

What is NAET?


What are Nambudripad's Allergy Elimination Techniques?

Nambudripad's Allergy Elimination Techniques, also known as NAET, are a non-invasive, drug free, natural solution to eliminate allergies of all types and intensities using a blend of selective energy balancing, testing and treatment procedures from acupuncture/acupressure, allopathy, chiropractic, nutritional, and kinesiological disciplines of medicine. One allergen is treated at a time. If you are not severely immune deficient, you may need just one treatment to desensitize one allergen. A person with mild to moderate amount of allergies may take about 15-20 office visits to desensitize 15-20 food and environmental allergens. Basic essential nutrients are treated during the first few visits. Chemicals, environmental allergens, vaccinations, immunizations, etc. are treated after completing about ten basic essential nutrients. NAET can successfully eliminate adverse reactions to egg, milk, peanuts, penicillin, aspirin, mushrooms, shellfish, latex, grass, ragweed, flowers, perfume, animal dander, animal epithelial, make-up, chemicals, cigarette smoke, pathogens, heat, cold, other environmental agents. NAET was discovered by Dr. Devi S. Nambudripad in November of 1983.

NAET is available all over the world. Over 7500 licensed medical practitioners have been trained in NAET procedures and are practicing all over the world. To help you find an NAET practitioner, the names of the trained practitioners have been listed on our website under the [Find a Practitioner](#) section. We ask that you browse the NAET website for more information on NAET and use our practitioner locator to find a NAET practitioner near you. All NAET practitioners in the practitioner locator have been trained by Dr. Nambudripad, but it is not possible for us to track each practitioner's performance. Please understand that these trained NAET practitioners are independent medical practitioners, some may be doing various treatment procedures other than NAET. It is your job to find the right practitioner for your treatment. Please read the [open letter](#) by Dr. Nambudripad, to become well informed, before you make an appointment with a NAET practitioner from our website.

Dr. Dean Bonlie graduated with honors in dentistry from Loma Linda University. He was involved in the development of marketable dental products. More recently Dr. Bonlie became interested in the benefits of magnetic therapy, and as a result has engineered and patented the MagnetiCo Sleep Pad. His design for the MagnetiCo Sleep Pad is the only one which gives a pure negative (-) field and is a registered medical device in Canada.

Dr. Bonlie has also designed the Magnetic Molecular Energizer or MME. This is a higher-powered, magnetic device that will be used by doctors for treatment in clinics and hospitals when approved. The MME is finishing preliminary studies and is now ready for the final, Phase 111 studies to obtain FDA approval. Dr. Bonlie is the president of the North American Academy of Magnetic Therapy. He also teaches courses in magnetic treatment at Capital University in Washington, DC, Post Doctoral Program and for the International College of Naturopathy in California.



The History of Magnetism

Dr. Kyoichi Nakagawa is considered the founder of modern magnetic research in relation to health. He published a 1956 study which claimed that the earth's natural magnetic field had declined by at least 50%. He then went on to study the effects of magnetism on humans. His coined term "Magnetic Field Deficiency Syndrome", indicated that a lack of the Earth's magnetic field caused people to suffer symptoms such as fatigue, insomnia, generalized aches and pains, etc. He conducted a study showing that supplementation with magnets brought symptomatic relief. Our North American versions of Chronic Fatigue Syndrome and Fibromyalgia seem to correlate very closely with MFDS and also respond well to magnetism. Many magnetic devices have been developed and approved since that time, resulting in major advances in diagnosis, testing, pain relief and speeding of healing. Welcome to the new era of energy medicine!

gauss - unit of measurement of magnetic fields

Over the last 165 years, scientist have measured the Earth's magnetic field and have recorded a decline of it's strength. Today the magnetic field of the Earth is measured at 0.5 gauss and it is estimated that the field of the Earth 4,000 years ago was 2.5 gauss. That is a decrease of 80%. Dr. Nakagawa published his discovery that the natural magnetic field of the earth had declined by at least 50% in less than half a millennium. Then, he further alarmed physicists by showing how the earth's magnetism has reduced over 5% more just during the last century, indicating that there is an acceleration in the rate of geomagnetic field decrease. Such a diminishing of the planet's magnetism has a direct deleterious effect on human health because of it's biological stressfulness and subsequent production of numerous adverse symptoms.

Historic Uses

References to the early use of the forces of magnetism in the healing arts are found in most civilizations of the world. The first usage is recorded by the Chinese in the book "Yellow Emperor's Book of Internal Medicine" (approx. 2000 B.C.). Reference is made to the use of magnetism in conjunction with the practice of acupuncture. Ancient Hindu scriptures, Egyptian and Persian history, and Tibetan monk practices indicate therapeutic lodestone usage.

