

6 Magic Questions

1. What is Network Spinal Analysis?

Network Spinal Analysis or NSA is a body centred approach that helps people to predictably transform their lives. It's only practiced by chiropractors, but there are no clicks and clunks or forceful adjustments. Instead, using gentle pressure to specific points along the spine remarkable changes happen.

A typical session lasts 7-12 minutes and is called an "entrainment". People often refer to the experience as magical as they feel so changed after such gentle touch and such a short period of time. Arthur C. Clarke said, "Any technology sufficiently advanced is indistinguishable from magic". I think this is quite appropriate for this unique wellness technology developed by my mentor Dr. Donald Epstein.

2. Why am I so excited by it?

NSA is a totally unique approach to empowering people and transforming their lives. Medical Doctors are trained in the elimination of disease; many will admit that they're not trained in how to create health. NSA practitioners are interested in how the body's innate healing capacity works and how it can be accessed, and expressed to create true health and wellness.

NSA is amazing because it uses such little force to create remarkable changes. Most body techniques use force to get things moving, NSA is different.

NSA works by applying gentle pressure to strategic points along the spine. It's a bit like pushing the first domino in a long row of interconnected dominoes. Very little force is needed, and then a whole chain of events takes place. Using too much force could be likened to hitting the first domino so hard it bounces out and misses the second domino and hence the whole chain is not initiated. I want to access the body's innate organization and set its innate power and wisdom into action. Then I can stand back, observe and watch the body's healing power take over.

3. Why is it so important?

For many people life has become about black and white experiences, at best shades of grey. If you gave a child with a colouring book the choice of a pencil, a box of 4 colours or a paint box of 50 colours they would paint in every colour possible. In our daily lives we want colour, we want variety, and we want the possibility of a whole rainbow of colours, not to live life in black and white.

NSA helps people to experience life's subtle shades, with a richness and depth that they often didn't even know existed or were possible. For many, life has become a constant struggle. NSA helps them to enjoy the riches of life. As it shifts their body and mind out of "stress mode" (i.e. fight/flight) they become more open and receptive to change. They become less defensive, less reactive and more

open to possibility. They start to see the “big picture” and make choices from a different, more empowered perspective. They are more connected to who they are, what they want from life and feel increasingly confident expressing this. They have more direction in life and how they’re going to go about achieving the life of their dreams.

4. What changes have people seen through my specific approach?

I have seen people recover from chronic pain that they’ve suffered with for over 30 years. But that’s just the tip of the iceberg.

The people that see me come from all walks of life. They suffer from a wide variety of pain complaints and diseases. Some have no disease or symptoms they just want more, more connection, more inspiration, more love, more life. Their reasons are personal.

What I see is people I care for regularly start to make empowered life changes that they’ve wanted often for years, but haven’t had the motivation or “get up and go” to implement. They become more connected to their body, their internal rhythms, their needs and they learn to trust these as they become more in-tune with life. As they progress with care, they experience less pain and emotional or mental challenges. They have less stress, become more creative and passionate about life. People report increased congruency with their purpose in life.

Many people associate what I’m talking about with psychotherapy and similar mind-centred therapies. However, studies show that NSA improves quality of life in the mental and emotional realm and helps people to make more constructive life choices. There are two major ways to influence change in people lives. One is “psycho-somatically”, meaning the mind influences the body. The other is “somato-psychically”, meaning the body influences the mind.

During an NSA session a healing wave called the somato-psychic wave ripples through the body. This wave helps people to release tension that has been locked inside their body, often for many years. It’s not uncommon for people to release tension that has been locked up for years in just a few minutes.

Even if you’re doing all the right things, eating well, exercising regularly, your body can still be reacting to some physical, mental or emotional stress that happened years ago that you just can’t seem to shake. NSA is a predictable system for transforming your body and mind simultaneously no matter how healthy you already are.

5. Result? What are the benefits?

I’ve been extremely fortunate in practice as I’ve always served a wide range of people with a diverse range of complaints and life challenges. What I’ve observed is that regardless of someone’s socio-economic status, no matter how healthy or unhealthy they are that there is always room for growth and development. It is always possible to go deeper inside and to connect to your innate healing potential. Everybody has this power to connect to their greatness and NSA makes this process so much easier.

NSA is a tool that has been proven in a study of nearly 3000 people to nearly double quality of life in virtually every category of human experience: Physical, emotional, mental and spiritual. Participants

were shown to recover faster from pain and injuries, handle stress more easily, have richer more fulfilling relationships and greater enjoyment of life.

6. Why is it important to me? How has it helped me personally?

NSA has totally changed my life!

As a teenager I suffered from a grumbling back problem that was dismissed as growing pains. It developed into a full grown back problem in my 20's and was starting to impact on my work and social life. Despite being of above average intelligence I actually had quite low esteem and lacked a sense of purpose and direction in life. I found it difficult to express what I wanted and regularly went along with everyone else supporting their dreams and visions, saying "yes" when I meant "no" because I had no real reason to say "no". I did a degree and job-hopped for several years before "job-hopping" into Chiropractic school, still searching for the career that would make me happy. I embarked on a Chiropractic career and had a successful symptom based practice in the Netherlands, but still felt that something was missing in my life.

I stumbled upon NSA on a Paediatric seminar where a colleague "entrained" me for the first time. I immediately knew that something different had happened. Apart from the fact she touched my spine so gently, I was overcome with a desire to sleep, to self-reflect and to process what had happened. Since then, NSA care has transformed my practice and my life. I have learnt to value myself and my skills. I have direction and passion in my life, both professionally and personally. I have learnt to connect to my emotions and to be true to them. I now focus on what's important for me, my family and be true to myself. This makes it natural to love and support from an authentic perspective. And I have sense of gratitude for everything that has happened in my life that I didn't think was possible. I know with confidence that what I'm doing serves me and many others and I'm excited about the now and the future. Life keeps getting better and better!

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