

NAET Guidelines (9th Edition)

Listed below are the avoidances and suggestions for the first 30 allergy eliminations that you will potentially have during your NAET treatment. We ask for complete cooperation between the patient and the doctor in order to achieve the most satisfactory results with the least discomfort, inconvenience, or complications possible.

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 is the combined energy of various vital organs, tissues, elements and ingredients necessary to maintain a good nervous system. There are no food elements here; hence no food avoidance is necessary after this treatment.

AVOID: Avoid stress and try to relax for 25 hours following the treatment for BBF. Drink 5-6 glasses of non allergic water (any water you are not allergic to) spaced throughout the day.

-BBF may be used as a combination with all other basic allergens if it is indicated after each single group has cleared.

*CMG = the individual components associated with groups.

2. EGG MIX: (Egg-CMG: egg yolk, egg white, chicken, tetracycline, ovomucin, lisozyme, feathers).

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, cakes, pasties, pies pancakes, foods baked or fried in egg batter or thick sauces. Also avoid birds, feather pillows, down comforters, vitamins and protein drinks made with egg, shampoos, conditioners, and lotions with egg products.

YOU MAY EAT OR USE: brown or white rice, pasta without eggs, imitation eggs, vegetables, salads, oil and vinegar, fruits, milk products, beef, pork, fish, dried beans, lentils, green peas, potatoes, 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, lactoglobulin, 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, brussel sprouts, broccoli, sesame

seeds, oats, navy beans, cheese, soybeans, almonds, dried beans, walnuts, sardines, salmon, peanuts, sunflower seeds, calcium supplements, and any pre-packaged food fortified with calcium. **Drink and use distilled water and avoid using toothpaste for 25 hours.

YOU MAY EAT OR USE: cooked rice, pasta, well-cooked vegetables, cooked potato, corn, yams, cauliflower, sweet potato, red meat, chicken, sugar, coffee or tea without milk (If the food label says it contains less than 2% calcium it's usually OK)

4. VITAMIN C MIX: (Vit.C-CMG: ascorbic acid, acerola Camu, oxalic acid, rose hip, kakadu plum, plum mix, bioflavonoid, citrus mix, citric acid, berry mix, vegetable mix, fruit mix, chlorophyll, cucumber, melon mix, L. gulonolactone, zucchini, vinegar mix, hesperidin, rutin, quercetin, quince seed).

YOU MAY NOT EAT OR TOUCH: fresh fruits, vegetables, leafy vegetables, citrus fruits, dry fruits, juices, sauces, ketchup, salad dressings, vinegar, tomato sauce, hot 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, bread, boiled or poached eggs, baked or broiled chicken, fish, cooked red meat, turkey, deep fried food, french fries, baked or cooked potato without sour cream or butter, salt, any nut oils, water, coffee without milk. (If the label says less than 2% Vitamin C it should be OK)

5. B COMPLEX MIX: (BC-CMG: B1, 2, 3, 4, 5, 6, 9, 12, 13, 15, 17, PABA, inositol, chlorine, and biotin).

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

YOU MAY EAT OR USE: cooked white rice (wash before cooking), cooked white pasta, cauliflower raw or cooked, well-cooked or deep fried fish, salt, black coffee, potatoes, purified water.

6. SUGAR MIX: (Sugar-CMG: beet sugar, brown sugar, cane sugar, corn sugar, cellulose, date sugar, dextrose, d-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 OR TOUCH: brown rice, whole grains, carrots, fruits, beets, milk or milk products, anything with any of the above sugars, sauces, drinks. Do not use powdered spices in pre-packaged containers, toothpaste and mouthwash.

YOU MAY EAT OR USE: white rice (wash well and cook in lots of water/ drain water) pasta without sauce, raw or cooked vegetables, green salads, oil and vinegar (avoid creamy dressings), vegetable oils, red meat, eggs, chicken, turkey, french fries, fish, water, coffee, tea without milk.

7. IRON MIX: (Iron-CMG: ferrous gluconate, ferrous sulphate, iron bisglycinate, ferrous fumarate, ferrous citrate, dark meat of 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, brussel 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, lamb, organ meats like kidney, heart, liver, farina, raw clams, oysters, nuts, asparagus, coffee, herbal tea, regular tea, ice tea, chocolate, and iron supplements. Avoid iron belt, shoe, purse, wallet, or any other leather goods. Avoid ornamental iron work, iron skillet, wok, universal iron works, etc.

YOU MAY EAT OR USE: all oils, butter, margarine, mayonnaise, artificial sweeteners, club soda, tonic water, bottled and tap water, plain brewed coffee, black tea, distilled alcoholic beverages, white rice without iron fortification, sourdough bread without iron, cauliflower, iceberg lettuce, yellow squash, yellow apple, banana, potato, egg white, light meat of the chicken, light green vegetables, water, orange juice, spices, turmeric, white onions, ginger, garlic

8. VITAMIN A MIX: (Vit. A-CMG: beta carotene, vitamin A, shellfish mix, fish mix).

YOU MAY NOT EAT OR TOUCH: yellow, orange, or red fruits, yellow vegetables, banana, carrot, spinach, green fruits, green vegetables, fish or fish products, cheese, milk and milk products, butter, tomatoes, and corn products.

