



What is Network Spinal Analysis (NSA)?

NSA is an evidence based approach to wellness and body awareness. Gentle precise touch to the spine cues the brain to create new wellness-promoting strategies. NSA optimizes spinal and neural integrity resulting in a more flexible spine. Each adjustment frees interference to the nerve system and mechanical tension from the structures that support the spine. NSA is exclusively practiced by Doctors of Chiropractic.

Through Network Care the brain and body generate two waves. These waves result in the dissipation of tension from your spine, increased range of motion between your individual vertebra, and overall enhancement of your nervous system's capability to communicate with itself. These changes in your body result in an enhancement in your overall health and well-being.

The first wave is a breathing wave, or **respiratory wave**. **This develops during the first level of NSA care.** The second is a body mind, or **somatopsychic wave** which develops in your spine if you **choose to continue** care beyond the basic recovery care level. This is an exciting aspect of NSA where deep healing takes place.

As these healing waves progress along a person's spine they are associated with dissipation of, acute and chronic physical symptoms as well as chemical, and emotional stress that the body has not yet recovered from. Distortions in alignment and posture begin to self correct. As people's spine become more aligned and clear they are no longer restricted by symptoms. They now have the resources to participate more fully in their life.

Extensive and ongoing research has shown that by applying very gentle touches to specific regions of the spine in a particular and precise sequence, the spine is able to reconfigure itself.

The beneficial impact of this work has been profound for many. In fact, since the early 80's Network Care has increasingly garnered the attention of leading researchers in many disciplines, ranging from physics and anthropology to cardiology and the social sciences, to name a few.

A separate governing body, the association for network care, is constantly active in executing and managing research pursuits, furthering the validity of the extraordinary results that are found clinically in Network practices every day worldwide.

Network Levels of Care

We work with levels of care model so that as people progress on their healing journey it is at a safe sustainable pace. There are objectives at each level of care that are replicable and consistent among practice members at Magnolia Chiropractic and around the world.



Level 1: Basic Care - Connect and Release

Goals

Releases your spinal system from dominant tension patterns

Decrease in tender areas and muscle spasm

Restores your natural spinal curves, temporarily at the start

Increases self-awareness of the spine and where stress is being stored

Full Respiration from tailbone to skull rocking all vertebrae in between

Level 2: Intermediate Care – Transform & Refine

Goals

Increased ability to adapt at to physical, emotional, mental, and chemical stress

Development of the Somatopsychic (body mind) wave

Identify and address to the chronic spinal distortion patterns

Level 3: Advanced Care - Awaken and Expand

Goals

Help the body Learned self-correction by specific positioning of the body

Increased body awareness and participation in healing.

New life choices are being made that support your healing.

Development of Somatopsychic wave into the heart.

The levels of care may also be seen as, seasons of healing.

Discover- Level 1 through early level 2

Transform- Mid and Late level 2

Awaken-Level 3

Integrate- The wisdom of the seasons influencing each other

Where are you today?

In discovery? Ready to transform? Feel something awakening? A little bit of it all?

We look forward to exploring it all with you!!



Dr. Stephanie Birdwell M.S., D.C.
Chiropractor
www.magnoliachiropracticcenter.com
Office: 415-931-5878
133 Magnolia Lane San Francisco, CA