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## Neuro emotional technique

People used to think thoughts and bodies were separate and that emotions were the product of the brain alone. However, science has shown that other parts of the body can hold or generate emotional costs as well. If you are in a weakened state due to factors such as stress, illness, toxicity or physical trauma, the daily emotional response may not be fully resolved, as it should be naturally. Neuro Emotional Technique (NET) is based on the concept that unresolved emotional trauma is stored in the body. Emotions such as excessive and unresolved anger, sadness, and fear can long affect us even after we forget the events that caused them. Since our emotional reality dramatically affects our health, using the NET to identify these negatively charged emotions (Neuro-Emotional Complexes) and release them can normalize physical patterns.NET and abnormal behaviors safely and effectively, and is a natural way to solve old health problems by resolving the emotional components that accompany physical symptoms. NET practitioners can find unresolved and negatively charged emotional responses stored in your body and help you release them. NET practitioners are virtually limitless in their ability to cope with the physical behaviors and stress-related behaviors conditions.NET have used to successfully treat:acheschronic headache paindigestive isuphobiasgeneral anxietysorgan dysfunctional-sabotaging behaviors Important to note, NET does not heal or heal patients, but rather removes blocks to the body's natural vitalism, allowing the body to heal and/or repair itself. The Chiropractic System of Emotion Stress Reduction is at the core of every symptom, stress, and disease. It emphasizes whether physical, chemical, or mental, is involved with health problems. The Emotional Nerve Technique also called NET is a cutting-edge Chiropractic approach. NET focuses on finding and eliminating neurological imbalances associated with unresolved stress physiology. Think about lemons. Yellow in color, rich in zest. Imagine the smell. You cut a piece, and see the juice dripping in your hand. Visualize yourself taking a deep bite, tasting the orange that spouts in your mouth between your teeth. If you're like most people, that simple act makes your mouth start to sing - it's a triggered physiological response. Our body's mind reacts to stress and emotions in the same way. Often events, situations, or even words can trigger the subconscious mind. This is called patterned response or patterned behavior. As a result, we cannot act at this time because and our bodies are glued as if something from the past is happening right now. We may feel blocked or weighed. The Home Run formula categorizes health into 4 areas and helps your Chiropractor analyze your needs and facilitate time-efficient correction. First First – Second Base Emotional Stressor – Toxins Third Base – Biochemistry and Fourth Base Nutrition – Structural Correction What should I expect at my NET session When you first come across the staff we will ask you to complete a health questionnaire that offers specific insights into aspects of your life. These can include stress levels, energy, vitality, your immune function, digestion, pain and discomfort, quality of sleep and more. Your chiropractor can interpret these findings. Your chiropractor will discuss your health goals and priorities before running the base as we go through the NET process. Typical SESSIONS or NET adjustments involve the use of manual muscle testing. In addition, verbal cues such as congruent statements, will help identify certain stresses that are on your body's mind. Since this blockage is identified, corrections are made. This correction involves certain acupuncture points, spinal reflexes, visualization, and homeopathy. So many people today live at their tipping point. There is a threshold level where seemingly ins important things keep us going and limit the enjoyment of our lives. Check with our friendly staff about booking NET sessions. Chiropractors && Our experienced massage therapists have treated thousands of infants, toddlers, teenagers, adults && seniors in the Newcastle area. More about us. Hardship and stress affect our emotions - and even the chemical and physical makeup of our bodies - every day. Studies have shown that while the main locations for emotional physiology exist in the brain, spine, nervous system and acupuncture circuits, emotions actually affect all parts of the body. But what happens when negative emotions linger, and when our body does not return to a balanced state after an initial stress reaction? Prolonged periods of emotional stress can result in a neuro-emotional complex, which tends to manifest in physical ailments such as headaches, body aches, phobias, anxiety, organ dysfunction and more. Drawing from traditional Chinese medicine, chiropractic and applied kinesiology, Emotional Nerve Technique (NET) is a mind-body stress reduction method that helps treat behavioral and physical conditions by focusing on negative emotional blocks. The goal is to identify the cause of negative physiological reactions to events and help patients release them and switch to things.NET using muscle testing, body reflex points and physiological reactions to help determine the specific causes of negative emotions and when they first occur. Remembering the memories and causes of this emotional response then helps the subject begin the healing process. By remembering, the body emotionally replicates the physiological state of the body initial events, and adjustments can be made to help the body move past negative emotional blocks. While NET does not heal or heal heal patients, removing emotional and physiological blocks can allow the patient to heal naturally on his own. An example is a person who suffers from recurrent laryngitis at the same