

Network Care Center

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Welcome to our office's Chiropractic newsletter and welcome to spring. We knew winter wouldn't last forever (though it sometimes felt that way).

"There can be only two basic loves, the love of God onto forgetfulness of self, or the love of self onto the forgetfulness and denial of God"
Augustine

TABLE OF CONTENTS

- What is Network Spinal Analysis
- Your Spine: Discs, Nerves and Curves
- Network questions and answers
- Up coming events
- Fighting Infertility with chiropractic
- Testimonial
- References

What Has Network Spinal Analysis Meant for Me

Network Spinal analysis has been a wonderful approach to help me live healthier and help my body function better. It helps me recover faster from illness and injury and prepares my body and mind to handle life stresses better.

Network does not eliminate all my emotional frustrations and worries ...but...network brings me more peace of mind. It helps me determine what is no longer important and what is and helps me make better choices.

I recover quicker from new challenges, adapt better to changes, and I develop quicker and more efficient strategies in confronting new opportunities.

When I am confronted with life's pain, disappointment, confusion, and loss, network is my friend, and helps me weather the storm better.

With network I often realize how much tension and stress I was under only after having it released. I am also better able to sense tension and struggle within myself and I become more aware of my inner stories, my search for meaning and truth and the sinful nature that keeps me separate from God's glory. I sweat the small stuff less; I have greater compassion for those around me and forgive more easily.

Network spinal care has helped me feel more of my humanity. It fills my senses with more of what is around me and what is inside me. I am more connected to my body and my movements; I am lighter and enjoy my body more. Network care unclutters my world and leaves me with more awe and gratitude for God's omniscient and omnipotent presence and love.

Anthony Posa

Your Spine: Discs, Nerves and Curves

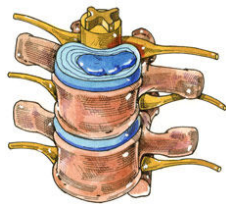
Our office specializes in spinal health and it's good to know a little about this amazing body part. The illustration on the left shows the lumbar (low back) spinal bones or vertebrae. Between the bones are the discs (in blue) that help give your spine its curves and serve as shock absorbers so your bones don't hit each other when you walk or sit. Nerves (in yellow) travel through



your spine and exit through holes between the bones and go to your internal organs, joints, skin and down your legs. If your spine is distorted or misaligned, spinal stress can irritate or impinge your nerves and spinal cord causing pain, abnormal organ function and dis-ease, affecting your entire body. Spinal stress can also affect your discs causing tears, bulges, inflammation or herniation. The other illustration shows what a bulging disc in the lower back would look like.



One large purpose of your spinal entrainments is to help pressure to release spinal nerve stress, also known as spinal subluxations. This releases stress on your nerves, discs, bones, muscles and internal organs, bringing normal curves to your spine, releasing old stress from muscles organs and glands and permitting more normal and healthy function.



What causes subluxations? The main cause of subluxations is stress: physical stress, emotional stress or chemical stress. If you (or your spouse or your children) are under more stress or if it's been awhile since your last checkup, you may be slowly losing vitality and health recovery ability because of spinal subluxations. Unfortunately, the most common type of subluxation, the chronic type, are often asymptomatic, the only way they can be assessed is with a checkup. It's always better to correct problems now rather than wait until after your body has been

malfunctioning (dis-eased) for a while. An entrainment can make a big difference to your overall health and well being.

Network Questions and Answers



What is the main difference between Network Spinal Care and medicine?

Some people think the difference between medicine and network care is that one approach is drug-free while another treats with drugs. While that is an important difference, there are others.

The network approach is to permit the body to function better by correcting a major impediment to body function: the vertebral subluxation.

The medical approach is largely to treat symptoms such as pain, nausea, vomiting and fever with drugs and to manage (not cure) diseases. The network approach follows in line with chiropractic's natural, drug-free outlook. Drugs and surgery may be at times necessary, but should be used with caution since those approaches are dangerous. Also, suppressing disease symptoms with antibiotics, steroids and other drugs may drive a disease deeper.

Lastly, if there is spinal subluxation present only spinal care directed at releasing its deleterious effect can make a positive impact. Many treatment forms exist that may temporarily relieve the effects of subluxation, however, if the subluxation is not properly addressed a vital link is missing to health care recovery and the maintenance of health and wellness. ***If the cause is due to the ramifications of stored tension, spinal distortion and nerve pressure, only a spinal entrainment (or adjustment) can help bring recovery.***

Up Coming Events

Opportunity Event

We are happy to announce that our Opportunity Event is back. We have extended the event until our May 4th & May 18th, 2004 workshop. The way the Opportunity Event works is that you invite your friends, family and co-workers to attend either one of the workshops, once they have attended the workshop, their initial consultation is free, and you for referring them, will receive a complimentary session. Please reserve early, as seating is limited.

