

Neuro Emotional Technique Recommendations

1. Have plenty of water *before* the session.
2. Have a good amount of water *after*. This helps physiological changes to take place.
3. No alcohol or drugs before *or* after. In NET we are directly affecting the nervous system. It is recommended that toxic substances are avoided.
4. Think about an early night and have a good sleep that night. We know that sleep has a huge impact on how we process information in normal waking life. In NET a shift in perception may take place and you may need a little more sleep to allow the subconscious to rewire.
5. Go for a 20 minute walk after treatment. Fresh air, sunshine and walking are a great way to help the body return to its normal state of rest and digest.
6. 12 hours before the session avoid those foods that you think you may have a sensitivity for. Eat normally otherwise.



Some practical guidelines for effective muscle testing

1. Remove all jewellery and metal.
2. Keep the arm straight and elbow gently locked.
3. It is not a wrestling contest.
4. Try and maintain a consistent level of strength against resistance, but do not overly exert yourself. Imagine trying to resist the weight of a bag of sugar.
5. "You're using more pressure." Some participants report this, but the truth is the practitioner is *always using a steady increase of pressure through the test* until the arm locks or fails. When it weakens it can feel like more pressure was used.

