



ALLERGY TESTING & TREATMENT
THE PENN CLINIC
40 CRAWFORD ROAD, HATFIELD
HERTS. AL10 0PE
Tel: 01707 274148

GUIDANCE TO NAET PATIENT

1. **NAET** will not interfere with any other treatment.
2. **Do not stop any other treatment.** This includes medication, osteopathy, massage, etc. If you are taking supplements, herbs or drugs, you may continue them if you think that they are helping. But after treatment you must avoid for 25 hours anything containing the item for which you have been treated.
3. **Female patients:** Treatments are not advisable during the first 3 days of the menstrual cycle. Your body maybe unbalanced during this period and results maybe unreliable, however, a special test on the day will confirm if there is a problem.
4. **NAET** treatment is easier when the body is less toxic. Any regime that helps keep your symptoms under control, such as general body massage, laxatives that help prevent constipation, colonics or high enemas that help reduce toxic build up can therefore be helpful.
5. **BEFORE TREATMENT:** Avoid eating strong smelling herbs like raw garlic AND always eat before you come for treatment. You should not take NAET treatments when you are hungry. Do not eat a heavy meal within one hour of treatment.
6. **DURING TREATMENT:** Please avoid wearing clothing which smells of perfume, smoke, paint, soft rinse, washing powder, herbs, spices, perspiration, alcohol etc. This may interfere with your treatment and other patients may react to them.
 - Wear minimal or no jewellery and avoid wearing large crystals or large diamonds.
 - Do not eat, chew or suck anything.
 - Please wash your hands **before** and **after** treatment. If you cannot wash your hands after treatment, e.g. after Calcium treatment, rub your hands vigorously together for 30 seconds.
7. **AFTER TREATMENT:** DO drink plenty of water (4 to 6 glasses daily). It helps cleanse your system of toxins released by your organs as a result of the treatment.
 - For 6 hours after treatment:**
 - Do not take a bath or shower, but you may wash your hands.
 - Do not take strenuous exercise.
 - Avoid exposure to extreme hot or cold temperatures.
 - Treatment for environmental substances, such as *mineral mix, metals, water, leather, formaldehyde, fabric, wood, mould, mercury, newspaper, marker ink, chemicals, flowers, perfume, etc.*, may require you to take extra precautions if you are highly sensitive to the allergen. In addition to avoidance, you may need to wear mask, gloves, socks even to bed, earplugs, etc Your NAET practitioner will advise you.
8. **Infants:** pre-treatment guidance notes apply to the surrogate and all those present in the room while the infant is tested and treated. Post-treatment avoidance applies to the infant only.
9. **Cancelled Appointments:** Please give 24 hours notice or a full fee may be charged.