

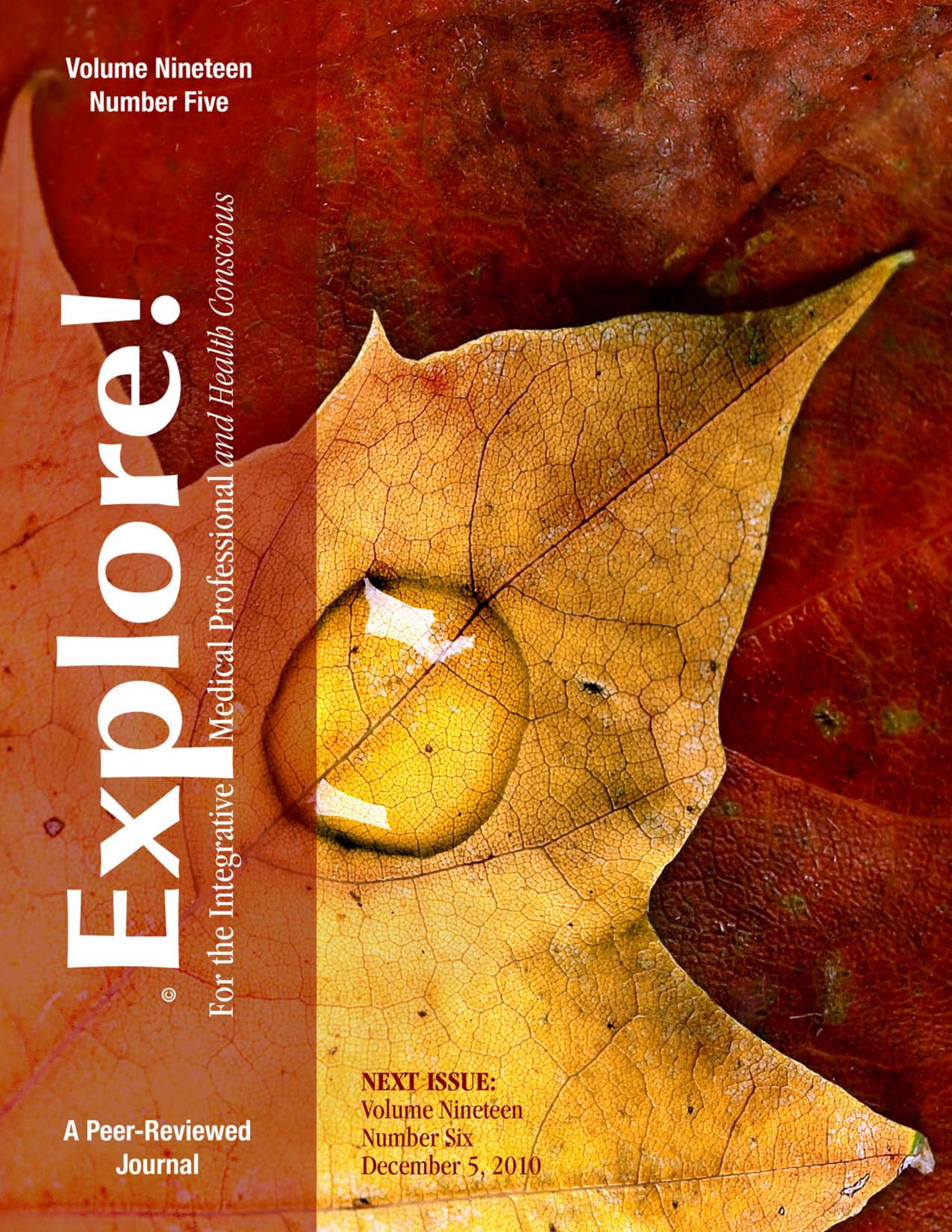
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Subject: NAET report

THE COMMON WISDOM OF THE CAUSE OF ALLERGY, THE TRUTH PROVIDED BY NAET AND AN INNOVATIVE WAY TO IMPROVE OUTCOMES USING COMPLEX HOMEOPATHY

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ABSTRACT

The goal of this paper is to explain the background of allergy science and history and to show that the heretofore believed main control of allergy chemistries in the Immune System is in actuality controlled by the higher centers in the brain. In the mid 1980s Dr Devi Nambudripad of Buena Park California discovered a new technique that is now known as NAET (Nambudripad Allergy Elimination Technique). The patient can simply hold a vial of an allergen in their hand while the therapist is stimulating specific spinal areas plus specific acupuncture points and the message received by the Brain through a true Mind/Body connection tells the immune system to stop producing allergy related antibodies, cytokines and cell mediators that cause allergies. The patient's allergy to the substance being held in the hand ceases and is therefore eliminated.

After performing NAET via over 10,000 trained practitioners and hundreds of thousands of patients with perhaps millions of collective treatments, NAET practitioners have noted that it takes multiple repetitive sessions to achieve a total cure using the regular NAET methods. Therefore a method of enhancing each session has been sought and the Desbio team led by Dr Bruce H Shelton MD MD(h) DiHom FBIH, a noted medical Homeopathic physician, has created a series of complex homeopathic remedies that has achieved the desired goal of causing NAET to work completely in single sessions. The patient also receives homeopathic drops that can be use both at the therapist's office and taken home to keep the treatment itself working long after they were at the therapists treatment facility.

While understanding that the higher brain centers actually set the control mechanisms of the immune system, that complex homeopathics also do the same thing. By combining both NAET with complex homeopathy, a much higher level of complete healing can be obtained. The method of creating the complex homeopathic remedies and the simple combination steps with NAET is explained within this paper.

The strength and efficacy of homeopathy is achieved by adding together 6 different pharmaceutical *Stage* types of products. It is these 6 **Stage groupings** that give complex homeopathy their synergistic strength. These groups are:

- | | |
|--------------|--|
| ▲ Minerals | Mineral Compounds |
| ▲ Plants | Plant Compounds |
| ▲ Body Chem. | Organic Stage Compounds |
| ▲ Micro Org. | Micro-organism |
| ▲ Phenolics | Phenolic Compounds |
| ▲ Sarcodes | Homeopathic "Sode" Compounds (Sarcodes and Nosodes). |

These *Stage* groupings are explained in the body of the paper but it must be pointed out that Desbio pioneered the introduction of the Phenolic compounds into commercial homeopathic use approximately ten years prior to NAET's creation. There exists a close to 40 year history of proven efficacy of using these substances to clear allergies from a troubled immune system. Likewise the combination of the other stages has been long used in the homeopathic community to obtain a synergistic effect. It is further noted that the products being created for NAET contain the 8 Bach-Patterson Bowel Nosodes (*micro-organism homeopathy*); which were discovered in the 1940s to act as super homeopathic remedies. This magnifies the effect of the regular single homeopathic products of the other stages.

For the first time the 6 stages of complex homeopathy is being brought together in these unique remedies and they are collectively being put together with the traditional NAET procedure as developed by Dr Nambudripad to create a powerful new total system of care to effectively and efficiently eliminate allergies from human suffering and illness.