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

9. MINERAL MIX: (Minerals-CMG: trace minerals, aluminum, antimony, barium, beryllium, boron, bromide, caseium, chromium, cloraminum, chloride, cobalt, copper, electron, europium, flouride, gallium, germanium, gold, iodine, lead, lithium, manganese, magnesium, mercury mix,

molybdenum, neutron, nickel, palladium, potassium, phosphorous, proton, rubidium, samarium, scandium, selenium, silica, silver, sodium, sulfur, strontium, thallium, tin, titanium, tungsten, uranium, vanadium, zinc, and zirconium).

YOU MAY NOT EAT OR TOUCH: metals, tap water, mineral water, root vegetables like onion, potato, carrots, turnips, fish and shellfish. Avoid any exposure to pesticides. Wear gloves while touching metal surfaces- metal on eyeglasses, buttons on clothes, shoes, handbags, wedding or other rings and jewelry, doorknobs, water faucets, etc. Use plastic and glass utensils to cook and paper or plastic plates, cups, forks, and knives.

YOU MAY EAT OR USE: distilled water for drinking, washing, and showering. Wash and cook rice, pasta, corn, other grains, vegetables, meats etc. using distilled water. Cooking stainless steel dishes are OK. NO cast iron or crude iron woks, or aluminum dishes or products. You may eat eggs, milk and milk products, chicken, turkey, all types of cooked red meat, cooked vegetables, 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 EAT 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, pasted without salt-added sauce or prepared 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, oatbran

RICE MIX: red-yeast rice, parboiled, wild, yellow, black, brown rice, rice bran

WHEAT MIX: wheat bran, durum wheat, red wheat, white wheat, farro, sprouted wheat, organic green wheat, whole wheat, kamut, milo, spelt, sorghum, teff

CORN MIX: corn blue, corn red, corn yellow, corn white, corn silk, popcorn

SEED MIX: amaranth, buckwheat, chia seeds, flaxseed, hemp seeds, poppy seed, pumpkin seeds, sesame, safflower, sunflower, poppy seeds millet, quinoa

GLUTEN MIX: gluten and gliadin

YOU MAY NOT EAT OR TOUCH: whole grains and items made from above whole grains

YOU MAY EAT OR USE: white rice, 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, torula yeast, yogurt, whey, candida al. and sour cream).

YOU MAY NOT EAT OR TOUCH: brewer's yeast, baker's yeast, 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, potatoes, 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, reflux dis., H. pylori, Secretin, parietal cells, chief cells, intrinsic factor, pepsin, pepsinogen, ghrelin, tubulovesicular membrane, carbonic anhydrase, acetylcholine, histamine, adenylyl cyclase, M3, H2, somatostatin receptor, prostaglandin receptor, CCKa, CCKb, cholecystokinin, PLC, G cells, mucous neck cells, ECL, gastric D cells, enterogastrone, neurotensin, lingual lipase, lysozyme, haptocorrin, R-factor, serous cells, mucous cells, gastric enzymes, GIP and DMG).

YOU MAY NOT EAT OR TOUCH: 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, 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, chymotrypsinogen, duodenal S cell, P ductal cells, zymogen, P acinar cells, elastase, lactase, p. Lipase, maltase, nuclease, papain, PGE2, GIP, Duo K cells, Fructose, 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 TOUCH: raw and cooked vegetables, beans, eggs, and milk.

YOU MAY EAT OR USE: grains, sugars, starches, breads, eats, over-ripe fruits, 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 TOUCH: non-organic 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 hormones, 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, organic dairy products, sugar and sugar products (avoid sugar when/if having hot flashes).

16. VITAMIN K: (phytomenadione, phytonadione, phylloquinone, and menadione)

YOU MAY NOT EAT OR TOUCH: kelp (sushi), algae, kiwi, all vegetables (except potato and cauliflower), herbs, all beans, soybeans, all oils, margarine, all nuts, all herbs, and liver.

YOU MAY EAT OR USE: fruit (except kiwi), potato, cauliflower, poultry, meat, tomato, pretzels, dairy, pasta, grains, breads, black and green tea, decaf coffee, black pepper. (if adding milk to tea, do so after the tea leaves are removed, since vitamin K is fat soluble).

17. HEAT ENERGY:

YOU MAY NOT EAT OR TOUCH: any food or beverage that is warm, hot, or spicy. Do not go outside in the heat or exercise. Do not take a hot shower or have the heat up high in your house.

YOU MAY EAT OR USE: cold or room temperature foods and beverages. Stay indoors with fan or air conditioning.

18. COLD ENERGY:

YOU MAY NOT EAT OR TOUCH: any food or beverage that is cold or freezing. Do not go outside in the cold weather or have the air condition on too much.

YOU MAY EAT OR USE: eat and drink warm/hot food and beverages. Use things at room temperature or higher. Stay indoors with heat if cold outdoors and use minimal air conditioning if warm/hot outside.

