

FAQ

Does everyone have stuck emotional patterns?

YES. While our emotions bring richness to our lives, many times they don't fully resolve on their own. When this occurs, their residual charge can diminish our health, affect our relationships and sabotage our success.

Does NET deal with the spiritual realm?

NO. NET does not in any way deal with parapsychology. Manual muscle testing is always used to measure a **physiological** response to a physical or auditory stimulus. It is never a "true/false" indicator. It does not predict the future or tell people what they should do.

Does NET take the place of psychotherapy?

NO. NET is not psychology or psychiatry, and it does not take the place of counseling or psychotherapy. Rest assured that Dr. Tam will make appropriate referrals as necessary.

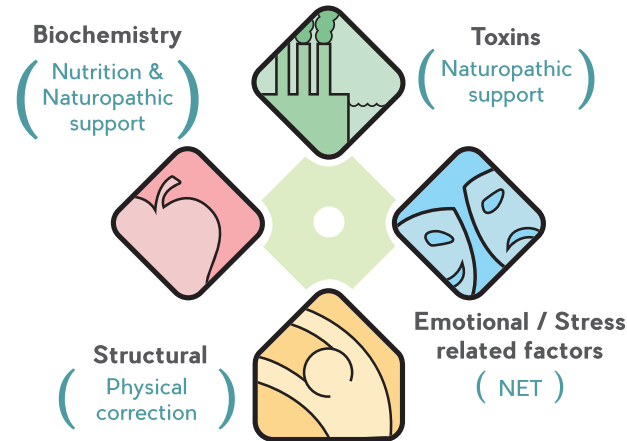
Can NET be used with Naturopathic Medicine?

YES! Dr. Tam believes optimal health requires balance between the physical, biochemical and emotional layers of health. NET is a mind-body technique that Dr. Tam integrates with Naturopathic therapies to effectively address the stress-related component of health challenges.

Book a **free 15 min introductory meeting** with Dr. Tam today to discover how NET & Naturopathic Medicine can help you achieve your health goals!

NET's Home Run Formula

NET, as developed by Dr. Scott Walker, DC, utilizes the **Home Run Formula** model as a way of categorizing human health into 4 general areas. Each "base" represents a different kind of stressor that can contribute to the cause of one's discomfort and illness:



Complete healing (a home run) begins when all of the 4 bases are addressed and harmoniously balanced.

Dr. Tam offers a unique approach by incorporating NET with **Naturopathic Medicine** to effectively uncover and correct each base and resolve the underlying cause(s) of your discomfort, so you can enjoy better health and well-being.



Neuro Emotional Technique (NET)™



A cutting edge mind-body stress reduction approach for improving health

For more information and videos on NET, visit:

www.NETmindbody.com

How do EMOTIONS affect my health?

Emotions such as fear, anger, grief and many others can negatively affect us long after the original event that caused them. When our body fails to “let go” of these emotions, we can find ourselves with unexplained aversions, self-sabotaging behaviours, destructive beliefs, phobias, and many chronic physical problems!

While emotions are perfectly normal, they need to be resolved following a stressful experience. If the body’s resistance is compromised (due to poor nutrition, stress, etc.), it may have trouble clearing them naturally. The emotions become stuck or stored within the body, and their residual charge can produce behaviours and symptoms years later that are counterproductive to your health.

Scientists now recognize the connection between the nervous system, emotions and health. We know that emotions chemically affect the body on almost every level, and that emotional stress can make you vulnerable to illness.

Dr. Freda Tam uses an approach called **Neuro Emotional Technique (NET)** to help you identify and let go of stuck emotional responses that are affecting your health.



Just as Pavlov's dog linked the sound of a bell with food and started salivating, events and situations in our life can be linked to emotions and feelings, and can create conditioned responses.

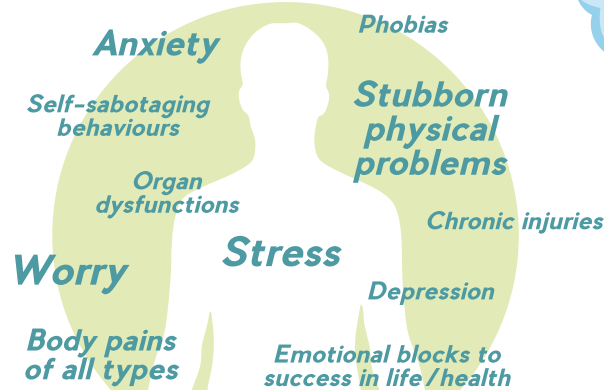
? What is Neuro Emotional Technique (NET)™

Neuro Emotional Technique (NET) is a mind-body stress reduction technique that can help us find and release unresolved emotional stress patterns (neurological imbalances) in the body that may be causing physical and behavioral problems.

NET is safe, effective and a natural way to resolve long-standing health problems that have an emotional component.

What can NET treat?

NET can be used to help improve many stress-related physical and behavioral conditions. These include:



... and so much more!

It is important to note that NET does not cure or heal the patient, and is unable to make certain emotions disappear. Rather, it allows the body to repair itself naturally by releasing the detrimental effects that negative emotions have upon health.

How does NET work?

The premise behind NET is that it works because emotions are **physiologically based**. When a person remembers an emotional event, the body will replicate an emotional response similar to the time of the original event.



Clearly, emotions happen in our body, not just our brain!

Dr. Tam uses manual muscle testing to reveal the mental picture (“snapshot”) of the original triggering event that is associated with the physical or behavioral issue in question. By adjusting the spine (gentle tapping) while the patient holds onto the snapshot and specific Chinese acupuncture points, we can begin to correct the stuck emotional patterns linked to the event and restore a balanced energy flow.

After a NET correction, most patients report feeling that a weight has been lifted from their body, and may experience a release of muscle tension and less pain upon palpation.