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NATURAL LIVING DIRECTORY

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ALWAYS GREEN

NAET Protocol: An Alternative for Food Sensitivity

by Marilyn DeMartini

What is "Leaky Gut"?

It feels as bad as it sounds. Leaky Gut Syndrome (LGS) is one of the most common ailments experienced by adults and children alike. A number of factors, including alcohol abuse, prescription and non-prescription drugs and mercury preserved vaccinations, can cause LGS. The intestinal lining becomes increasingly porous which then allows large food molecules to pass through triggering a natural defense reaction. The body sees the larger molecules as invasive and attacks them with antigens or antibodies which produce an allergic or sensitivity reaction.

As LGS progresses, more and more sensitivities occur to food, chemicals and environmental irritants such as pollen, dust and mold. Sugar craving is often a symptom as yeast thrives on sugar and carbohydrates, so the syndrome spirals as more sugar feeds more yeast, throwing the intestines into further imbalance or dysbiosis and often resulting in urogenital yeast infections as well. Using probiotics and abstaining from simple sugars can be helpful to rebalance the intestinal flora, but because LGS is usually a long-term ailment—one that has been building for years—rebalancing can become a long and tedious process.



Dr. Snyder with patient

What You Can Do

A protocol to treat LGS was developed by Dr. Devi Nambudripad over two decades ago. Named for her, Nambudripad's Allergy Elimination Technique (NAET) is a method of testing for various foods or elements that could cause an allergy or sensitivity reaction and then realigning the nervous and immune systems to once again be able to accept that food or element into one's lifestyle.

Treating existing food allergies or sensitivities to heal your gut could be the answer to a more pain-free or peaceful life, and fortunately, Fort Lauderdale has a source for relief. As a clinical nutritionist and homeopathic physician, Dr. Gary Snyder has a deep understanding of the body and its reactions to foods and the environment. He often finds LGS is the underlying factor in many diseases and ailments, from asthma, chronic fatigue, insomnia, headaches and colitis to skin conditions and depression. For more than 20 years, he has been a proponent of and has served as a certified instructor for the NAET technique. Dr. Snyder has even helped children with autism spectrum disorders to achieve vast strides through the NAET technique.

An appointment to review your daily habits, including favorite foods, activities and sleep, can provide insight into issues that cause pain or even a feeling of general malaise. The Alternative Medicine Center is located at 2640 E. Oakland Park Blvd., Ft. Lauderdale. 954-486-4000, DrGarySnyder.com. See ad page 31.



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Dr. Rosenbaum is a board certified biological dentist, an accredited member of the International Academy of Oral Medicine & Toxicology and the International Academy of Biological Dentistry and Medicine as well as a member of the Holistic Dentists Association.

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