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# Winning The War Against Asthma And Allergies



## Synopsis

Winning the War Against Asthma and Allergies is an absolute must for any health care practitioners interested in alternative therapies for the treatment of asthma and allergies. This book details an innovative and proven breakthrough treatment method, Nambudripad Allergy Elimination Technique, (NAET) for the long term elimination of allergies that lead to asthma. Coverage includes: complimentary adjunctive therapies that enhance the benefits of NAET, enzyme therapy in the elimination of asthma symptoms and drugs, emergency tips, directory of NAET practitioners and enzyme therapists, and updated NAET diets.

## Book Information

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## Customer Reviews

Cutler's book, based on the Nambudripad Allergy Elimination Technique (NAET), focuses on what she calls an efficient, effective, permanent method of allergy desensitization. Eliminating and/or rotating diet to identify food allergies, skin and/or blood testing, and muscle-response testing are all part of NAET, which views the body as bioenergy consisting not only of matter but also of electromagnetic pathways and currents. Using occasional case studies, Cutler defines her terms and provides specific examples of acute and chronic allergens causing asthma and allergic reactions and the genetic, environmental, metabolic, and little-known causes that play roles in asthma onset. By discussing NAET treatment protocols, Cutler provides information for self-treatment. An extensive resource guide contains specific diets, food lists, NAET treatment rules and restrictions, and other related materials. Jane Brody's Allergy Fighter (LJ 6/1/97) and the

American Lung Association's Family Guide to Asthma and Allergies (LJ 6/1/97) are more mainstream treatments of allergies and asthma, and they are also better books, both more accessible and more comprehensive. Recommended only for large patient-education/consumer-health collections having alternative titles. Janet Coggan, Univ. of Florida Libs., Gainesville Copyright 1997 Reed Business Information, Inc.

Ellen Cutler's work is visionary. It works whereas nothing else seems to - After being chronically ill for years and searching, full time, for a medical and/or alternative practitioner who could help me, finding and being treated by Ellen Cutler is like finding a needle in a haystack. I am eternally grateful that I have found her located so close to where I live. She is a kind and compassionate soul. I see that another reviewer has judged her work without experiencing it which is what prompted me to post this review. That reviewer has done his or herself a disservice to judge Ellen Cutler's work without first hand experience. Secondly, another reviewer was looking for a practitioner. Here you can connect to a nationwide list of practitioners and veterinarians. I believe this technique has the potential to become the foundation for the practice of medicine and that by use of this technique in children, they never have to develop chronic illnesses by correcting imbalances at their onset of symptoms. Ellen Cutler's technique is fascinating, as is she.

This book gave me hope for the first time of overcoming all my allergies for good. The author describes her view of the key role of digestive problems in causing allergies in the first place, and describes the path to overcoming the digestive problems and eliminating the resultant allergies. The health benefits the author describes are not just relieving of asthma symptoms, but include curing infertility, chronic infections, high blood pressure, and many, many other health problems. I cannot recommend the book highly enough for anyone with any allergies, past or present, who is having health problems which trouble them. This book's importance is not to be underestimated.

....To anyone who is reading this review, seeking hope for allergy CURING: ignore the negative comments and judge for yourself. ....NAET is incredible, it is totally new, and something you will find yourself questioning when you read about it (because it is so different to the status quo medical approach). But let me tell you from personal experience: IT WORKS!! I have eliminated car sickness with NAET, and am currently working on my severe pollen fever. I'm seeing big results! If I can cure my pollen fever, don't you think you can cure YOUR allergies? At least study it, and even find a practitioner ... and try it instead of point-blank giving up an opportunity to end your suffering. Those

who dismiss this new approach to allergies without even trying it (!!!) have no one to blame but themselves for their unresolved allergies.....GOOD LUCK!....

This book details in plain english, a clear understanding of the underpinnings of asthma and allergies and how to rid your body of them and live a healthier life. Having put a severely asthmatic and allergic 5 year old child through the NAET process described in the book and seeing first hand the success and restoration of a normal life, I highly recommend this book to anyone with children who suffer needlessly. My daughter can now enjoy birthday parties, picnics, summer camp and all the other great things life has to offer, without the fear of being ill.

After reading this book (very dry read, hard to finish), I had NAET over the course of several years with 3 different practitioners. I figured when it didn't work with the first one that it was their technique at fault, not the method. After thousands of dollars, not covered by insurance, and absolutely zero results I gave it up. I had chronic back tension which I hadn't had before but no allergy relief. I did try Bowen work, which is a similar idea of opening the energy channels which doesn't involve the spine. After 10 sessions I could grow flowers again and have them in my house, after sneezing for 3 years solid. Another 10 sessions greatly reduced my asthma to manageable levels. I didn't have further improvement, but by then I'd moved to another area and I think my Bowen worker had a different technique. I don't recommend this book.

We all know that close friends, relatives or colleagues who have something to gain write the 5 stars critics. They are really objective. This book is a 0 star and should be taken off the market. I can't believe it is still being sold. It is misleading. It taps into the thousands of people vulnerability who are so desperate to find a cure for themselves or their young children they are ready to try anything. I was one of these people. I bought the book, read it, sounded promising so I made an appointment to see Dc Cutler. I was her patient for some time but got no relief. I spend quite a bit of money on the products she wanted me to take but nothing changed! Ellen Cutler is a charlatan in my opinion. She actually laid me to believe her treatment cured me from my egg white allergy. I believed her at first but the following week, I had a conversation with her assistant while getting another treatment she said Mrs., "you were NEVER ALLERGIC to egg white. WOW! I could not believe it. I still gave a chance to Mrs. Cutler treatment for a few more weeks. But no results, no change. It was clear I was wasting my time and my money. So I stop seeing her. Now several years later although still allergic to egg yolk, cat and dog, I am feeling better as far as my asthma goes because I finally got out of a

30 years abusive marriage.

This book presents a revolutionary new method to eliminate allergies permanently, which can cure chronic illnesses, such as asthma, chronic fatigue, migraines, etc. This book is an encyclopedia of the array of allergies and the drugless cure that will change your life

Excellent coverage for persons trying to identify the various triggers for asthma and allergies. This is also a primer for persons wanting to explore the NAET system of allergy elimination of Dr. Devi Nambudripad. Covers usage of plant enzyme therapy as well.

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