More modern contributions to scientific and medical knowledge of electrical and magnetic energy were made by William Gilbert, private physician to Queen Elizabeth I, Volta, Galvani, and Mesmer. Mesmer was particularly noted for successful treatment of a variety of ills in the mid -1700's.

Cleopatra is claimed to have worn a lodestone on her forehead to prevent aging. Famous Persian physician Ali Abbas, describes using magnetism to relieve spasms and gout - A.D. 1000.

Galen, noted Greek physician, author and educator, referred to magnetism as an excellent purgative (laxative).

Necessary to Life

We are all very much aware of our constant need for air, water, and food! However, the need for the Earth's magnetic force to maintain health was not recognized until the advent of modern space travel. In addition, scientists have discovered that the magnetic field of the earth is cyclic, with die-outs of biological life forms occurring in times of magnetic field decline and reversals. Early cosmonauts were found to have experienced up to 80% bone-calcium loss and muscle cramps when in space above the earth's magnetic field for extended periods. Confirming evidence of die-outs determined by studies of core samples from ocean floor.

Welcome to the amazing world of Hyperbaric Medicine!

About the Association

The International Hyperbarics Association is an educational and charitable organization focusing on the needs of the hyperbaric community. Members come to us from all facets of the medical field, ranging from medical centers treating the hyperbaric needs of their patients, to individual hyperbaric chamber users, to corporate chamber manufacturers.

As a teaching institution, the IHA distributes and publishes data, articles and papers regarding the latest hyperbaric news and strides. As a research institution, the Association networks, grants and facilitates access to hyperbaric patients, fellow doctors, and staff. And finally, as a charitable institution, the IHA grants funding to those in need of hyperbaric therapy. The International Hyperbarics Association is here for you!

What is Hyperbaric Therapy?

Hyperbaric Therapy, also known as Hyperbaric Oxygen Therapy, HBO or HBOT, is a specialized therapy that uses an increase in atmospheric pressure to allow the body to incorporate more oxygen into blood cells, blood plasma, cerebral-spinal fluid, and other body fluids.

At sea level the atmospheric pressure is 1ATA (14.7 psi or pounds per square inch), which allows the lungs to absorb a normal amount of oxygen from the air. At higher altitudes, the pressure drops and the lungs are not able to absorb as much oxygen from the air. This is why oxygen masks drop in an airplane at high altitudes – to increase the oxygen content due to the lack of pressure. The exact opposite happens at lower altitudes (below sea level). There, the pressure is greater (above 1ATA) and now the lungs can more easily absorb the oxygen, and at a greater volume.

Consider this analogy:

A bottle of soda-pop is a pressurized vessel. In the bottle there is liquid. There is also 'carbonation' (the gas) and pressure. When the bottle is sealed, bubbles are not seen. The moment the cap is twisted and the seal is broken, there is a 'swish' and the pressure is released from the bottle. Now, all of a sudden there is a formation of bubbles in the bottle, and as time goes, they grow and float to the top of the liquid. Certainly the pressure in the bottle is quite high and the nature of the gas (carbonation) is a different than the 21% oxygen in the ambient air. However the concept is the same. In the hyperbaric chamber, as the pressure goes up, more oxygen from the air is 'pushed' into the fluids of the body.

The healing process occurs when a severely compromised tissue in the body begins to receive oxygen, and blood circulation to the tissue resumes. Note: The damaged tissue may not have been receiving enough blood for it to heal, due to a lack of blood circulation caused by the initial trauma.

Here lies the healing magic of Hyperbaric Oxygenation.

Inside the pressurized chamber, the story unfolds. The injury site now begins to receive a healing dose of oxygen through the surrounding body fluids and plasma—even if the blood supply to the tissues is compromised.

Furthermore, to boost the oxygen concentration in oxygen chambers, supplemental oxygen may be added into hyperbaric chambers during treatment. Doctors and therapists commonly use enriched oxygen or an oxygen concentrator, also called an oxygen generator to help supplement the oxygen. As explained before, this oxygen will become infused into the numerous types of liquids in the body—blood, plasma, cerebral fluids.

And like the soda-pop in our analogy, the oxygen uptake will remain in the body for a time after treatment.

The Gas Laws of Physics state that more gas is dissolved in a liquid by increasing the pressure of the gas.