SECTION ONE—BACKGROUND AND PHILOSOPHY

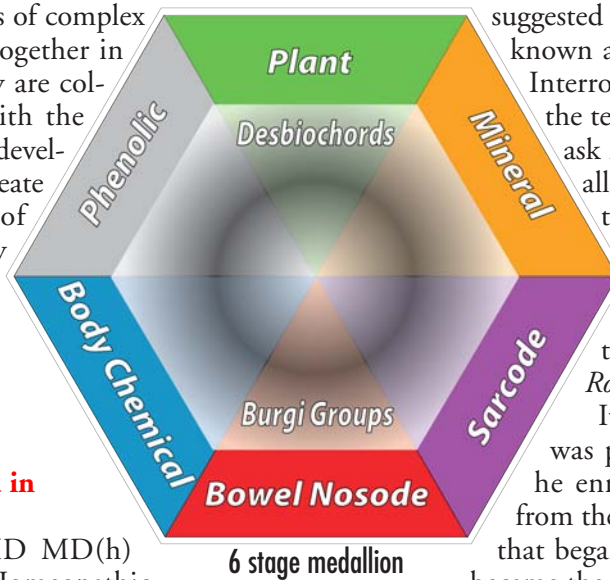
1. Bruce Shelton's Background in Allergy

Bruce Howard Shelton MD MD(h) DiHom FBIH is a practicing Homeopathic Family Physician living in Phoenix Arizona since 1971. Earning an MD degree from New York Medical College in 1971 and moving to Arizona to joining the three year Family Practice Residency at Good Samaritan Hospital graduating in June 1974. Of interest, the last 3 month rotation was in the office of *world Famous Allergist Dr Dan Goodman MD*. He requested that Dr Shelton take an additional two years of residency in order to join his thriving allergy practice. This could not be done because of family economic needs to use his Family Practice Board Certification to open an office and start earning a living. The lifelong interest in allergy stems from the early days of this early education.

Dr. Shelton went on to build a thriving practice until the late 1980s when a stressful practice situation left him with a compromised immune system, developed a serious pneumonia that resolved on antibiotics but left him just several weeks later with a crippled case of asthma.

After 6 months, 3 different doctors and a massive amount of drugs that didn't work at all, he found himself considering filing for disability at the young age of 44. One last attempt at a cure was the correct one as he visited with an Otolaryngic Allergist at Stanford who did RAST testing and found him to be *allergic to Botrytis Mold*. This was caused by air blowing from an improperly installed air conditioner in a home built wine closet. Just 30 minutes after having mold drops put under his tongue his crippling symptoms cleared and he was able to breathe as if nothing was ever wrong. This was such an *epiphanous event* that he went *back to school* and took all of the courses from the American Academy of Otolaryngic Allergy (AAOA). He opened a new second office called *The Allergy Center* to fulfill his lifelong dream of practicing this specialty.

Several momentous things subsequently occurred when a patient came in one afternoon with a history of *migraine headaches* from eating tomatoes. It took close to *5 hours* to neutralize her, making one think that allergy wasn't as easy as first thought. That weekend a colleague



6 stage medallion

suggested that Dr Shelton check out a device known as the *Interro*. When visiting the Interro practitioner the following week, the technician took just 4-5 minutes to ask him: "Did you know that you are allergic to Botrytis Mold". After getting over the shock of wondering how a computer could figure that out, Dr Shelton ordered one and enrolled in a course to learn how to use it presented by *Dr Fuller Royal MD* in Las Vegas Nevada.

It was there that homeopathy first was presented to him. The next year he enrolled in the Diplomate Course from the British Institute of Homeopathy that began a long homeopathic career. He became the *Dean of Bioenergetics of the British Institute*, a full time professional speaker and educator for the *Heel Corporation* and the *Biomeridian Corporation*, as well as a Medical Editor for *Explore Magazine*. This was a result of using Sanum Remedies. He has become a strong aficionado of *Neural Therapy* and has taken all the pertinent courses given by *Dietrich Klinghardt MD*. Our office is staffed by chiropractors trained by famed DC, *Dr John Brimhall*.

Dr Shelton served on the Arizona Board of Homeopathic Medical Examiners for 9 years, 6 of them as its President. The last 3 years he has served as the *President of the Arizona Homeopathic and Integrative Medical Association* and has treated thousands of allergic patients using all forms of *Integrative Medicine*; however there is ever too much to learn. He is enamored by the techniques related to NAET and is writing this paper in a goal of bringing homeopathy to NAET in a way to optimize its effectiveness.

2. History of Allergy Testing by Skin Testing

Allergy testing has a long history beginning in the late 1800's and early 1900's when it was discovered that patients could have their skin broken by puncture, injection or scratching and a drop of a suspected allergic substance could be introduced. If a swelling or wheal developed, it meant that the patient was sensitive to the substance being tested. It was then observed that an appropriate dilution of the substance could be injected back into the patient and this would act similar to a vaccination to create "immunity" to the substance being treated. The patient's sensitivity to the substance could be stopped. In fact multiple substances could be administered together and group treatments of allergies could be accomplished.

It was however observed in 1947 by a group of ear nose and throat surgeons that more than half of the patients they did surgery on were failures of allergy shot therapy and they decided to investigate the cause of the failures discovering the principles that led to the formation of the AAOA. They discovered that multiple substances being

treated together needed to be quantified as to severity of the allergy and that allergy shots needed to be mixed with varied dilutions tied to the severity.

The lesser allergic substances needed a less dilute concentration and the more allergic substances needed a higher concentration. This schism in philosophy over how to mix allergy shots with equal concentrations and titrated concentrations exists today and is countenanced today by the American Medical Association between the American Board of Allergy and Immunology (equal amounts) and the American Board of Otolaryngic Allergy (Titrated amounts).

Your author of course is partial to the AAOA philosophy because it seemingly makes more sense but still does not represent the whole answer.

3. History of Allergy Testing Tied to Blood Testing of IgE levels

In 1965 the married team of doctors, *Mr. and Mrs. Ischizaka* working at the medical school in Denver discovered Immune Globulin E (IgE) in the bloodstream, which changed the face of allergy forever. For as long as allergy treatment had been used (since the late 1800s) no one really knew what was happening chemically inside the body. Now the chemical agent was isolated and the world thought that the culprit of allergies had been discovered. We will briefly summarize.

