

NAET Basic 15 Avoidance List

Adapted from "The NAET Guide Book"
By Dr. Devi S. Nambudripad, DC, LAc, PhD

The instructions below are to be followed AFTER each particular treatment. There are no dietary restrictions BEFORE the treatments.

1. **BBF (Brain Body Balance Formula)** – No avoidance of any substance is necessary.
2. **EGG MIX (egg yolk, egg white, chicken, tetracycline, feathers)**

YOU MAY NOT EAT OR TOUCH: egg white, egg yolk, chicken, tetracycline and all other "cycline" antibiotics, all foods containing egg such as cakes, cookies, muffins, pancakes, pastries, mayonnaise, and foods containing chicken, including chicken broth. Avoid birds and items containing feathers such as down pillows, comforters, jackets, vests. Also avoid shampoos, conditioners and lotions containing egg products.

YOU MAY EAT: any foods not containing chicken or egg: rice, breads without egg, pasta without egg, fruits, dairy, beef, pork, fish, lamb, turkey, oils, vegetables, nuts, beans, cereals, coffee, tea

3. **CALCIUM MIX (calcium carbonate, calcium gluconate, calcium ascorbate, cow's milk, goat's milk, casein, albumin)**

YOU MAY NOT EAT OR TOUCH:

- milk or milk products
- uncooked vegetables of any kind
- leafy green vegetables such as broccoli, cabbage, kale, chard, Brussels sprouts, lettuce greens, spinach
- beans and legumes such as peanuts, kidney, navy, black, pinto, garbanzo, soy beans, lentils
- soy products such as tofu, soy sauce, hydrolyzed/textured soy protein (veggie burgers, etc.)
- nuts such as almonds, cashews, macadamia, brazil, hazel, pecans, pine nuts
- seeds such as sunflower, sesame, flax
- oranges, tangerines
- eggs
- seaweed, spirulina
- calcium supplements
- toothpaste with calcium carbonate, e.g. Tom's of Maine
- don't touch chalk, bones or pearls

YOU MAY EAT: rice, pasta, quinoa, potato, corn, yams, sweet potatoes, cooked vegetables (other than those listed above such as carrots, peppers, squash, cauliflower, onions, garlic), boneless meat, boneless poultry, boneless fish, mushrooms, avocado, banana, strawberries, raspberries, apples, grapes, pears, blueberries, lemon, lime, grapefruit, plums, peaches, apricots, spices, oils, coffee, tea. Drink calcium-free water (tap water is fine) and check

your toothpaste for calcium carbonate. Most commercial toothpastes such as Crest, Colgate, Aqua Fresh are ok, and also all gel toothpastes.

4. **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 or dried fruits, vegetables (except French fries), fruit or vegetable juices, soft drinks, milk and milk products, artificial sweeteners, vitamin C supplements.

YOU MAY EAT: rice, pasta, quinoa, eggs, chicken, turkey, fish, meats, toasted bread, potatoes, deep fried foods, nuts, beans, tofu, peanut and nut butters, sugar, salt, oils, coffee, water.

5. **VITAMIN B COMPLEX (B 1-6, 12, 13, 15, 17, PABA, inositol, choline, biotin, folic acid)**

YOU MAY NOT EAT OR TOUCH: whole grain products, fruits, vegetables, meats, dairy products, anything with B vitamins.

YOU MAY EAT: white rice, white pasta, cauliflower, well cooked or deep fried fish, French fries, salt, white sugar, black coffee. Rice should be rinsed well before cooking. Pasta should be rinsed well after cooking.

6. **SUGAR MIX (cane, beet, brown, corn, rice, maple, fruit [fructose], date, grape sugars; glucose, maltose, dextrose, glucose, sucrose, lactose; molasses, honey)**

YOU MAY NOT EAT OR TOUCH: anything with the above sugars, including fruits and dairy products. Avoid sweet root vegetables such as carrots, sweet potatoes, beets. Do not use toothpaste or mouthwash.

