



Network Spinal Care

HEALTH, VITALITY AND COMMUNITY

Network Spinal Analysis™ (NSA) Care NSA does not attempt to manually, or by instrument, manipulate spinal fixations structurally (often associated with a snapping or popping sound), nor does it directly treat painful areas of the spine and body. Instead, by enhancing your body's awareness of itself and specifically your spine, you understand and you can develop new strategies for healing, adapting to stress, and experience wellness. These strategies promote spontaneous self-correction and self-regulation of spinal tension patterns and healing.

NSA consists of gentle touch contacts along the neck and back to achieve greater communication between the brain and body, and new sensory and motor strategies. NSA adopts an approach associated with somatic (body-spinal awareness) training. There is a body of research characterizing NSA care and documenting its significant wellness benefits. You can obtain copies of published research articles and/or abstracts in this office or on this website.

In this office you will be receiving gentle touch Network adjustments, also called entrainments.

Assessments of your progress will include monitoring of your spine and body awareness, responsiveness to inner rhythms, tension, and ease patterns. At regular intervals, following commencement of care, reassessments will be performed. These will include your personal perception of your wellness and your awareness of your spine and body-mind changes. As your chiropractors we will report to you the improvement in your spinal and nervous system integrity, and your ability to self-regulate and reorganize your spine.

NSA is advanced through a series of Levels of Care

Each Level of Care involves the development of new and unique spontaneous wave motions, other body movements, and oscillations. These waves, which are suggested to be associated with greater spinal stability, the redistribution of energy, and the transfer of internal information, are also associated with greater wellness, improved quality of life, and increased life enjoyment.



The Care in this Office and Wellness Care

In addition to NSA care and wellness education, we as practitioners may perform additional examinations or assessments and offer health/spinal care or advice that is consistent with your individual needs. The care offered in this office is not a form of, or replacement for, the diagnosis or treatment of any symptom, disease, or malady. Instead, it is a form of wellness care and self-education that empowers your connection with your body-mind and develops new strategies for spinal and nervous system integrity and wellness. It develops new capacities in your body for the identification, spontaneous release, and redirection of tension, including those that are unique to NSA care.

It is common for people receiving NSA care to breathe more deeply and more fully, engaging the spine with their respiration, to spontaneously adapt postures that release or redistribute tension, to bust stress, and to experience more of their inner life energy. It is common to experience a wider range of motion and emotion during care. It is common, as care progresses, to find new options in the body and in life, which often leads to significant life changes.

This form of care is NOT suggested for those individuals who wish to remove a symptom or condition without the occurrence of other fundamental changes in their lives. The care in this office often promotes significant changes in health choices, lifestyle, experience of the body-mind, emotion, and consciousness. Rather than attempting to simply return you to your previous state minus a symptom, these chiropractors instead choose to help you achieve new levels of wellness and life potential that you may never have had before.

Although in this office we seek to help you develop new strategies for wellness and spinal and nervous system integrity, as chiropractors the sole condition of concern is that of vertebral subluxation. In Network Care, we categorize these subluxations into two categories: a structural segmental distortion and a spinal cord/nerve elongation or stretching. Through the gentle force applications at the spine to enhance spinal and nervous system integrity, subluxations are corrected. This is the only condition that we address in our office.

The only condition we offer to diagnose and correct is the vertebral subluxation and loss of spinal and neural integrity in relationship to this. We do not offer to diagnose or treat any other condition, disease, or symptom. If during the course of our spinal assessment/examination we encounter non-chiropractic or unusual findings, we will advise you of this. If you desire advice on further diagnosis or treatment of this condition, situation or circumstance, we will recommend that you seek the services of another health care provider whose practice is geared towards such differential diagnosis and treatment.

We want you to understand that care in this office is different from what many consumers may expect from chiropractors practicing manipulative therapy. Care in this office will consist of Network Spinal Analysis care and wellness education. You will be expected to be active in this process and an active participant in your care and healing.



What is Network Spinal Analysis™?

