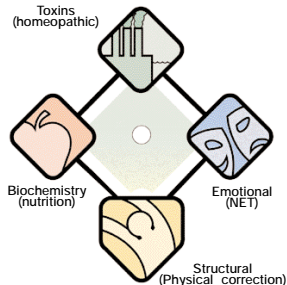


## Safe and Natural



Neuro Emotional Technique™ 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 emotional health, 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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*Muscle Test Comparisons of Congruent and Incongruent Self-Referential Statements.* Daniel A. Monti, et al., *Perceptual and Motor Skills*, 1999, 88, 1019-1028.

*The Effects of spinal Manipulation on the Intensity of Emotional arousal in Public Subjects Exposed to a Threat Stimulus: A Randomized, Controlled, Double-Blind Clinical Trial.* Kristopher B. Peterson, *Journal of Manipulative and Physiological Therapeutics*, Volume 20, November 9, November/December, 1997.

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*Your Turn, Neuro Emotional Techniques.* Ed Cusley, *Mental Health Resources*, 2003, <http://mentalhealth.about.com/library/yourturn/act030303.htm>.

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## Neuro Emotional Technique™

## How do emotions affect my health?

Emotions such as fear, anger, grief and many others can negatively affect us long after the original event that caused them. When our body fails to "let go" of these emotions 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" emotional patterns.

While emotions are perfectly normal, they sometimes produce behaviors years later that are counterproductive to our health.



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

We rarely see the link between the past event and our present situation. NET can help identify the unresolved real (or imagined) event and help your body release its lingering emotional charge. For good!

## *Our emotional reality can dramatically affect our health.*



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 emotions resided entirely in their brain. Now we know other parts of the body can hold emotions too. Ever felt butterflies in your stomach before a speech, referred to something as a "pain in the neck" or felt a "lump in your throat"? Clearly, emotions happen in our body, not just our brain!

Using NET, we find these stuck, negatively charged emotions stored in your body and help you release them. It's fast. It's fun. And it can dramatically improve your health.

Finding and balancing these stuck memory loops is done with the help of simple muscle testing. This helps determine if your body is in harmony with a particular concept or idea which is linked to an unresolved emotional event.

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



You'll form a mental picture, or "snapshot," of the original triggering event. Your body will assume an emotional state similar to the way it originally reacted. Then, we'll contact, or ask you to contact, a specific body point storing the emotion. This helps your body release the unresolved emotion 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 safe, effective and a natural way to instantly resolve long-standing health problems that have an emotional component.



Testing the strength of your arm muscle can reveal your congruence with the statements that we pose.



Muscle weakness is a sign your body is harboring an unresolved emotional response in your body. Time to get to work!

### ■ Does everyone have stuck emotional patterns?

Yes, we've found this to be true. While our emotions bring richness to our lives, many times they don't fully resolve on their own. When they don't, their residual charge can diminish our health, affect our relationships and sabotage our success.

### ■ Why are stuck emotions stored in the body?

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

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

No. Locating and resolving these emotional snapshots from the past 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?

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