

# WELCOME TO NETWORK CHIROPRACTIC: A UNIQUE APPROACH TO HEALTH AND LIFE

NETWORK CHIROPRACTIC refers to a network of independent chiropractic offices utilizing Network Spinal Analysis. NSA is a profound sequence of spinal evaluations and adjusting techniques. This "systems" approach to the spine and nervous system has gained rapid popularity with people of all ages and backgrounds.

Research has documented that increased flexibility, increased inner awareness, and an improved quality of life have been reported by individuals in network Chiropractic offices.

The relationship of the individual to his or her environment is dependent upon a clear and flexible nervous system. The individual who is clear of interference in his or her nervous system has a **more effective connection** between his or her emotional, physical, and spiritual aspects. Chiropractic spinal adjustments remove interference to the nervous system's tension and function.

The brain and spinal cord are one connected unit. The spinal cord, as it passes through the neck and back, is the main conduit from the brain for energy relay and coordination. This soft, vital spinal cord is protected by hard bones called vertebrae. Between the vertebrae are shock absorbing cushions know as discs. Vital spinal nerves emanate from the cord, pass through openings between the vertebrae, and relay the life force directed by your innate intelligence.

Through an extensive nerve network, your innate intelligence (inborn wisdom) coordinates all functions and regenerates and animates all body parts.

Every cell of the body is stirred to life by its reception of this vital life energy, and **its reality is determined by the quality and quantity of nerve impulses.**

When individuals function with a clear and flexible nervous system,

they are **better able to recover from life's challenges.**

They adapt to changes more easily and better to heal and express their true health capacities.

Malpositioning of the spinal cord, nerves, and vertebrae can create mechanical tension. This may interfere with the flow of vital life force and the coordination of all life processes. When these things occur, it is called a vertebral subluxation.

Chiropractors are concerned about the presence of vertebral subluxations. They seek to detect and correct these interferences to the flow of life through spinal adjustments.

Network Spinal Analysis was developed by Dr. Donald Epstein, who teaches chiropractors across the nation and throughout the world.

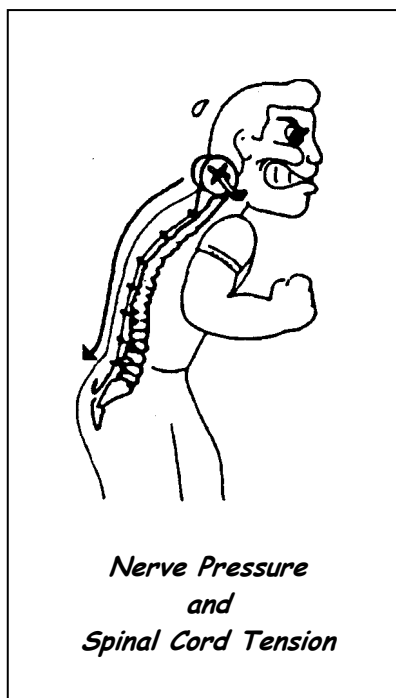
## VERTEBRAL SUBLUXATION

### WHAT IS IT?

"All subluxations are not created equal" states Dr. Donald Epstein. Vertebral subluxations may be caused by information overload. Different types of stress may result in different types of subluxations. Network spinal analysis classifies subluxations into two types:

**1)Structural Subluxation:** a compression, or squeezing of the nerve as it passes through the opening between the vertebrae. It is commonly called a pinched nerve. This is the result of a mechanical or physical stress from which the body could not recover.

**2)Facilitated Subluxation:** an elongation or twisting of the spinal cord and associated nervous tissue. This is most likely associated nervous tissue. This is most likely associated with emotional, mental, or chemical stress from which the body-mind could not recover.



### WHAT CAUSES IT?

What causes vertebral subluxation? Any stresses that your body cannot deal with at a point in time may produce a vertebral subluxation.

