

# The Effect of Neuro Emotional Technique® on Chronic Low Back Pain

A Review of the Thesis by Dr. Peter Bablis Phd.,B.Sc.,D.C.,D.Ac.,Grad.Dip.SportSc.,N.D.,Med.Herb.,Dip.Homeo.,Dip.Irid.,Dip.Clin.Nut.

## Introduction

In a world first, Sydney chiropractor Dr. Peter Bablis has completed a groundbreaking thesis demonstrating remarkable results in the treatment of chronic low back pain using Neuro Emotional Technique® (NET). Evidence of clinical improvement in blood chemistry is also one of the breakthrough outcomes of his thesis. In conjunction with Macquarie University in Sydney, Dr. Bablis's comprehensive thesis screened for patients with at least three months of low back pain as evaluated over a six-month period. Low back pain is a major contributor to disability and health care expenses with many patients relying on prescription or over the counter painkillers to cope with pain.

## What is NET?

Neuro Emotional Technique® (NET) is a revolutionary mind-body healing therapy that combines the physical aspects of chiropractic medicine with science based biopsychosocial principles and traditional Chinese medicine. NET is recognized as a safe, gentle and effective treatment for people of different ages and diversities. Originally developed by US chiropractor Dr. Scott Walker in the mid 1980s, the essence of NET is that unresolved stress and emotional imbalances are often dominant factors in chronic or recurring conditions. Many emotions such as fear, anger, grief, etc., can become repetitive stress patterns repeating within the body long after the original event. If these emotional stress responses are left untreated the resultant physical disorders can become chronic. Using manual muscle testing, NET practitioners can help the patient identify and release unresolved stress patterns that have been causing blockages in their body's various systemic pathways.

## Thesis Outcome

In his study of 171 patients, Dr. Peter Bablis used the following subjective and physiological outcome measures:

- Patient Disability Scale (Modified Oswestry Disability Index)
- Patient Pain Scale (Visual Analog Scale)
- Patient Health and Well-Being Questionnaire (SF-36 Form)
- Blood Markers (Cytokines)

The results of this thesis on low back pain establish significant statistical patient improvements in all outcome measures after NET treatment. Significant clinical improvements also occurred in pain and inflammatory markers.

## Conclusion

Dr. Peter Bablis's research demonstrates that the integration of Neuro Emotional Technique® is both a preventive and effective means of treating the common and disabling condition of chronic low back pain. The effects of NET have the potential to be far reaching. In particular, the reduction of inflammatory markers is an exciting and significant finding, given that inflammatory markers are a proven risk factor in cardiovascular disease and stroke.

Tania Paola on behalf of the OneResearchFoundation.org 26 September 2019

