

# NET MIND-BODY STRESS RELIEF



WHAT PATIENTS WANT TO KNOW ABOUT NET AND MIND-BODY STRESS

# How does STRESS affect my health?

**S**tress responses such as fear, anger, grief and many others can sometimes negatively affect us long after the original event that caused them. When our body fails to 'let go' of these responses we can find ourselves with unexplained aversions, self-sabotaging behaviors, destructive beliefs, phobias and many chronic physical problems.

We use an approach called Neuro Emotional Technique® (NET) to identify, and help you let go of, 'stuck' mind-body stress patterns.

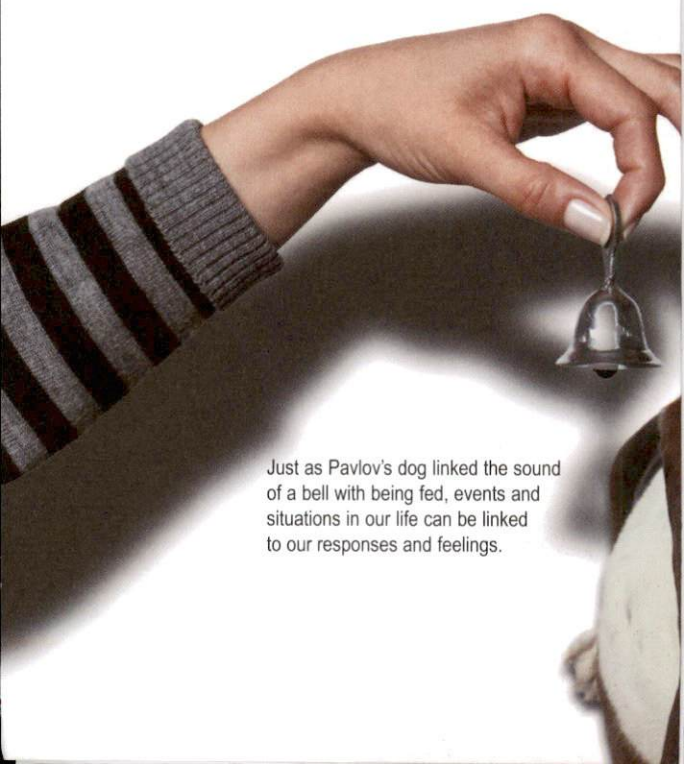
While most responses are perfectly normal, when unresolved, they sometimes produce behaviors years later that are counter-productive to our health.



If we're in a weakened state due to poor nutrition, stress or physical trauma, everyday stress responses may not resolve naturally. Later in our lives when we experience a similar situation, the old response pattern can kick in.

We rarely see the link between the past event and our present situation. NET can help identify the unresolved event (real or imagined) and release the lingering charge.

*Our emotional reality can dramatically affect our health.*

A close-up photograph of a person's hand holding a small, silver, bell-shaped object. The hand is wearing a grey and black striped sweater. The background is a soft, out-of-focus light. The image is positioned in the lower half of the page, partially overlapping the text.

Just as Pavlov's dog linked the sound of a bell with being fed, events and situations in our life can be linked to our responses and feelings.

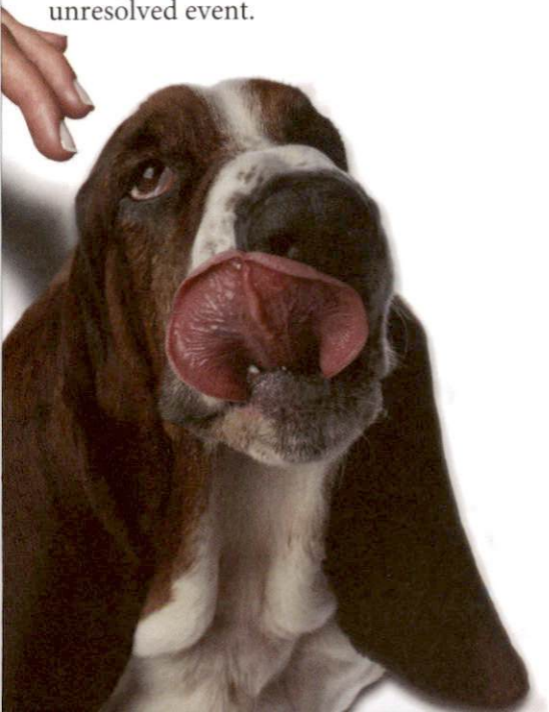


We always refer to all past memory events as an emotional reality, like a dream that may not be true, but our body thinks it is.

