

Network Care Center

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Welcome to our office newsletter. We have a lot of exciting new developments at the office we wish to tell you about. So enjoy.

Happy Spring
May This Be a Time of Renewal for You and Your Loved Ones



Love stories don't have happy endings . . . True love never ends!!!
John Ular, Practice member

TABLE OF CONTENTS

- New developments in NSA
- New Websites
- Help for others in a big way
- Breakthrough Days
- Pre Care Workshops
- Free Foot and Gait Clinic
- Raw materials
- What is the difference between chiropractic and medicine?
- Patient Testimonial
- Checkups
- Chiropractic and spinal research
- Humor
- References

New developments in network spinal care

Network spinal care has made quantum leaps forward since its inception more than thirty years ago. Recent “gateway technology” and its integration into the “biofield” have now created far greater possibilities for emotional and personal healing, and the evolution of better wellness strategies. Changes are more dramatically noted in physical, mental and emotional realms. Our recent level two and three presentations have been well attended and enjoyed by many who have attended. Thank you for your participation. Our next Level II and III workshop will be held on May 31, 2005.

.... Testimonials....

“This is the deepest network care I have ever received. I released so much and feel so much better than ever before.”

Debra H

“I have done so many other types of care, but I have never let go of so much, or changed so much mentally and physically in such a short period of time as I have with this new approach.”

Diane D

“I learned how gateways synergistically attune to create powerful changes beyond my wildest imagination.”

Cindy T

“My ability to assist Dr. Posa’s work in the non-physical fields has accelerated the releasing of old “stuff”. I highly recommend attendance to others and I will attend again!”

Kate S

New websites to checkout:

www.networkcarecenter.com –

Our office website - Our new charity event, download your own poster to share with friends, family and co-workers. Check out our on-going workshop presentations before coming to the workshop and be prepared for a difference.

Higher-level presentations are also announced. Book your space early because of limited seating. These will have live demonstrations.

A new audio presentation; a prerecorded presentation Dr. Posa gave at the recent Whole Life Expo, this is excellent for new patients to listen to prior to coming to the office presentation. It also alludes to the new biofield technology, with some amazing testimonials.

Links to new and on-going research in Network Spinal Care:

www.wisewordseminars.com – A new website dedicate to the new acronym for network spinal care. “Wellness Integration and Strategies for Evolution.”

Help for Others in a Big Way - Our First Charity Event

Come and join our Charity Event. From March 18th to May 14th of this year we are waiving the cost of an initial office visit with Dr. Posa in exchange for a charitable donation. With a minimum donation of twenty-five dollars, your friends or loved ones can be part of helping those in need and receive their first ***“I’ll never be the same again session”*** with Dr. Posa. They will receive a complete diagnostic evaluation, and their first entrainment session, normally valued at \$126.75 in exchange for a donation to one of the following charities:

Emmanuel International: a Christian relief agency involved in 17 different countries helping with education, supplies and spiritual enlightenment to many underprivileged regions.

The Scott Mission of Toronto: Helping so many destitute and hungry street people here in Toronto. It is also a Christian based organization focusing on support, feeding, accommodations and spiritual needs of these people.

The Yellow Brick House in Aurora: a center for refuge and help for women and children suffering from abuse. This is a resource and living center for women with little to no help and nowhere to go.

“All three agencies are in great need of help and your donations can help make a difference. All three charities will issue a tax-deductible receipt.”

...And for our practice members

For our on going practice members you can also get involved by participating in our Charity Day Event that will take place on Saturday May 14th from 9:00am to 12:00pm. Book yourself an extra entrainment this day and all proceeds will be donated to the charity of your choice. Tax receipts will also be issued.

We are asking for your help in making this charity drive a huge success. Help us help others in need of healing.

Breakthrough Days

Our Breakthrough Days continue to breakthrough levels of healing and care for many of the participants who attend. If you have reached late level one of care, you are eligible to attend this truly special event. The day is designed to bring more depth to the strategies of healing your body has been gaining in care with a significant push forward into higher levels. Old, stuck emotional and physical

patterns are released, gateway responses are magnified, and greater biofield depths provide for a truly deeper neurological awakening experience.

