

Your spine, your health, and you

Warning-- what you read here may change your life!

Dr. Jackie St. Cyr, DC and Dr. Katie Ray, DC

In the world of healing, most of us have heard of and have experienced many amazing modalities. We become generalists, knowing a little about a lot of approaches. Chiropractic, as most of us understand, is something that helps with back pain and general alignment, and is something we tend to use on an “as needed” basis (when we have pain or a problem).

But there’s one form of chiropractic that helps you go so much deeper into an experience of your brain and spine as the cause of your wellness, energy, and vitality. It’s an empowering and life changing experience that thousands of people, including personal development guru Tony Robbins, swear by.

NETWORK SPINAL ANALYSIS™ (often called NSA or simply Network Care) is an advanced neurological healing technology founded, developed and perfected over the last 30 years by Dr. Donald Epstein, a chiropractor. NSA is exclusively practiced by doctors of chiropractic. Like all forms of chiropractic, NSA addresses the nervous system as a means to promote healing in the body.

Unlike other forms of care, Network Spinal Analysis promotes a more lasting change through reprogramming your brain and nervous system to feel better and get more out of life so that you can effortlessly express the best and brightest version of yourself.

With all the helpful healing modalities and forms of chiropractic out there, what’s the point of learning about yet another one? Consider that your spine is a powerful conductor of energy. It’s like a gigantic antenna that is in charge of the brain and the body being able to work together for your highest expression (wellness), or, if there are problems with how the antenna is tuned, to instead express illness, symptoms, bad posture, and dysfunction.

When that “spine antenna” is tuned in the best it can be, you get to experience yourself not only as having less pain, better posture, being vital, bright, and well, but you get to experience yourself as creating that result from inside your body, as your central nervous system reprograms.

Not only does your spine act as the antenna for brain-body communication, but also as the antenna between you and the outside world. What signals are you bringing in, and what signals are you putting out?

Network Spinal Analysis uniquely helps the nervous system better adapt to future stress. Dr. Donald Epstein has said that “If you haven’t made the change you want to make in life, it’s because you haven’t felt what you need to feel yet to make that change.” When we are stuck in painful patterns of stress, we act accordingly.

When we feel something different, because the brain and spine create a different experience, we can do something different. When we do things that are different we create the basis of a new life and can **awaken** to our true, authentic self.

NSA is not a replacement for any type of wellness care or treatment that you might be doing. Rather, it augments the results of your other activities, by ensuring that your brain and body can properly utilize the nutrition, yoga, exercise, and the like. Furthermore, by tuning and upgrading your nervous system routinely, you will find that you are continually guided toward the activities and experiences that best promote your health and wellness, and you will find it easy to know what you can stop doing that no longer serves you.

Research has demonstrated that even if a patient change their diet, maintains regular exercise, meditates, and performs other health promoting practices, the results on their wellness are magnified beyond what they would have been when combined with the NSA care they receive.

History has repeatedly proven that new technologies, strategies, inventions, and human developments take a while to become commonplace. But with time they do become commonplace because when there is truth, genius, knowing, and need behind something it will become normal to the culture it serves.

We look forward to a future when care for the spine and nervous system is rightly seen as a necessary part of the health and wellness of every individual and family. In the meantime, you owe it to yourself to experience this form of care and learn more about how your nervous system, with a little tuning and upgrading, can bring you to a whole new realm of experiencing.

WHY HAVEN'T I HEARD OF THIS BEFORE? | That's a great question. NSA has been around for the last 30 years and actually a lot of people have heard about it all around the world. I am sure you have heard of Deepak Chopra and Anthony Robbins. Well they have experienced Network Care and were sure glad that they did. In fact, there are a growing number of influential people who swear by Network Care.

“NSA and SRI are amongst the most powerful sources of transformation I have ever experienced or seen. They produce embodied and empowered strategies that are both sustainable and enjoyable for enhanced human resourcefulness and wellness.

I am stronger, more inspired, creative and healthy because of this work. It has personally and professionally helped me to maximize my ability to contribute to others.”

– Tony Robbins, entrepreneur, best-selling author, philanthropist, Peak Performance Coach and the nation's #1 life and business strategist

“NSA and SRI are outstanding tools to help you reboot and upgrade your nervous system to a higher functioning order so you instantaneously becoming a greater version of yourself.”

– Adam Siddiq, Millennial Peak Performance Leader, Host of The Soulfully Optimized Life podcast

“Network Spinal Analysis represents the epitome of body work; it is at the leading edge of body/mind/spirit integration. This work will transform the planet.”

– Candace Pert. Ph. D., Nobel Laureate, Professor of Research and Brain Biochemistry at Georgetown University, author of *Molecules Of Emotion: The Science Between Mind-Body Medicine*

“Epstein’s (founder of NSA Care) book (*Healing Myths, Healing Magic*) inspires us to trust the healing powers within.”

– Deepak Chopra MD, World renowned expert on natural healing

“More recently, I have discovered a new breed of chiropractors who differ from the conventional ones in that they bring an awareness of energetic, emotional levels into their healing. One of these is Donald Epstein, who founded the school of Network Spinal Analysis Chiropractic and wrote a book entitled *The 12 Stages of Healing: A Network Approach to Wholeness*. I have had some profound experiences while being treated with this method, involving the release of traumatic stored memories from the autonomic ganglia on either side of the spinal cord. Often visual images related to the trauma have surfaced in my consciousness as part of the emotional release...”

– Naomi Judd, from *Molecules of Emotion* by Candace Pert, PhD, one of the most quoted scientists at the National Institute of Mental Health

Dr. Katie Ray, DC, was introduced to life-changing spinal transformation through NSA care in 2005 and has been in practice since 2012. Her practice, New Day, focuses on young professionals, creatives, influencers, and their families, and is located in Chicago’s northcenter neighborhood.

*Dr. Jackie St.Cyr has been serving in the Chiropractic profession since the age of 16 and has been a Board Certified Doctor of Chiropractic since 1995. She holds postgraduate education and certification in Network Spinal Analysis and Somato Respiratory Integration. Her practice and the INNATE CHIROPRACTIC Healing Arts Center is located at 230 Westcott St, Suite 220 in Houston, TX. For more information call **713-521-2104** or visit Dr. Jackie online at www.InnateChiropractic.com*

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