

# Network Care Center

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*I have learned, in whatsoever state I am in, therewith to be content. –St. Paul*

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## Welcome to the Office

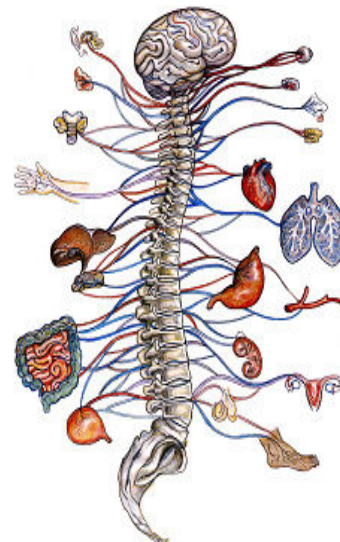
We wish to welcome Nadina Scarpelli to the Network Care Center. Nadina is a certified massage therapist with particular expertise in aromatherapy and Swedish massage. She has successfully combined both her aromatherapy and Swedish massage into an exhilarating new experience destined to add more refreshment, rejuvenation and relaxation to your network care. Nadina will also be teaming up with Dr. Posa to help develop individualized adjunctive care for your advancement through the levels of care. We are now booking appointments for single sessions or combined sessions with your

network care. This approach is very successful at bringing much more depth into your tension release and enhancing your overall wellness. Appointments are available every Friday.

We would also like to welcome Dina DePaola to the office. Dina will be bringing her multilingual and administrative skills to help us keep the office running smooth.

## You Are Dancing All the Time

Your body is made up of billions of little packets of life called cells. These tiny bits of life are vibrating, singing and dancing as your life energies organize them from a



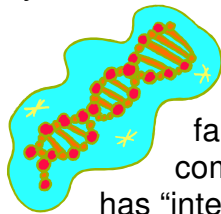
formless mass into a *living body*. Your cells are organized to form tissues, your tissues dance and vibrate together to form organs,

organs are organized as systems (such as the digestive system,

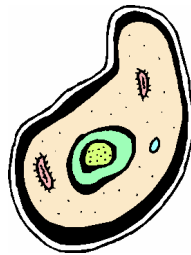
circulatory system, etc.) and when all your systems are working in a harmonious, coordinated fashion they create an organism – a healthy, living you.

What is it that makes all these structures come "alive" and dance and work together? After all, a corpse has all its parts but it is not alive. What is missing?

Your nervous system and brain, spinal cord are composed of billions of nerve fibers that go to your every nook and cranny. This flow of energy is necessary for organizing your many parts and the thousands of activities your body does every second. If your nervous system is stressed,



this



fantastic communications system has "interference" – your energies are disturbed and you suffer from dis-ease – and your parts aren't working in harmony.

The most common cause of nerve interference is unrecovered stress that results in a **vertebral subluxation**, a tiny distortion in your spine that stresses your nervous system. Chiropractors spend thousands of hours learning how to locate "subluxations" and correct them. Without nerve interference your body and mind are more organized, function with greater harmony and are better able to heal. How is the state of your nervous system? Many health problems

begin when there are spinal distortions; many go without any warning.

## Body, Mind and Spirit

Dr. Candice Pert, a well-known psychoneuroimmunologist (say that quickly) recently claimed in her book *"Molecules of Emotion"* that we still don't understand the full ramifications



of how information is spread throughout the body. In a bold statement she went on to say that she believed that a higher power existed outside the body, which had the strongest effect! Undoubtedly healthy living comprises the body, mind and Spirit.

## Chiropractic Questions and Answers

### Can You Tell if You Need an Entrainment on Your Own?

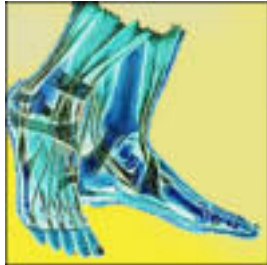
Generally, no. A subluxation (spinal distortion) can be likened to a dental cavity: you may have one developing for a long time with no noticeable symptoms. That's why periodic care is so often recommended.