Testimonials from Breakthrough Days...

"I love Breakthrough Days! I've only missed 2 or 3 in the last 3 years. With each Breakthrough Day I go deeper. Everyone who does Network should do Breakthrough days. It accelerates the care and takes you to a deeper level. My perceptions have changed, spiritually, physically, mentally as a result of NSA. I am very grateful for Dr. Posa and his great work. I also enjoy the social aspect of meeting and getting to know different people. I have made some good friends. Prior to NSA I would have ended up in the hospital on drugs and steroids. Now I trust Dr. Posa's work and the positive effects it has had on my life."

Patty R

"I would best describe Breakthrough Days as a peeling away of different layers, much like an onion. I feel that when we are in relationships with one another, we expose our intellectual thoughts, emotions and vulnerabilities and NSA and especially Breakthrough Days help to peel away the/ layers that allow us to become more aware of ourselves. I feel like am being exposed to my own vulnerabilities on an emotional, physical, mental and spiritual level. I feel a change within that I can't describe but I know exists because I feel like I have stepped out of myself and am now looking inward. I have attended 5 Breakthrough Days and look forward to the next one!"

Sat S

"My Breakthrough Day experience was enlightening and reflective for me. I was processing for 3 days or more. I was able to reach places in my healing that I haven't reached before."

Tina P

Our up coming breakthrough day is April 23, 2005. Please register yourself early to avoid disappointment. The last one was fully booked weeks in advance. Our next Breakthrough Day will be held on June 25, 2005.

Pre Care Level 1 Workshops

On April 19th and on May 3rd, 24th and 31st we are holding our next Pre Care Level 1 presentations. Some of the topics will be: Why wellness does not mean lack of symptoms, Higher level breakthrough experiences, and Does a lack of symptoms truly mean wellness? 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 sessions. It is without a doubt that our informed practice members also obtain the most significant results. We encourage everyone to take advantage of this for maximum results. On going

practice members are encouraged to attend regularly. 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!

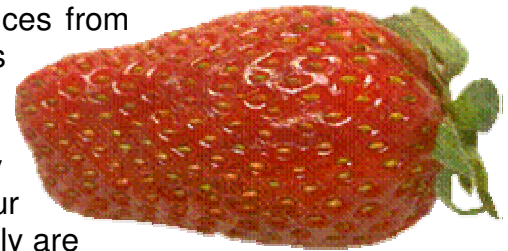
Free Foot and Gait Clinic

Every second Tuesday Dr. Posa conducts 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.



Raw Materials

Spinal care helps your body function at its best. But even the best engine can't run on junk; your body needs good raw materials. How can your body manufacture insulin and digestive enzymes with interferences from antibiotics, painkillers, antidepressants and the hundreds and thousands of chemicals you intake from coffee, soda, donuts and other nutrient-shallow foods? Think back on what your last few meals were and ask yourself if your body will really benefit from them. Can these foods benefit your heart, lungs, brain, blood and kidneys? The best foods really are those grown organically and especially bio-energetically. They may seem more expensive, but you get more nutrients from them and they are not full of unnatural chemicals. The savings in medical bills will more than offset the cost of eating better quality foods.



What is the difference between “symptom care” and “effective health care?”

Unfortunately health care is still considered to be an endless and expensive treatment of symptoms leaving the patient no healthier because the cause of their dis-ease is usually not addressed. People remain in a marginal state, not quite sick and not quite healthy. Health care of the future will increasingly seek to eliminate the underlying cause of the problem by helping the patient function at their fullest with a strong immune system unimpeded by subluxations (spinal misalignments creating healing interference), toxins, waste and other things that imbalance them.

