

## NAET Post-Treatment Guidelines

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.

**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, tooth paste and mouth washing liquids.

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

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### 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

**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, hand bags, 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.

### 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.

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### 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, tooth paste, 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.

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).

AVOID: above listed spices in any form. These spices and their oils are encountered in candies, chewing gums, tooth paste, massage oils, aroma therapy ingredients and toiletries.

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

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23. SPICE MIX 2 (peppers, red pepper, black pepper, green pepper, jalapeño, banana peppers, anise seed, basil, bay leaf, caraway seed, chervil, cream of tartar, dill, fenugreek, horseradish, mace, MSG, mustard, onion, oregano, paprika, poppy seed, parsley, rosemary, sage, sumac, and vinegar).

AVOID: any of the above spices.

YOU MAY USE: all foods and food products without the above listed spices.

24. SHELLFISH MIX: (Shrimp, lobster, abalone, cray, crab, clams).

YOU MAY NOT EAT OR SMELL any fish or fish products.

YOU MAY EAT any food that does not contain fish products.

25. FISH MIX: (Cod, Halibut, Salmon, Tuna, Shark).

YOU MAY NOT EAT OR SMELL tuna, salmon, halibut, cod, their oils, and glues on the stamps, envelopes, and anything else made from fish source.

YOU MAY EAT any food that does not contain the fish or fish oils listed above.

26. DRIED BEANS MIX: ( Pinto beans, lima beans, lentils, peas, garbanzo beans, black beans, red beans, black eye peas, mung beans, navy beans).

AVOID: above listed beans, their oils or products.

YOU MAY EAT anything other than beans or bean products (rice, pasta, vegetables, meats, eggs etc.).

27. AMINO ACIDS (essential amino acids: Lysine, methionine, leucine, threonine, Valine, thryptophan, isoleucine, and phenylalanine; non essential amino acids: alanine, arginine, aspartic acid, camitine, citrulline, cysteine, glutathione, glutamic acid, glycine, histidine, ornithine, proline, serine, taurine, tyrosine).

YOU MAY NOT EAT OR TOUCH: any type of food that contains proteins, and protein products that are used for external application.

YOU MAY EAT: steamed white rice, lettuce and drink water.

28. TURKEY: (turkey, serotonin).

AVOID: Turkey in any form, milk products, tryptophane, vitamin B1, B3 and B6 and all the products with these vitamins (vitamin B 1, B3, B6, tryptophane are the precursors of serotonin).

YOU MAY EAT: any food that does not contain the above listed items.

29. WHITEN-ALL

AVOID: Uncooked vegetables, fresh fruits, frozen vegetables, canned foods, potato salads, fruit salads made at the restaurant, or pre packed by catering companies, french fries, baked potato, any other potato prepared by caterers, sauces, dips, etc.

YOU MAY EAT Cooked vegetables, pasta, rice, meats, chicken and eggs.

30. ALCOHOL: (beer, red wine, white wine, rubbing alcohol, cooking wine, champagne, tequila and vodka.)

AVOID : All alcoholic beverages, vanilla ice cream, foods cooked with wine, sugar and starchy foods, fruits, hair sprays, medicine with alcohols like cough syrups, shampoos, hair products, cosmetics and makeup products and rubbing alcohols.

YOU MAY USE Things not listed above. May eat vegetables, meats, fish, eggs and chicken.