

The following is adapted from an article written by Dr Donald Epstein and published in the American Chiropractor magazine. In an excellent description of NSA, he positions it as a unique evolution of chiropractic which continues to honour the core principles of vertebral subluxation and of chiropractic in general.

**NETWORK SPINAL ANALYSIS** is a total approach developed by Dr. Donald Epstein as a method of classifying, analysing and adjusting subluxation. It has evolved into an approach to wellness that incorporates low-force contacts applied at specific **Spinal Gateways™** and assists in the development of new strategies for living and healing.

Sensory and motor responses are initiated to assist in the self regulation of alterations in tension and energy states within the neural, osseous, and connective tissue matrix of the body, as well as self regulation of 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 self-defence. 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, and 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-organisation.