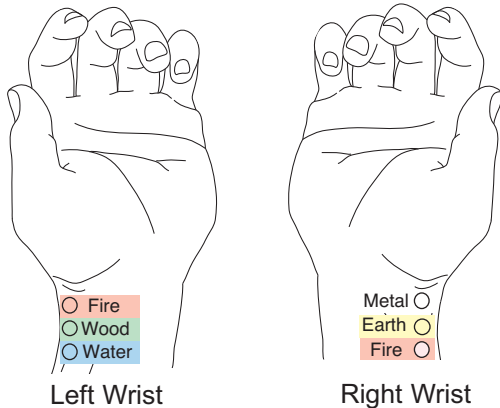


FIRST AID STRESS TOOL (FAST)

FAST can be used to help relieve symptoms associated with many different kinds of stress and often offers immediate relief. *Important:* FAST is not intended as a replacement for consultation, diagnosis or treatment, and it is always recommended you consult with your healthcare professional.*

THE PULSE POINTS USED WITH FAST:



One of the dynamics used with FAST comes from Acupuncture, where specific pulses are associated with different Elements.

The Elements have been named Fire, Wood, Water, Metal and Earth, and each Element is associated with various emotional / stress responses. Examples:

- **Fire** can be associated with feeling abandoned or vulnerable
- **Wood** can be associated with feeling angry or frustrated
- **Water** can be associated with feeling scared or afraid
- **Metal** can be associated with feeling sad or unhappy
- **Earth** can be associated with feeling worried or hopeless

HOW TO USE THE FAST PROCEDURE:

Step A: Identify an issue that is bothering you. Place one of your wrists (palm up) into your other hand. Using 3 fingers of your bottom hand, gently contact the 3 pulses that are located on the 'thumb' side of the palm-up wrist.

Step B (part 1): Place the open hand on your forehead to cover the 2 points related to stress (located halfway between the pupils and hairline).

Then gently breathe in & out a few times while *concentrating* on the 'feeling' associated with the issue that is bothering you.

Step B (part 2): Switch hands and repeat the above step with the 3 pulses on your other wrist.

Step C: Use FAST as frequently and as long as needed. Taking sprays of NET Remedies #9 and #24 (only available through licensed healthcare practitioners) also helps support the release of associated stress.



FAST HELPS STRESSFUL SITUATIONS FOR 'LITTLE ONES' TOO:



Mom helps a little one contact the 3 pulses on one wrist and guides her hand to her forehead



*If stress symptoms persist, NET (only used by licensed healthcare practitioners) may be needed to resolve the deeper elements of a stress pattern.

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.