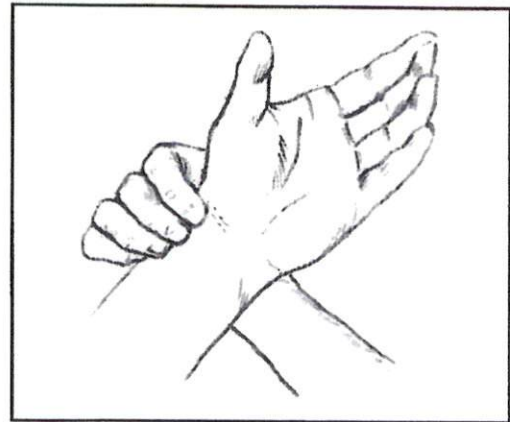
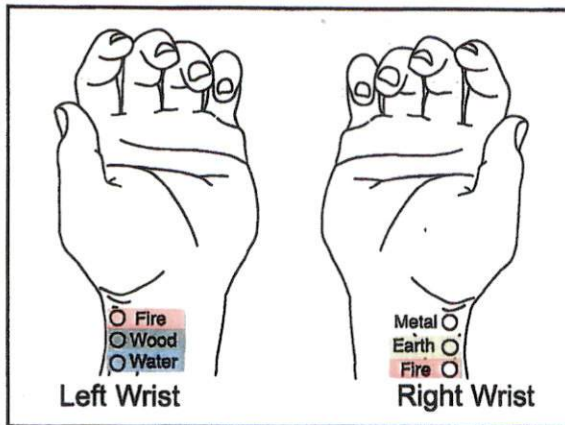


First Aid Stress Tool (FAST) – Handout Sheet

IMPORTANT: The following is not intended as a replacement for consultation, diagnosis or treatment. Always consult with your healthcare professional before using this procedure.

Step A: Place one of your wrists (palm up) into your other hand. Using three fingers of your bottom hand, gently contact the 3 pulse points that are located on the “thumb” side of the palm-up wrist.

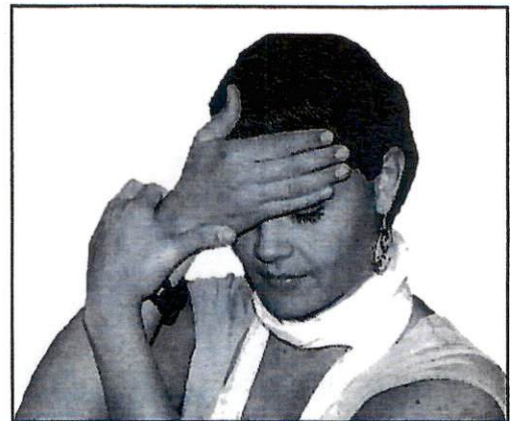


Note: Your three fingers should be lined up next to each other so you're touching the three Acupuncture pulse points on your left wrist or the three pulse points on your right wrist.

Step B: Place the palm-up hand across your forehead and take several slow, deep breaths *while concentrating on any “feelings”* of distress.

Then change hands and repeat this step with the 3 pulse points on your other wrist.

FAST is designed to help you handle stressful situations better, and you can repeat it as often as needed. If your stress symptoms persist, immediately advise your practitioner.



Step C: Take 9-12 sprays of NET Remedies #9 ER 911 and #24 Day & Night Vitals (three times a day is generally recommended) to support your body as you continue processing. In all cases, it is best you check with your healthcare practitioner for dosage and frequency. *The NET Remedies formulas are available through licensed healthcare practitioners.*

Practitioner Information:

Chiropractic First, LLC
Dr. Jennifer Jozwiak
10301 Glacier Hwy, Suite 120
Juneau, AK 99801
(907)463-3051