

Network Care Center

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SUMMER FUN FOR ALL OF US

The body is the soul's house. Shouldn't we take care of our house so it doesn't fall into ruin? Philo Judaeus

Yet the body is not for immortality, but for the Lord, and the Lord is for the body. 1Cor.6:13



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“Disuse Syndrome”

As we increase in years too many of us begin suffering from a very common condition called DS, otherwise known as “disuse syndrome.” Is often caused by getting into a rut and not climbing out!! Remember, if you



don't use it, you lose it. If you stay indoors your skin gets pasty and dull; if you don't give your muscles something to do they get weaker and smaller; if you sit around your joints lose lubrication and age faster; if you don't stay creative you get bored and depressed; if you don't have love in your life you stupefy; if you don't correct your subluxations you lose energy, balance and deteriorate; if

you don't eat nourishing foods you get sick – there are so many ways to do yourself in. To cure DS: go for a walk every day, run around a bit, sing, make music, play, get some sun (it's good for you, you'll get lots of vitamin D and prevent osteoporosis, just don't overdo it), drink lots of water, eat organic foods (and avoid junk), get massages, see us for spinal entrainments, give and get hugs and, most importantly laugh a lot – preschoolers laugh an average of 400 times a day, adults only around 8 times a day (they seem to cry more too). What does that tell us? Open yourself up to laughter, love and tears and your heart will always be young. If your heart is young, your mind and body will surely follow. As 90-year-old Jack LaLane, the world famous health advocate, chiropractor (and role model) says: “Old age is always 20 years away.” PS Hanging upside down is good too – it gives you a different perspective on life.

Fibromyalgia and Chiropractic

Millions of people suffer from fibromyalgia: fatigue and radiating, gnawing, shooting or burning muscle, tendon and joint pains. Other symptoms include "tender points" on the



neck, shoulders, chest, rib cage, lower back, thighs, knees, elbows and buttocks and increased sensitivity to

pain, heat, cold, touch and bright lights. As if the above weren't bad enough add sleeplessness, irritable bowel syndrome, headaches, irritable bladder (interstitial cystitis), depression and/or anxiety. What can fibromyalgia sufferers do?

The medical approach: Fibromyalgia is a medical mystery. (1) Injections of novocaine, procaine and xylocaine; cooling sprays; muscle relaxant drugs; cortisone injections; and other drugs have been tried with mixed results. Heat, massage and other modalities have had limited success. Research is pointing to spinal trauma as a cause. In one study adults with neck injuries had a 13-fold increase of fibromyalgia within one year of their injury. (2) Others have found an association between trauma and fibromyalgia. (3).

The chiropractic approach: More fibromyalgia sufferers are seeing chiropractors. In one study of 5 men and 18 women (age 11 to 76) with fibromyalgia and chronic fatigue syndrome every patient was able to resume normal activities including full time work and maintained their improvements one year later at follow up. "Improvement in symptoms of 92-100% was achieved in both syndromes" (4) In another study 45.9% of those with fibromyalgia experienced moderate to great improvement under chiropractic care while anti-depressant medication benefited 36.3% and exercise helped 31.8%. (5) In another study 60% of patients had at least a 50% reduction in pain symptoms with chiropractic. (6) Similar results were found with those suffering from fibromyalgia with tender/trigger points, numbness, tingling, and pain.

The mind/body therapeutic benefits of network spinal analysis have also greatly helped many of the patients we have seen with fibromyalgia. It is also believed that unresolved tension, resentment, anger, anxiety and depression are either causative or associated with fibromyalgia. In network care, spinal subluxations, pinched nerves and muscle pain may be caused from stress and unprocessed emotional tension. You might still have to work out your stress issues; however, spinal entrainments can make a big difference in the release spinal misalignment and emotional tension. Expect changes in symptoms and a better mental outlook.

Upcoming Events Breakthrough Day Promotion

You have a chance to win 2 amazing prizes just by participating in our Breakthrough Day Promotion contest.

The person with the most referrals will be the first prizewinner. They will receive a complementary Breakthrough Day (valued at \$208.65). The second prize winner, via ballot box draw will receive a complementary hair cut and blow dry along with a half hour massage at manesociety salon & spa (valued at \$100.00).

How do you win????

Winning is easy, all you have to do is talk to your friends, family and co-workers. Tell them about Network Spinal Analysis and how it has helped you. Refer them to attend our July 13th or July 27th Pre-care Level I workshop, where Dr. Posa will give them an in depth perspective on Network Care, and how it will help them.

So remember whenever you refer someone to the workshop enter your name in the ballot box. Contest closes July 27, 2004.

Pre Care Level 1 Workshops

On July 13th & July 27th, we are holding our next Pre Care Level 1 Information workshops. 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!

Breakthrough Day July 24, 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 therapeutic quantum leap! 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 Sept. 18, 2004.

Massage Therapy

We would like to remind everyone that we have a registered massage therapist and aroma therapist available in our office. Nadina Scarpelli is 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.

