

## Light Touch Taps Houston Area State-Of-The-Art Chiropractic Healing

By Jackie St.Cyr, D.C.

A Zen Master informed his students that he was going to meditate for three days after which time he would return from seclusion to do something which would change the entire Universe. After three days, he called his students together. He sat silently before them. Reaching out his hand, he carefully moved a vase beside him 1/8 of an inch. That was all! His students were confused. "By moving this vase just this small distance I have altered its relationship with the entire Universe!" The minutest movement can effect full internal and global healing.

This simple story illustrates the philosophy of the Network approach to wholeness. This powerful revolutionary healing science, **Network Spinal Analysis**, is unlike any other alternative or traditional healing modality and establishes new strategies within the human nervous system that were never available before.

Based upon contact points found along the sacrum, neck and base of the skull, Network Spinal Analysis (NSA) has evolved and developed over the past 40 years with thousands of participants worldwide. This new science assists the body's own ability to self-assess and self-correct, forming integrated connections that enhance quality of life.

Your Network Spinal Analysis Practitioner will first perform an analysis of your nervous system which includes postural patterning, spinal thermal pattern measurements and measurements of tension patterns in the musculature along the spine.

These studies are painless, non-invasive and very sensitive tests that allow you and your practitioner to understand the needs of your nervous system.

**There are three levels of care** and both an internal and external process can characterize each. In **Level One** the internal process is **Connection** and the external process is **Release**. That is the body develops new strategies to connect to old fight-or-flight

tension/stress and learns to release it, on it's own, from within. In **Level Two** of Care the process is **Transform and Refine**. In **Level Three** of Care **Awaken and Expand**.

### INNATE CHIROPRACTIC

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**How does Network Care work?** Network Spinal Analysis is a technique through which the practitioner applies light touch contacts (aka *entrainment contacts*), about the same as you would place on your closed eyelids, to the regions where the brain and spinal cord attach, at areas called **spinal gateways**. Spontaneous breathing patterns arise as a respiratory wave develops through the spine, allowing the nervous system to reorganize itself and advance it's response to stress.

This is not breath work, psychotherapy or yoga, although practice members report changes in both body and mind awareness. When health is impaired due to physical, emotional, chemical or mental trauma, these healing mechanisms can become stuck. Network Spinal Analysis stands as its own discipline and may be applied with various other vitalistic practices.

The body always innately strives for health. Network Spinal Analysis entrainments allow for more effective redistribution of energy, improved coordination of the spinal system and enhancement of full spinal involvement in the flow of life-force and natural healing.

### **Does Network Spinal Analysis treat symptoms such as headache and arthritis?**

Pain and symptoms serve as indicators that something is out of sync in your body. We recognize that often the area of complaint is the area that still has enough life force to complain about the other areas of the body that are sick or stuck. Symptom reduction then is not the purpose of Network Care; rather it is to assist and advance the body's self-correcting response and cause a change in patterns that no longer serve your system. The results include physical, mental and emotional transformation and thrival rather

than survival, resulting in better posture, more energy, less pain, more flexibility and enhanced overall quality of life, to name a few.

**What is the difference between healing and curing?** Healing is basically putting right the wrong relationships in our body & mind. Healing involves root concepts like wholeness and wellness, a sense of accomplishment and empowerment. Curing implies an attempt to eliminate the “bad” signs and symptoms of our disease, labeling and targeting the effects, not the cause of disease. Network Spinal Care empowers the body’s innate ability to heal.

**From the Book Healing Myths Healing Magic Dr. Donny Epstein**

**Healing Myth #19:** Healing often requires drastic measures.

**Healing Magic:** “I do not have to take drastic measures to heal. The energy that expressed itself as tension, pain, or disease symptoms is waiting for an opportunity to burst forth. I am ready to liberate this energy, to set it to work towards healing. I bless my symptoms, illness and wounds because they are stepping stones on my healing journey.”

For further information about Network Spinal Analysis read “The 12 Stages of Healing” and “Healing Myths, Healing Magic” by Dr. Donny Epstein, founder of Network Spinal Analysis, Somato Respiratory Integration and Reorganizational Healing.

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**I look forward to working with you in turning on your Innate Power to heal!**

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To discover more information on current health trends, alternative health approaches, and/or information about how chiropractic can help your family, visit Dr. Jackie St.Cyr at the Innate Chiropractic Healing Arts Center, 230 Westcott St, Suite 220, Houston, TX 77007.

To schedule a [complimentary consultation](#) with Dr. St.Cyr, a chiropractic doctor who can address any questions or concerns you might have, call **713-521-2104** or visit [www.n8chiro.com](http://www.n8chiro.com)

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*Dr. Jackie St.Cyr graduated from the Parker College of Chiropractic / Parker University in 1995 and holds a Doctor of Chiropractic degree and a Bachelor of Science in Anatomy. With postgraduate education and advanced certification in Network Chiropractic / Network Spinal Analysis, she continues to study Network Spinal Care at the Mastery Level.*  
*([full bio here](#))*



*The Innate Chiropractic Healing Arts Center is located at 230 Westcott St., Suite 220 in Central Houston. For more information please call [713-521-2104](tel:713-521-2104) or visit the center online at [www.n8chiro.com](http://www.n8chiro.com)*