

Network Spinal Analysis & Chiropractic: Gentle Hands-On Healing

By Jackie St.Cyr, D.C.

Victor Hugo, one of France's famous poets and writers, said, "Nothing is so powerful as an idea whose time has come." In 1895, a new paradigm of health and disease was born when D.D. Palmer, D.C. delivered **the first chiropractic adjustment**, restoring the hearing of a janitor named Harvey Lillard.

The original intent of chiropractic often baffles people. Today many people believe that chiropractors are "bad back" doctors, are unaware of the level of education that chiropractic doctors receive, and do not understand that chiropractic is about healing the body and the mind, more than just curing back pain. Among many, chiropractors are still generally viewed as doctors who "fix" bad backs, necks, and cure headaches; however, the original intent of chiropractic was much larger.

Your nervous system is the master system of your body and mind; it gives life to and animates your entire being. Your relationship with others and your environment is dependent upon a clear and flexible nervous system. When your spine is free of interference to the nervous system there is a more effective connection between the emotional, chemical, physical and spiritual aspects of your being. **The purpose of the chiropractic adjustment is to reduce and correct spinal subluxations and restore nervous system communication & function.**

The most widely accepted definition of a subluxation, is when one vertebra loses its normal relationship to the vertebra above and/or below, causing abnormal range of motion and interference in nerve function. This interference to nerve flow, or life force, causes abnormal function or dis-ease within the body and mind. **D.D. Palmer, D.C., stated that the causes of subluxation in humans were traumatism, poisons and autosuggestion.** This suggested that subluxations have an effect greater than just a

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structural misalignment of the vertebrae, but also a global effect on the person's body-mind connection. This life force, transmitted by the nervous system, animates the entire human experience and makes us who we are. When our life force is not fully expressed then we are not fully expressive of who we are. In other words, when there is limited range of motion between two vertebrae, there is limited range of motion in the entire spine and therefore limited range of motion or flexibility in your being. Imagine the far-reaching effects this has on our mental, emotional, physical, and spiritual health!!

The psychological effects of subluxation can be devastating, from a simple feeling of crankiness or an inability to handle stress, all the way to the loss of our truth and our sense of knowing within us - the ability to follow our innate wisdom. The long-term effects become a dishonoring of our true essence. This becomes even more life threatening when we turn to addiction and other unhealthy behaviors. This is also where psychological problems can set in like major depression, alcoholism, nervous breakdowns, and other stress-related disorders. We are then seeking a power outside of ourselves to fix us. We establish patterns of looking for someone or something else to resolve our problems--and we blame these problems on outside causes. The cycle continues and becomes endless. Subluxation has a profound and global effect on everyone around us.

Network Spinal Analysis is a chiropractic technique based on the scientific fact that your nervous system controls every system in your body and mind, and the philosophy that the power that made the body can heal the body. It is a **scientific yet holistic** approach to health and wellness that utilizes low-force techniques. The determining factor as to which adjustive contacts are used on any given visit is based on honoring and responding to the present time state of the body's needs.

Network chiropractors fully embrace the philosophy and the original intent of chiropractic; that chiropractic adjustments are performed to release interference to the innate wisdom within the body so that the body can heal itself.

Many research studies show that chiropractic is extremely successful in the treatment of conditions such as low back pain, disc problems, headaches, shoulder pain, neck pain, and other spinal-related disorders. Research studies on Network Spinal Analysis, conducted at the University of California College of Medicine, Irvine, demonstrate that **Network Care is associated with significant and profound improvement in the following areas:**

- Improved PHYSICAL WELL-BEING
- LESS STRESS
- Improved EMOTIONAL & PSYCHOLOGICAL WELL-BEING
- LIFE ENJOYMENT
- LIFESTYLE CHANGES
- Overall QUALITY OF LIFE improvement

Furthermore this research demonstrates that when Network Care is applied in conjunction with other constructive lifestyle changes, the wellness benefit is **three times greater** than that reported by lifestyle changes alone! That means that you can “do all the right things” to get/stay healthy but with Network Care you get three times the results.

Network Chiropractors address both structural and facilitated subluxations.

The structural subluxation is a compression of nerves, due to vertebral misalignment, as they pass through the opening between the vertebrae; commonly called a "pinched nerve". This results from mechanical or physical stresses from which the body could not fully recover on it's own. This is often presented to the chiropractor's office as back pain, headaches, neck pain, etc. **These subluxations can exist for many years even without symptoms.** Structural subluxations are most commonly corrected by the osseous type (popping) adjustment of the vertebrae to improve biomechanical and nervous system function, but with Network Care your body may learn to reduce these on it's own.

The facilitated subluxation is caused by an elongation or twisting of the spinal cord and meninges. This is frequently associated with emotional, mental, or chemical stresses from which the body-mind could not fully recover.

Network Chiropractic is a gentle and honoring process, which bases the adjustive technique upon the current consciousness and needs of the body. The force utilized to reduce and correct the subluxations may be light or firm depending on what the body needs at that time.

Chiropractic adjustments remove interference from the nervous system, allowing the body to heal itself from the inside out. Healing is a journey towards wholeness and has little to do with the removal of symptoms. True healing involves harmonious alignment of the physical, mental, and spiritual aspects of our being and how we relate to the world. It involves concepts like wholeness and wellness, which promote self-empowerment, alignment and integration. This supports us in fully expressing our unique potential as human beings. Healing, although frequently uncomfortable, is always empowering.

With Network Care, you may experience more somatopsyoimmunoneurological energy...as you connect with your innate.

- Somato (body)...
- Psycho (mind)...
- Immuno (immune system)...
- Neurological (nervous system)...
- Energy...

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

*Dr. Jackie St.Cyr has been a Texas Licensed and National Board Certified Doctor of Chiropractic since 1995. She holds postgraduate education and certification in Network Chiropractic, Network Spinal Analysis and Somato Respiratory Integration and her studies in Network Spinal Care continue at the Mastery Level. Her practice and the INNATE CHIROPRACTIC Healing Arts Center is located at 230 Westcott St, Ste 220 in Houston, TX. For more information call **713-521-2104** or visit Dr. Jackie online at www.n8chiro.com*