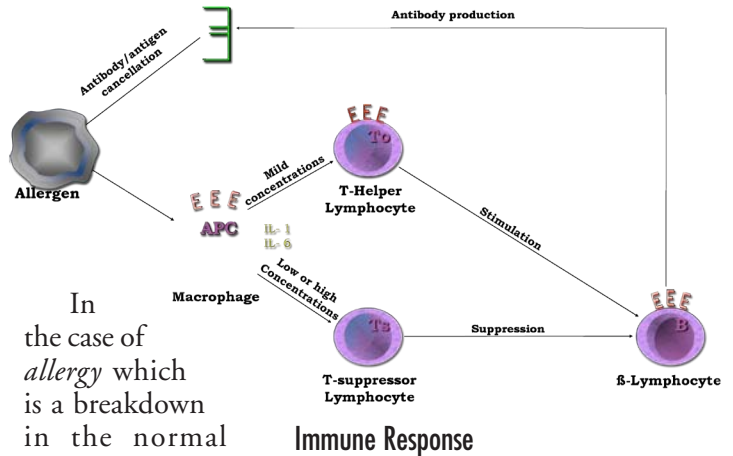
In normal Immunity against germs for instance when a foreign substance (*antigen*) enters the body *Antigen Presenting Cells* (APCs) known as Macrophages come along and recognize the foreign substance as a foreign substance and ingest it in order to copy its structure and produce copies of that unique structure on its surface. This is known as a Motif of the foreign substance. The APC with its newly created motif on its surface then travels with this message to a T-Helper Lymphocyte (Also known as a Th0 cell and also a CD4 cell). The motif is then transferred to the surface of the T-helper Lymphocyte, which further transfers the immune message to a B-lymphocyte. This B-lymphocyte is now *turned on* to produce a mirror image copy of the foreign substance in an *antibody* called Immune Globulin G (IgG) specific to destroy the original foreign substance. That's what it does. This antigen/antibody reaction is how the immune system protects itself from foreign invading bad things like germs and is very necessary for staying alive and surviving.

For the rest of that patient's life or at least for a very long time, this clone of lymphocytes will recreate themselves continuing to produce this specific IgG and the patient will be said to be *immune* to this particular bad foreign substance. Other bad foreign substances will trigger other clones of lymphocytes to produce their specific IgGs. By the time a patient is an adult they become immune to many different things. We've even learned to mimic the normal immune reactions by giving patients "dead" germs in the form of vaccines and train

the immune system to make antibodies without actually getting the initial infection.

One can dwell on the bad effects of vaccines but that's really another topic for a different time. Suffice it to say that vaccines stimulate the body to produce Immune globulins that are protective against bad infections.

Up to this point we are talking about *normal immunity*.



In the case of allergy which is a breakdown in the normal immune system

Immune Response

substances that aren't bad for the body are for reasons previously thought linked to genetic errors starts recognizing plants, foods chemicals and even parts of the body which are supposed to ignore good and self related substances as *bad when they really aren't*. In this instance the APCs recognize the substance and make its motif, delivers the message to the T-Helper lymphocyte, which in turn delivers the message to another B-lymphocyte and makes antibodies known as Immune globulin E (IgE). These IgE different type of antibody differs from IgG in that IgG's once made float free in the bodies fluids but IgE's attach themselves to the *MAST* cells which when tissue fixed are actually called MAST cells but when they are free floating in the blood are called *BASOPHILS*. MAST cells are those cells that actually contain *HISTAMINE* and when the original allergy antigen comes along, the IgE on the MAST cell latches on to it and the MAST cell breaks open releasing the Histamine and that's what causes the allergic reaction.

When this reaction occurs with a Mast cell attached to the mucous membrane in your nose the Histamine release causes a runny nose, in your eyes it causes conjunctivitis, in the lungs asthma, in the skin dermatitis, in the colon diarrhea, in the joints arthritis, in the muscles fibromyalgia, all over the body chronic fatigue. The mechanism is the same all over the body but the location of the attack determines what we call the reaction.

In addition to T-Helper lymphocytes there are other lymphocytes called T-suppressor Lymphocytes (Also known as CD8 cells). If the APCs take the motif to these cells instead of the other T-helper cells these T-Suppressor take the message to the B-Lymphocytes *and turn them off from making the undesirable IgE antibodies*. The secret to turning off the B-lymphocytes is therefore; *How do we get the message to the T-suppressors instead of the T-helpers?*

The answer is based on the *Concentration or Dilution* of the original presenting antigen because very very low dilutions and very very high concentrations selectively drive the reaction to the T-suppressor lymphocytes which turn off B-cells and the midrange concentrations selectively drive the reaction to T-helper lymphocytes, which turn on B-Lymphocytes.

The first secret therefore of allergy shot therapy is being able to figure out the correct dilutions that selectively seek out T-Suppressor lymphocytes rather than T-helpers to stop the undesired effects of IgE. This can be done by blood RAST test measurement of actual IgE levels or the Serial Endpoint titration Methods of Otolaryngic allergy Testing. It can also be tested using Electrodermal Skin testing equipment being described below.

4. History of Allergy Testing by blood Testing Tied to IgG levels

There are many substances such as foods that do not stimulate the immune system to generate IgE levels but actually develop IgG levels. When RAST Blood tests are done for IgE levels they come out negative and another set of Blood Tests for IgG levels come out positive. Traditional Allergy Shots for IgG mediated allergies *are highly ineffective* and even though very expensive panels of tests simply give the patients information whose only purpose is to tell them what to avoid. Sublingual drops can be produced based on Serial Endpoint Titration methods but the actual testing itself can actually make the patients very ill until the actual "end Point" is reached

The most effective form of therapy for food sensitivities is the use of *Phenolic drops* and these will be explained in section 12 below. *In fact Phenolics are being included in the special remedies that are being created for this special new addition to NAET and this will be further explained as the philosophy of this presentation becomes clearer.*

The summary section at the end will bring the total philosophy of this presentation into sharp focus.

5. History of Homeopathies Law of Similiars as a Substitution for Specific Allergens

Homeopathy is the field of medicine created by Samuel F. Hahnemann MD in the late 1700s based upon the principle that small amounts fix what large amounts cause. If a person peels an onion their eyes usually start to water. By simply juicing the onion and then making a dilution of the onion juice and taking several drops of the diluted juice under ones tongue, the eyes stop watering. Small amounts fix what large amounts cause.

The question than arises of how to handle a patient whose



eyes are watering and cant report as to what they were exposed to so that the doctor can juice the unknown substance and make a dilution out of it. This is where the *Law of Similiars* comes into play. The patient can still be given diluted onion juice or any number of other substances that cause watering eyes because *Onions are Similiars* to many other substances in the environment that also causes watering eyes. In this matter knowing the similar relationship that onions have to watering eyes allows the practitioner to treat watering eyes without ever knowing what the patient was directly exposed to.

Over the years many experiments were done using thousands of environmental substances and the results have been codified in numerous books (*Materia Medica, Repertory, Organon of Medicine*) and have now all been computerized for ready access. A homeopathic physician simply needs to know the main complex of symptoms, mentally and physically, that the patient is suffering and the homeopathic similiars can be calculated using the above mentioned books.

Some forms of Arthritis can be treated by diluted poison Ivy. Diluted Ignatia Beans can cure some forms of grief. Hives can be treated with diluted Honey Bees as can kidney failure. Heart problems can be helped with diluted Cactus. The list is practically endless as there are known Homeopathic remedies for just about every known symptom that can be verbalized by a patient.

It is however slightly difficult for a homeopath to calculate the exact remedy because there are so many variables involved in making the choice; for instance a sore throat accompanied by a headache in a patient who craves sugar needs a different remedy than a patient with a sore throat accompanied by stomach upset in someone who craves salty things.

Kinesiology and Electrodermal testing computers have made choosing correctly chosen single remedies much easier but the practitioner needs to have done his remedy choosing process close to exact before using the other tools to make the final choice.

