

Network Care Center

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TABLE OF CONTENTS

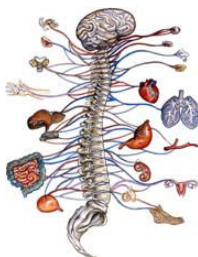
- **W.I.S.E.**
- **Your own private drug store**
- **Chiropractic = less back pain drugs, X-rays, less back surgery, lower costs**
- **New Biofield Technology**
- **Upcoming Events**
- **Chiropractic and spinal research**
- **Patient Testimonial**
- **Humor**
- **References**

W.I.S.E.

We have a new acrostic in network spinal care, W.I.S.E., *wellness integration and strategies for evolution*. Over the next few weeks Dr. Posa will be giving new presentations on recent developments in network care. The care has now broken into the five organizational fields around the body. These fields are believed to hold the space for spinal subluxations and nerve interference. This new approach has greatly enhanced physical, mental and emotional components of care beyond previously possible. If you haven't been in lately, you must experience this new dimension. You will definitely feel the difference!

Please check our website, www.networkcarecenter.com for up coming presentations.

Your own private drugstore



Yes, your marvelous body makes every drug and chemical you need to lead a healthy and happy life. According to David Simon, MD, "The

human body has an internal pharmacy...that's more powerful than the outer pharmacy. When we are healthy our bodies can produce anti-depressant drugs, anti-anxiety drugs, immune-enhancing drugs, digestive system normalizing drugs and sleep-inducing drugs. Most new pharmaceuticals are designed to mimic the body's natural internal pharmacy." (1)

Your brain and many of your internal organs, hormones, glands and tissues work together to keep your internal pharmacy functioning properly. Your army needs healthy, natural, nutrient dense foods (as opposed to refined, artificial "junk" foods) as raw building materials for proper energy and communications to coordinate operations.

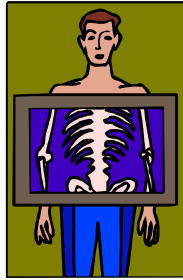
The quality of your raw materials (food) comes from your conscious choices about what to eat and drink. How do you ensure the quality of your internal communications? That's the role of your spinal care. Chiropractic is a powerful way to free your spine and nerves of nerve interference caused by vertebral subluxations.



If you have subluxations in your body, you cannot function at your best and your "army" will be held back. To help keep your (and your loved ones) immune system and natural healing ability functioning at their optimum with high resistance to disease – get a chiropractic spinal checkup. It's a great way to celebrate the season.

Chiropractic = less back pain drugs, X-rays, less back surgery, lower costs

Apart from childbirth, back pain is the 2nd leading cause of physician visits; it's the most prevalent chronic medical condition and the #1 cause of long-term disability.



A study in *The Archives of Internal Medicine*

compared 700,000 people with chiropractic coverage in their insurance plan and 1,000,000 without chiropractic coverage. The chiropractic group needed less X-rays, MRIs, surgery and hospitalization. The chiropractic group spent 28% less for back pain, 23% reduction in the use of X-rays, 37% less MRIs, 41% less hospitalizations for back pain, and 32% less back surgeries. The overall per-member, per-year healthcare cost was 12% less for patients with chiropractic coverage resulting in a 16 million dollar savings. (3)

New Biofield Technology

New advances in network spinal care and "gateway dynamics" have given way to a quantum leap forward in the progression of care. Spinal gateways increase in size from pea size to a few feet in diameter as care advances. The gateways interact with the surrounding biofield causing greater changes at the emotional, physical and mental levels. (*1) I encourage all my practice members to attend our special presentations held biweekly that help explain these new developments.

Five minutes to greater change

New "gateway dynamics" means we now have access to some simple methods that will help you advance your care more rapidly with greater changes in shorter periods of time. It will also help you sustain your new strategies throughout the day. Best of all, it only takes five minutes!

Lie face down on a softly padded floor or on your bed. (*2)

Gently turn your face to one side. Make sure your comfortable.