However, after a period of time under care, some people become much more spine conscious and can actually be able to tell when they need an entrainment. As we release spinal tension and nerve interference in level one of care, we increasingly begin to develop an awareness of how we store tension. Prior to care we are often so tense that we are

unaware of subtle changes. Unfortunately, the effects of spinal nerve stress are often gradual and slowly eat away at your well-being in tiny increments.

## 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.



## Level II Tapes

The Level II presentation workshop by Dr. Posa in September was such a success that we have made available the audio recording. Learn how level II strategies develop, spinal gateways, how the body/mind changes and develops advanced “self- healing strategies”, the five different phases of emotional tension affected by network care, body mind psychodynamics” and how we break away from old and destructive stories. Many of the attendees have expressed how this presentation has greatly enhanced their understanding of care.

## Upcoming Events

### Pre Care Level I Workshops

On February 10<sup>th</sup> and February 24<sup>th</sup> 2004, we are holding our next Pre Care Level I Information workshops. These Pre Care Level I 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!

### Level II Workshop

On March 10<sup>th</sup>, 2004, we are holding our Level II Information workshop. Every practice member who is starting/in the midst of/or beyond Level II of care are encouraged to attend. This workshop will equip you with the education necessary to understand how NSA will benefit you in your next phase of care. Inquire with your doctor about you eligibility to attend.

### Breakthrough Day

The next Breakthrough Day (formally known as Entrainment Day) will be held on April 3<sup>rd</sup> 2004. This is an

amazing day of care for you. It includes three sessions with Dr. Posa; two special breathing sessions called Somato Respiratory Intergration with Grettal Gantwerger and Yoga with Rakhee Sohda. Lunch is catered in. Please ask about your eligibility to attend. Space is limited, so reserve early.

### Did You Know...?

Your brain contains more than 100 billion nerve cells called neurons. Common "wisdom" was that every day thousands of your neurons died until you eventually lost brain function. Therefore, so the logic went, senility was inevitable. Fortunately for us all, this "wisdom" was incorrect. Recent research shows that, in fact, few neurons are lost as you age and your brain is reorganizing and rebuilding itself, even into old age. Although there is some cell loss, it's far less than once believed and appears to be confined to certain highly select areas. Memory areas are spared; so don't blame your forgetfulness on your age. (2)

### Sex, alcohol and fat are good for you?

That's right, many of life's little pleasures may actually be good for you. New research is showing that sex, alcohol and high-fat foods may help people live longer, with less heart disease and stroke. So be gentle on yourself and enjoy life.

Don't over do it, but don't under do it either. (4)

### Prayer and Pregnancy

It was a finding that shocked researchers at Columbia University: women at an in-vitro fertilization clinic in Korea had a higher pregnancy rate when unknown to the patients, total strangers were asked to pray for their success. Prayed-



for women became pregnant twice as often as those who were not prayed for. The lead author of the report, Dr. Rogerio A. Lobo, Columbia's chairman of obstetrics and gynecology, said he and his colleagues had thought long and hard about whether to publish their findings, since they seemed so improbable. In the end, the differing pregnancy rates between the two groups of women proved too significant to ignore. "It was not even something that was borderline significant," Dr. Lobo said. "It was highly significant." (6)

### Chiropractic and Spinal Research

Remember that a person with *any* kind of health problem can benefit from spinal care.

**Infertility.** Two women deemed medically infertile were considering artificial insemination. Chiropractic evaluations were performed which

detected spinal subluxations. Spinal adjustments were performed and during the course of chiropractic care both women were able to conceive. (7)

**Ear infection.** A baby boy, age 6 months, was scheduled for ear tube surgery for chronic ear infections. He was brought to a chiropractor and received a spinal adjustment. His ear



infection completely cleared up by the next day. Tubes were never inserted. Two [girls], ages 3 and 4 with chronic ear infections and upper respiratory dysfunction, [received] upper dorsal and cranial adjustments. No more ear infections have occurred since the first visit. (8)

