

NAET Treatment Guide

1. BBF (Brain Body Balance Formula)

This can be treated on the first day if it is found weak by muscle response testing. No avoidance of any substance is necessary. If it is not weak there is no need to treat this sample. BBF may be used as a combination with all other basic allergens if it is indicated. First treat the allergen then check it with BBF, If the muscle response test goes weak, the allergen needs to be treated in combination with BBF.

2. 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, vegetable, fruits, milk products, oils, beef, pork, fish, coffee, juice, soft drinks, water, tea.

3. Calcium Mix (Cal-citrate, Cal-gluconate, Cal-lactate, Cow's Milk, Goat's Milk, Milk-Casein, Milk-Albumin, Lactic Acid)

You May not Eat or Touch: milk or milk products, uncooked vegetables, dark leafy vegetables like lettuce, cabbage, spinach, dandelion greens, brussel sprouts, broccoli, sesame seeds, oats, navy beans, milk products, cheese, soybeans, almonds, dried beans, walnuts, sardines, salmon, peanuts, and sunflower seeds, calcium supplements.

You May Eat: cooked rice, pasta, cooked vegetables, cooked potato, corn, yams, cauliflower, sweet potato, red meat, coffee and/or tea without milk. Drink calcium free water. Any food without calcium derivatives is OK.

4. Vitamin C (Acerola, Ascorbic Acid, Oxalic Acid, citrus mix, berry mix, fruit mix, melon mix, cucumber mix, vegetable mix, vinegar mix, chlorophyll, quercetin, hesparin, rutin, bioflavanoid)

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.

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 friend food, French fries, salt, oils, and drink coffee and water. Any food that does not have vitamin C or its derivatives is ok.

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5. 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, 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.

6. 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: anything with any of the above sugars, sauces, drinks with sugar. Do not use powdered spices in pre-packaged containers, tooth paste and mouth wash liquids.

You May Eat: vegetables, vegetable oils, meats, eggs, chicken, water, coffee, tea without milk.

7. Iron Mix (ferrous sulfate, ferrous gluconate, beef, pork, lamb, gelatin)

You May Not Eat or Touch: apricots, peaches, banana, black molasses, dates, prunes, raisins, brewer's yeast, whole grain cereals, turnip greens, broccoli, Brussels sprouts, spinach, beet tops, alfalfa, beets, sunflower seeds, walnuts, 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 and iron supplements.

You May Eat: white rice without iron fortification, sour dough breads without iron, cauliflower, potato, chicken, light green vegetables, water and orange juice.

8. Vitamin A Mix (Fish, Shell Fish, Beta Carotene, Vitamin A)

You May Not Eat or Touch: yellow fruits, yellow vegetables, green fruits, green vegetables, green peppers, fish, fish products, milk products, and corn products.

You May Eat: steamed rice, pasta, potato, cauliflower, red apples, chicken, water, coffee.

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9. 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, phosphorous, potassium, selenium, sulfur, vanadium, mercury)

You May Not Eat 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, hand bags, wedding rings or religious rings etc. can be covered with masking tape. Use plastic and glass utensils to cook and eat with. Use gloves during 25 hour period to avoid touching metals.

You May Eat: distilled water for washing and showering, steamed rice, vegetables, fruits, meats, eggs, milk, coffee, and tea.

10. Salt Mix (Sea Salt, Table Salt, Rock Salt, Himalayan Salt, Sodium and Chloride)

You May Not Eat 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 food.

You May Eat: distilled water to drink and bathe, steamed rice, fresh vegetables and fruits not listed above, chicken, meats, and sugars.

11. Grain Mix (Wheat, Corn, Rice, Oats, Rye, Millet, Barley)

You May Not Eat or Touch: grains and items made from above grains

You May Eat: vegetables, fruits, meats, milk and water.

12. Yeast Mix (Baker's Yeast, Brewer's Yeast, Tortula Yeast, Candida Albicans)

You May Not Eat or Touch: Brewer's yeast, bakers yeast, and any foods containing these items.

You May Eat: vegetables, chicken, meat, and fish.

13. Stomach Acid (HCL, Stomach)

You May Not Eat or Touch: Sugar, starches, fruits, grains, meats, other acid forming foods, coffee.

You May Eat: raw and steamed vegetables, cooked dried beans, egg oils, clarified butter, and milk.

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14. Base (Digestive juices and Enzymes from Intestinal Tract)

You May Not Eat or Touch: raw and cooked vegetables, beans, eggs, and milk

You May Eat: sugars, starches, breads, and meats.

15. Hormones (Estrogen, Progesterone, Testosterone. Check in cases with hot flashes, PMS, Hormone Imbalances)

You May Not Eat or Touch: Avoid eating or using red meats and products with hormones. If one is able to get the meat from an animal that has never received any hormones, it is OK to eat the red meat from that source. Avoid stimulating your own hormones. Avoid treating during menstrual period.