ABSTRACT

REDUCTION OF CHRONIC INSOMNIA IN A GROUP OF SUBJECTS WITH CHEMICAL SENSITIVITIES THROUGH NAET®

A RANDOMIZED, DOUBLE BLIND, PLACEBO-CONTROLLED CLINICAL TRIAL

MOHAN MOOSAD, ND., L.AC.

Background: Over 64 million American suffer from chronic insomnia in the U.S. According to NAET® theory, food sensitivities, chemical sensitivities and environmental factors play a lage role in sufferes of chronic insomnia. NAET® evaluation procedures can identify the causative factors for insomnia, once identified the substances can be avoided or eliminated through NAET® energy balancing procedures thus giving a solution to insomnia sufferers. NAET® is a natural treatment that utilizes standard medical diagnostic measures along with kinesiolgocal, chiropractic and oriental testing procedures to identify the allergens, as well as to ameliorate the intensity of reactions to the allergens which vary from individual to individual. Treatment consists of a sequence of spinal manipulations at specific thoracic and lumbar spinal levels along with acupuncture /acupressure on configurations of standard acupuncture points.

Objective: We sought to determine the efficacy of NAET® in reducing symptoms of insomnia in a group of 24 subjects who suffered from severe chemical sensitivities.

Hypothesis: We hypothesize that the subjects in the experimental group will show similar level of sensitivities initially on all NAET® Basic 5 food allergens plus NAET sample chemical mix from everyday cleaning products as well as environmental sources. After receiving the NAET® treatments, the Experimental group will demonstrate a significant reduction in the sensitivities to NAET® Basic 5 group of allergens and chemicals and significant reduction in their insomnia when compared to the control group at the end of the study.

Methods: In a double blind study, 24 patients with the history of chronic insomnia over three years were studied. There were 8 males and 16 females in the study and their age ranged between 18-65. They were divided into two groups:
(1) NAET®/Experimental group, and
(2) NAET® Control group

The study was conducted by 12 volunteer-clinicians from NAET® Research associates, divided into 6 investigator groups. Each group conducted a designated sequential part of the study independently from all other groups, that is, they were blinded from all other groups for the duration of the study. Subjects from both groups (Experimental and Control) were evaluated immediatedly before treatment and two months thereafter using the following three diagnostic measures:
(1). Subjective history (Allergy Symptom Rating Scale or ASRS);
(2). NSRS (NAET® symptom Rating Scale via VAS);
(3). NSTRS (NAET®-NST or NAET® Neuromuscular Sensitivity Testing)
These evaluation procedures were conducted by trained NST clinicians from investigative group 2. Both exp. and control groups demonstrated sensitivities to all NAET® Basic 5 groups of allergens plus the chemical mix in varying degrees. After completing the evaluations, the Control group was sent home with the instruction to return after 8 weeks for further evaluations. the Experimental group received 6 NAET® treatments on NAET® basic 5 allergens and chemical mix, twice a week for 6 sessions. At the end of the treatment phase, at the end of eight weeks, once again both groups were evaluated using the previously utilized evaluation instruments.

RESULTS

Arithmetic Mean of before and after treatment of three Evaluations of both groups are given below:

THE EXPERIMENTAL GROUP

Mean data Before Study	Mean Data After Study
ASRS : 42	ASRS: 3
NSRS :70	NSRS: 12
NST: 18	NST: 12

THE PLACEBO/CONTROL GROUP

Before Study	After Study
ASRS : 35	ASRS:34
NSRS :71	NSRS: 73
NST: 1.25	NST: 1.80

P-value of the differences of EXP group

P-values: ASRS:1.5582E-07; NSRS: 5.18816E -10; NST: 5.01883E-07

Control Group was tested for all initial evaluations using the cheminal sample, then was sent home with the instructions to return after seven days for final evaluations. The control group did not have any measurable differences when compared with the before and after treatment results of experimental group.

On the three diagnostic measures there was a significant difference in the means of the before and after measures of the Experimental group, while they remained almost the same for the control group. At 95% CI, p-values were less than 0.05 in all three evaluations performed on the experimental group.

CONCLUSION

The study demonstrated the efficacy of NAET® in reducing insomnia in the subjects with chemical sensitivities.

Location of the study:

PNIB Research Center
6714 Beach Blvd.
Buena Park, CA 90621
e-mail: naet@earthlink.net

Project Funded by NAR Foundation
6714-32 Beach Blvd.
Buena Park, CA 90621

Reprints Request from:

NAR Foundation
6714-32 Beach Blvd.
Buena Park, CA 90621
narfoundation@yahoo.com