People used to think stress responses resided entirely in the brain. Now we know other parts of the body can have stress responses too. Ever felt 'butterflies in your stomach' before a speech or felt a 'lump in your throat'? Clearly, stress responses can happen in our body, not just our brain!

Using NET, we can find stuck, negatively charged response patterns and help you release them. It's fast, and it can dramatically improve your health.

Finding and resolving these stuck patterns or memory loops is done with the help of a manual muscle test. This helps determine if your body is in harmony with a particular concept or idea that is linked to an unresolved event.



You'll form a mental picture, or 'snapshot', of the original triggering event, and your body will assume a state similar to the way it originally reacted. Then we'll contact, or ask you to contact, a specific body point that will help your body release the unresolved pattern linked to the event. It's simple.

After the correction, many patients report feeling that a heavy weight has been lifted from their shoulders. If things become too personal or uncomfortable, just say the word and the session can safely end. You are always in control.

NET is a safe, effective and natural way to instantly resolve long-standing health problems that have a mind-body stress component.



A simple manual muscle test is used to determine associated pieces of an unresolved stress pattern.

*Because our memory may not exactly correspond with actual or historical reality, NET always considers every event to be an 'emotional reality'.*

### ■ Does everyone have stuck stress patterns?

Yes, we've found this to be true. While our emotions bring richness to our lives, the residual charge of stuck stress patterns can diminish our health, affect our relationships and sabotage our success.

### ■ Why are stuck stress patterns stored in the body?

No one knows for sure. It seems that some stress responses don't properly resolve at times when our body's resistance is compromised. Our job is to find these unresolved patterns and help you finally release them in a healthy way.

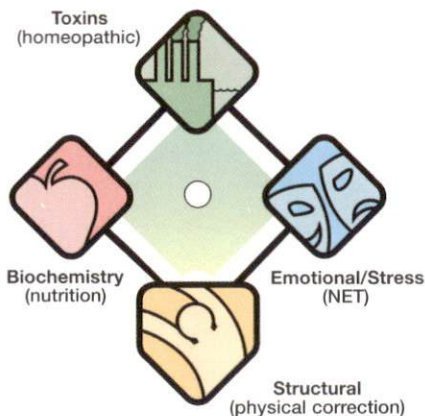
### ■ Does NET take the place of psychotherapy?

No. Locating and resolving stuck patterns does not take the place of counseling, analysis or other types of therapy. Actually, many psychotherapists use NET in their practice. Rest assured that we make appropriate referrals as necessary.

### ■ Why are homeopathic remedies sometimes recommended?

Unresolved, long-standing negatively-charged patterns can often deplete or weaken affected tissues. The remedies we use help promote healing and the return of balance and harmony.

# Safe and Natural



NET is based on a proven combination of the latest scientific research and centuries-old techniques used in Eastern healing. By acknowledging the relationship between the body's stress, environmental toxicity, nutritional balance and structural integrity, appreciative patients around the world enjoy better health and well-being.

#### NET Brochure references:

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*Two cases of spinal manipulation performed while the patient contemplated an associated stress event: the effect of the manipulation/contemplation on serum cholesterol levels in hypercholesterolemic subjects*, Kristopher B. Peterson, *Chiropractic Technique* Vol. 7, No. 2, May 1995, 55-59.

*Unearthing our Roadblocks, A Professionals Guide to Overcoming Emotional Dissatisfaction*, Anna Tobia, *New Visions Magazine*, August 2003, [www.newvisionsmagazine.com](http://www.newvisionsmagazine.com).

*Your Turn, Neuro-Emotional Techniques*, Jef Gazley, *Mental Health Resources*, 2003, <http://mentalhealth.about.com/library/yourturn/uc030303.html>.