Chiropractic Questions & Answers



What Is the Youngest Age for Chiropractic Care? There is no age limit. Newborns may need to be adjusted, especially if they had a difficult or traumatic birth.

Chiropractors have adjusted sick newborns in hospitals with miraculous recoveries reported.

With network care there are no known contradictions or side effects because of the nature of the gentle spinal contacts. We have seen numerous improvements with colic, asthma, ear, nose and throat infections, learning disabilities, attention deficit hyperactivity disorder and a host of health concerns. It is especially beneficial for posture and preventative wellness. Many adult chronic health problems, spinal problems and emotional stress begin in childhood. For this reason alone children should be the number one priority in spinal health care.

Even teenagers need Spinal Checkups

A typical teenagers life can accumulate a tremendous amount of stress and tension.



Although undetected, this can harbor in the spinal column creating significant interference to both mental and physical wellness. It can manifest as fatigue inappropriate social behavior, poor concentration and study skills, back pain and a host of health and emotional problems. Network spinal analysis can significantly reduce this problem thereby optimizing health and wellness. In addition, it may prevent problems later in adult life.

Patient Testimonial

After my wife had been seeing Dr. Posa for a few months I began noticing subtle differences in her personality. She seemed to be coming back to life and smiling again, something that had been missing due to her own series of discomforts. When I decided to go for myself, although I arrived without a specific injury, I was experiencing back and neck pain brought on by a sacroiliac condition that I had had for a considerable part of my adult life. I developed effective pain management from the discomfort that was present in most of my daily activities. Once a week I sought treatment with a traditional chiropractor and combined with other traditional therapies, all were helpful but lacked lasting results.

When I first started with Dr. Posa, I did not experience instant results that I had become accustomed to with the previous chiropractor. It was the 6th or 7th week when I began to feel a more fluid type of movement overall. Any discomfort that I felt in my body seemed to be self-correcting. Over the next few months the subtle changes became more permanent as I became aware of how my spine felt stretched out to the point where I actually grew 1/4"! I stood straight and upright with my shoulders back, my chest forward. My lower back pain subsided and I now feel pain in my neck occasionally.

One year later, I am noticing changes on all levels. Structurally, I am no longer feeling the physical pain in my back and neck that had disrupted my life for so many years. I had also suffered from gastric ulcers that have all but ceased to flare up. My digestive system is working more efficiently and the tightness in my stomach has improved dramatically. Emotionally, I am more sensitive to the world around me. I feel calmer and less anxious

about every day worries. I have a deeper awareness and appreciation of people I am in relationship with, and I am more tolerant, more patient. I feel myself easing back to the gentle calm person I was before the stresses of life took over.

Overall I am much happier, and I feel so much better. I am grateful to no longer feel the pain and discomfort that I felt for so many years. Network Spinal Analysis has definitely changed my life.

Albert D.

Chiropractic and Spinal Research



Remember, all people can benefit from chiropractic care no matter what condition they may have.

Disc herniation. A 44 year-old man had severe neck pain, constant burning, left arm pain, left shoulder pain and left index finger tingling. An MRI scan revealed a large left herniated disc at the C6-7 level. By the fifth week of chiropractic care the patient's symptoms completely resolved. An MRI 14 months later revealed that the herniation had disappeared. (8)

Whiplash and lower back. This study interviewed 52 patients who had been involved in a whiplash injury. The patients in this study had no previous motor vehicle accidents, were wearing lap and harness seat belts and had no previous low back pain. The researchers found that 85% of the patients reported lower back pain after the whiplash. People who suffer whiplash injuries will go on to develop low back pain. (9)

Attention deficit hyperactivity disorder (ADHD). This is the case of a 10-year-old boy with a three-year history of hyperactivity, ear infections, headache and allergic symptoms. Chiropractic analysis revealed cranial, cervical, thoracic and pelvic subluxations. After his first few adjustments all his physical health problems had cleared up. By his 11th adjustment all hyperactivity symptoms had abated. (10)

Humor

English is a crazy language: There is no egg in eggplant nor ham in hamburger; neither apple nor pine in pineapple.

English muffins weren't invented in England nor French fries in France.

Sweetmeats are candies while sweetbreads, which aren't sweet, are meat.

Quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor a pig.

And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham?

If the plural of tooth is teeth, why isn't the plural of booth beeth?

One goose, 2 geese . So one moose, 2 meese ? One index, 2 indices?

Doesn't it seem crazy that you can make amends but not one amend.

If a vegetarian eats vegetables, what does a humanitarian eat?

If teachers taught, why didn't preachers praught?

In what other language do people recite at a play and play at a recital? Ship by truck and send cargo by ship? Have noses that run and feet that smell? How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites? Your house can burn up as it burns down, in which case you fill in a form by filling it out and in which an alarm goes off by going on. English was invented by people, not computers, and it reflects the creativity of the human race, which, of course, is not a race at all.

Thanks

Thanks for reading our newsletter. Please stop by for a spinal checkup to keep your body and mind functioning at their best. Remember, even chiropractors go to chiropractors – we also get our spines checked so we can function at our best when we take care of you.

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