Relax

Gently touch your gateways (as shown to you by Dr. Posa)

Breathe into the gateway twelve times concentrating your breath into a very small area under your fingers. Lift your fingers off slightly, approximately two centimeters and repeat procedure.

Relax

This will often reactivate your spinal gateways and you will experience a response (i.e. spinal waves, stress release, muscle tension release, spinal alignment, increased vitality, self-healing and tissue regeneration). The responses are often small in comparison to your office entrainment; however, over a period of time they will greatly support your progression in care. Ultimately our goal for you is that your body will be able to support these strategies permanently over time.

- *1. Personal study with Dr. Donald Epstein, Certification level intensive, November 2004.
- *2. Tables are available for purchase for those interested.

Upcoming Events

Breakthrough Day February 19, 2005

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.

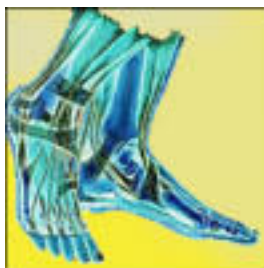
Our next Breakthrough Day will be held on April 23, 2005.

Pre Care Level 1 Workshops

On February 8th & 22nd and on March 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!

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.



Chiropractic and Spinal Research



Dizziness. Fifteen individuals who suffered from cervical vertigo began chiropractic care. After five sessions over a 41 day period 60% of patients reported complete remission of vertigo. 20% of patients reported consistent improvement with rare, mild recurrence of symptoms. Only two patients were still using medication compared to nine originally. (4)

Torticollis. A two-month-old female presented with obstetrical brachial plexus injury (Erb's Palsy) that had been under the care of several medical pediatricians without resolution. The condition showed complete resolution under chiropractic care without any complications or residual impairments. (5)

Patient Testimonial

During my teens and into my early 20's I was in a series of car accidents and as a result of untreated injuries, I developed fibromyalgia. With the injuries compounded, the quality of my life slowly disintegrated. I was in a constant state of pain, with severe muscle aches and migraine headaches that left me exhausted and withdrawn from my life. I was not able to work, and I had to quit school because I could not keep up with the routine. My life had become an endless cycle of doctor's visits and prescriptive medication to ease the pain and discomfort. I developed a sleeping disorder that required medication to help me sleep, and I was tired all the time. It was depressing to be 23 years old and not be able to keep up with my friends who were living life with energy and vitality.

A family friend recommended that I try NSA at the Network Care Center. After my first session with Dr. Legault, there was noticeable improvement in my breathing, where it felt less obstructed and freer flowing. After my 3rd visit the joints in my muscles had loosened and I felt less tense. The overall pain had eased up and my headaches were less severe.

In the six months that I have been receiving treatments, the quality of my life has been restored! I am back at work, often working back-to-back shifts that I can handle with ease. I am enjoying life's daily routines and all the activities that I felt held back from because I was in pain and didn't have the energy. I am now enjoying my life with my friends and am able to stay out late without debilitating consequences!

I am committed to NSA now more than ever after I recently had another serious car accident. My body has bounced back and I have resumed life without serious consequences to my lifestyle. I am grateful to Dr. Posa and Dr. Legault for their support

and encouragement. The whole experience of finding NSA and the Network Care Center has been wonderful, and I am so happy to have my life back!

R. Kekes

PS. We can't forget the humor section can we?

Humor

My Dad Is Better Than Your Dad

Three boys are in the schoolyard bragging about their fathers.

The first boy says, "My Dad scribbles a few words on a piece of paper, he calls it a poem, they give him \$50."

The second boy says, "That's nothing. My Dad scribbles a few words on a piece of paper, he calls it a song and they give him \$100."

The third boy says, "I got you both beat. My Dad scribbles a few words on a piece of paper, he calls it a sermon...and it takes eight people to collect all the money!"



**When you have come to the edge of all
the light you know,
And are about to step off into the
darkness of the unknown,**

**Faith is knowing one of two things will
happen:
There will be something solid to stand
on,
or you will be taught to fly."**

--Anonymous



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