

THIS MONTH WE TRY...

# NEURO EMOTIONAL TECHNIQUE

Clear emotional blocks that may be harming your health with this holistic therapy, says **Roz Lewis**

Combining healing methods, such as kinesiology (studying muscle function to find energy imbalances in the body), homoeopathy and chiropractic, neuro emotional technique (NET) aims to find, then physically address, emotional blocks that may be harming your health.

The idea is that old emotions, or neuro emotional complexes (NECs), can get stuck in your body's energy systems, and cause physical or behavioural problems. NET aims to unravel these links between mind and body, clearing blocks that are disrupting the body's functions. For example, if an old childhood memory is being triggered by present events, causing subconscious behaviour, NET will try to remove that influence.

A treatment starts by using kinesiology; the client holds out their arm and the therapist presses down on it to test muscle resistance, while also touching one of the meridian or acupuncture points on the client's body. Each point is related to certain emotions; the lung meridian is associated with grief, for example. A weak muscle reaction will show an emotion is being held in the body. The therapist then uses chiropractic techniques, and may prescribe one of 12 specially-formulated remedies to support the healing process.



I went to see London practitioner Dr Jill Hopley, who took a case history of my health and emotional state. 'Most people need four or five sessions, and often have two a week,' she explained as I sat on her chiropractic couch, and she tested my arm.

I'd been having problems with my back; Hopley found that a stuck rib was affecting my right shoulder. She adjusted this with a chiropractic move, and said it had an emotional component as well, which we put down to wounded pride over my father. She treated me with a remedy and a NET adjustment, which involved gentle tapping on specific points on my back that relate to the nervous system, in order to reprogramme it. I left feeling much better and quite light-hearted – and wondering what other emotional gunk could be cleared by this technique.

## HISTORY

NET was developed by US chiropractor Dr Scott Walker in 1985. He studied energy medicine, then evolved his technique and

also devised 12 remedies, which relate to the body's energy systems, to support the NET diagnosis.

## EVIDENCE

Some clinical research has been done on NET, showing positive results. Other studies are ongoing; see [www.netmindbody.com](http://www.netmindbody.com).

## WHO SHOULD USE IT?

Anyone with a physical problem that hasn't cleared up from conventional treatment could try NET. It's also said to be good for treating allergies, phobias, sleep disturbances and hormonal problems. NET is suitable for children and pregnant women (after the first trimester).

## CONTRAINDICATIONS

The treatment is not suitable for alcoholics, drug users, or anyone suffering from heavy chemical pollution.

## COST

A session with Hopley costs £90 for 45 minutes.

## RESOURCES

- For an appointment with Hopley, call The Hogarth Clinic in Chiswick, London, on 020 8742 7423, or The Berkeley Clinic at Marble Arch, London, on 020 7724 4004.
- There are four qualified practitioners in the UK and 11 uncertified. For more information, see [www.netmindbody.com](http://www.netmindbody.com).

## 'It worked for me'

'My dentist had said I was clenching my teeth when I was asleep, and I heard that it could be to do with neck problems,' says Wendy Patell, 32, from London. 'A friend recommended Dr Hopley, so I went to see her. She said the neck problems were caused by my posture, and helped sort that out. I also had stubborn verrucae – she put this down to an emotional problem related to my gall bladder meridian, so we tackled my associated anxiety. She also cleared an old emotional block about fitting in to groups. I was amazed to see my verrucae disappear within two weeks. Now I see Jill every six weeks to keep on top of things.'