


NETWORK SPINAL ANALYSIS: Chiropractic for Mind, Body and Spirit

by Beth Davis



Since its inception in 1983 by founder and developer, Dr. Donald Epstein, Network Spinal Analysis™ (also called Network Chiropractic or Network Care) has evolved from the clinical detection, classification, and reduction of the vertebral subluxation (the basis on which traditional chiropractic was formed) to the present day view as an evidence-based approach to wellness and body awareness.

Using the most recent understanding of the nervous system and physics, Network Spinal Analysis (NSA) is a very gentle yet powerful technique that holds the potential of truly transforming a person's life. Through specific contacts along the spine, patterns of stress that have been locked in the nervous system are released and transformed into fuel for growth. These patterns often go back many years and as they resolve, people begin to discover their true Self. As the body no longer has to use energy inefficiently to keep old unhealthy memories and patterns alive, there is now more energy left for healing and living.

Dr. Julie Burke, who has been practicing Network Spinal Analysis for 22 years at her office in Newton, says she has witnessed profound effects on the physical, emotional and spiritual levels of her patients. She says gentle precise touches to the spine initiate the removal of interference to the nervous system's tension and function—essentially cueing

the brain to develop new strategies to experience greater wellbeing. This “clearing” of the nervous system often results in the elimination or reduction of pain, increased flexibility, more energy, and an overall greater enjoyment of life.

NSA is administered in a series of three Levels of Care™, each geared at one's ability to detect and dissipate spinal tension and nervous system interference, and to increased self-awareness and ability to respond to oneself. Helping individuals to develop an increasing number of coordinated spinal oscillators, called Spinal Gateways or Gates, these regions of the spine gently rock in synch with one another and advance the patient's progression through the NSA care levels. Integrating movement, breathing and the way we hold ourselves, NSA helps us to be in better touch with our body, and therefore help us to know that we truly can reorganize to heal.

According to the Association for Network Care, two unique healing waves develop with this work, which are unique to Network. One is a respi-

ratory wave and the other is a body-mind wave associated with a spontaneous undulation of the spine. Both are associated with spontaneous release of spinal and life tensions, and the use of existing tension as fuel for spinal reorganization and enhanced healing.

Because tension in the spinal cord can disrupt the spinal column and cause pain and a general “unwell” feeling, patients in network chiropractic care are usually encouraged to participate in and gain knowledge about their treatment. Network chiropractic doctors are trained to help the patient develop an awareness of his or her spine in relation to the rest of the body. This patient participation often results in greater self-awareness and conscious awakening of the relationships between the body, mind, emotion, and expression of the human spirit.

In fact, a recent retrospective study of 2,818 patients receiving Network care in the U.S. and around the world demonstrated that Network care is associated with profound and statistically significant improvement in self-reported wellness areas. Patients reported changes in physical wellbeing, such as reduced pain, fewer cold and flu symptoms, fewer headaches and increased spinal flexibility; changes in stress, including improvement in overall ability to cope with daily problems, family relationships, and work; lifestyle changes including regular exercise, meditation or prayer; and overall enjoyment of life. Patients reported experiencing decreased moodiness, improved temper, compassion for others, less anxiety and much more.

For more information, visit AssociationForNetworkCare.com. To contact Dr. Julie Burke or Dr. John Coleman, call 617-964-3332 or visit WellAdjusted.com. See ad on page 9.