



## Study Finds NAET Improves Allergy-Related Autism

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KONA, Hawaii—In a newly published study, children with allergy-related autism who followed the NAET® protocol (Nambudripad's Allergy Elimination Techniques) showed significant improvements in performance and symptoms, compared to control subjects. The study was a collaboration by researchers from the Kona Research Center, Nambudripad's Allergy Research Foundation (NARF) Research Center, Buena Park, CA; Synergy Integrated Healing Arts, San Gabriel, CA; and the NAET of Carolina clinic, Charlotte, NC. Results of the pilot study were published in *Integrative Medicine: A Clinician's Journal* (IMC).

NAET, discovered by Dr. Devi S. Nambudripad in November of 1983, blends several modalities such as acupuncture/acupressure, allopathy, chiropractic, nutritional, and kinesiological disciplines of medicine; it targets allergies of all types and intensities common to autism. Jacob Teitelbaum, M.D., director of Kona Research, first heard of NAET in 1998 and witnessed an autistic child in his office recover using the protocol. Seven years ago, the Jacob and Laurie Teitelbaum Family Foundation put up funds for the study to help children with autism worldwide.

The researchers started with a hypothesis that food and nutrient sensitivities play a major role in autistic disorders, which have become 50-percent more prevalent between 2002 and 2006. In the study, 60 children (2.5 to 10 years old) with autism were randomly assigned to NAET treatment or control groups. The treatment group (26 boys and four girls) received NAET treatments (combining acupressure and kinesiology) targeting 50 key allergens for one year. The non-blinded control group (25 boys and five girls) did not receive any NAET treatments. Each group was allowed to continue with any other therapies they had been receiving.

Researchers used Neuromuscular Sensitivity Testing (NST, kinesiology and muscle testing) to determine which substances triggered sensitivity reactions in each child, and used NAET acupressure treatments to eliminate the sensitivities. At the study beginning and end, researchers assessed each child's autism status using NST, the Autism Research Institute Autism Treatment Evaluation Checklist (ARI-ATEC), Childhood Autism Rating Scale (CARS) and the Allergy Symptom Rating Scale (ASRS).

Of the 56 children (NAET, 26 children; control, 30 children) completing the study, those receiving NAET treatments demonstrated significant improvements in performance compared with the control group, as indicated by ARI-ATEC score (mean decrease: NAET, 68%; control, 0.8%;  $P < .0001$ ), CARS (mean improvement NAET, 47%; control, 0.4%;  $P < .0001$ ), NST (mean improvement NAET, 66%; control, 0%;  $P < .0001$ ), and ASRS (total decrease: NAET, 85%; control, 2%;  $P < .0001$ ). Using the ASRS, researchers found NAET treatment resulted in statistically significant improvements in 30 of the 35 symptoms—such as indigestion, abdominal bloating, foul smelling gas, abdominal pain, constipation, and/or diarrhea, skin problems (including rashes and eczema), insomnia, or hyperirritability triggered by eating or drinking. Further, 23 of the 30 children in the NAET group returned to regular school classes with healthy, non-autistic peers after treatment, whereas all of the control group children continued to require special education.

The researchers concluded, "NAET treatment provides an effective treatment modality for children with autism to decrease autistic traits and improve their speech, language, communication skills, social interactions, sensory and cognitive awareness, and overall physical health and behavior.

For more information on NAET, visit [http://www.endfatigue.com/health\\_articles\\_a-b/Autism-study-abstract-treating-autism-with-naet.html](http://www.endfatigue.com/health_articles_a-b/Autism-study-abstract-treating-autism-with-naet.html).

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