

# VETERINARY NAET CHECKLIST

*Nambudripad's Allergy Elimination Technique (NAET)*

Please feed your pet immediately before your appointment as his/her diet may be severely restricted for up to 24 hours following treatment. Be sure you and your pet have had plenty of water to drink, as this can be a factor in the accuracy of the muscle testing.

Please bring only the pet to be treated to the appointment.

Only a small sample is required for allergy testing. Ziploc bags make ideal containers.

## **Items to bring to the NAET appointment:**

- All sources of water (tap, bottled, refrigerator, pool, hose, toilet) labeled separately
- All foods and treats including food used for medication your pet
- All bowls
- All medication and supplements (present and past if available)
- Shampoos/conditioners/laundry detergent/household cleaners
- Collars/leashes
- Bedding
- Toys
- Dirt from vacuum cleaner
- Dirt/gravel/grass from yard/other plant samples from yard
- Carpet/paint/tile from home
- Air samples from outdoors. To collect these, place distilled water in a glass or ceramic bowl. Place a paper towel in the bowl. Leave the bowl in the area to be tested overnight or until all the water has evaporated. Place paper towel in a Ziploc bag and label "Outdoors sample" and the date of collection. You can also do this with various rooms in the house where your pet spends a lot of time. Be sure to label appropriately.
- In pets with seasonal allergies, multiple outdoor air samples may need to be collected throughout the year. During the season it is difficult to clear for the allergens, as the period of abstinence cannot be followed, therefore save the labeled sample for a later date.
- Other pet samples (hair, medication, food, dirty cat litter)