Changes in your environment (be they physical, chemical, mental, or emotional) create stress. Your brain must access the situation and react to it. We have a capacity to respond to stress as a part of normal, everyday life. However, **when we exceed our capacity, we must either change for the better and grow, or we may express symptoms and disease.**

Your brain and body can handle an enormous amount of stress. Beyond a certain point, your system becomes overloaded. The combined effect of a variety of stresses and the inability of the nervous system to deal with them can produce vertebral subluxations. These subluxations involve elongation,

twisting, or compression of the system resulting in a persistent misalignment of the spinal vertebrae. The resulting interference disrupts the nervous system's natural ability to assemble and sort out neurological instructions. Like a computer, if the input (messages to the system) is distorted, then the output (messages from the nervous system to the body cells) will also be distorted.

## HOW DO YOU KNOW YOU HAVE THEM?

Until you know how flexible, adaptable and peaceful your spine and nervous system can become, most likely you won't know that you have vertebral subluxation. Symptoms may occur as soon as a vertebral subluxation is present. In most instances however, **a person may have vertebral subluxations for many years before the cumulative effect on the body or mind is sufficient to produce a symptom.** Often we are not aware that a subluxation is present unless a chiropractic examination is conducted. Your chiropractor can show you what your musculature feels like when you are subluxated.

When the nervous system is overloaded or "stressed out", it will not be as able to function and adapt to challenges in the environment. At some point the body-mind may produce warning signs in the form of symptoms. To focus attention on combating the symptoms does nothing to increase the adaptability and functional capacity of the body. Symptoms indicate **CHANGE IS NECESSARY.** Improving the health and function of the spine and nervous system assists the body in healing.

## WHAT CAN YOUR CHIROPRACTOR DO ABOUT SUBLUXATIONS?

According to the type and location of the vertebral subluxations and the level of care you are experiencing, your practitioner will use the method of adjustment to which you best respond. The "adjustment" is **created by the body's response** to the chiropractor's applied force. This force utilized to reduce and correct the vertebral subluxation may be gentle, or firmer, depending on what your body needs.

## HOW DO YOU KNOW THE VERTEBRAL SUBLUXATION HAS BEEN REDUCED OR CORRECTED?

The interference from vertebral subluxation is like a rock obstructing the natural flow of a mountain stream. **Normally, that life force would flow, from above down and like all generated life energy, from the inside out.**

When there is an interference to the fluid flow of life's energy, it creates a disharmonious relationship of the physical, emotional or mental aspects of oneself.

When the pressure of vertebral subluxation is alleviated, and proper spinal alignment restored, the life force energy is released, to resume its natural flow. You will get to know when you are subluxation-free and you will experience an increase in productivity, efficiency and ease.

In analyzing the most successful, dynamic and innovative corporations, John Naisbitt, author of "Reinventing the Corporation" defines alignment: **"When people work to their full capacity, when they feel in sync with their co-workers, when everything comes together on cue, though completely unplanned, alignment is present."** Such organizations "possess vision, mastery, and the ability to integrate intuition and rationality, to see the company as a whole, and create structures that further that whole."



**WITH ALIGNMENT YOU ARE AT YOUR MOST PRODUCTIVE, DYNAMIC, CREATIVE LEVEL OF PERFORMANCE.**

## THINK GLOBALLY, ACT LOCALLY

Imagine you are stuck in traffic. There is congestion in the flow of automobiles on the road. Suddenly the road clears in front of you. There was no accident, no stalled car.

What cause the traffic? If you were to examine each of the cars for physical trouble, you would no doubt find transmissions that needed repair, oil that needed to be changed, faulty steering and pollution control devices. However, did these physical deviations from optimum cause the traffic? Would correction of these "problems" correct the traffic situation? No! **Traffic is a function of the relationship between individual automobiles on the road.** There is a relationship between the local driving in each car to the global traffic situation.

