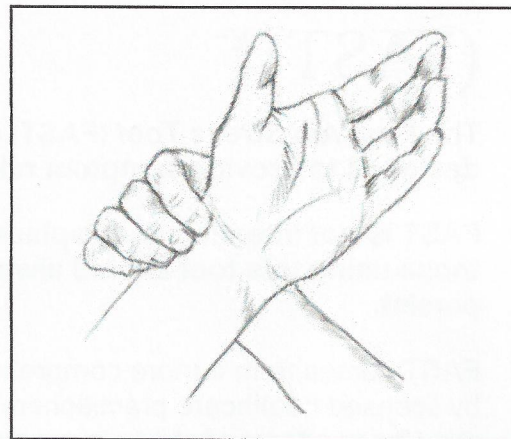
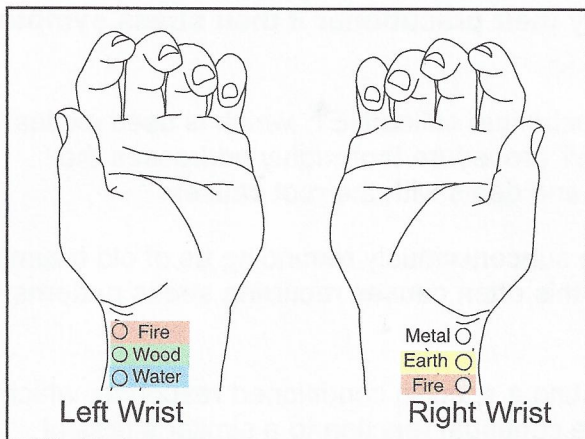


# First Aid Stress Tool (FAST) — Handout Sheet

**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.

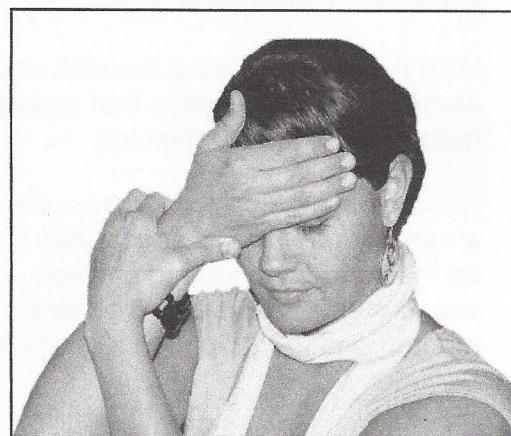


Note: Your three fingers should be lined up next to each other so you're touching the three Acupuncture pulse points on your left wrist or the three pulse points on your right wrist.

**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. *The NET Remedies formulas are available through licensed healthcare practitioners.*

## Practitioner Information:



# An Explanation of the First Aid Stress Tool (FAST)\*

The *First Aid Stress Tool (FAST)* can be used as a method of self-care support and is designed to provide symptom relief related to mind/body stress.

**FAST is not intended as a replacement for consultation, diagnosis or treatment, and those using this tool should always notify their practitioner if their stress symptoms persist.**

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 deals 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 individuals 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, we contact 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.

For ongoing support, it is generally recommended to take #9 ER 911 (9-12 sprays, 3 times a day) for any kind of stress. #24 Day & Night Vitals can also be used for 24-hour support as the body continues to process. Homeopathic products are compatible with vitamins, supplements, herbs and medicines (including prescription drugs). In all cases, it is recommended that patients check with their healthcare practitioner for dosage and frequency.

If you would like a consultation with a licensed healthcare practitioner concerning your stress condition, visit the [NETmindbody.com](http://NETmindbody.com) website to find a Certified NET Practitioner in your area.

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