



NAET FORM & INSTRUCTIONS

Instructions before beginning NAET treatments

- 1) Please do not wear any perfume, strong smelling deodorant, hair spray, or after shave.
- 2) Always eat a light meal or snack before you come for treatment, DO NOT come hungry.
- 3) Please wear minimal or no jewelry, and dress in comfortable clothing.
- 4) Please wash your hands before and after treatment, except for mineral and salt related clearings where distilled water will be provided for the post treatment cleanse.
- 5) After the treatment, do not exercise vigorously for 6 hours. A mild walk is fine.
- 6) You must avoid the treated allergen for 25 hours after treatment. This allows the body to detoxify.
- 7) Drink a glass of water before the treatment. Energy moves better in a well hydrated body. Drink plenty of water after the treatment to help flush out toxins produced during the treatment.
- 8) Hierarchy of treatments: The Basic Namputripad 15 allergens are tested and treated first.
- 9) NAET has been shown to be beneficial in pregnancy but is not recommended during the first three day of menstruation. <https://www.naet.com/subscribers/instructions.html>. See #54 and #55.
- 10) If you have a history of severe reactions (anaphylaxis) with any item, you must inform me of this on your first visit before beginning testing and treatment. Please list here:

Consent for NAET treatment

I certify that Catherine Marks does not claim to cure any illness or disease with NAET.

I understand that NAET is not a medical diagnostic procedure and therefore does not diagnose a disease. Rather, NAET gives the practitioner an indication as to the substance(s) to which the patient may have sensitivity. The premise behind NAET is to desensitize a patient to a substance(s).

I understand that I am to continue all medications that have been prescribed unless otherwise directed by the doctor who prescribed them.

I understand that for 25 hours after treatment I am to avoid eating and touching the substance that I have received treatment for and that I will receive instructions of what this 25 hour diet includes.

I strongly advise having food shopping for NAET diets handled PRIOR to treatment(s) if possible at:

<http://cohnhealthinstitute.com/what-to-avoid-during-your-naet-treatment>

Additionally, I recommend purchasing distilled or reverse osmosis water in advance for those being treated for mineral and salt related allergies.

If I do come into contact with the allergen within this 25 hour post treatment period, I realize the treatment may not work and I may have to be retreated.

Signature

Print Name