time of the year for several years, which does not accompany a cold. The NET session traced the emotional blockage connected to the meridians of the lungs associated with grief, along with the revelation that it was a reminder of her mother's passing. He came to speak in whispers, and left in a fully restored voice. Everyone's stress is different, so every NET session is a personal process. Learn more about NET here and set up an appointment to see how it can help you. Call 703-237-5999 or arrange an appointment through our easy online scheduler here. Have you ever overreacted to a simple life situation? Like a minor conflict with a friend or a loved one? Are new relationships and commitments intimidating to you? Do you tend to back off when you have to get involved? If any of this sounds familiar it is because your body and brain have learned behavioral patterns, similar to road maps for cars, about how to move on based on your past experiences. So when something similar happens you get triggered. That not only affects you emotionally but can have a physical impact. But Neuro-Emotional Engineering (NET) can help. I not only use this technique as a doctor, but my doctor has used it on me in recent years, which has changed my physiology and life. How does it work? This technique works with the body's nervous system and neurological pathways to help relieve stress in the present and from the past. The Limbic system (located in the brain) consists of several brain structures, which help regulate our basic emotions (sadness, fear, pleasure, anger, etc.). It also stores or encodes memories of our past emotions. Whenever our brain thinks that we are in danger (whether we really are or not), or every time we come face to face with the same stimuli as something negative that happened to us in the past, our Limbic System lights up. (This is reported by a functional MRI study.) In response to this, it causes an outpouring of stress chemicals to overwhelm our body. If we experience these emotions over time it can lead to the formation of diseases and many different diseases. So what looks like practical? If you have ever experienced emotional or physical trauma this technique will help. Most of us have something in our past that is qualified and can be helped by this, even if we don't think of it as trauma. Let's say you were bitten by a dog when you Five years. The memory of pain and fear is encoded or stored in the Limbic System of your brain. So, as a 30-year-old, every time you meet a dog, the center of the brain is activated and you not only remember the trauma that occurred when you were 5 years old, but your brain also revives and send a lot of stress hormones throughout the body that put you into a fight or flight response. Long-term stress spikes in your body (even if only felt) can lead to the development of the disease. We are all familiar with the example of Pavlov's dog. Every time you ring a bell and give the dog the food it saves. After a while if you just ring the bell and even in the presence of no food, the dog will slide only with the sound of bells. It's called a classic condition in terms of psychological. However, if you keep ringing the bell and don't show food to the dog, the saliva level will drop and eventually stop. It is known as extinction.NET works very much as it does, by performing repetitive techniques without the negative influences that previously occurred (insert some of the emotional trauma that occurred to you in the past) associated with traumatic events patterning entry to extinction much sooner than if it were simply left alone. How does NET entry?NET help identify underlying stress patterns and use acupuncture systems and allow practitioners to help neutralize stress patterns. This leads to the extinction of the stress response on the stimulus (old memory). NET not only helps you with emotional patterns and trauma, but often helps with physical pain related back to emotional events that may have occurred many years ago. Why this is a life-changing technique:All of us, in some way or another, have had physical or emotional experiences or both in our past that have changed the way we view and respond to the world. Trauma may be something very small to something very significant, from being bitten by a dog, having a family life that is difficult to abuse, experiencing the death of a loved one, losing your health, experiencing war, or many other difficult circumstances but it changes the way we relate to others and the environment around us. For example: we are afraid of having a healthy relationship because of the unhealthy patterns we see in our parents, we are afraid to apply for that job promotion because growing up we are never good enough, we repeat the same kind of relational patterns because we think that those unhealthy patterns are the only ones that are safe and familiar, we eat unhealthy foods to cover our emotional or physical pain , we beat ourselves up over and over over patterns we couldn't break. Sound familiar? We ALL have it!NET can help you break those patterns and pains and give you more freedom. And the biggest part about it is that there are functional MRI studies, conducted by Neuro-Emotional Corporation, which demonstrates this technique. They show before and after the brain (limbic system) lights up when the brain sees a stimulus or or and after the technique is done another MRI is done to see how the patient responds. The results showed that the Limbic stress system does not kick in even in the same presence of stressful stimulus. If any of these sound familiar to you and you're ready to make a change and feel better —not only emotionally, but physically —contact me or click the button below.Dr. Veronika Vlasov is a chiropractor and natural health physician located in Elmhurst, IL. To set up an appointment or reach out for more information, visit the current schedule page. Page.