

## Network Spinal Analysis...

# Introducing the concept of the 'Spinal Gateway'

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"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 Care also has a major indirect effect on wellness by promoting healthy lifestyle choices." — *Robert H. Blanks, Ph.D., Medical College at the University of California, Irvine*

Network Spinal Analysis (NSA) achieves significant and positive changes in people's lives without the use of therapeutic advice, or psychological counseling. Through the use of low force spinal applications, NSA seeks to enhance higher brain awareness of the body, the spine, and its environment. This enables the body to make more energy effective choices and evolve new adaptive strategies.

NSA Care elicits unique sensory and motor responses (somatopsychic and respiratory waves) which assist in the self-regulation of tension and energy states within the neural, osseous, and connective tissue matrix of the body, and significantly enhance life enjoyment and wellness.

As developer of this method, I propose that vertebral subluxations and altered postural states are defensive (protective) responses orchestrated by a brain sensing

a lack of safety. When in stress physiology the body expresses spinal facilitation and multiple spinal cord tensions (fight or flight), called defense posture. In this state there is a reduced capacity to make constructive choices for one's body, emotions, and life.

In my opinion, the vertebral subluxation complex is an indicator how the bodymind literally "wears" its defense posture. NSA utilizes low force contacts applied at specific "Spinal Gateways" that assist in the development of new strategies for achieving wellness, and an improved quality of living and healing. All forces are applied in relationship to one of five spinal cord tension patterns called "Phases."

The NSA low force adjustment, referred to as an "Entrainment," is applied at the appropriate Spinal Gateway. This appears to be associated with the brain/body shifting from stress physiology and its associated defense posture to that of an experience of "safety" that is more conducive to reassessment, growth and re-organization.

Energy that was formerly bound in adaptive structural changes appears to be liberated for constructive purposes. This energy can then be used by the bodymind for neurological self-assessment and reorganization. A consequence of this is increased spinal and neural integrity and wellness.

## The Spinal Gateway

NSA is evolving based on evidence accumulating through research. The "Epstein Model of Spinal and Neural Integrity" was developed to supersede the "Epstein Model of Vertebral Subluxation." While the subluxation model lives on within the spinal and neural integrity model, an entirely new clinical phenomenon of the Spinal Gateway has been incorporated.

Some characteristics and properties of the Spinal Gateway:

1. It serves as an access point to promote self-assessment of the nervous system including subtle cues about the internal and external environment.
2. It is a focal area of free or "unbound" energy located on or adjacent to spinal segments directly or indirectly attached to the dura mater.
3. It possesses sensitivity to natural biological energy fields and "non-local" intelligence. The Spinal Gateway is viewed as an interface between the dimensions of energy, consciousness, and physical tissue.
4. To serve as a nexus for interaction between the passive, active, neural control and emotional subsystems which contribute to spinal an neural integrity.
5. The ability to utilize a light force or touch to assist the nervous system to move from a state of stress physiology

and defense posture to a more adaptive, growth promoting state.

Since 1995, the clinical application of NSA has been advanced through a series of "Levels of Care." Each Level coincides with a specific set of desired clinical outcomes reflecting a specific spinal, neural and wellness strategy.

The practice member's assessment of his or her functional status, somatic awareness, and quality of life are considered in assessing clinical progression.

NSA's low force applications (sensitive to the location of Spinal Gateways) help individuals to move from stress physiology to safety, and from safety to growth. As this occurs new strategies and spinal and neural outcomes develop which have never been reported elsewhere.

Rather than attempting to return a person to a prior state of health and spinal function, NSA can enable both the practitioner and practice member to continuously evolve new ways of experiencing their spine, their wellness and their world. NSA is truly non-allopathic, and offers a unique promise for the future of humankind.

(More information is available online at [www.DonaldEpstein.com](http://www.DonaldEpstein.com), or [www.innateintelligence.com](http://www.innateintelligence.com). Or by writing: 444 N. Main St. Longmont, CO 80501; or calling 303/678-8086.) ■