6. History of Complex Homeopathy as a way to Bridge Classical Homeopathy to create regulation phenomena that aids other great therapies such as NAET

When Dr Hahnemann wrote the rule book of homeopathy (*Organon of Medicine*) in the early 1800s he actually wrote the original version and than updated it 5 more times indicating to most advanced thinkers that as he learned new advancements in the medical arts that they needed to be incorporated into the modern literature. He actually lost his first wife of close to fifty years when he was 79 years old and a year later at age 80 remarried a 29 year old girl that came to visit him in his hometown in Eastern Germany (Kothen) for therapy from her native Paris France.

She (Melanie Hahnemann) took him back to Paris where he practiced close to 9 more years where he died

after being hit by a horse carriage. His new wife succeeded him in practice for 38 more years until she died. After her death the 6th edition of the *Organon* written in Dr. Hahnemann's own handwriting was found among her papers. A huge fight broke out in the homeopathic world as to its originality and a settlement was reached that Edition 6 was in fact legitimate but never again would there be any additions or corrections to this great book.

One of the hard and fast rules of the *Organon* was that there should never be more than one remedy used at a time lest the vital Force become "confused".

However in 1938, another German physician, Hans Heinrich Reckeweg MD came to the conclusion that it was very difficult to select single remedies and that remedies could actually be mixed together. The body would select the one that it really needed. He developed the philosophy of Homotoxicology and created many remedies based upon these theories which would involve another whole book worth of explanation to elucidate. Suffice it to be said that multiple homeopathics in a single bottle do indeed have a powerful effect and can be used to bring the power of homeopathy to another level of great medical effect.

In fact multiple remedy formulas known as Complex Homeopathy can be used to *regulate* various reactions either to be weaker or stronger or *actually in both directions concurrently* in order to improve the effectiveness of other treatments such as *the NAET adjustment itself, brain balancing and to follow up the therapeutic effect of individual allergy releases of NAET.*

It is this aspect of complex homeopathics that will be proposed in the remedies we will suggest optimizing NAET practice.

7. Matrix Theory of Cytokine and Interleukin based "stuck" states of Th1 and Th2 as the cause of Allergy

The allergy explanation given in section 3 above only explains one part of the immune system as it relates to IgE antibody production. There is actually another more important part of the system as it relates to the T-Helper lymphocytes (CD4 cells). T-Helper lymphocytes are also called as we've noted CD4 cells and also T"o" (T-zero) lymphocytes.

T-zero lymphocytes in addition to transmitting signals to the B-lymphocytes alternatively change themselves into Th1 cells and Th2 cells. Th1 cells produce a group of cell mediators that are called Cytokines (or Interleukins---both words are synonymous) and Th2 cells produce another group of Cytokines. These two very specific groups of cytokines cause effects that are opposite to each other as it relates to building up and breaking down the structure of the Matrix, which is the collagen infrastructure of the fluid space in-between all of our cells.

It is very important for this collagen infrastructure to alternatively build up and break down as a mechanism for both nutrients and waste products to traverse the matrix

space. This is the pathway between the cells themselves and the circulatory system (veins, arteries and lymphatics) that carry those products to the appropriate parts of the body.

As long as the Th1 cytokines are alternating with the Th2 cytokines the system functions properly with good nutrients flowing in and bad nutrients flowing out. Unfortunately there are certain disease states when the body gets "stuck" in either a Th1 state wherein the Th1 cytokines in excess create a state of chronic inflammation and/or the Th2 state where the Th2 cytokines in excess create a state of chronic *allergy*.

In 1996 a paper was published in the New York academy of Sciences journal called *The Bystander Reaction*; which explained how very large amounts of foods could break through chronic sensitivity states. It caught the attention of one of the leading Matrix researchers in the world, Dr Helmut Heine PhD who repeated the Bystander chemistries using homeopathic dilutions rather than the large amounts. He found that the correct homeopathic dilutions (from 1x-14x) stimulated the T_o lymphocytes to become Th3 Lymphocytes instead of either Th1 or Th2 cells and that the Th3 cells secreted a new cytokine called *TGF-beta* which had the ability to "unstuck" the "stuck" states. This would restart the natural Th1 and Th2 alternation and return the matrix to its normal condition and alleviate either the chronic inflammation or chronic allergy.

One would think that the direct action of the homeopathics is on the lymphocytes in the matrix *but is that in fact where the direct action occurs?*

8. The Mind/body Connection Mediated through Acupuncture Meridians as the Controlling Influence of Th1 and Th2

It's long been known that the *brain is the control* center of all nervous activity within the body. One third of the brain is the Central Nervous system that controls the conscious thought functions and that the other two thirds is called the Autonomic Nervous System (probably better called the *automatic nervous system* It has two branches called the sympathetic nervous system speeding up bodily functions and the parasympathetic nervous system controlling the slowing down of bodily functions. The brain in fact is *constantly alternating* signals between the sympathetic and parasympathetic functions.

Could it be that the alternating sympathetic and parasympathetic signals are *also actually controlling the alternating Th1 and Th2 transformations; and that Dr Heines Homeopathics are really working on the brain centers and not directly on the matrix which simply is only reacting to the nervous stimuli either by direct nerve stimulation or by neurotransmitter control?*

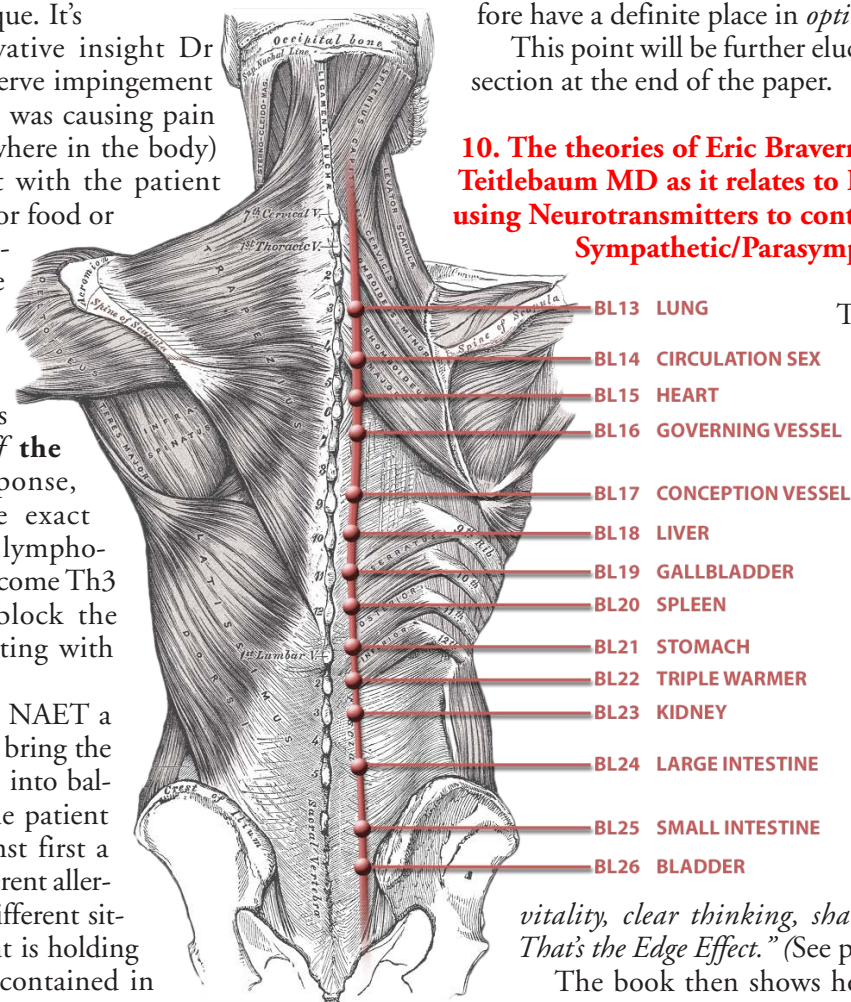
Since we also talk about *Yin and Yang* activity as alternating are we not in fact really talking about the same systems but with different names?