Network Spinal Analysis™ is an evidenced based approach to wellness and body awareness. Gentle precise touch to the spine cues the brain to create new wellness promoting strategies. Two unique healing waves develop with this work. They are associated with spontaneous release of spinal and life tensions, and the use of existing tension, as fuel for spinal re-organization and enhanced wellness. Practitioners combine their clinical assessments of spinal refinements with patient's self assessments of wellness and life changes. Greater self-awareness and conscious awakening of the relationships between the body, mind, emotion, and expression of the human spirit are realized through this popular healing work. NSA is exclusively practiced by Doctors of Chiropractic in relationship to the identification and self-regulation of spinal tension and subluxation patterns.

Network Spinal Analysis was first developed in the early 1980's by Dr. Donald Epstein. Network is utilized by thousands of practitioners around the world and has been studied in several major universities both in the United States and internationally for its dramatic and impressive health and wellness contributions.

NSA is advanced through a series of Levels of Care

Care is advanced through a series of Levels, each producing specific new abilities to adapt to the environment, make healthier choices, enjoy life, and develop a healthier spine. During care, two spinal "healing" waves develop which help improve spinal and neural integrity, adaptability, and significantly advance wellness as well as quality of life.

Somato Respiratory Integration

Somato Respiratory Integration™ (SRI) is a means of gaining the wisdom and secrets withheld from your body/mind through the use of your own hands, breath, and spontaneously occurring movements. It is an unparalleled tool for personal healing and empowerment.

The purpose of SRI is to help you to heal more effectively through connecting with the rhythm of your appropriate stage of healing. Each stage of the healing process has its own rhythm, and no one stage is 'better' than another. They are simply pieces of creating a greater whole, to more successfully allow you to heal. The exercises may be performed during a Network Adjustment session in the office, through private or group SRI instruction or given to do on your own at home. They will assist individuals in progression through the NSA Levels of Care. The exercises are easy for anyone of any age and may be comfortably performed just about anywhere. It is a dynamic system to truly allow more effective integration of your body/mind.



Somato Respiratory Integration was developed by Dr. Donald Epstein, and is based on the 12 Stages of Healing described in *The Twelve Stages of Healing: A Network Approach to Wholeness* book, written by Dr. Epstein.

Reorganizational Healing

Reorganizational Healing gives people the tools to create a map **“to self-assess and draw on strengths to create sustainable change,”** explain Dr. Donald Epstein, DC, Dr. Simon Senzon, MA, DC, and Dr. Daniel Lemberger, DC, in the article entitled, *“Reorganizational Healing: A Paradigm for the Advancement of Wellness, Behavior Change, Holistic Practice, and Healing.”*

“There can be no doubt that we are witnessing the birth of a powerful method of healing, grounded in rigorous scientific fact, that will become integral to future systems of healthcare. This is a manuscript that deserves study in all teaching and therapeutic institutions,” says Dr. Kim A. Jobst, Editor-in-Chief of *The Journal of Alternative and Complementary Medicine*.

Describing ROH as **“a health change model whose time has come,”** Professor Robert H.I. Blanks, PhD, Affiliated Faculty at the University of Miami Miller School of Medicine (Florida) asserts that ROH **“presents a viable big-picture option for improving the health of individuals and addressing the current health care crisis in the United States and worldwide.”**

One aspect of ROH, Network Spinal Analysis (NSA), uses electromyographic measurements of the central nervous system (CNS) to determine the organization and synchronization of electrical signals across the entire spine—whereas in neurologic disorders there is a lack of synchronization of these signals. However, with healing, the innate ability of the CNS to reorganize is harnessed so that the signals become less random and more predictable which is indicative of greater organization of the circuitry. **“From this point of view, it is fair to assert that Network Spinal Analysis (NSA) provides some sort of ‘reorganization healing’,”** writes Professor Edmond Jonckheere, PhD, from the University of Southern California, in a Letter to the Editor published in the same issue of the Journal.

“At a time when there is increasing global instability in financial, industrial, political, and social systems, healthcare is not exempt from the same apparent chaos. Such times are critical for evolution. They are Crises – moments of simultaneous danger and opportunity. At such times, the old dies to make way for new structures, new hierarchies of value and meaning if the opportunity can be seen and seized,” says Editor-in-Chief Jobst. In this context, when individuals understand the relationship between their disease symptoms and their lifestyle choices, and most importantly are willing to take the steps needed for sustainable behavior change, they can achieve healthier, more fulfilling and more meaningful lives.”