



## Whispering Lotus Healing Center

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### Tips for NAET Success

- **Consider reading the book** “Say Goodbye to Your Allergies” or another one from the series. It can be purchased at <https://store.naet.com/>, on amazon, or it is also available on kindle in audio.
- **Watch the short video** at <https://www.whisperinglotus.com/naet/naet-videos-and-research/>
- If you have **questions about what you can eat** when it isn't listed in The NAET Guide Book – 10<sup>th</sup> edition, you can look up food nutrients on USDA nutrient database <http://ndb.nal.usda.gov/ndb/search/list> or the [nutritiondata.self.com](http://nutritiondata.self.com) or google the item. When in doubt do without.
- **Start reading labels** on your favorite foods to find which ones have 0% to 2% on certain nutrients and keep a list so you can eat it on the day you treat that nutrient.
- There are a few **foods that are left out of the guidebook** for treating the basic 15, that maybe considered if you don't have sensitivities to them. These are foods that often have 0% to 2% of certain nutrients some examples are certain nuts, pork products, some processed foods like gummy snacks, and some soy products.
- **Grocery shop in advance.** Read the list of what you may eat a week in advance, so you can shop and prepare.
- On treatment days where **distilled water** is required. I find it most palatable if you put it in a water bottle rather than drink it out of a glass or mug. Do not use Smart Water it has minerals.
- **Have staples on hand** or in the freezer, plain chicken breast, steak, hamburger, ham, turkey, fish, eggs, cauliflower, rice, potatoes, French fries, distilled water, electrolyte fruit snacks, rice pasta, and rice cereals.
- **Prepare the house in advance**, put the items you may not touch during your avoidance in plastic bags or behind closed doors or cupboards. Wash your dishes, take out the trash, and think about what your pets and family are eating and if you need to avoid their food.
- **Avoid potlucks, grocery stores, restaurants, and break rooms after treatments.** Don't plan to travel during your avoidance period unless you can provide your own food. Schedule your appointments for days you can be in control of what you can avoid and will have time to do your gate points.
- **Bring the book** with you to your appointment. Check off what you have treated and cleared.
- **If you get exposed** during your 25-hour avoidance, rub clockwise under your nose for 1 min., rinse your mouth, wash your hands, and due your gate points. Continue your avoidance.
- **Start working on testing items** you use and eat yourself – see book pg. 92 in “Say Goodbye to your Allergies” or stand and hold the item at your chest if you lean backwards, it is not conducive with your energy if you go forward it's fine. If you are standing neutral, you are neutral to the item.
- **Be a detective and report back**, try to figure out what combinations are causing issues and what issues are related to what things.
- **Plan on doing home treatments** after you complete the basic 15 for the foods and drinks you eat. You collect the food/drink each day and put it in a glass baby food jar and do your gate points. Ask provider for a handout if you want more details.