

# How to Explain the First Aid Stress Tool (FAST)\*

**The *First Aid Stress Tool* (FAST) is something patients can use as a method of home care support and is designed to provide symptom relief related to mind/body stress.**

**FAST can be utilized when extra support is needed after an office visit, and it can also be used as a handout for health classes, health fair events, etc.**

FAST comes from a more comprehensive technique called NET, which is used exclusively by licensed healthcare practitioners. The NET procedure thoroughly addresses the mind/body effects of stress in greater depth and helps patients deal with the root causes.

Often the stressful events we face today are subconsciously reminding us of old traumatic events that have happened to us in the past, and this often causes recurring stress patterns. This pattern is called a conditioned response.

Both NET and FAST are focused on eliminating a specific conditioned response, which frees patients from experiencing the same continual reaction to a similar stressful circumstance.

In the acupuncture system, organs are associated with different emotional responses — the kidney is associated with fear, the liver is associated with anger, etc.

With FAST, patients touch the acupuncture points for stress (located on the forehead) and some of the pulse points that represent the organ meridians, thus covering many of the normal emotional responses.

While touching these acupuncture points, patients think about their stressful circumstance and, most importantly, feel the uncomfortable stress associated with their situation. After a few deep breaths, the charge will typically reduce significantly.

The FAST Handout Sheet can be given to patients for extra support, and it can also be used when doing various presentations. If desired, you can insert your name and contact information in the space provided at the bottom of the handout sheet.

If patients are visiting from another area and would like a consultation with a licensed healthcare practitioner concerning their stress condition, they can visit the [NETmindbody.com](http://NETmindbody.com) website to find a Certified NET Practitioner in their area.

**\* It is important to note** that FAST is not intended as a replacement for consultation, diagnosis or treatment, and those using this home care support should always notify the practitioner if their stress symptoms persist.

# 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 the bottom hand, gently contact the 3 pulse points that are located on the “thumb” side of the palm-up wrist (Fig. 1). Note: The three fingers should be lined up next to each other with the pointer finger just below the crease of the wrist.

**Step B:** Place the palm-up hand across your forehead (Fig. 2), and then gently breathe in and out a few times while concentrating on the “*feeling*” of distress.

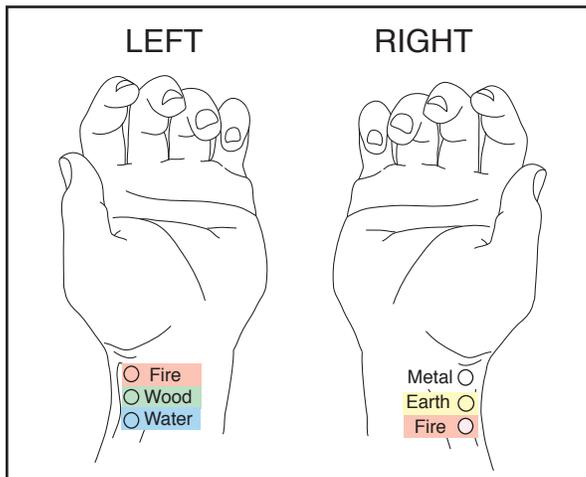


Fig. 1



Fig. 2

**Step C:** Change hands and do Steps A and B with the 3 pulse points on the other wrist. This procedure can be repeated as often as needed to help most stressful situations. If your stress symptoms persist, immediately advise your practitioner.

## **When possible, support with NET Remedies® #9 ER 911 and #24 Day & Night Vitals.**

These homeopathic products are compatible with *vitamins, supplements, herbs and medicines (including prescription drugs)*. Homeopathy is a natural approach that is safe for all ages, including babies, children, the elderly, and pregnant and nursing mothers. In all cases, it is recommended that you check with your healthcare practitioner for dosage quantity and frequency.

NET Remedies are *only* available through healthcare practitioners. With your practitioner’s approval, you can order online at the NETmindbody.com webstore (\$25 per bottle + shipping). When placing an order, you will need to enter the code REM2, plus enter your practitioner’s name. Practitioners will be contacted to verify that it’s okay to send you products.

## **Practitioner Information:**