

What is NeuroEmotional Technique (NET)?

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As a holistic chiropractor, I utilize the “Home Run Formula,” as developed by NeuroEmotional Technique (NET), which focuses on the causes and correction areas of ill health. In this model, 1st base represents **emotional** (cellular memory) factors, 2nd base represents the effects of **toxins** (homeopathic) on the body, 3rd base represents **chemical** (nutritional) deficiencies and 4th base addresses **structural** (body) needs. NET is a specialized technique used by practitioners worldwide.

NET focuses on the **emotional** component of health which is described as first base in the “Home Run Formula.” Emotions are one of the most important forces affecting the relationship between the mind and the body; emotions manifest in the body in many forms. When a person is in a stressful situation, experiences pain, or is ill, an emotional response occurs which may lock into the nervous system as a NeuroEmotional Complex (NEC). NET deals with those weakened physiological states that have ultimately made the body vulnerable to the formation of an NEC. NET does not treat emotions, but rather the bodily complex in which an emotion (and a subluxation) is a component part.

NET incorporates the use of manual muscle testing to assess specific organ reflex points and acupuncture meridians which correlate with specific emotions. According to Traditional Chinese Medicine (TCM), all the organs in our bodies are associated with emotions. For example, the liver is associated with anger, emotional repression and resentment; the lungs are associated with grief and sadness; and the kidneys are associated with fear. It is common to find that when a person is in a state of grief, the emotions may manifest as a cold or upper respiratory dysfunction (lung meridian imbalance). Chronic worry, associated with the stomach meridian, can manifest as stomach pain. There are many physical imbalances associated with specific emotions in relation to acupuncture meridians; over 5,000 years of TCM has shown this to be true.

The body is an amazing barometer of our internal world and how we process our experiences. Emotions are very healthy and important in every aspect of life; inherently, emotions are not a “problem.” The concern or “problem” occurs when an emotion is *repressed* or locked in the body. This repression may lead to the manifestations of symptoms, which is one way the body communicates with us. Some are subtle messages, like dry skin, or dehydration and others are not so subtle, such as acute pain with a disc herniation. When the body is in a state of imbalance, it gives a person the opportunity to listen and heal themselves.

NET has been shown to be very helpful in removing blocks or NEC’s which have been associated with acute and chronic pain, endocrine/hormonal imbalances (weight loss difficulties), allergies, immune system challenges, and much more. The alternative healing world encompasses many state-of-the-art approaches, and NET has been shown to be a consistent healing modality which allows one to listen to their body and release emotions locked in their nervous system, supporting a healthier state of being.