9. The History of NAET and its Innovative Corrective Control over Yin/Yang and Sympathetic/Parasympathetic Systems that help the Brain Stop the Allergic Tendency.

This paper is actually being written for those already knowledgeable in the work of Devi Nambudripad DC, PhD, MD, Lac known as NAET, the Nambudripad Allergy Elimination technique. It's based upon an innovative insight Dr Devi made. When a nerve impingement of a spinal nerve (that was causing pain and discomfort somewhere in the body) is released concurrent with the patient holding the substance or food or environmental chemical (that caused the impingement in the first place) that the act of releasing that impingement causes the brain to *turn off* the allergic immune response, and probably at the exact higher level where T lymphocytes are induced to become Th3 lymphocytes and unblock the blocks of Th1 alternating with Th2 lymphocytes.

In order to perform NAET a practitioner first has to bring the acupuncture meridians into balance and then have the patient be muscle tested against first a known series of 15 different allergens over time at 15 different sittings. While the patient is holding the allergens that are contained in small glass vials, the practitioner "taps" or "massages" the back over the spine in a special manner while the patient first holds their breath in, than blows their breath out and than rapidly breathes in and out. After continuing to hold the vial for twenty minutes, 8-10 "Gate" acupuncture points on the hands and feet are stimulated. The patient is told to avoid the substance for 25 hours as the "message" of the treatment is sent through the bodies 12 main acupuncture meridians at two hour intervals as the vital force makes its daily trip through the body. The tapping over the spine actually releases the impingement of the affected nerves. The brain perceives that it was the allergic substance in the patient's hand that was the cause of the impingement in the first place. The brain senses that the problem is resolved, turns off the allergic response as the problem has literally been resolved.

It is one of the main theories of this paper that Complex Homeopathy can be used to facilitate both the "balanc-



Associated Points on Bladder Meridian

ing" of the brain and the "opening" of the impingements in the spine therefore making the treatment that much more effective, and the continued use of this first unique remedy after the treatment to make subsequent treatments more effective and last an optimum full length of time.

Homeopathy therefore has a proven effect on those centers that control these necessary alternations and therefore have a definite place in *optimizing* NAET.

This point will be further elucidated in the summary section at the end of the paper.

10. The theories of Eric Braverman MD and Jacob Teitlebaum MD as it relates to Brain Balancing using Neurotransmitters to control Yin/Yang and Sympathetic/Parasympathetic Systems

The inside jacket of Dr. Eric Braverman's best selling 2004 book; *The Edge Effect* says: "Simply put, it's all about the brain: proper balancing of the brain's four primary chemical messengers---or neurotransmitters---can restore or create whole body well being. This 'brain balance' once achieved, causes a slowing of the aging process, a boost of energy, and a path to weight loss, sexual vitality, clear thinking, sharp memory, and more. That's the Edge Effect." (See page 30 for ad.)

The book then shows how to use feelings and questionnaires which determines the neurotransmitter in excess and/or deficit. This tells the reader what nutrients they need to take in order to restore "balance".

The book does not in fact discuss the subject of homeopathy and how it can be used successfully to achieve the same "balanced state"

Dr Teitlebaum, who is an accomplished and well known NAET practitioner in his classic book; *From Fatigued to Fantastic* makes numerous references to the role of neurotransmitters in his suggested treatment of chronic fatigue.

In fact, the four brain Neurotransmitters are Dopamine, Acetylcholine, GABA and Serotonin, which are Phenolics. These will be discussed in more detail in section 13 below. These main 4 brain balancing phenolics plus several others that we will discuss can in homeopathic dilution be used to properly balance the brain and the body which is a classic prerequisite to properly done NAET procedure.

Our first main NAET Complex Homeopathic formula will be a Brain Balancing Formula based on these proper neurotransmitter Phenolic compounds.

SECTION TWO—ACTUAL TREATMENT MODALITIES TO IMPLEMENT THE PHILOSOPHY

11. The Use of Complex Homeopathic Formulas to Pre-treat Patients to Aid Brain Balancing in Preparation for NAET

Reinhold Voll MD, the discoverer of the principles of EAV and Hans Heinrich Reckeweg MD, the discoverer of the principles of homotoxicology, both of Germany in the 1930s and 1940s proved that Dr Hahnemann's Organon Dictum. Using one homeopathic remedy at a time could be modified so as to use multiple remedies in combination. This synergistic remedy effect also had a powerful effect on the vital force equal or perhaps greater than using one single remedy.

There are at least 50 commercial companies that today sell combination homeopathic remedies with great clinical effectiveness for the patients that use them. In fact the other factor of finding the correct potency of the correct remedy was solved by using multiple potencies of multiple remedies together and call it a "chord" of remedies. This was a process discovered by a Dr Cahis of Spain in 1911: to solve the problem of necessary potencies shifting to the more dilute and even more dilute as treatment progressed. Patients needed to be shifted to more and more dilute potencies to continue getting positive benefit out of homeopathic therapy.

It is conceivable that when several ingredients are necessary to be in balance with each other and that chords of each of the necessary remedies would be given to a patient. One ingredient in excess might need to be down regulated and another ingredient that was deficient could be up regulated. This could be accomplished by having Chords of all ingredients in a complex remedy combination.

Our product line is going to call Chord remedies DES-BIOCCORDS.

In NAET it is necessary that the Brain be in Balance to get effective treatment. Therefore the First and most important starting point of therapy would be to balance the brain with Chords of the 4 key neurotransmitters **Dopamine, Acetylcholine, Gaba and Serotonin** plus up regulating combinations of the other nerve related compounds **that** balance the nerves of all parts of the brain and Autonomic nervous system.

Such an important remedy combination is found in our **Brain Balancing Desbioccord** formula. Pretreating the patient with this formula will optimize the first step of NAET protocol when the first step **BBF Vial** is tapped into the system. It can be given just prior to the first session or ideally given to the patient at least a week before the first visit.

12. The use of Complex Homeopathy to Pretreat Patients after they are Body Balanced but Before the NAET adjustment is given so as to optimize the adjustment

The single most important step in NAET therapy is that once the body and the brain is brought into balance the remedy of the session is placed into the patient's hands and the all important *Spine Tapping* with associated breathing exercises take place. Some NAET practitioners do the tapping manually and some use the electric Activator devices. The goal is to release the nerve impingement at the effected levels so that the brain can get the concomitant message: when the nerve impingement is relieved the brain gets the message that the substance being held in the hand is no longer an enemy of the body. The brain can then tell the immune centers to cease thinking it is allergic to the substance being held.

