

# What is NET?

## NET = Neuro-Emotional Technique

The mind-body connection is a very powerful one. Most people will agree that when they feel emotionally off-balance, their entire being is affected.

Our holistic approach to wellness is based on the triad of health:

- Structural/Skeletal
- Nutritional/Biochemical
- Emotional/Mental

*"There have been times in my life where stress has been overwhelming. Dr. Gorman's NET method has been so beneficial. He has helped me identify the emotional root cause of my issues and removed the physical ailments attached to them."*

*– Janice Koons, Levittown, PA*

NET is based on the pioneering work of Chiropractor Dr. Scott Walker who discovered that stress and emotions could interfere with chiropractic adjustments. (An adjustment might not hold for very long or give the patient relief.) While it is commonly thought that emotions are strictly “mental;” one could say that Dr. Walker discovered the mind-body connection of emotions.

If you think of your body as a computer, then muscle testing is like the keyboard that helps us access all available information. Using a blend of techniques from chiropractic medicine, acupuncture and muscle testing,

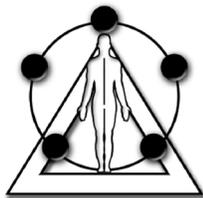
we are able to pinpoint experiences in your past that are directly affecting your physical health today.

We frequently see patients for NET who are experiencing the following:

- Fears and phobias
- Stress
- Panic attacks
- Chronic pain
- Poor athletic performance or fear of failure
- Inability to recover from an injury or traumatic event
- Difficulty losing weight
- Self-sabotage behavior

When we treat you using NET, we are able to “re-program” or “reset” your physical response to an old emotional event. In that way, even though you did not spend time “talking” about the event, you are no longer physically affected. We have removed the emotional “charge” to the particular thought or event.

You may benefit from “talking therapy” about the event, but the physical response will no longer be there. Hence, we are able to help people overcome debilitating phobias or even physical symptoms that have no apparent causes.



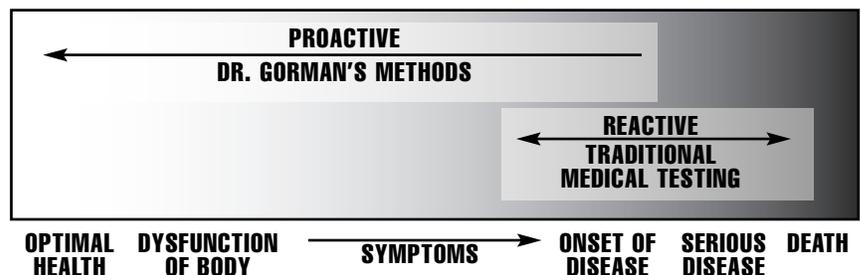
**GORMAN**  
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We regularly demonstrate this technique at our lectures. If you would like to see a demonstration, or experience NET yourself, come to the next lecture titled: “Optimal Health 101.”



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