

An overview of NETWORK SPINAL ANALYSIS quality of life chiropractic
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NSA is a way to apply the science, art, and philosophy of Chiropractic, consistent with the latest models of body/mind research, and the traditional ideas of the founders of Chiropractic, D.D. and B.J. Palmer. By combining concepts from various techniques ("networked" together), a safe and effective approach to sequenced chiropractic adjustments has been developed,

THE NEUROLOGY OF THE SPINE

Our spine contains the spinal cord, which is really an extension of our brain, that extends to our tailbone. Branching off the cord, the nerve roots divide into the countless nerves that supply each tissue and cell of the body. It is this NERVOUS SYSTEM that "controls and co-ordinates all the organs and systems" of the body, and relates an individual to their environment" (Gray's Anatomy, pg. 4). Chiropractic science is based on the idea that nerve energy ("Innate" force) becomes blocked or inhibited due to the cumulative effect of the various traumas of our lives. These unresolved traumas result in SUBLUXATIONS in the spine, subtle misalignments that are less than (SUB) dislocations (LUXATION), yet significant enough to alter the shape, position, and tone (tension) of the nervous system and spine. This in turn sets up conditions where the communication between organ systems becomes disrupted, and the result is a loss of harmony in the body. This is the beginning of disease (literally "no-ease"), NSA care addresses the CAUSE of disease patterns: altered spinal structure and tone.

WHAT IS NETWORK SPINAL ANALYSIS ?

The cornerstone of the NSA system is its classification of two distinct spinal subluxation categories, unique to the chiropractic profession. The first is the STRUCTURAL subluxation, a traditional bony misalignment of the vertebrae. The second is the FACILITATED subluxation, which is the distortion of the soft tissues around the spine, associated with the unresolved mechanical/ stresses of the nervous system. Both of these distortion patterns result from three types of stresses to the body: physical, mental-emotional, and chemical.

There is also a priority system, unique to the NSA protocol, that indicates which area of the spine is to be adjusted first, and by what application of force. Spinal adjustments are delivered with a light contact or a gentle high velocity thrust, depending on which of the subluxation types are to be addressed. These will occur ONLY where there is a state of muscular ease, NEVER forcing the vertebrae and ALWAYS honouring the present spinal condition.

When the proper force is applied in the correct sequence, there may be SPONTANEOUS body movements consistent with a discharge of stored energy as the spinal system moves from a state of high tension to a lower one. One may experience this phenomenon accompanied by an extraordinary sense of relaxation and well-being. This experience, called a "clear out" is the result of a more efficient flow of nerve cell energy from the brain to all the tissues and cells of the body. As the body seeks to

reduce its mechanical tension and re-establish its spinal curves, it is not uncommon to release even inhibited emotions, as the body frees itself from its holding patterns.

It is the release of these holding patterns which characterises the first level of NSA care: RECOVERY. In this stage of healing the adjustments are light, brief contacts in specific spinal areas designed to initiate the spinal system's self-correcting and recovery potential. This approach differs from "therapeutic" protocols, which try to eliminate symptoms through the use of outside agents such as drugs or surgery. These often powerful therapies bypass our natural healing capabilities, which like an arm in a cast can be weakened from lack of use.

ILLNESS AND LOSS OF FLEXIBILITY

What begins to happen is that the ADAPTABILITY of the nervous system is decreased through reliance on outside "help" such as drugs and surgery. When this adaptability is reduced, the spine tends to lose its flexibility in proportion to the lost nervous system adaptability. The result is a SPINAL POSTURE WHICH IS MORE RIGID, reflecting the decreased flexibility of the nervous system. Just as a piece of glass is fragile due to its inflexibility (more so than, say a piece of rubber tubing), the body becomes more susceptible to damage and disease as it becomes less flexible and less resilient. If this continues, the spine and the nervous system inside it become "stuck in a perspective", a state where the body repeats or PATTERNS itself into thinking that the acquired rigidity is normal. In time, the person loses awareness in these areas of the spine not realising that they are becoming more and more rigid.

When a person loses this awareness in their body, they actually begin to get separated from their physiology, that is, they cease to be able to receive the INTERNAL CUES from the body. These cues are the kind one receives when one gets the impulse to stretch when stiff, or drink water when thirsty, or shift one's weight if sensing an uneven load etc. It is important to understand that if these cues from the body are ignored, the body MUST respond with more powerful symptoms. These are usually PAIN and DYSFUNCTION which, although uncomfortable, are necessary for the body to let us know there is a problem. However, people often ignore these two signals, or take "painkillers" to stop the hurt. The next step is then TISSUE DESTRUCTION as the body goes further into debt to get our attention. This may explain the progression of symptoms so common in long-standing diseases.

BREAKING THE PATTERN

All this brings us to the connection between subluxations (blocked nerve conduction) and symptoms (illness). We are born with all the nerve cells we will need for our entire lives (in fact, recent studies show that the learning process is a paring down of nerve cells rather than a building up as was previously thought.). Other tissues in the body are replaced many times over during the course of our lives. Some, like the cells lining the stomach, are replaced in just a few hours. YET WE LIVE OUR ENTIRE LIFE WITH THE SAME NERVOUS SYSTEM WE WERE CONCEIVED WITH. So, how can a person have a diseased lung (cancer) that can go on for years when all the tissues and cells in the lung are replaced every eight months? The only answer that makes sense is that

the nervous system is stuck in a perspective", continuing to re-create the disease patterns without experiencing it as a problem. The subluxation patterns, the resulting spinal rigidity, and the ignoring of internal cues all add up to a system not in touch with itself. Just as a child will cease to pay attention to a new task without supervision, so the body "looks away" from symptoms if we don't pay attention to them.

The NSA chiropractic adjustment will allow the nervous system to recover its power to recognise symptoms AS SOMETHING IN NEED OF HEALING. It does this by allowing the DOMINANT PATTERN to be broken. Then it is possible for the inborn healing capability to begin its work. We feel that the power that created the body from two cells does not then abandon it at birth, It is this inborn or INNATE recovery potential that does the actual healing in us.

GOING WITH THE FLOW

Once the body has regained its recovery potential, the NSA chiropractor can begin to introduce adjustments that can change the entire dynamic of movement in the spine. The body is now in a more receptive place, where EASE rather than DIS-EASE is predominant. As a result, the body no longer resists the chiropractic adjustments, but instead accepts and holds them, enjoying the recovered flexibility. We now have a system that recognises FLEXIBILITY and ADAPTABILITY as fundamental to optimal health and wellness. In this state of inner harmony, the body/mind actually begins to thrive on CHANGE, that is, not so glued to a life of "sameness". Once patterns are broken, the body can begin to rearrange itself from "inside-out ", living more from ACTION rather than reaction.