

New NAET Client Checklists

NAET is a method that helps balance energies in the body, so healing can take place. It is a gentle, non-invasive procedure. NAET is effective for people who suffer from allergies, digestive issues, environmental illness, chemical reactions, chronic pain disorders, autism, ADHD, & many others. NAET emotional balancing does NOT replace the need for traditional psychological or psychiatric help.

It is recommended that clients read Say Goodbye to Illness by NAET developer Dr. Devi Nambudripad. This book is available for purchase on-line & offers a comprehensive & thorough explanation of how the therapy works.

Plan Ahead:

- ☐ Bathe prior to appointment- you may not shower or bathe for 6 hours after treatment.
- ☐ No scented items of any kind are allowed in the office. Do not wear perfume, cologne, scented lotion, hand sanitizer, essential oils, or strongly scented deodorant. The office must be free from allergens for other clients & for your own treatment. This includes anyone who may be coming with you to the appointment.
- ☐ There will be a diet restriction and/or substance to be avoided after the clearing. Be ready to prepare your own foods to ensure allergen is avoided. For environmental allergies, a face mask and/or gloves may be needed.
- ☐ Avoid physical activity for 6 hours after treatment (do not raise heart rate)
- ☐ Do not receive body work including chiropractic, massage, acupuncture for 25 hours after the treatment
- ☐ To maintain a quiet environment, be sure that children are well attended. Car seats, strollers, silent toys (books, cards, puzzles) are encouraged. Electronics must be turned to low volume.
- ☐ NAET is a sensitive process, only one person may accompany the client in the NAET room.

Checklist for each NAET appointment:

- ☐ Completed paperwork with food journal (include beverages, spices, gums, mints, sauces, etc)
- ☐ Bring in all medications, supplements in their original bottles with ingredients lists.
- ☐ Eat a healthy meal & drink water *before arrival* (no food, drink, or gum is allowed in the office). NAET treatments may not be done on an empty stomach.
- ☐ No perfume, cologne, scented lotion, or essential oils.
- ☐ Wear a light-colored top (white, cream, light gray, pale color) that does *not* have decals, embroidery, or other embellishments.
- ☐ Wear calf-high socks to hold the antigens.
- ☐ Turn off & remove cell phone & all jewelry, crystals/stones.
- ☐ If applicable, bring well labeled samples of suspected allergens in sealed small glass jars such as baby food jars. (ex: laundry detergent, lotion). Bring a copy of their ingredients lists if possible. If you have any questions about how to prepare samples, call the office 609-654-4858.

Additionally, for those requiring surrogates (young children, sick, elderly, disabled, & pets):

- ☐ If the client is unable to sit still & do the breathing technique him/herself, a surrogate will sit *next to* the client & do the breathing technique while NAET therapy is begun. Client may NOT sit on a lap.
- ☐ Car seats or strollers are recommended for very young children. (We have a stroller here)
- ☐ Both the client & surrogate must wear long sleeves & clean cotton gloves to prevent skin-to-skin contact.
- ☐ Autistic, ADD, ADHD, or very active clients must be calmed by a caretaker or family member.
- ☐ Pets must be brought in pet carriers & be the last appointment of the day.