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Rid your body of illness

By David Wilcox / The Citizen Tuesday, February 13, 2007 10:17 AM EST

Dr. Bernard Straile did not go over the heads of his audience during his Feb. 6 presentation at the Seniors of Skaneateles' monthly meeting. Instead, Straile came too close to their heads for comfort.

The Camillus-based chiropractor had just introduced the Seniors of Skaneateles to NAET - Nambudripad's Allergy Elimination Technique, named after the doctor who pioneered it. NAET is a drug-free and non-invasive method of desensitizing the mind to allergies. But in the audience at the Auburn Holiday Inn's Seneca-Cayuga Room, one man was a bit bothered.

"I get nervous when someone messes with my brain," said Bill Pavlus, a member of Seniors of Skaneateles.

Straile quickly eased Pavlus' fears by explaining that NAET does not meddle with the conscious mind. It instead manipulates the autonomic portion of the brain that regulates the body. This modality of medical treatment has been in development for almost 30 years, but Straile notes that NAET has recently been gaining ground.

"Now we're at a stage where more research is being done about it, finding that it's very powerful and can achieve incredible results," Straile said.

Straile links NAET with the successful elimination of food allergies such as milk and peanuts. He begins the procedure by placing a patient in contact with a vial of water that has been charged to the frequency of the food item. Through kinesiology, he measures the strength of one arm against that of the arm holding the vial in order to assess the severity of the allergy.

The mind is then desensitized to the stimulus through manual neuromodulation, a procedure that places pressure on the spinal cord in order to send signals to the brain.

"It's very gentle, some see it as a massage," Straile said.

The spinal stimulation builds a more pleasant association between the allergen and the brain. Other practitioners of NAET use acupuncture or acupressure to send signals through the spinal cord, but Straile prefers to take a chiropractic approach.

"Some people think chiropractic means snapping people's necks, but it just means working with your hands rather than a scalpel," Straile said.

He estimates that NAET is practiced by more than 6,000 physicians worldwide. The efficacy of the treatment depends on the strength of the allergy it treats.

Straile said that a patient with hayfever could be cured of their affliction after one treatment session. But someone with rheumatoid arthritis could require several visits to their doctor in order to see results.

"I thought it was interesting that he said shingles could be gone in three treatments, I had always associated (the condition) with a longer process," said Senior Mary O'Brien.

In addition to shingles, Straile suggested that NAET could be implemented to alleviate the agony of osteoporosis and arthritis, two other conditions that weigh heavily on the minds of most seniors.

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Russ 2000	829.70		-4.10 ▼
AMEX	2204.99		7.74 ▲
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The doctor began his presentation by discussing the causes of the skeletal frailty that characterizes osteoporosis, particularly nutritional factors. NAET can optimize the nutrition of someone with osteoporosis by doing away with food allergies that hinder the absorption of calcium and vitamin D, two nutrients that strengthen bones.

Treating arthritis with NAET is even simpler. The pain of the condition is caused by inflammation of the joints - a frequent consequence of allergic reactions. Straile estimates that 75 percent of all arthritic conditions are aggravated by food and other allergies that could be eliminated through NAET.

"I found it interesting that he connected arthritis to allergies," said senior Marian Marchand.

Straile's presentation provided the Seniors of Skaneateles with several points to contemplate as many of them continue to face the often debilitating effects of aging.

"They're things to think about as you get older and more achy," said Jean Eaton, president of Seniors of Skaneateles.

The prospect of a few non-invasive treatment sessions for these afflictions contrasts the daily medications and monthly doctor's visits that several seniors must endure along with their pain.

"It allows some problems to improve without medication, because you can't medicate everything," Straile said. "Some people don't do well with medication, they're sensitive enough to chemicals as it is."

Eaton knew from the audience's silence during Straile's presentation that the Seniors were very attentive to what he had to say about osteoporosis, arthritis and other medical conditions common within that group.

"If they get bored, they talk," she said.

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David Wilcox / The Citizen
Dr. Bernard Straile speaks to the Seniors of Skaneateles about their health concerns.

The Citizens' Say

TimD wrote on April 18, 2007 1:56 AM:
 "N.A.E.T Saved my life! I just wanted to die I was in so much pain. After two weeks of almost daily treatments, most of my pain was gone. That was two years ago and no relapse. I don't care what you THINK. It may sound like nonsense but the real nonsense is not believing in something just because you don't understand it and have not tried it."

A. P. wrote on March 13, 2007 11:07 AM:
 "My son has multiple anaphylactic food allergies and I always carry his Epi-Pen anywhere we go. We have been getting him treated with NAET as an added insurance. If it works, he will never die from accidentally coming in contact with an allergen. If it doesn't work, we are in the same position we started in, no harm no foul. Either way, we still avoid those foods and still carry the Epi-Pen. Anne -

The doctor never said that allergies are all on your mind, he said "spinal stimulation builds a more pleasant association between the allergen and the brain". That's a grand misinterpretation. "

Tim wrote on March 05, 2007 11:14 AM:

"I can understand the sketicism but please do not introduce your own thoughts due to lack of information. -R.S. the article was from 2001 and hasnt been updated since 2002. -Anne, if the patient has an extreme allergy they will not be directly treated. Instead they will be treated through a surrogate and the doctors, having been made aware of the extreme allergy, will have all necessary measures ready in case of any issues. -Please go to <http://www.naet.com> and specifically <http://www.naet.com/subscribers/instructions.html> to get all the correct information."

R.S. wrote on February 20, 2007 4:21 AM:

"Here's what Chirobase (<http://www.chirobase.org/06DD/naet.html>) has to say on NAET: NAET clashes with the concepts of anatomy, physiology, pathology, physics, and allergy accepted by the scientific community. The story of its "discovery" is highly implausible. Its core diagnostic approach -- muscle testing for "allergies" -- is senseless and is virtually certain to diagnose nonexistent problems. Its recommendations for dietary restrictions based on nonexistent food allergies are likely to place the patient at great risk for nutrient deficiency, and, in the case of children, at risk for social problems and the development of eating disorders. I believe that practitioners who use NAET have such poor judgment that they should not be permitted to remain licensed. If you encounter a practitioner who relies on the strategies described in this article, please ask the state attorney general to investigate."

Anne Miller wrote on February 14, 2007 12:36 AM:

"Anyone with a true food allergy (rather than an intolerance) reading this should beware. Your allergy is NOT in your mind. It is a real physical response caused by antibodies and a hypersensitive immune system. In the worst case, you will DIE. So don't get your brain "manipulated", just be careful to avoid the food allergen and always carry your Epi-Pen injection of adrenalin with you in case you start to have an anaphylactic reaction."

Don wrote on February 13, 2007 6:42 PM:

"Sounds like a bunch of? to me"

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