It is very obvious that the spinal adjustment facilitated by the tapping is an extremely important part of the treatment. It's equally as clear that in the hands of different practitioners, many of whom do not have formal training in spinal manipulation, is probably the single most inexact part of NAET therapy.

Complex homeopathy again can be brought to bear in this important treatment piece by coming up with a formula that can both relax paraspinal muscles and unswell both spinal discs and the nerves themselves. If used just prior to the adjustment and after the body is balanced, it won't confuse the vital force as to which formula needs to be acted upon in the Allergy Release treatment.

The use of **Spine and Disc Optimizer** Formula used just before the adjustment will make the tapping more complete and eliminate the need for repeat treatment. Even the weakest and incomplete tapping will now be magnified to the deepest levels and get the patients to the next treatment step more efficiently and quickly.

Brain Balance (Cerebral Max)

- Acetylcholine Chloride (6x, 12x, 30x, 200x, 12c, 30c, 60c, 200c)
- Dopamine (6x, 12x, 30x, 200x, 12c, 30c, 60c, 200c)
- GABA (6x, 12x, 30x, 200x, 12c, 30c, 60c, 200c)
- Octopamine (6x, 12x, 30x, 200x, 12c, 30c, 60c, 200c)
- Serotonin (6x, 12x, 30x, 200x, 12c, 30c, 60c, 200c)
- Taurine (6x, 12x, 30x, 200x, 12c, 30c, 60c, 200c)
- Cerebrum Suis Sarcodes (8x)
- Cyclic AMP (8x)
- Diencephalon Suis Sarcodes (8x)
- Pineal Gland Suis Sarcodes (8x)
- Thalamus Opticus Suis Sarcodes (8x)

Spine and Nerve Balance (Spinal Max)

• Berberis Vulgaris (4x)	• Cartilago Suis (8x)
• Cimicifuga Racemosa (4x)	• Discus Intervertebralis Suis (8x)
• Cinchona Officinalis (4x)	• A-lipoic Acid (8x)
• Colocynthis (4x)	• Argentum Metallicum (10x)
• Ledum Palustre (4x)	• Mercurious Praecipitatus Ruber (10x)
• Ranunculus Bulbusus (4x)	• Calcarea Phosphorica (10x)
• Aesculus Hippocastanum (6x)	• Coenzyme A (10x)
• Cuprum Aceticum (6x)	• Funiculus Umbilicus Suis (10x)
• Nadidum (6x)	• Glandula Suprarenalis Suis (10x)
• Natrum Oxalaceticum (6x)	• Bone Marrow Suis (10x)
• Nicotinamidum (6x)	• Gnaphalium Polycephalum (10x)
• Picricum Acidum (6x)	• Sulphur (28x)
• Pyridoxinum Hydrochloricum (6x)	• Bacillus 7 (30c)
• Riboflavin (6x)	• Gaertner Bach (30c)
• Silicea (6x)	• Morgan Pure (30c)
• Thiaminum Hydrochloricum (6x)	• Proteus (30c)
• Ammonium Muriaticum (8x)	

affected through releases upon the nervous system.

In fact it is our main theory in the development of these new remedies that **the** brain actually controls the alternations of Th1 and Th2 lymphocytes through the Autonomic Brain Centers. The effects of homeopathic Dilutional Medicine take primary effect on the brain and than the brain signals the lower Immune control centers to release the allergy. Higher Centers of the brain are where the *MIND* and *BODY* actually come together to control the allergic response.

The following Phenolic Compounds all have Neurological components to their activities; Taurine, Serotonin, Salsinol, Rutin, Quercitin, Octopamine, Acetylcholine, Norepinephrine,

Melatonin, L-Dopa, GABA, Epinephrine, Dopamine. **Taurine** is such an important Phenolic that it may in fact be a fifth important substance in the Brain balancing mechanism that we include it as a **Desbiocord** in our brain Balancing formula along with many of the other Phenolics

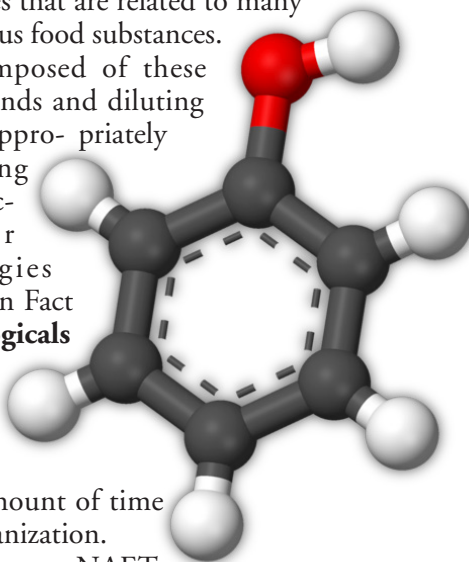
It is this effect that explains NAET physiologically as to why it has such a complete and total release effect on a seemingly unrelated part of the body!

13. The use of Phenolics in treating Food Allergies and their neurological components AS THE EXPLANATION OF WHY AND HOW NAET WORKS.

In the early 1960s a researcher at Brigham Young University in Utah, Dr Robert Gardner, made an observation that the chemical Phenol had a common “ring” structure in numerous food substances that caused allergies. He eventually isolated multiple key “Phenolic compounds” that when diluted homeopathically released the body from most allergies that are related to many more and numerous food substances.

Foods are composed of these Phenolic compounds and diluting these phenolics appropriately and administering them in Desbiocord manner released allergies related to foods. In Fact the **Deseret Biologicals Company** “Des-Bio” has sold Dr Gardner’s formulas commercially for the longest amount of time of any similar organization.

Of strong interest to NAET practitioners are the observation that many of the common Phenolic Compounds are cross reactive with parts of the nervous system as if the Phenolic releases are



14. The use of Complex Homeopathy to Post-treat patients after the 15 Basic NAET releases are done to optimize the treatment and eliminate the need for extra treatments

A key principle in the creation of regulating Complex Homeopathic Formulations is to combine the six most Important categories of Medicament into common Remedy Formulations in order to get the most powerful synergistic effects of this therapy. Those categories are;

- ▲ Minerals
- ▲ Plants
- ▲ Body Chem.
- ▲ Micro Org.
- ▲ Phenolics
- ▲ Sarcodes
- Mineral Compounds
- Plant Compounds
- Organic Stage Compounds
- Micro-organism
- Phenolic Compounds
- Homeopathic “Sode” Compounds (Sarcodes and Nosodes).

These are collectively called the DesBioStage Ingredients or “Stage” Compounds.