YOU MAY EAT: rice, pasta, vegetables, potatoes, meats, chicken, fish, eggs, nuts, seeds, beans, oils, soy, tofu. Brush your teeth with baking soda.

7. **IRON MIX (ferrous sulfate, ferrous gluconate, beef, pork, lamb, gelatin)**

YOU MAY NOT EAT OR TOUCH:

-Meats: red meat (beef, pork, lamb, goat, venison), organ meats (liver, kidney, heart, etc.)

-Seafood: fish, clams, oysters, crab, shrimp

-Fruits: apricots, peaches, green banana, dates, prunes, raisins, avocado

-Vegetables: dark leafy greens (turnip/mustard/beet greens, broccoli, Brussels sprouts, spinach, chard), beets, asparagus

-All whole grains including corn

-All nuts and legumes including soy

-Brewer's yeast, sunflower seeds, sesame seeds, kelp, egg yolk, molasses, mushrooms, coffee, chocolate, tea, herbal tea

Avoid touching ornamental iron work, iron skillet, wok, etc.

YOU MAY EAT: white rice without fortification, sour dough bread without iron, dairy products, cauliflower, potato, chicken, egg white, light green vegetables, iceberg lettuce, carrots, onions, garlic, berries, melons, tomatoes, pineapple, apple, pear, yellow banana, cucumber, citrus fruits, olive oil, vegetable oil, ginger, garlic

8. **VITAMIN A MIX (fish, shellfish, beta carotene, vitamin A)**

YOU MAY NOT EAT OR TOUCH: all yellow, orange or green vegetables or fruits, fish or fish products, dairy products, corn products, eggplant, blackberries, egg yolks

YOU MAY EAT: rice, pasta, potato, cauliflower, red apples, chicken, meats, egg whites, nuts, beans, peanuts, mushrooms, onions, garlic, grapes, kiwi, cherries, strawberries, blueberries, coffee, water

9. **MINERAL MIX (trace minerals: antimony, barium, boron, beryllium, bromide, cesium, chlorine, chromium, cobalt, europium, fluorine, gallium, germanium, gold, iodine, lead, lithium, magnesium, manganese, mercury, molybdenum, nickel, palladium, phosphorus, potassium, rubidium, samarium, scandium, selenium, silver, strontium, sulfur, thallium, thorium, tin, titanium, tungsten, uranium, vanadium, zinc, zirconium)**

YOU MAY NOT EAT OR TOUCH: metals, tap water, mineral water, root vegetables like onion, potato, carrots, turnips. Wear gloves while touching metal surfaces. Metal buttons on clothes, shoes, handbags, etc. can be covered with tape. Use plastic and glass utensils to cook and eat. Do not wear jewelry. Do not shower, bathe, or wash with tap water. Do not touch metal amalgams with your fingers. You may want to wear gloves to bed!

YOU MAY EAT/USE: distilled water for drinking, cooking, showering, all other foods not listed above.

10. **SALT MIX (sea salt, table salt, rock salt, sodium and chloride)**

YOU MAY NOT EAT OR TOUCH:

-Tap water

-Animal products: brains, kidney, cured or processed meats such as bacon, ham, deli meats, salami, beef jerky, fish, shellfish

-Canned or frozen foods, processed foods

-Vegetables: kelp/seaweed, romaine lettuce, celery, carrots, beets, artichoke, watercress, Swiss chard, tomatoes, cabbage, cucumber, asparagus

-Fruits: avocado, pineapple

-Grains: Oats

YOU MAY EAT: distilled water to drink or bathe, any foods not listed above

11. GRAIN MIX (wheat, corn, rice, oats, rye, millet, barley)

YOU MAY NOT EAT OR TOUCH: Anything made with the above grains, including corn starch and corn syrup and soy sauce containing wheat.

YOU MAY EAT: Anything that does not contain the above grains. You may eat quinoa and amaranth.

12. YEAST MIX (baker's yeast, brewer's yeast, tortula yeast, candida albicans)

YOU MAY NOT EAT OR TOUCH: any foods containing the above items: yeasted breads, pizza dough, croissants, bagels, pita bread. Do not eat fermented foods such as soy sauce, sauerkraut, kimchi, miso, beer, wine, kombucha teas.