19. RIBO MIX: (ribonucleic acid or RNA)

YOU MAY NOT EAT OR TOUCH: animal or vegetable proteins or supplements with RNA/DNA
YOU MAY EAT OR USE: green leafy vegetables, white rice, white pasta, sugar, salt, oils.

20. DEOXYRIBO MIX: deoxyribonucleic acid or DNA)

YOU MAY NOT EAT OR TOUCH: animal or vegetable proteins or supplements with RNA/DNA
YOU MAY EAT OR USE: green leafy vegetables, white rice, white pasta, sugar, salt, oils.

21. 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 TOUCH: animal or vegetable proteins or supplements with RNA/DNA
YOU MAY EAT OR USE: green leafy vegetables, white rice, white pasta, sugar, salt, oils.

22. BRAIN MIX: (Brain-CMG: frontal lobe, parietal lobes, temporal, lobes, occipital lobe, hemispheres, mid-brain, pons, brain stem, cerebellum, and basal ganglia)

YOU MAY NOT EAT OR TOUCH: brain meat and any other ground meat products.
YOU MAY EAT OR USE: vegetables, fruits, grains, dried beans, sugar, oils, chicken, turkey, fish, shellfish. Drink clean and purified water.

23. GLANDS: (Glands-CMG: testes, hypothalamus, adrenals gland, lymph gland, mam gland, ovary, parathyroid gland, parotid gland, pineal gland, pituitary gland, prostate gland, salivary gland, seminal gland, suprarenal gland, thymus gland, thyroid gland)

YOU MAY NOT EAT OR TOUCH: organ meats and brain meat, gland meats, and other organ meat products.
YOU MAY EAT OR USE: vegetables, fruits, grains, dried beans, sugar, oils, vegetable fats. Drink clean purified water.

24. GLANDULARS: (Glandulars-CMG: serotonin, ACTH, acetylcholine, adrenaline, cortisol, epinephrine, dopamine, GABA, glucagon, glycerol, glycogen, gonadotrophin, growth hormone,

hydrocortisone, insulin, melanin, melatonin, N-epinephrine, pituitrophin, oxytocin, pancreatin, parathyroid hormone, secretin thyroid mix = thyroxine, T3, T4, thyrotropin, TRH, TSH, vasopressin; body fluid mix = urine, blood, sweat, mucous, saliva, and pheromones).

YOU MAY NOT EAT OR TOUCH: avoid supplements of glandulars.

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

25. CARBON:

YOU MAY NOT EAT OR TOUCH: avoid polluted air, coal products, burned toast, burned food, water filtered through charcoal system, fire smoke and brush fire smoke. Stay indoors as much as possible.

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

26. OXYGEN:

YOU MAY NOT EAT OR TOUCH: avoid clean fresh air and going near healthy plants. Stay indoors as much as possible. Wear a mask for 25 hours so that you will mostly breath your own exhaled air that is carbon dioxide.

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

27. NITROGEN:

YOU MAY NOT EAT OR TOUCH: nitrogen products, processed meats, dried beans, and proteins.

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

28. HYDROGEN:

YOU MAY NOT EAT OR TOUCH: avoid exposure to hydrogen products, helium products, balloons, etc.

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

29. ARTIFICIAL SWEETENERS: (Artificial Sweet.-CMG: aspartame, equal, nutrasweet, saccharine, sorbitol, sweet and low, sucralase, splenda, products like Stevia, Truvia, and Agave)

YOU MAY NOT EAT OR TOUCH: items with the above listed artificial sugars- like soft drinks, sweet relishes, pickles, sauces, cookies, candy, toothpaste, mouthwash, ice tea, lemonade, vitamin C, etc.

YOU MAY EAT OR USE: anything made with real sugar or any foods with natural sugar are OK.
Use freshly prepared items only.

30. CAFFEINE MIX: (Caffeine-CMG: coffee, tea, cacao, tannic acid, green tea, dark chocolate, white chocolate, chocolate syrup, chocolate mix, carob, decaf coffee, decaf tea, caffeine)

YOU MAY NOT EAT OR TOUCH: coffee and tea (caffeinated and decaf), caffeinated drinks, leather goods, tannic acids.

YOU MAY EAT OR USE: anything not listed above as part of the caffeine mix, make sure to also avoid decaffeinated coffee, tea, etc. as they contain small amounts of caffeine.

31. Mold mix:

YOU MAY NOT EAT OR TOUCH: Cheeses: all cheese, especially moldy cheeses like stilton are the worst, buttermilk, sour cream and sour milk products.

- Alcoholic drinks: beer, wine, cider, whiskey, brandy, gin and rum.
- Condiments: vinegar and foods containing vinegar, mayonnaise, pickles, soy sauce, mustard, relishes.
- Edible fungi: including all types of mushrooms and truffles.
- Processed and smoked meats: sausages, hot dogs, corned beef, pastrami, smoked fish, ham, bacon.
- Fruit juices: All packaged fruit juices may potentially contain molds.
- Dried fruits: raisins, apricots, prunes, figs, dates, etc.

Avoid damp basements as well..