The same is true with health of your body. **Health is about how the individual parts relate to one another.** Does one part of the body pick up the slack for the other part which may be functioning a little less? The flow of energy between the parts and the coordination center (the brain and spinal cord), and the rest of you is what determines your health.

The chiropractor using NSA understands that **your spinal health is a function of the relationship of your body's parts.** It is the role of the nervous system to coordinate all body parts and functions, establishing and maintaining appropriate relationships. It is a function of the movement of the individual spinal bones, and their relationship to the muscles, connective tissues and vital nerves. As you move, are each of the vertebra functioning in relationship to one another, or is there a structural, energetic and communication traffic jam?

With each vertebra that is adjusted, both your doctor and you will become aware of how the rest of the spine responds. Rather than viewing a particular vertebra as an isolated problem, he or she will adjust each vertebra in relationship to the rest of your spine and its **natural self correcting capacities.**

For example: You may have a swayed pelvis with tight muscles in your lower back protecting the lower spinal nerves. As a consequence, your

middle back may become slightly twisted, distorted and misaligned, pressing, or twisting the nerves in the area between the shoulder blades. This effects the energy flow to the part coordinated by these nerves. The chiropractor will think globally about your spinal situation, and then locally address whatever subluxation appeared to initiate the total picture.

Often a specific adjustment may involve a gently touch at a place far removed from the region of greatest distortion. In the example above, a specific correction with barely a touch to the upper neck may be the local action taken to create an unwinding or release of spinal tension and interference patterns. Within seconds you may experience a release of tension in the lower spine, and an "unkinking" of the middle back, as your body "globally" responds to restore your natural state of ease.

As you are evaluated and adjusted through each of four levels of care, your doctor will consider a larger and larger circle of relationships between your spinal segments.

Your chiropractor will regularly "check in" with you through a series of **quality of life inventories** which you will be asked to complete. You can monitor the actual changes that have occurred in your spine, nervous system, your health and quality of life, as your NSA practitioner evaluates and adjusts your spine. Over time your body may globally make its own corrections as a result of specific local actions.

A local interference to the expression of your body's healing intelligence and forces can have a global effect on your health and quality of life. As the health of individuals in any locality improves, a more naturally peaceful state can evolve in our global community.

## CHIROPRACTIC: THE VITALISTIC PHILOSOPHY

### THE DISAPPEARING MECHANISTIC VIEWPOINT

The body is *equal* to the sum of its parts. When bodies suffer from pain, sickness or disease, health can be added to the body from the outside-in (invasive); introducing medicine, vitamins, food, exercise, surgery, etc. .

There is basic distrust of the individual. People therefore respond best to negative motivation such as: fear of pain, disease, sickness, or punishment.

The universe and its inhabitants are intrinsically evil. There is a very limited "supply" of good, for which we must compete.

The individual cannot take care of himself. he does not possess the adequate or proper intelligence. In order to best take care of himself an external authority (doctor, leader, ruler) should be in control.

The patient surrenders responsibility for himself, assigning it over to the care of the doctor. The doctor actively makes the decisions and the patient passively follows orders.

The highest developed living being of society is the ruler who, through his competitive drive to control and manipulate the environment, has risen above the rest to become a leader.

### THE GROWING VITALISTIC VIEWPOINT

The body is **greater than the sum** of its parts. Our nervous system expresses an innate or resident intelligence which animates, motivates, heals, coordinates, and inspires

Health comes from the inside-out. By removing interference in the nervous system, our innate intelligence may better maintain each of our body's cells naturally.

