

Network Care Center

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Diseases are crises of purification, of toxic elimination. Symptoms are the natural defenses of the body. We call them diseases, but in fact they are the cure of diseases. – Hippocrates

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Our New Website!

It's finally here! You can find it at www.networkcarecenter.com. It features benefits of care, an explanation of network care, up-coming workshop topics, testimonials, research data, a profile of Dr. Posa and an upcoming audio portion of our regular “life-changing” workshop. We hope you will pass it on to others. Please Email us your comments.

Improving Our Healing Ability



Chiropractic is a non-drug science, art (practice) and philosophy (vitalistic or holistic). It is based on a respect for our miraculous body that is far more complex and

mysterious than anything any human could manufacture or fully understand.

Healers from all cultures speak of the “wisdom of the body;” chiropractors use the term “innate (inborn) intelligence” that coordinates billions upon billions of cells to work in an organized manner. We must respect that wisdom or intelligence and work with it, not against it.

Chiropractic care, by releasing the deep spine-nerve stress of the subluxation, permits the body to function better. That means greater resistance to disease, improved health and improved ability to externalize disease and expel toxins.

Network spinal analysis has discovered that with successive entrainments the body/mind is able to process inner tension more efficiently. This means that the body/mind's ability to heal and recover is enhanced as the process evolves. This phenomenon is characteristic of network spinal care, as to date; this principle has not been reported with any other type of healing modality.



Just like an athlete can be trained to reach peak physical performance, and the mind can be trained to think better, so can the human nervous system can be trained to respond better to physical and emotional stress.

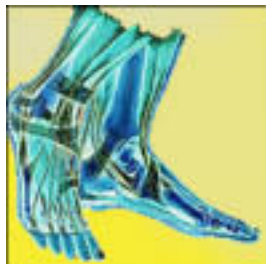
How we respond to stressful events, the choices we make, how we interpret events, how we relate to others and how we physically react to incidents have all been reported by many practice members to change, often dramatically, with network care.

This month's newsletter features a wonderful testimonial from Donna with respect to level two and three changes.

We hope that you continue to look forward to change and improvement with care. We invite you to ask how it applies to your own personal care. We also invite you to share this with others, helping others live healthier and more fully.

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.

Does Fever Have a Value?



Robert S. Mendelsohn, MD:
"Fever is a blessing..."

"If your child contracts an infection, the fever that accompanies it is a blessing, not a curse... fever tells you that the repair mechanisms of the body have gone into high gear. It is something to rejoice over, not to fear..."

"Nature requires time to heal. Unless faced with an emergency, use watchful waiting. Symptoms are evidence that healing is taking place. Suppressing symptoms interferes with natural healing processes and may promote chronic disease.

"The human body has a remarkable capacity to heal itself – a capacity that in most cases surpasses anything that medical science can do – and it doesn't produce unwanted side effects. "Common sense is the most useful tool in dealing with illness. Your doctor is less likely to employ it than you are, and certainly no more able, because that's not what they taught him in medical school." (1)

Philip Incao, MD: "Children who produce higher fevers are healthier."

"Children who produce higher fevers, strong rashes and good discharges of mucus and pus, are healthier and more robust and have stronger immune systems than children who produce a low intensity of these



symptoms. These robust children vigorously externalized and healed their infections spontaneously, often without antibiotics; they had had little or no antibiotics, antipyretics or vaccinations in their lives. The children who had had all their vaccinations, lots of antipyretics and

antibiotics – a lot of suppressive, internalizing medical treatments, these children never got high fevers and were the ones who were more likely to have allergies and autoimmune problems.” (2)

“Tis The Season To Get a Flu Shot?”

How many flu viruses are there? Between October 1, 2003 and April 9, 2004, the CDC identified 863 DIFFERENT influenza viruses. Even if one assumes that the flu vaccines “work” for the three chosen strains, what about the other 860 influenza viruses in circulation? That’s protection?

http://www.redflagsweekly.com/conferences/vaccines/2004_oct07.html (3)

Up-coming events

Breakthrough Day December 4, 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 February 19, 2005.

Pre Care Level 1 Workshops

On November 30th, December 8th & 22nd, 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!

Whole Life Expo 2004

Come visit our booth #88 at the Whole Life Expo being held at the Metro Toronto Convention Centre, 255 Front St. W. November 26th, 27th & 28th. Dr. Posa will be speaking on November 28th in Lecture Hall “B” from 4:15 to 5:00PM.

Chiropractic and Spinal Research

A dramatic case of chiropractic’s effect on the immune system is that of a 26-month-old male child with a history of 19 ear infections (treated by antibiotics).

The child was diagnosed with Kostmann syndrome, a near complete inability to manufacture neutrophils, a white blood cell necessary for immunity. He had a neutrophil count of less than 500.