**Migraine.** This is a six-month study of 127 migraine sufferers. Half received chiropractic care, while the other half did not (controls). Those who received chiropractic had decreased number of and shorter migraines. They had less disability and less medication use. Twenty two % reported more than a 90% reduction in migraines after two months of care; 50% reported significant improvement in severity of migraine episodes. (9)

**Pregnancy and Delivery.** This may come as a surprise but a secret AMA (American Medical Association) study revealed that pregnant women under



chiropractic care have an easier pregnancy and delivery. Irvin Hendryson, MD, a member of the AMA Board of Trustees, did the study, which revealed that pregnant women who received chiropractic adjustments in their third trimester were able to carry to term more frequently and deliver children with more comfort. This information was never revealed to the public and the AMA continued to attack chiropractic as “useless and dangerous.” (10)

## Testimonial

In the past year that I have been seeing Dr. Posa, I believe my life has been turned around. I was diagnosed with COPD (chronic obstruction pulmonary disease) about ten years ago; I was hospitalized on numerous occasions and almost died three times. This crippling lung disease not only affects my ability to breathe but the emotional anxiety that I have experienced has been just as debilitating. Over the years I have tried many different kinds of treatments, some of which contributed to my health, but none I feel, have had the positive effects of NSA. The improvement in the quality of my life has been incredible. Since seeing Dr. Posa I have not been hospitalized and I have not experienced a bad bout or attack (no steroids). My immune system has strengthened, my energy has increased, and I feel such a change within myself that it is often hard to describe. I am more loving, I am kinder, and I feel much more of a spiritual connection. Praying and meditating was always a part of my

life, my connection to my higher power the depth of my meditation has increased since I started my treatments. My treatments take me much deeper, faster.

The positive effects of Dr. Posa's treatments have changed my life and my perception of the world around me. Not being one to commit to any kind of program, I am now fully dedicated and consider my care to be preventative medicine. Dr. Posa's treatment, I feel has contributed to me having a happier fuller healthy life. I am deeply grateful and recommend these treatments to all my friends and family.

Patricia R

## Words of Wisdom

*If you want to know how rich you are, just count up all the things you have*



*that money can't buy. – Daniel Webster*

*A meowing cat catches no mice. Laughing is easy, doing is tough.*

*Hit a cold stone, and you'll get a hot spark.*

– Yiddish proverbs

*The unsuccessful are always busy running – in place.*

*Cooking is hard; eating is easy.*

*Ladino proverbs*

## Humor

### BEST NEWSPAPER HEADLINES OF THE YEAR

1. Include Your Children When Baking Cookies
2. Typhoon Rips through Cemetery; Hundreds Dead
3. Police Begin Campaign to Run Down Jaywalkers
4. Drunk Gets Nine Months in Violin Case
5. Iraqi Head Seeks Arms
6. Panda Mating Fails; Veterinarian Takes Over
7. British Left Waffles on Falkland Islands
8. Teacher Strikes Idle Kids
9. Clinton Wins Budget; More Lies Ahead
10. Local High School Dropouts Cut in Half
11. Miners Refuse to Work After Death
12. Juvenile Court to Try Shooting Defendant
13. Stolen Painting Found by Tree
14. Two Sisters Reunited after 18 Years in Checkout Counter
15. War Dims Hope for Peace

16. If Strike Isn't Settled Quickly, It  
May Last a While

*Eastern Division, No. 76C377 (the  
wilk trial*

17. Couple Slain; Police Suspect  
Homicide

18. Man Struck by Lightning Faces  
Battery Charge

19. New Study of Obesity Looks for  
Larger Test Group

20. Astronaut Takes Blame for Gas  
In Space

**Bye, and thanks for reading this far  
down. Thanks for being our patient, and  
letting us care for you. We really do  
appreciate you. Write back and let us  
know what you think of our newsletter.  
Want copies for friends? Let us know.  
Don't forget to stop by for a spinal  
enainment so you can be at your best.  
And remember, friends don't let friends  
stay subluxated. Bring your friends and  
loved ones for a spinal checkup.**

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