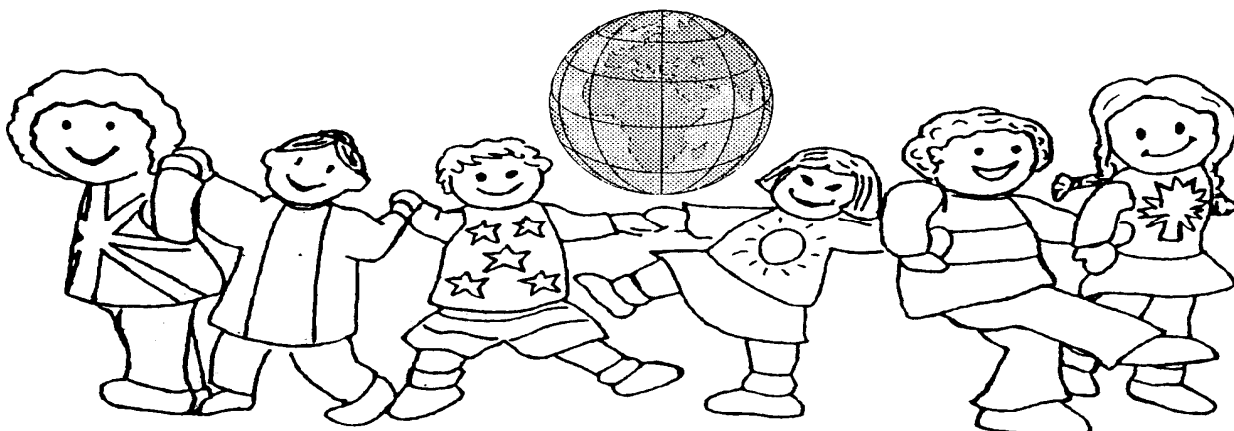
There is a basic **trust and respect** for the individual. People respond best to positive motivation, such as trust in the individual's ability to maintain his or her own well-being and to reach his or her fullest potential

The universe and its inhabitants are **intrinsically good**. There is an infinite "supply" of good since we can perpetually create more, both individually and cooperatively.

The individual is fully capable of taking care of her or himself. A nervous system free of interference can more fully express the inborn intelligence of the body. In order to best take care of himself, the individual might consult a chiropractor, mentor, or initiator for guidance.

Practitioner and patient or practice member have a cooperative, mutually responsible relationship. Both are committed to health and well being. Both trust their innate ability to take care of themselves.

The highest developed living being within society is the person who, through his creative abilities, is reaching his or her fullest potential and is helping other to do the same.



# A PHILOSOPHY WHOSE TIME HAS COME

Never before has there been a society so ripe, ready, and able to receive, implement and perpetuate the vitalistic philosophy of CHIROPRACTIC. Today we live in the most highly educated, affluent and technologically advances society in the world. It seems that nowhere else on earth does the individual enjoy such freedom and opportunity to control his or her own life and destiny.

The greatest freedom and opportunity, however, exists within ourselves. Our innate intelligence expresses itself throughout the quadrillions of cells in our body.

It coordinates heals, controls, and maintains the functions and growth of the body itself, while inspiring us spiritually, emotionally and intellectually.

We have recently emerged from the industrial age to enter the computer age. The mechanistic viewpoint may have been appropriate to a society involved with machines and manufacturing, with mass production and assembly lines. It is vitalism that puts natural wisdom and a sense of "divine order", trust and hope back into our world. Vitalism is the key to integrating our humanity with our technology.

In this office we approach the individual from a vitalistic, humanistic, holistic, and integrated point of view. The mechanistic viewpoint would treat and fight a disease; the vitalistic view is to promote nurturance of health, fitness wholeness, harmony, well-being, growth and development. Our health depends not on what others do for us, but on what we are willing to do for ourselves. Personal responsibility, self value, awareness and participation within our bodies are the primary determinants of health.

**NSA is a combination of various techniques developed through the chiropractic profession, and applied in a unique sequence. The clinical work is integrated into a series of levels of care that honor the natural awakening and evolution of the spine and nervous system. The goal of this care is to reduce or correct mechanical tension and interference in the nervous system and the spine. This empowers the nervous system to better express the body-mind's organizing intelligence and vital life force, enabling a fuller experience of health..**



## LEVAN FAMILY CHIROPRACTIC

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