The child began spinal adjustments (4 the first six days, 2 in the next 5 days). Child was then seen 1-2 times per month. By the 3rd day there was a 50-60% reduction in neck lymphatic swelling and 20-30% reduction in auricular and clavicular lymph node swelling. By day 11 both ears were normal. The neutrophil count improved to 19,000 with no ear infections for 14 months after chiropractic. (4)

Words of Wisdom

To suppress acute diseases means to suppress Nature’s purifying and healing efforts, and to change the acute constructive reactions into chronic disease conditions. – Henry Lindlahr, MD

Patient Testimonial

When I came to Network Chiropractic and Dr. Posa last fall, I had had a history of severe sciatica, with residual twinges and weaknesses, and I also had the usual creaks and cracks of an aging body in its late fifties. I was beginning to feel “worn”. When Dr. Posa in the introductory workshop spoke of a practice member in their eighties who had the spine of a young adult, I was interested in this rejuvenation, aliveness and vitality.

So I began Network Care. I came often for treatments. I began to notice changes in my physical well being. My posture began to change. I had more energy. I felt like I walked taller and I had more spring in my step. My sciatica seldom acted up. My neck was no longer stiff; my hiatus hernia receded. I was pleasantly surprised! I had not expected to feel such impact on a physical level. I could feel aliveness taking form within myself.

There was a second reason that I had come to Network Care. As a psychotherapist, I had already done a great deal of inner work with the usual psychological issues in my life, and now my continuing study and training had taken me into trauma work and the exploration of an early trauma of my own. In the first few weeks of my life, I had experienced a medical trauma that established a subtle pattern of agitation and tension that had remained in my body until now.

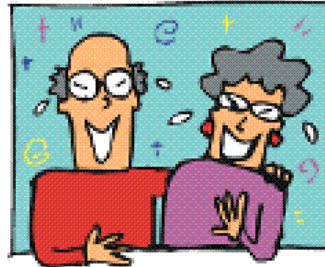
Gradually, with Network Care, this underlying sense of agitation and tension lessened, and I began to feel more peaceful. A quiet presence developed that was noticeable to friends and colleagues. They commented on how they had never seen me so at peace within myself. My oldest sister, who had walked me for hours when I was that distressed infant, exclaimed how calm I had become, in a way she had never seen before. Even strangers remarked on it.

So what began as a support to the professional development that I was involved in, has become a blessing in my own process as well as in my work with clients. The exploration that I do personally has been radically deepened and supported, and the work that I do with clients moves more quickly and easily. I now often recommend Network to my clients and colleagues in support of their own growth and healing. I see how this tension stored in the spine holds in place a lifetime of internal psychological posture, and just how invitational it is to us to have this tension lift, to be able to be open to a universe of possibilities, physically, psychologically and spiritually.

Donna Q.

Humor

Pears of wit and wisdom from the great Will Rogers!



- * Don't squat with your spurs on.
- * Good judgment comes from experience, and a lot of that comes from bad judgment.
- * Lettin' the cat outta the bag is a whole lot

easier 'n puttin' it back in.

* If you're ridin' ahead of the herd, take a look back every now and then to make sure it's still there.

* If you get to thinkin' you're a person of some influence, try orderin' somebody else's dog around.

* After eating an entire bull, a mountain lion felt so good he started roaring. He kept it up until a hunter came along and shot him... The moral: When you're full of bull, keep your mouth shut.

* Never kick a cow chip on a hot day.

* There's two theories to arguin' with a woman. Neither one works.

* If you find yourself in a hole, the first thing to do is stop diggin'.

* Never slap a man who's chewin' tobacco.

* When you give a lesson in meanness to a critter or a person, don't be surprised if they learn their lesson.

* When you're throwin' your weight around, be ready to have it thrown around by somebody else.

* The quickest way to double your money is to fold it over and put it back in your pocket.

* Never miss a good chance to shut up.

See you next month – and come in to keep your spine healthy and your body functioning at its best with an entrainment. If you haven't visited the office for a spinal checkup in a while, please come by – we miss you! You'll have a healthier and happier autumn and holiday season.

References

1. Mendelsohn RS. *How to Raise A Healthy Child...In Spite of Your Doctor*. New York: Ballantine Books. 1984.
2. Philip Incao, MD. at the National Vaccine Information Center (NVIC) conference, Alexandria, VA, April 2000.
3. Keller J. The Flu Scare Game by at http://www.redflagsweekly.com/conferences/vaccines/2004_oct07.html
4. Fallon J. The role of chiropractic in the care of a 2-year-old with Kostmann Syndrome. *ICA Review*. Spring/Summer 2004;47.

Recommended Reading

White LB & Mayor S. Fever in children: a blessing in disguise. *Mothering Magazine*. July/August 1999, available at: http://www.mothering.com/articles/growing_child/child_health/fever.html