

Network Care Center

Dr. Anthony Posa

2801 Keele Street Suite 202, North York
Ontario, Canada M3M 2G6 Tel: 416-638-2225
info@networkcarecenter.com

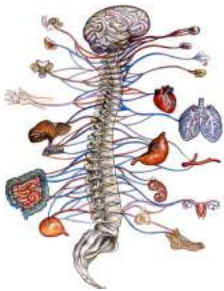


I am not the first person to replace subluxated vertebrae, for this art has been practiced for thousands of years. I do claim, however . . . to create a science, which is destined to revolutionize the theory and practice of healing art.

– D.D. Palmer, Discoverer of Chiropractic

TABLE OF CONTENTS

- What do chiropractors do?
- Firm mattress?
- Up-coming events
- Chiropractic questions and answers
- Orthotics
- Massage Therapy
- Chiropractic Spinal Research
- Testimonial
- References



What do chiropractors do?

They locate and correct your subluxations

For over a century chiropractic has helped millions of people of all ages suffering from a multitude of health conditions. How?

Chiropractors specialize in locating and correcting a serious condition called the *vertebral subluxation complex* (VSC). The VSC is a slight distortion of your spine and body structure that stresses your nervous system,

internal organs, discs, tendons, ligaments and joints. It lowers your resistance to disease and can affect your physical and mental function.

When chiropractors adjust or release the VSC your “inner healing ability” is awakened and you are better able to return to your natural state of strength, ease, vitality and wholeness.



Spinal health is a little like nutrition: always important when you are well and vital if you are ill. Chiropractic's safe, drug-free approach attracts many millions of people each year. For many, chiropractic has made the difference between a life of health, ease and vitality and a life of disease, pain, and disability.

Remember – you cannot be 100% healthy with a VSC in your spine. No matter what disease or condition you have, it is important to ensure that your spine is healthy.

Network spinal analysis fully embodies the principles of chiropractic. Network is different because it attempts to correct the tension being held by the body that helps create the VSC. This may sound picky, but correction of the cause has greater life-changing consequences! Unprocessed emotional, physical and chemical stress often results in chronic, long-term subluxations. Network Spinal Analysis effectively breaks up long standing chronic patterns. Breaking up long-standing chronic patterns result in significant changes to both physical health and mental outlook. You feel different, look and think different. Your life will be more refreshed, alive and purposeful. Wow, all of this through a technique so simple it can be used on a new born and so profound that it can significantly change your life! It may sound too good to be true, but it works. So spread it around, you might be changing someone's life.

Firm or medium-firm mattress?



People with chronic back pain who wonder what kind of mattress is best should find this study from the British journal *Lancet* interesting. British researchers had 313

adults with chronic low back pain sleep on a firm or medium-firm mattress for 90 days. The researchers were surprised to find that the medium-firm users had less pain than the firm users. The researchers theorized that the medium-firm mattresses gave support but also conformed more to the body, resulting in less stress. (1)

Up-coming events

Opportunity Event

We are happy to announce that our Opportunity Event is back. We have designated September 21st and October the 5th workshops for our special event. 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. We have special flyers and gift certificates to offer you when you come

in, ask for yours. Please reserve early, as seating is limited.

Breakthrough Day September 25, 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.

Chiropractic questions and answers



Question: Is chiropractic safe?

Answer: Chiropractic is one of the safest healing professions known. As proof one just has to compare malpractice rates among healthcare professions. Chiropractors pay a fraction of what medical care

providers pay. Chiropractic is safe, effective. The soft contacts employed with network spinal care have absolutely no harmful effects!

Question: Can someone who has a disc problem see a chiropractor?

Answer: Absolutely! Studies are revealing that chiropractic care has been able to reduce disc herniation/protrusion. Chiropractic has saved people from spinal surgery.

Free Foot and Gait Clinic

Every second Tuesday Dr. Posa will be conducting a foot clinic to pre-registered patients. The aim of the clinic is to examine foot biomechanics and

how the foot is affecting your spine and posture. It has been well documented that proper foot support and mechanics can dramatically improve

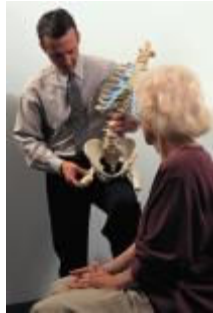


your spine and the effectiveness of care. Orthotics and proper footwear will be discussed. Ultra thin orthotics are now available that may not require you to change your footwear.

Massage Therapy

Come visit our registered massage therapist and aroma therapist. Nadina Scarpelli is available on Wednesday'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.

Chiropractic and Spinal Research



Remember, a person with *any* kind of health problem needs chiropractic. Feel free to forward these studies to others.

Bladder, Bowel, Gynecological and Sexual Dysfunction. This is the case of a 29-year-old woman with

bilateral pelvic and low back pain, inguinal pain, urinary incontinence, loss of genital sensitivity, loss of libido and vaginal discharge.

Gynecologists could not find any cause for her problems.