Pre Care Level 1 Workshops

On June 1st 2004, we are holding our next Pre Care Level 1 Information workshop. These Pre Care Level 1 workshops are a crucial part of your Network care. Not only do they educate you: they help give you the understanding you require to aid you in the healing process. We require all of our new patients to attend these very informative workshops. Everyone from babies to seniors can benefit from Network Spinal Analysis care. Please tell your family and friends and co-workers about us. The information workshop seating is limited, so please contact the office to reserve your seats. Ask us about family vouchers!

Massage Therapy

We would like to welcome Nadina Scarpelli to our office. Nadina is a registered massage therapist and aroma therapist; she will be available on Wednesday's and Friday's for appointments.

Enhance your care; combine a massage with an entrainment. Massage will help enhance muscular wellness and enable for more effective entrainments when combined with your NSA care. Please ask how it pertains to your individual care.

Breakthrough Day May 1, 2004

Come and explore a monumental day in your care. Experience deeper releases of tension and exhilarate your senses to heightened awareness. The breakthrough day is designed to take your care to a higher level of well being, often a life changing experience! The day includes 3 high intensity entrainments,

SRI (Somato Respiratory Integration) and Postural work. Lunch is catered. Space is limited, please call to reserve yours. Our next Breakthrough Day will be held on June 19, 2004.

New Pamphlets

Please pick up one of our new easy to read pamphlets. It can be used as a great referral tool. If you are having difficulties explaining network care to your family, friends or co-workers, our new pamphlet will simplify it for you. Please check it out.

Fighting Infertility at the Chiropractor



That was the title of a Feb. 25, 2004 CBS2 News Special Report discussing Dr. Medeline Behrendt, a chiropractor. Out

of 15 women who were unable to become pregnant (some for over a decade), after receiving chiropractic adjustments 14 of them got pregnant, carried to term and became mothers. The report merely reminds people of what chiropractors and their many patients have known for over a hundred years, as it stated:

Startling new research shows a possible link between spinal adjustments and increased fertility in some women.



How does chiropractic help? The ovaries, uterus, fallopian tubes and other structures needed to nurture a

healthy pregnancy all need a healthy nerve supply from the spine in order to function properly. If the spine is misaligned (subluxated), nerves going to those organs may be affected causing the organs to function at less than 100%.

Chiropractors check the spine for subluxations and correct them, thus permitting your body to be more balanced with all its organs receiving proper nerve communications and energy.

Over six million couples in the US alone have fertility problems, spending tens of thousands of dollars trying to get pregnant, often without success. Why not go in for a spinal checkup to see if you have a subluxation affecting the reproductive system? If you do, an adjustment may hold the key to a successful pregnancy. (1)

Testimonial

I consider the 2nd half of my life to have begun in 1994, when I started treatments with Dr. Posa. Previous to that time, I lived with discomfort and debilitating pain for years after rupturing a disc in my lower back. Over the course of the 1980's I was forced to give up all physical activity that I enjoyed so much, including ice hockey, soccer, softball, and eventually the walks in the woods with my wife gave way to lying stretched out on the bed in attempts to loosen the tension and the pain. I was unable to stand for long periods, or walk on uneven surfaces without felling intolerable pain.

I tried physiotherapy, chiropractic and anti-inflammatory in an effort to alleviate the discomfort, but without lasting effects. Surgery was discussed as a last resort and I didn't consider that an option. In 1994 a colleague of mine suggested I see Dr. Posa, after he had successfully been treated for neck stress and sleeplessness. My first experience with NSA was very positive as I immediately felt a clearing and release of tension. In the few weeks following, I was back to walking and enjoying my favorite sports. My life changed dramatically from feeling constant throbbing pain on a daily basis, year after year, to feeling the incredible release of tension and to regaining fluidity in my range of movement.

In the year following, as I reclaimed my life, I also became aware of how my outlook on life had changed. What I did not anticipate or expect to feel through the physical healing process was the release of emotional tensions that resulted in a profound shift and how I viewed and experienced life from a place of calm and peacefulness. My demeanor has changed, as well as my mental attitudes; my levels of stress has been reduced dramatically where I am now more tolerant and have a better understanding of people and difficult

situations. Life flows more easily. I became so committed to this method of healing that I bought a table to use in my home between sessions. The years of treatments have enabled me to lie in the face down prone position where my body now automatically begins to process any tension and discomfort. I have also combined my NSA therapy with SRI breathing techniques to give me the full benefit of releasing discomfort or stress. My life is richer and more enhanced than I ever experienced before, because of the lasting effects that NSA has on the physical, mental, emotional and spiritual levels. I am healthy, fit and emotionally relaxed and I am deeply grateful to Dr. Posa and the exceptional form of treatment that he performs.

C. Anders

References

1. http://cbsnewyork.com/siteSearch/local_story_056143502.html
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