▲ **Minerals Stage Compounds** are homeopathic products made from regular inorganic minerals such as Sulphur Phosphorus and Aluminum. There are over 80 Minerals used in regular Homeopathy

- **BRAIN:** The brain must be balanced in order to receive and process the NAET treatment
- **SPINE:** The spinal column and nerves must be able to process and pass information during the tapping procedure
- **MERIDIANS:** The meridians must be unblocked and flowing in order to distribute the new information to the body in the 24 hours after the clearing
- **RAPID REPROGRAMMING AND DESENSITIZATION:** The body must fully reprogram with less than 30 seconds of exposure to the allergen
- **The NAET Comprehensive Homeopathics are designed to provide support and enhancement to each of the principles**

Functional Principals

▲ **Plant Stage Compounds** are homeopathic products made from the more than 4000 plants or herbs known to therapists for thousands of years. Plants are by far the majority of Homeopathic products used

▲ **Organic Stage Compounds** are the organic chemicals that control all body functions like Vitamins, Hormones, Neurotransmitters and Mineral Salts that mediate the chemistry of the body. There are close to 300 such substances regularly used in the body's chemistry and diluting them and making a homeopathic out of them can use them to stimulate or suppress the body's chemistry as appropriate to restore conditions of health.

▲ **Micro-organism Stage Compounds** used in these products are the well-known Bach-Patterson bowel nosodes created by the same famous Dr Bach who created the Bach Flower remedies that are well known to the Integrative medical field. They Magnify and Optimize the effect of the other Homeopathics.

▲ **Phenolic Stage Compounds** are those approximately 40-phenol ring-containing molecules that form the basis of all Food molecules. Since the majority of all Allergies are Food Related and there are literally 100s if not thousands of food products that cause allergies, by using these 40 molecules homeopathically in these Desbio formulas, the most complete elimination of allergies are effected.

▲ **Homeopathic Nosodes and Sarcodes** are homeopathically diluted Diseased or Healthy tissue that actually drive the main homeopathic products to the area where it has a focused need.

These **Six Stage Compounds** affect the **levels** of illness as it progresses and regresses and the patient gets more or less ill. These **Stage Compounds** have the ability to cause regression of illness and are the perfect formulations to follow each of the 15 basic levels of NAET therapy as patients need to take home Formulations to make each treatment level more complete and the system more receptive to the next deeper level of therapy.

As one reads the description of the actual remedies the reader will see the wisdom behind the remedy

formulations and how they relate to and optimize the Stage of therapy behind each of the 15 basic NAET vials used to release the allergy at each particular step of the process.

15. The use of Complex Homeopathy to Posttreat patients to Optimize Combination and Emotional NAET therapies are done to shorten the need for extra treatments

It is very obvious from the Advanced Level NAET seminars that after the Brain, Spine and 15 Basic NAET levels are released that the combination treatments plus the emotional treatments are indeed the most subjective steps that the competent NAET practitioner has to work through. A patient can be released from Egg Mix and Dairy Mix separately but still allergically reacts to the combination of the two. The permutations of all of the possible combinations appear endless further and further prolonging the **end of therapy**.

The NAET therapist appears to needing to be almost psychic to be able to think of all of the possibilities of combinations of substances that need to be tested to be able to be totally complete. Than in addition *emotions* play a key role in the combination decision-making.

A particular patient could be released from the egg mix vial successfully but if in fact their egg sensitivity began while they experienced a frightening event the event must be released in order to get full release from their egg sensitivity.

If for instance they were at the breakfast table as a child and one of their parents had a fatal heart attack and fell face down into a plate of eggs, the fright and grief of the event must be released before they can safely ever again eat eggs that they became allergic to at that moment.

The solution to this dilemma of what to do is dealt with in the creation of our **Stage Formulas**. There are several separate and distinct **Umbrella Homeopathics** that are known to cover multiple situations in addition to what they are innately and these Umbrella compounds are included in our Stage Formulas as well as several compounds that are specifically used after Combination and Emotional releases. These basic compounds are:

MIASM Compounds—Dr Hahnemann deemed that energies from previous Generations needed to be released to completely end a case. There are 4 Miasms of Hahnemanns time, **Psora (skin)**, **Medorrhinum (Gonorrhoea)**, **Luesinum (Syphilis)**, **Tuberculinum (TB)** and from **this Century, Carcinosis (Cancer)**

Bach/Patterson Bowel Nosodes—The famous Dr Bach of the famed Bach Flower remedies teamed up with Dr Patterson to create their 8 Bowel Nosodes, which have equal effect to over 100 individual Homeopathics



Dr. Bach

Morgan (Bach)	Proteus (Bach)	Mutabile (Bach)	Bacillus No. 7 (Paterson)	Gaertner (Bach)	Dys. Co. (Bach)	Sycotic Co. Paterson	Faecalis (Bach)
<p>A. Morgan-Pure (Paterson)</p> <ul style="list-style-type: none"> Alumina Baryta carb. Calc. carb. Calc. sulph. Carbo veg. Digitalis Ferrum carb. Medorrhinum Psorinum Graphites Kali. carb. Mag. carb. Nat. carb. Petroleum Sepia SULPHUR Tuberc. Bov. <p>B. Morgan-Gaertner (Paterson)</p> <ul style="list-style-type: none"> Chelidonium Chenopodium Hellebor. Nig. Hepar. Sulph. Lachesis LYCOPODIUM Merc. Sulph. Sanguinaria Taraxacum 	<ul style="list-style-type: none"> Ac. mur. Amon. Mur. Apis Baryta mur. Borax Conium Cuprum met. Calc. mur. Ferr. mur. Ignatia Kali. mur. Mag. mur. NATRUM MUR. Secale 	<ul style="list-style-type: none"> Ferrum phos. Kali. Sulph. PULSATILLA 	<ul style="list-style-type: none"> Arsen. iod. Bromium Calc. iod. Ferrum iod. IODUM Kali. bich. Kali. brom. KALI. CARB. Kali. iod. Kali. nit. Merc. iod. Nat. iod. 	<ul style="list-style-type: none"> Calc. fluor. Calc. hypophos. Calc. phos. Calc. sil. Kali. phos. MERC. VIV. Nat. phos. Nat. sil. fluor. PHOSPHORUS Phytolacca Pulsatilla SILICEA Zinc. Phos. Syphilinum 	<ul style="list-style-type: none"> Anacardium Argentum nit. ARSENICUM ALB. Cadmium met. Kalmia Veratrum album Veratrum viride 	<ul style="list-style-type: none"> Ac. nit. Antim. tart. Calc. metal. Ferrum met. Natrum sulph. Rhus. tox. Thuja Bacillinum 	<ul style="list-style-type: none"> SEPIA
<ul style="list-style-type: none"> Congestion Skin—Liver 	<ul style="list-style-type: none"> Stress, Trauma Nervous System 	<ul style="list-style-type: none"> Alternative Symptoms 	<ul style="list-style-type: none"> Fatigue Mental—Physical 	<ul style="list-style-type: none"> Malnutrition Childhood Diseases 		<ul style="list-style-type: none"> Nervous Tension Irritability Mucous Membranes 	

Phenolic Compounds—described above

Blood Type categorization—the Eat right for your blood type book has described what foods is anathema. Blood Type Antibodies are considered experimental and *are not included* in current remedies but will be as approved use of these become FDA available

TGF-Beta Cytokines—Dr Heine in his acclaimed work on the Matrix as described above proved that the **Th3 Lymphocytes** produced by the correct Homeopathic Choice single-handedly break the **Stuck Th1/Th2 block** by releasing **Transforming Growth Factor Beta (TGF-beta)**.