She visited a chiropractor that found sacral nerve stress and a L5/S1 disc herniation. Her spine was adjusted. Her bladder problems resolved within one week. Her other symptoms began to diminish in severity and by the 4th week of care had completely resolved. (3)

Elderly and Chiropractic. Men and women 75 years and older were interviewed. Those visiting chiropractors had better overall health and a higher quality of life, fewer chronic conditions and fewer days spent in nursing homes and hospitals. They were also more mobile in their communities and were less likely to use prescription drugs than non-chiropractic patients. In fact, 87% of chiropractic patients described their health as "excellent" compared to 67.8% of non-chiropractic patients. (4)

ADD, Enuresis, Toe Walking. A 6-year-old boy with nightly nocturnal enuresis (bedwetting), attention deficit disorder and toe walking was brought to the chiropractor. He walked with his heels 4 inches above the ground and as treatment the medical specialist recommended that both Achilles' tendons be cut and both ankles be broken to achieve normal posture and gait. Chiropractic findings included subluxation

of atlas, occiput, sacrum and pelvis...after 4 weeks of care both heels dropped 2 inches and the bedwetting frequency decreased to 2-3 times per week. He continues care. (5)

8-Year-Old Asthmatic. An 8-year-old girl suffering from asthma for 3 years and taking Beclovent™ and Albyterol™ 1 to 3 times/day began chiropractic care. After 8 adjustments (over a 2 ½ week period), the mother noticed her child had not used her inhaler for two days, she wasn't wheezing and could run without gasping. At the time of this writing, the child had no asthma attacks (and no medication) for 4 months. (6)

Testimonial

Recently I had an emotional reaction to an experience that had taken me from a wonderful "high" to a heartbreaking "low" in the span of a week. There had been some build up to the event that made it that much more difficult to comprehend. On the worst day I went to Dr. Posa in tears. I was heartbroken but I knew from my experience of seeing him regularly for the past two years, that I would at least shift my emotions to a place where I would find some relief. That night, after the session, I felt the usual calm but I also felt separateness from the incident that enabled me to view it objectively from a distance. Over the evening and into the weekend I felt a peacefulness that was such a relief to the intensity of my feelings of hopelessness. I began to feel connected to my surroundings and I felt wonderfully grounded. My feelings of despair changed to feelings of strength and compassion. I developed a whole new perspective on the situation and was able to see it with clarity rather than raw emotion.

I processed these new feelings combined with some of the resurging hurt all through the following week and by the time I arrived at Dr. Posa's office exactly one week later, I was feeling strong and confident. The situation has evolved, with some communication, and I now feel at ease with whatever outcome will be presented. I credit my NSA therapy with the ease in which I processed my feelings and how I handled both my emotions and the situation. Before NSA I would have been overwhelmed and unable to cope with the rawness of and the hurt. It would have stayed with me day and night instead of moving through me. Having experienced NSA for the past three years, my

body does not hold on to trauma the way it used to. I still feel the feelings but they move through me so much faster and they do not linger or consume me.

Exactly one week later I am in such a peaceful place within myself where I hold not anger or resentment and I am able to look at my hurt feelings from a distance. My confidence has returned and I feel like I have really grown from this experience. Instead of turning to blame and judgment, I have found compassion and a clarity that really allows me to explore the situation with more depth and understanding.

I may have dips now and then, which we all do, where a wave of emotion or memory will wash over me, but I now know without a doubt that the peace resides within and that it will return when the emotion subsides. Throughout that very emotional week, the peace found me several times and brought me back to my center.

I am so grateful to Dr. Posa for the work he does that allows our bodies to release instead of hold on to disempowering emotions and where we can begin true healing and move forward to a superior quality of life.

Lori B.

Humor

HOW TO STOP PEOPLE FROM BUGGING YOU ABOUT GETTING MARRIED: Old aunts used to come up to me at weddings, poking me in the ribs and telling me, "You're next." They stopped after I started doing the same thing to them at funerals.

The pen is mightier than the sword and considerably easier to write with.

– Marty Feldman

There's no business like show business but there's several businesses like accounting. – David Letterman

GREAT TRUTHS ABOUT LIFE THAT ADULTS HAVE LEARNED

- 1) Raising teenagers is like nailing Jell-O to a tree.
- 2) Wrinkles don't hurt.
- 3) Families are like fudge . . . mostly sweet, with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its ground.
- 5) Laughing is good exercise. It's like jogging on the inside.
- 6) Middle age is when you choose your cereal for the fiber, not the joy.

GREAT TRUTHS ABOUT GROWING OLD

- 1) Growing old is mandatory; growing up is optional.
- 2) Forget the health food. I need all the preservatives I can get.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) It's frustrating when you know all the answers, but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it's a lousy beautician.
- 7) Wisdom comes with age, but sometimes age comes alone.

References

1. Kovacs FM, Abaira V, Pena A, et al. Effect of firmness of mattress on chronic non-specific low-back pain: randomised, double-blind, controlled, multicentre trial. *Lancet*. 2003;362:1599-1604.
2. Bradstreet JM, Dahr JE, Anthony A et al. Detection of measles virus genomic RNA in cerebrospinal fluid of children with regressive autism: a report of three cases. *Journal of American Physicians and Surgeons*. 2004;9:2.
3. Browning JF. The mechanically induced pelvic pain and organic dysfunction syndrome: an often-overlooked cause of bladder, bowel, gynecological, and sexual dysfunction. *Journal of the Neuromusculoskeletal System*. 1996;4:52-66.
4. Study associates chiropractic with better health in the elderly. *Today's Chiropractic*. November/December 1996.
5. *International Chiropractic Pediatric Association Newsletter*. May/June 1997. From the records of Rejeana Crystal, DC, Hendersonville, TN.
6. Peet JB. Case study: eight-year-old female with chronic asthma. *Chiropractic Pediatrics*. 1997;3(2):9-12.