YOU MAY EAT: anything that does not contain yeast, including non-yeasted grain products (crackers, muffins, cookies, tortillas, pasta, rice, cereals), vegetables, meats/fish, fruits, nuts, beans, oils, dairy products

13. STOMACH ACIDS

AVOID - less than 30% of your food over the next 25 hours can be from the following groups: sugars, starches, fruits, grains, meats, coffee

YOU MAY EAT – greater than 70% of your food over the next 25 hours should be from the following groups: vegetables, beans, eggs, oils, dairy products

14. BASE (digestive enzymes)

AVOID - less than 30% of your food over the next 25 hours can be from the following groups: vegetables, beans, eggs, dairy products

YOU MAY EAT – greater than 70% of your food over the next 25 hours should be from the following groups: sugars, starches, fruits, grains, meats, coffee

15. HORMONES

AVOID – Red meat unless it is organic, any kind of synthetic or natural reproductive hormones including birth control pills and patches, hormone replacement pills, patches, creams, etc. You should not be treated during your menstrual period.

YOU MAY EAT-Anything that is not non-organic red meat.

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FREQUENTLY ASKED QUESTIONS

Why do I have to avoid these substances for 25 hours? According to Chinese medicine theory, it takes 24 hours for your energy to circulate through the 12 major meridians or energy pathways in your body. According to NAET theory, if the energy can complete its travel without interruption and return to the original starting point 24 hours later, that uninterrupted journey is imprinted in the brain as harmless or beneficial energy and will no longer initiate an immune response to the allergen that was treated. Less allergic patients could possibly clear the allergy in less than 24 hours; however, we ask that you avoid the substances for a full 25 hours to make sure that the entire energy cycle is completed. It has been observed that patients who do not stick to the 25 hour avoidance often tend to need many more treatments later on. It is much more time and cost-effective if you stick to the 25-hour avoidance!

Can I just fast during the 25 hours?

You should not fast. Your body will be going through many changes and it will need some nutrition during that time. Eat some of the foods from the "YOU MAY EAT" list. Keep your meals light and simple, focusing on whole foods with little or no processing.

What should I do if I accidentally eat or touch something I shouldn't have?

As soon as you realize that you've made a mistake, stop touching the item or spit the food out of your mouth. Wash your hands or rinse out your mouth with water (distilled water if you are being treated for minerals or salt). If water is not available, rub the palms of your hands together for several seconds. Continue with the avoidance until the 25 hours has passed. There is still a good chance that you could have cleared, or at least partially cleared the allergen. Don't get discouraged!

How will I feel during the 25 hour avoidance period?

Most people will feel fine, others may feel tired and weak. If you feel tired or wiped out, get plenty of rest. You will most likely feel better when the 25 hours have passed. Be sure to get plenty of rest and stay hydrated during this time. There is no way to accurately predict how you will feel, as the intensity of reactions, or lack of negative effects, depends on many factors such as the duration of your previous illness or allergy and the overall status of your immune system. The following are some possible symptoms that have been experienced:

High/low energy in varying degrees, extreme fatigue or sleepiness, insomnia, restlessness

Sensations of tingling, movement or electricity in the body

Temperature variations, flushed or cold feeling

General body aches

Congestion, sneezing, coughing, tight chest

Hyperacidity, abdominal bloating, belching, hiccups

Are there some food items that aren't listed that I can eat?

Yes, the lists are not all-inclusive by any means, but if the food appears on the list you should definitely follow the YOU MAY EAT/YOU MAY NOT EAT OR TOUCH instructions. If there is a food that you have a question about, feel free to ask your practitioner or you may also refer to www.nutritiondata.com for nutritional information. Be sure to take into account the serving size when looking up the amounts of particular nutrients. If a nutrient is listed as having 2% or less of the Percentage Daily Value, you can eat that food item safely during the 25-hour avoidance period.