People are seeing the difference. In 2005, over 50% of the total US healthcare dollar is spent on "health" instead of "medicine." 88% of US adults use, and believe in, some kind of "alternative" to "medicine." (Sorry, we do not have Canadian statistics)

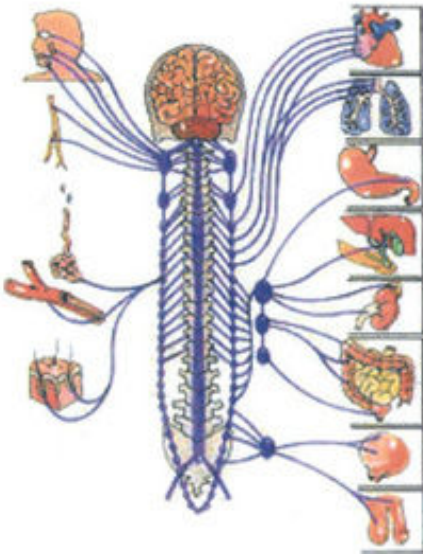
Patient Testimonial

"I first went to see Dr. Posa because I was experiencing severe dizzy spells that were accompanied by horrible bouts of nausea. In the six months to a year that I searched for relief, I would wake up daily with difficulty turning my body and feel the onset of dizziness so intense I would throw up. Many days were ruined because I felt so terrible and sick. I went to many doctors for tests and MRI, neurologists, and without success, no one knew why I was experiencing such debilitating dizziness. Dr. Posa assured me his method of treatment would be helpful. I noticed very quickly, improvement of mobility in my neck where I had had whiplash 12 years before. At one time I couldn't turn my head, now my head moves easily and without discomfort. The dizziness and nausea has stopped and has been replaced with a feeling of calm. Today it takes extreme tiredness or movement to feel the slightest bit of dizziness. My whole body feels more relaxed. Four years later, my care with Dr. Posa has evolved on many levels and I seek entrainments for prevention and improvement in my ability to heal and recover from stress and illness. I so enjoy the peaceful and relaxed feeling that I get from each session. NSA consistently contributes to my overall healing process and my sense of well being. I would recommend it for everyone."

Barbara P

Checkups

You get your teeth, heart and blood pressure checked periodically but....what about your spine?



A spinal checkup is one of the most important checkups or exams you and your family could ever have because all your organs, muscles and glands get a nerve supply from your spine.

An unhealthy spine could affect your eyes, teeth, stomach, intestines, heart, lungs, kidneys, liver and even your brain! (And some people think chiropractic is just about back and neck pain.)

Your network practitioner is specially trained to check your spine (and those of your children) for areas of subluxation – nerve pressure, emotional stress and tension. Subluxations are often painless; you may have one right now and not feel any pain in your spine – but other parts of your body may malfunction as a result.

Subluxations can be especially dangerous in infants, babies and children. For that reason all children should see a network practitioner for periodic spinal checkups



Spinal Research

Do you know anyone living on drugs? They may have years of uncorrected subluxations in their body. Please tell them about network spinal care.



People who show imbalances in leg length are less healthy. A common finding in people with subluxations is that one leg appears longer than the other. This is called leg-length inequality. Does it really matter?

In a recent study, fifty-five volunteers were given the SF-12 health questionnaire, which measures health-related quality of life. The volunteers were then examined by a chiropractor for leg length alignment. The results were compared with their quality of life questionnaires. Those people with leg length differences had significantly lower scores on the quality of life questionnaire than those without leg length differences. People with leg length differences experienced lower scores in the mental health component than the physical. The mental component measured depression, stress and life satisfaction. Chiropractors balance out the spine and structural system bringing your legs back into balance. (1)

Humor

Only in Hawaii



Only in America



Want copies of this newsletter for your friends? Please feel free to forward this to them (hey – this isn't Napster! Share it with your friends with our blessings!) Please remember that everyone can benefit from spinal care and improved strategies for health and wellness. Most people are unaware of the significant health and wellness benefits of network care. Please tell your friends to visit us on line at www.networkcarecenter.com and mention our Outreach program.

References

1. Knutson,GA, Owens EF. Leg length alignment asymmetry in a non-clinical population and its correlation to a decrease in general health as measured by the SF-12: a pilot study. *Journal of Vertebral Subluxation Research*. November 1, 2004;1-5.