

Neuro Emotional Technique (NET)

Start Healing from Stress Today with NET Therapy

Neuro-Emotional Technique (NET) is a mind-body technique our chiropractor uses to find and remove neurological imbalances in the body. Unresolved stress can have a very real impact on our health and affect our body's physiology. Headaches, body pains, phobias, anxiety, organ dysfunction and self-sabotaging behaviors are all examples of how unresolved stress continues to affect the body. By using NET, our chiropractor is able to address a root cause for these health conditions. NET itself is not a "cure" but a means for removing blockages that are preventing the body from healing itself naturally.

NET Addresses Unresolved Stressors Affecting the Body's Physiological and Mental Health

NET is based on decades of scientific findings. In the 1970s, scientists discovered that the body's emotional responses to stress are comprised of neuropeptides (amino acid chains) and their receptors. These neuropeptides are ejected from the cells and carry encoded information to other parts of the body, triggering physiological responses to stress stimuli. But the release of neuropeptides from cells and resulting physiological response is not limited to stressful events; even the memory of stress can trigger physiological response in the body. Consequently, the simple recollection of a stressful event can have a very real effect on the body, leading to health problems. In some cases, the body will stop having the physiological response to the memory; this is known as extinction. If extinction does not occur, a stressful memory can lead to health problems that last for months or even years after the initial event.

At Active Back To Health Dr. Fairbourn is dedicated to enhancing all aspects of your wellbeing. She does not simply "treat" symptoms of pain or injury; her goal is to identify the underlying dysfunction triggering these symptoms and correct the root problem. NET is an important part of this approach and a natural complement to treatments like chiropractic adjustments, acupuncture, massage therapy, Naturopathic Medicine and BodyTalk. NET is an effective technique because it helps the body heal itself. NET practitioners are truly unlimited in their ability to address physical and behavior health problems that are related to stress.

Live your best life today by achieving and maintaining optimal health. To learn more about the benefits of NET, schedule an informational appointment with Dr. Jackie Fairbourn.