



Network Spinal Analysis

Talk & Demo

w/Lawrence Bell D.C.

Thursday, June 28th

@ Downtown Wellness Union

6:30 pm-8:30pm *FREE*

Network Spinal Analysis

Network Spinal Analysis (NSA) NSA is a very unique, gentle, and advanced form of Chiropractic. Gentle precise touch to the spine cues the brain to create new wellness promoting strategies. Two unique healing waves develop that are associated with spontaneous release of spinal and life tensions, and the use of existing tension as fuel for spinal re-organization and enhanced wellness. Greater self-awareness and conscious awakening of the relationships between the body, mind, emotion, and expression of the human spirit are realized through this healing work.

Join us for an educational talk about stress and a unique form of spinal care called NSA.

Part 1:
Nature of Stress

Part 2:
**Connection
between the Spine,
Emotions,
Thoughts, &
Behavior**

Part 3:
**NSA
Demonstration**

**As there is limited
seating, please RSVP to
secure your spot
(RSVP info below)**

LOCATION

Downtown Wellness Union
210 W. University Dr.
(2nd Floor)
Rochester, MI 48307

RSVP

(248) 266-8035 or
SametaHealing@gmail.com
IntegraLifeCenter.com

The first half of the night will illuminate the nature of stress, its long-term effects on the body, and why most people have a hard time recovering from or personally recognizing its insidious nature. The relationships between the spine, function, emotions, thoughts, and behavior will be discussed as will the role of energy, breath, movement and higher awareness as keys to cracking the code on the effects of stress.

In the second half, participants will learn about a very gentle technique (Network Spinal Analysis) designed to help the brain better connect with the body and its stress patterns. Two unique healing waves that come with NSA care will be discussed. The night will end with a demonstration of NSA followed by Q & A.

NSA has been the subject of academic study, research and publication for its unprecedented effect in wellness & quality of life, adaptability to stress, enhanced life enjoyment, and facilitation of constructive lifestyle changes. NSA involves a progression through Levels of Care, each level offering unique outcomes and opportunities for increased levels of spinal integrity and overall health:

Level 1. BASIC CARE (“Discovery”)

In Basic Care, the body learns to effortlessly find & release tension on its own through the application of very gentle contacts to the spine. As the brain & body structures learn to (re)connect, internal & life stresses dissipate, allowing one to respond with greater ease in life.

Level 2. INTERMEDIATE CARE (“Transform”)

In Intermediate Care, there is a natural & effortless transformation of old stresses, tensions and traumas into fuel for growth and revitalization. As a result, action in life may be taken with consistency, clarity of mind, greater focus, and with a new found determination.

Level 3. ADVANCED CARE (“Awaken”)

In Advanced Care, it is possible to experience life and relationships beyond the anchors of conditioning. The ability to express heart-felt daily living with ease and authenticity is heightened as is one’s connection to joy, purpose and passion.

Dr. Bell has been utilizing methods that are very gentle & progressive in nature since 2002. **Like** traditional Chiropractic, these methods address neuromusculoskeletal conditions (including-but not limited to-back/neck/joint pain, aches, stiffness, scoliosis) as well as headaches, fibromyalgia, emotional & mental distress, and more. **Unlike** traditional Chiropractic, there is no “cracking”, “popping”, or sudden twisting of the spine.

This type of work is a great complement to the practices of Yoga, Tai Chi, Pilates, Meditation, Breath Work, Coaching, Somatic Bodywork and any Art form as it may significantly increase baseline energy, breath, awareness, flexibility & posture, mental focus & clarity, emotional freedom, & overall creativity.



For more information about this form of care, please call (248) 266-8035 OR write to SametaHealing@gmail.com. You may also visit IntegraLifeCenter.com.