Explaining 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 when doing various presentations.

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 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.

For ongoing support, take 9-12 sprays of #9 ER 911 and #24 Day & Night Vitals throughout the day (3 times a day is generally indicated). If needed, extra remedies can be taken at any time. This will support the patient's 24-hour body clock as the processing continues.

Homeopathic products are compatible with vitamins, supplements, herbs and medicines (including prescription drugs). Homeopathy is a natural approach that is safe for all ages. In all cases, it is recommended that patients check with their healthcare practitioner for dosage and frequency.

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 website to find a Certified NET Practitioner in their area.

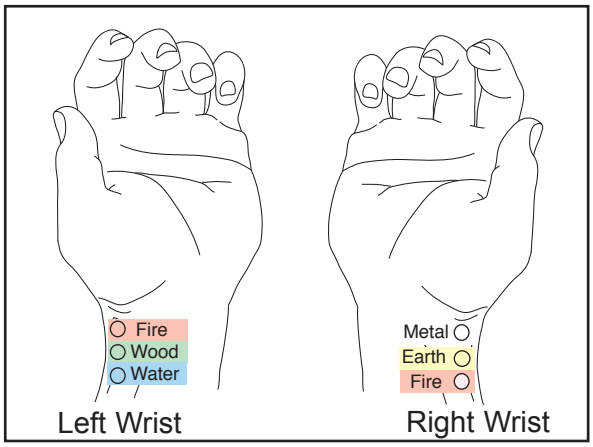
*** It is important to note** that FAST is not intended as a replacement for consultation, diagnosis or treatment, and those using this home care support should always notify the practitioner if their stress symptoms persist.

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 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. *NET Remedies are only available through licensed healthcare practitioners.*

Practitioner Information:

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