

### ***What is Network Care?***

It's a new healthcare approach that deepens your sense of well being while helping you to resolve pain, stress and tension in your life.

### ***How is it different from physical therapy, massage, acupuncture, and other types of chiropractic and bodywork?***

Network practitioners don't view your body's tension areas as problems to be "fixed". Energy bound up as tension in your muscle, spine and nerve tissues can now be re-routed to help you make more constructive life choices. While most healthcare techniques aim to release the body's stored tension, Network puts it to work for you. Network helps change physical, emotional and mental patterns in your body and mind so you can experience a healthier more vibrant life.

### ***How can NSA create changes in my mental/emotional state? Isn't that the realm of psychotherapy?***

NSA affects how your brain coordinates your body functions. Your body in turn affects your thinking. A study of nearly 3,000 patients under Network Care revealed that positive emotional, mental/psychological changes occurred in nearly all patients who participated. Network bridges the disciplines of mind and body with unparalleled results! Network practitioners are not therapists or counselors, but understand the mind/body relationship and its affect on healing.

### ***Suppose I already eat right, exercise, workout, meditate and do Yoga. Why would I need something like Network?***

NSA is effective no matter what you're already doing! If you're already making positive lifestyle choices, Network Care helps you get maximum benefit from them. When your body is stressed, the exercise you do and food you eat isn't processed in the same way as when your body is at ease. All health related programs are enhanced when you're healthier inside, and NSA is just the tool you need to increase your level of ease. So, try Network Care and get ready to experience more magic in your life.

### ***What is a typical visit like and what will I feel?***

Network Care uses a clinical system called Network Spinal Analysis (NSA). NSA can only be used by doctors of chiropractic. There's a world of difference between NSA and traditional adjustments. Your doctor will use light pressure along your spine with no cracking or popping at all! A typical visit lasts 10 to 15 minutes and consists of a series of gentle touches along your back and neck. After a few minutes you'll likely feel a sense of ease flowing through your spine and body, and begin to feel more relaxed, energized and peaceful inside.

### ***How long does it take to get results?***

Most people feel results within the first several weeks of care and many after just one visit. Pain can go away immediately, but it might take weeks or months for your body to change deeper patterns. Network Care is offered in a series of levels that guide you on your path to well being. Your doctor will explain your options and help you decide on the best plan of care.

### ***What kind of results can I expect?***

The first thing you'll notice is a release of tension. But that's just the beginning. You'll develop a new type of awareness of your body, especially of your breath, posture, spine and muscles. Most people report a sense of lightness or freedom physically, mentally and emotionally as their bodies naturally and easily unwind. As you progress, your ability to deal with stress will improve, chronic tension will begin to resolve and a new perspective on life will emerge.

Dr. Jasmine Therese, DC 214-675-0495 or Dr. James Stone 214-827-1140 for more information.