

Description of Network Spinal Analysis

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The following article, written by Donald Epstein, D.C., and published in the *American Chiropractor* magazine is an excellent description of NSA. It positions NSA as a unique evolution of chiropractic, still honoring the vertebral subluxation and chiropractic.

Network Spinal Analysis, a tonal approach developed by Dr. Donald Epstein as a subluxation classification, analysis and adjusting method. It has evolved into approach to wellness that incorporates low force contacts, applied at specific **Spinal Gateways**, assisting in the development of new strategies for living and healing.

Sensory and motor responses are initiated that assist in the self regulation of alterations in tension and energy states within the neural, osseous, and connective tissue matrix of the body, and also self regulate the vertebral subluxation.

Since 1995 the Care has been advanced through a series of Levels, which are designed to coincide with a specific set of desired clinical outcomes as well as the patient's assessment of their functional status, somatic awareness, and quality of life. Each Level shares a specific spinal and neural strategy of self-assessment and self- organization. These outcomes are augmented by patient self-assessment of wellness and quality of life.

The **Spinal Gateway** may be considered to be an access point for auto- assessment of the nervous system relative to its awareness of spatial and temporal self-identity, and to its adaptive strategies. It is located on, or adjacent to the spinal segments having physical vertebral-dural attachments. There are five spinal cord tension patterns (called Phases). All forces are applied in relationship to these phases.

In stress physiology and defense posture the body presents spinal facilitation, and multiple spinal cord tensions (fight or flight). This is associated with a reduced capacity to make constructive choices for one's body, emotions and life.

Dr. Epstein proposes that the subluxation, and altered postural states are emotional responses of the brain acting in defense. He suggests that the alienated energy and information is redirected and sustained through spinal cord tension and subluxation. The Network adjustment, called entrainment, is associated with the brain/body shifting to a more peaceful physiology. Energy, which was formerly bound in adaptive structural changes appears to be liberated for constructive purposes. This supports fundamental self-assessment, enhanced self- regulation of spinal and neural integrity and re- organization.

Network Spinal Analysis has been the subject of academic study, research and publication for its unprecedented effect in wellness and quality of life, adaptability to stress, enhanced life enjoyment, facilitation of constructive lifestyle changes. Also studies are being conducted as to its influence on the advancement and evolution of the nervous system's strategies for self-organization.

“NETWORK CARE HAS A DIRECT EFFECT ON CLIENT SELF-REPORTED WELLNESS WHICH IS TWICE THAT EXPECTED FROM HEALTHY LIFESTYLE PRACTICES (EXERCISE, RISK AVOIDANCE, OPTIMAL FOOD CHOICES). NETWORK ALSO HAS A MAJOR INDIRECT EFFECT ON WELLNESS BY PROMOTING HEALTHY LIFE-STYLE CHOICES”

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<http://www.associationfornetworkcare.com/articles/americanchiropractordescription.shtml>

Dr. Epstein Answers FAQs

Dear Dr. Epstein,

I recently observed a group of people being adjusted by a chiropractor using **Network Spinal Analysis**. One of my friends in care had her life literally returned to her with reduction of her pain, improved function, and even a more pleasing personality. In the waiting room, patients reported an increased ability to make decisions about their life. Even more interestingly, the responses to the doctor's gentle touches to the spine were certainly like nothing I have seen before!

The chiropractor moved from table to table and the patients were fully clothed facing down. He checked their legs (it was described as a means of determining structural imbalance and for the presence of nerve tension). Then he touched for less than a second spots on the neck or the pelvis (I think it was described as the sacrum or coccyx).

Then the most remarkable things happened. These people started breathing. I mean really breathing. Some stretched on the table, and others moved on the adjusting bench like a dolphin or maybe a snake. I saw some people crying and some laughing. I saw the doctor touch one part of the spine and saw with my very own eyes other parts of the spine rock, or move what appeared to be in response to this. One lady actually sat up, and her neck, on its very own, turned and "popped" the bone back to place, similar to what my previous chiropractor, before I moved, did to me. But the chiropractor didn't twist her neck. It just did it on its own.

It was the happiest office I ever visited, and just about no one was talking in the adjusting room. These were not the new age types either. There were business people and children too.

My questions are:

What is the purpose of Network?

Are these movements helpful, they sure seemed so. Is it correct to be adjusted in a "group room?"

Is silence customary or reasonable?

Are patients always fully clothed?

Why are gentle touch adjustments performed only on the neck and lower spine?

How could such a light touch help someone like myself who has an arthritic neck and lots of pain?

Wouldn't the doctor have to have very special healing qualities to help a person who has been through it all, like myself with such little touch?

The chiropractor would not accept me as a patient to treat my arthritis, or pain, but instead wanted to examine me and recommend a program of care to help Me, not my condition. Is what I described to you appropriate for a doctor who uses your method, or was this person doing his own thing and attaching the name Network to it? I would appreciate a prompt reply, as I want to make the correct choice for my health as quickly as possible.

Sincerely, C.L.

Dear C.L.,

Thank you for your inquiry. I hope to answer your questions and hopefully motivate you to receive the health benefits of Network Care. The focus of Network Spinal Analysis is to:

- Establish the capacity of your nervous system to detect and correct areas of tension, and impaired function. Enhance your ability to generate automatic respirations and movements, which help your spine and nervous system to dissipate tension, increase*

circulation and energy flow, and promote healing.

- Help you develop an effective and trusting relationship with your spine, nervous system, body and your healing process. Monitor improvement in coordinated function of nerves, muscles, vertebra, and soft tissues, which promote a healthy spine and nervous system.*
- Help you develop lifetime strategies for self-awareness and healing. Monitor your progress with periodic clinical re-evaluations performed by your chiropractor.*

In specific answer to your questions, it is common for the chiropractor to adjust a few patients at a time, either in a "group" room or private rooms or both. As with all professions, some practitioners tend to be more verbal, speaking to and with patients each visit. Other practitioners prefer to focus on the kinesthetic aspect and discuss things with patients periodically, privately or as needed.

As far as a gentle touch; this is consistent with Network Spinal Analysis. The intent is to enable the body's own self generated mechanisms of movement and respiration to assist in the correction of mechanical tension and interference to the nervous system. A gentle touch adjustment has been demonstrated to be effective to achieve these ends. Since the regions the chiropractor is seeking to adjust are not the regions of maximum tension, fixation, inflammation or pain, but instead regions often remote from them likely to generate these conditions, minimal force is required for correction. The body has a striving to utilize energy most efficiently, and to self correct.

You were astute in noticing that the contacts are made in the lower spine and the cervical spine. These are the major regions of attention in Network Care, since these are the regions where the spinal cord itself is attached to the vertebral column. Therefore altered tension from these regions can have widespread, or global, spinal and nervous system consequences warranting specific clinical intervention.

As far as the patient being fully clothed, this is most favorable for most patients' comfort.

Lying face down is a common way to adjust. It is easy to perform a leg check for spinal tension patterns, observe respiratory and muscular tension patterns, and movement, and easy to palpate the spine in this fashion.

As far as the doctor having special healing qualities, I hope all chiropractors have these qualities. However, the power of the care is in your experiencing an increasingly successful experience with your own healing power and your own internal magic. You will discover that you can heal yourself. Your chiropractor helps that to happen through specific adjustments.

I hope that you enjoy your Network Spinal Analysis experience, and that you discover the benefits of a very wide range of increased health and well being benefits that thousands have and continue to enjoy, and that has sparked the interest of the public and the scientific community.

Sincerely, Donald M. Epstein, D.C.

<http://www.associationfornetworkcare.com/faqs.shtml>