As soon as this compound becomes commercially FDA approved available it will be included as a Desbiocord into our most advanced Formulas

It is clear however that these Umbrella Formulations that are included will optimize NAET therapy, which is in itself a breakthrough Umbrella into the field of Allergy.

16. Summary of this Philosophy

Several things are very clear in this report, which are as follows:

1. The treatment of allergy has always thought to be directly controlled by manipulating the immune System.
2. The Nambudripad Allergy Elimination Technique (NAET) seemingly controls allergies rather instantly and completely by teaching the brain that existing bad allergens and unpleasant emotions while performing chiropractic style manipulations of the spine. The patient is either holding the allergen in their hand or simply visualizing a bad emotional memory.
3. The Mind/Body Connection therefore is a very real entity that in this case connects the brain to the immune system to “Release” allergies as an illness from the body.
4. The Correct Complex Homeopathic Remedies as developed by DesBio can both optimize this therapy and strengthen the Mind/Body Connection and shorten the therapeutic Intervals required for complete and curative treatment.

SECTION THREE—The actual method to use these remedies with NAET therapy

The Desbio NAET remedies are broken down into three groups:

1. CORE SUPPORT FORMULAS
2. MERIDIAN SUPPORT FORMULAS
3. SYSTEM SUPPORT FORMULAS

A. USE OF CORE SUPPORT FORMULAS

The first core support formula is the all-important **Brain Balancing Formula** and contains the main Brain neurotransmitters. It needs to be used prior to each and every treatment session and daily in-between sessions. (See Brain Balance chart, page 10.)

The second Core Support Formula is the second all-important **Spine and nerve Balancing Formula**. The most important part of NAET is the spinal tapping, which is done either by hand or with a Percussor type instrument. No two therapists do it the same way or apply the appropriate amount of pressure or repetitive motion. This formula contains Homeopathic Muscle relaxation and stimulant ingredients as well as Nerve and Disc Nosodes and support from the 6 Stage Ingredients. It likewise needs to be used regularly both before and after treatments. (See Spine and Nerve Balance chart, page 11.)

The remaining 7 Core Support formulas are **Detox and Drainage Formulas that need to go home with the patient after the next all important 14 Basic treatments**. Each is used on an ongoing rotating basis per the attached Protocol worksheet.

B. USE OF MERIDIAN SUPPORT FORMULAS

As part of the initial balancing steps before each therapy session, the weakest meridian is ascertained. That is where the patient's Vital Force is the most blocked at that time. There is a meridian formula for each of the 7 paired acupuncture meridians. Once the weak point is found, the appropriate remedy is chosen and given to the patient during the one hour after the treatment while the patient is still holding the vial in their hand. It can also be sent home with the patient along with the companion System Support formula described in section C.

C. USE OF SYSTEM SUPPORT FORMULAS

The system Support Formulas is based upon each of the first 15 treatment vials.

The all-important Phenolics for food sensitivities are combined with the other Stage Compounds. It is impor-

Brain & Spine	Reprogramming & Desensitization	Meridian Support	Detox & Drainage
<ul style="list-style-type: none"> • Brain Balance • Spine and Nerve Balance 	<ul style="list-style-type: none"> • Food Sensitivity <ul style="list-style-type: none"> ◦ Egg Mix ◦ Calcium Mix ◦ Vitamin C Mix • Food Sensitivity Kit 2 <ul style="list-style-type: none"> ◦ B Complex Mix ◦ Sugar Mix ◦ Iron Mix • Food Sensitivity Kit 3 <ul style="list-style-type: none"> ◦ Vitamin A Mix ◦ Mineral Mix ◦ Salt Mix • Food Sensitivity Kit 4 <ul style="list-style-type: none"> ◦ Grain Mix ◦ Yeast Mix ◦ Stomach Acid Mix • Food Sensitivity Kit 5 <ul style="list-style-type: none"> ◦ Base Mix ◦ Hormone Mix ◦ Miasm Mix 	<ul style="list-style-type: none"> • Bladder / Kidney • Gallbladder / Liver • Governing Vessel / Conception Vessel • Heart / Small Intestine • Lung / Large Intestine • Pericardium / Triple Warmer • Stomach / Spleen 	<ul style="list-style-type: none"> • Basix Detox I • Midrange Detox II • Advanced Detox III • Mucous Membrane (Matrix support)

NAET Protocol Support

tant to remember that the NAET tappings tell the brain what not to be allergic to for no more than a 60-90 second period of time during the actual treatment. It then theoretically sends that treatment signal around the 24 hour trek that it takes through the interconnected acupuncture meridian system.

By taking the related homeopathic formula after the therapy session the treatment itself is boosted. The immune system gets an ongoing boost every time a dose of the remedy is taken, which boosts the treatment and does not require any unnecessary followup treatments. The worksheet shows that the individual system formulas may be taken for up to three ongoing cycles and should be tested for its ongoing need by the practitioner at each subsequent session.

For the Power Point Presentation, go to <http://www.box.net/shared/matv4njbnt> 🌸

ABOUT THE AUTHOR



Dr. Bruce H. Shelton, M.D., M.D.(h) DiHom, FBIH, is a graduate of New York Medical College and came to do the Family Practice Residency at Good Samaritan Hospital. He has been in the private practice of Family Medicine since 1974. Dr. Shelton was Board

Certified 4 times until 1990 when he became a Homeopath. He is a Diplomate and Fellow of the British Institute of Homeopathy and is currently the Dean of the British Institute for Bioenergetic Medicine. He is the Past President of the Arizona Board of Homeopathic Medical Examiners and is the Current President of AHIMA.



FOOD SENSITIVITY KITS

a revolutionary new approach to food ALLERGIES • SENSITIVITIES • INTOLERANCES

A NEW APPROACH

Twelve million Americans suffer from food allergies—abnormal immune responses to foods that typically result in immediate (and often severe) symptoms.

Perhaps more common, but also more misunderstood, are food intolerances and sensitivities, in which a different type of immune response may result in delayed symptoms that aren't easily associated with the food that triggered them—but that may contribute to more serious health issues.

Traditional treatments of food allergies and sensitivities are time consuming and often complicated and uncomfortable for the patient, and require specialized training and skills for health care professionals.

A new protocol developed by Deseret Biologicals provides a broad-spectrum approach to address hundreds of food sensitivities over a short period of time, packaged in a simple and easy-to-follow system.

HOW DOES IT WORK?

A series of fifteen kits phases in five kits covers a broad spectrum of food issues using homeopathic dilutions of hundreds of foods as well as phenolics—the basic chemical building blocks of the foods we eat. Each phase addresses a particular type of sensitivity (for example: the Grain Mix phase contains ingredients such as gluten that address grain intolerances.) In this manner we can address hundreds of issues in a simple 30-day protocol.

Each kit includes twelve vials to be taken over a six-day period. Each kit contains clear instructions, including lists of foods to avoid during each of the fifteen treatment phases to ensure optimal results.



KIT 4 **grain mix**

- wheat
- corn
- rice
- oats
- rye
- millet
- barley
- any foods made from the above grains
- vegetables
- fruits
- meats
- milk
- water

grain mix

- wheat
- corn
- rice
- oats
- rye
- millet
- barley
- any foods made from the above grains
- vegetables
- fruits
- meats
- milk
- water

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