Note: Breathing pure oxygen at 2 Atmospheres, gives 10 times the regular amount of oxygen (2 x 100% vs. 21%). In one hour, humans can inhale 2.4 pounds of oxygen! (Normal atmospheric pressure 1 ATA allows 6 pounds/day). Red blood cells instantly fill with oxygen and the extra oxygen dissolves directly into the blood fluid. In a few minutes, this extra oxygen builds up tissue oxygen levels far above normal.

The Principle of HBO is simple. Increase the atmospheric pressure and get a directly proportional increase in available oxygen. In other words, a twofold increase in pressure equals twice the available oxygen molecules to breathe.

How long the treatments last depends on the doctor's particular protocol for that individual. Every person and every condition is unique. Hyperbaric treatments may require a one-hour or two-hour session. A treatment program may require 3 treatments a week for several weeks or more.

Types of hyperbaric chambers.

There are many different manufacturers and designs of HBO chambers--monoplace, multiplace, and portable. The treating physician's protocol will dictate which type of chamber should be used.

Uses of HBOT

There is much more information and research available on this remarkable subject. The New England Journal of Medicine has much documentation on the use of HBOT for the treatment of such indications as multiple sclerosis, acute carbon monoxide poisoning, gas gangrene, air embolism, diabetic foot wounds, infections, burns, ulcers and edema. This is but scratching the surface of the many uses of hyperbaric technology. Be sure to visit our [Resources](#) page to learn about the International Indications for hyperbaric medicine.

The IHA Welcomes You

As an educational Association, hope to in some way, be able to supply the void for answers which have greatly arisen over the past few years. We invite you to join our growing membership base. There are different levels of membership, depending on what you would like to get out of your Association. Our driving force is our members, who are committed to do all we can "to give life to the world."

Please use this website liberally and share it with those in need and those in the healing arts. Also, be sure to log in to our newly modified discussion board.

Dr. Alexander Pana: A Dentist Who Balances Mind, Body, and Spirit



"Dynamic" is a word that best describes Dr. Alexander Pana. Respected holistic and environmental dentist, Dr. Pana has mastered the art of healing through general and esthetic (cosmetic) dentistry in an holistic environment. Through his practice, he became acutely aware of his patient's needs and desires for overall health-improvement. In response, Dr. Pana created his successful Dental Boutique and Wellness Center in West Los Angeles - a practice which broadens the normal narrow scope of dentistry to include how the patient's oral health effects their immune system, structural and energetic alignment and general well-being. Dr. Pana is a leader in exploring natural supplements and procedures, which are less intrusive and complementary to our body's own healing power. Currently working with local dental schools as an Extension Professor, Dr. Pana is seeking to establish the first major

holistic dentistry curriculum, through a major university.

Through his extensive research, Dr. Pan has become a leader in cutting-edge healing practices and a strong advocate in the dental field for the use of non-toxic materials and the elimination of mercury and

heavy metal based products. He has worked with top innovators to develop the best mercury and heavy metal detoxification program, natural supplements and advancement of superior, alternative and biocompatible dental materials.

Dr. Pana's continuing education as both an MD and Dentist and his natural proclivity as a healer has lead him to create a unique and innovative holistic wellness practice in Los Angeles. He is the core founder of an evolving Center for Holistic Health, which is innovatively networking various specialists and developing new, superior programs to guide patients towards optimum health treatment plans from among the wide field of options and specialties.

Dr. Pana is currently working to expand his vision to include a wider array of complementary services to be assembled in a single, unique and supportive environment as a Holistic Health Center. As the inter-specialty programs are perfected and refined, they will then be made available to other "like-minded" health practitioners around the world.

Dr. Pana has recently purchased a high-end machine, the Cavitat - one of few such machines in the U.S. The Cavitat is the only ultrasound imaging system for the Alveolar process in the world - a unique technology that detects viruses and parasites in the jaw. Upon certification, Dr. Pana will be utilizing the Cavitat in his holistic diagnostic therapy.

You can meet Dr. Pana in person as he hosts monthly workshops in the Los Angeles area and invites other top healers to join him in sharing their insights and medical knowledge. Workshops topics include: "The Mouth / Body Connection - holistic dentistry and natural detoxification" - Learn how Each Tooth has a direct relationship to each Organ and energy meridian and your overall health! Through these informative lectures, we can discover how to detect mercury and heavy metal toxins that disrupt and block healthy neuron-impulses and weaken the immune system. These free monthly lectures teaches how to activate our full healing and regenerative power! For more information on these events, Please visit: www.alternativedental.com or Call his office at: 310-575-0706.

"My goal as a holistic Dentist is to support you in creating your own healthy environment by ensuring the optimal balance of body, mind and spirit."

Dr. Pana