY NOT USE OR TOUCH: kelp, celery, romaine lettuce, watermelon, sea food, processed foods with salts, fast foods, table salts, fish, shell fish, carrots, beets, artichoke, dried beef, brains, kidney, cured meats, bacon, ham, coffee, watercress, sea weed, oats, avocado, Swiss chard, tomatoes, cabbage, cucumber, asparagus, pineapple, tap water, and prepared, canned or frozen foods.

YOU MAY USE: distilled water to drink and bathe, steamed rice, fresh vegetables and fruits not listed above, chicken, meats and sugars.



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10. GRAIN MIX: (wheat, corn, rice, oats, rye, millet, barley).

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

YOU MAY EAT: vegetables, fruits, meats, milk and drink water.

11. YEAST MIX / CANDIDA: (Baker's Yeast, Brewer's Yeast, Tortula Yeast, candida albicans).

AVOID: Brewer's yeast, bakers yeast, and any foods containing these items including baked goods, sugars, fruits, soy sauce, soy milk, and alcoholic beverages.

YOU MAY EAT vegetables, meat, chicken and fish.

12. BASE: (Digestive juices and enzymes from intestinal tracts).

AVOID: Raw and cooked vegetables, beans, eggs, and milk.

YOU MAY EAT sugars, starches, breads and meats.

13. ACIDS

AVOID: Sugar, starches, fruits, grains, meats, other acid forming foods, coffee.

YOU MAY EAT raw and steamed vegetables, cooked dried beans, eggs, oils, clarified butter, and milk.

14. Hormones – Avoid: red meat and hormone supplements.

15. Organ MIX – no avoidance necessary

16. ARTIFICIAL SWEETENERS: (Equal, Nutrasweet, Aspartame, Sorbitol, Sweet And Low, Saccharine, Twin)

AVOID: items with the above artificial sugars, like soft drinks, sweet relish, pickles, sauces, cookies, toothpaste, mouthwash, etc.

YOU MAY EAT: anything without artificial sweeteners. Use freshly prepared items only.

17. CAFFEINE MIX: Coffee, chocolate mix, caffeine, tea, tannic acid, cocoa, cocoa butter, carob.



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YOU MAY NOT USE OR SMELL: Coffee, tea, caffeinated drinks, leather goods, tannic acids.

YOU MAY EAT: anything that has no coffee, caffeine or chocolate.

18. NUT MIX 1 (peanuts, black walnut, English walnut).

YOU MAY NOT EAT OR TOUCH: peanuts, walnuts, black walnuts, and English walnuts or anything made from these nuts or their oils.

YOU MAY EAT: any foods that do not contain the nuts listed above including their oils and butters.

19. NUT MIX 2 (cashew, almonds, pecan, Brazil nut, hazelnut, macadamia, sunflower seeds).

YOU MAY NOT EAT OR TOUCH: any of the above mentioned nuts or oils.

YOU MAY EAT: any foods that do not contain the nuts listed above including their oils and butters.

20. ANIMAL FAT: (butter, lard, chicken fat, beef fat, lamb fat, fish oil).

YOU MAY NOT USE OR TOUCH: butter, lard, meats, fish and fish oils, skin lotions with lanolin or animal fat, food fried in animal fat, refried beans, chili beans, corn chips fried in lard etc.

YOU MAY USE: anything other than the above including vegetable oils.

21. VEGETABLE FATS: (Corn oil, canola oil, peanut oil, linseed oil, sun flower oil, palm oil, flax seed oil, coconut oil).

YOU MAY NOT USE: vegetable oils, foods containing vegetable oils like breads, crackers, cookies, sauces, drinks, and skin lotions, makeup items, shampoo, conditioner etc.

YOU MAY USE: steamed vegetables, steamed rice, meats, eggs, chicken, butter and animal fats.

22. SPICE MIX 1 (ginger, cardamom, cinnamon, cloves, nutmeg, garlic, cumin, fennel, coriander, turmeric, saffron, mint).



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AVOID: above listed spices in any form. These spices and their oils are encountered in candies, chewing gums, toothpaste, massage oils, aromatherapy ingredients and toiletries.

YOU MAY USE: all foods, and products without these items.



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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, 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



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instructions. If there is a food that you have a question about, feel free to ask your practitioner or you may also refer to <http://nutritiondata.self.com> for nutritional information. Be sure to take into account the serving size when looking up the amounts of particular nutrients. 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.