

## THE NEW STRESS RESPONSE

Network Spinal Analysis (NSA) is an evidence-based approach to wellness and body awareness. Gentle precise touch on the spine cues the brain to move from defense posture and stress physiology to peace, growth, health and wellness. NSA is exclusively practiced by Doctors of Chiropractic.

Research at the University of California, Irvine demonstrated that patients in Network Care reported significant improvement in **Physical Health** and symptoms, **Emotional/Mental Health** and symptoms, **Stress** and **Life Enjoyment**. A unique Wellness Index was developed to assess these categories for overall quality of life. Seventy-six percent of the over 2800 patients improved in every category. Although physical symptoms changed most often within the first couple of months, patients reported their overall life enjoyment and quality of life continuing to improve year after year.

During Network Care, two “**healing waves**” develop which are unique to Network. One is a breathing wave that releases tension throughout the spine and body and relaxes the person. The other is called a somatopsychic (or body/mind) wave, which is associated with a dolphin-like undulation or movement of the spine. These waves are related to a significant increase in wellness and quality of life.

Once people experience these Network “healing waves,” they tend to make healthier choices. Suddenly, the exercise, diet, supplements, meditation or prayer that may have been resulting in minimal wellness benefits increase in effectiveness. Saying it differently, people in Network Care, who experience these waves often double their perceived wellness. As these “healing waves” progress along a person’s spine it **revitalizes, energizes**, and helps the body to **self-correct** distortions in spinal alignment and posture. The movement of “stuck energy” acts as a resource for new energy and vitality. Vertebrae of the spine spontaneously realign as one of the “side benefits.”

NSA helps the person “inside” who is experiencing disease, and must deal with a prognosis, treatment, and symptoms. With care, they are able to develop **new strategies** to find tension in their bodies and spontaneously move and breathe to dissipate it. NSA helps the person to **use the energy** within their spinal tension (as well as unresolved past and current stressful or traumatic experiences) to fuel the healing process. Network Care helps the internal cues to become so available that people more often able to act, think, feel and respond in a productive and healthier fashion. The internal communication systems become clear and coordinate the body more effectively, even during periods of stress and trauma. People have been shown to make healthier choices and enjoy life more while under Network Care. Also, a wide range of physical complaints such as headaches, stiffness, pain, eczema, menstrual cramps, dizziness and many others have been reported by Network patients to improve or resolve.

The vitality center

Dr Jane Arzt dc

5901 Christie avenue, Suite 105

Emeryville, ca 94608

510 654 1480

## **SOMATO-RESPIRATORY INTEGRATION**

Somato-Respiratory Integration (SRI) is not a therapy but an educational and bodywork system designed to enhance the experience of peace, safety, connection and wholeness through four components: touch, movement, respiration and awareness.

With SRI you can re-connect with what you have stored in the body: welcome it, embrace it and transform it. These are the actions needed for resolution and healing.

SRI is complimentary to NSA and is often included in your program of care to enhance progression of Network Care.

## **THE NEW “WELLNESS” PARADIGM**

Network Care sits within a new paradigm called “wellness.” The “wellness” paradigm is not about whether a person has disease. It's about their internal experience of their body, their ability to make healthy choices, and their ability to enjoy life and be well. Wellness is that state of concern in which you are relatively invincible, nothing can ruin your day, and you feel alive, vital and confident. When you experience wellness the circumstances of the moment do not easily upset your internal state.

Research findings from Network Care have been documented in major University studies that examine the social science and biomedical indicators of wellness by looking at a variety of different things people do to increase their health levels. People who meditate or exercise daily, supplement their diets and/or are involved in health-promoting practices double their perceived wellness factor. However, if the person then adds Network Care, their wellness factor—the ability to make healthier choices—**triples**.

## **GREATER BODY AWARENESS IS THE KEY TO WELLNESS**

As children, most people were not taught that paying attention to oneself is vital to a happy and healthy life. Many people were taught that paying attention to their job, their schedule, their accomplishments, their spouse or family, or earning a living was primary. Many were taught that paying attention to oneself is self-indulgent or selfish. Therefore, the natural mechanisms that help you to listen or observe your body's subtle cues became inhibited, improperly developed or blocked. We learned to use our thinking brain to redirect our attention outside of ourselves and began placing our trust where our attention had been... outside of ourselves.

Physical, chemical and emotional stresses or traumas can often be difficult to deal with. Brilliant, unconscious biological mechanisms are established throughout lifetimes to insulate us from our unpleasant experiences.

The vitality center  
Dr Jane Arzt dc  
5901 Christie avenue, Suite 105  
Emeryville, ca 94608  
510 654 1480

It has been shown that in people with severe trauma, the emotional brain (limbic system) places a “marker” on certain experiences. This happens as our thinking brain (cerebral cortex) avoids dealing with the trauma and disconnects our awareness of the problem. The energy of the trauma still circulates throughout the body without our awareness (or perhaps with only partial or distorted memory) of the experience that had been so difficult.

In people with severe trauma, it has been reported that posture, body movement and sensations associated with the situation or event may persist or recur, even though there may be no conscious memory of the event. Mechanical tension in the spine replays the energy of the event that the brain could not fully experience. Therefore, spinal tension and altered spinal postures act as a means of further perpetuating the fragmentation of the nervous system.

Your body cannot remedy something it is not aware of. You cannot begin to do things differently until you are aware of what it is you are actually doing.

## **DEFENSE POSTURE AND STRESS PHYSIOLOGY**

Every moment, our brain assesses the world around us and asks one question: “**Am I Safe?**” This question is asked on three levels: Intellectually, Emotionally and Survival. If at any moment the brain determines you are in danger on any of these three levels, it sends out an alert to the body and the **Fight-or-Flight Stress Response** occurs. Mechanisms of survival are activated by the Brain Stem to prepare you to face the situation or run away. This occurs whether a lion is chasing us, we are taking a final exam, we see flashing lights in our rear view mirror, or we are touched in an inappropriate way. It occurs any time the brain determines, “Danger!”

Here is the **Stress Response** in a nutshell:

- ❑ Adrenalin is Released (provides more energy)
- ❑ Blood Sugar Elevates (provides more energy)
- ❑ Blood Pressure Rises (provides more oxygen to muscles)
- ❑ Pulse Increases (provides more oxygen to muscles)
- ❑ Muscles Tense (provides readiness for action)
- ❑ Immune System, Digestion and Sexual Function Turn Off (These three functions use lots of energy and are not necessary for immediate survival)

These are all appropriate responses to survive an attack from a lion or any other danger. However, once the danger is gone and the stress is over, these body functions should return to a state of balance and the body should move into a state of safety.

If during these stressful events the Emotional Brain or Limbic System is involved (we feel fear, anger, resentment, etc.), then it sends a message to the Brain Stem to maintain

the Stress Response to keep us safe, just in case such a situation ever happens again. Over time, this develops into what is called **Defense Posture**.

According to the Centers for Disease Control, stress is the cause of 95% of all disease and is what Network Spinal Analysis (NSA) directly addresses. NSA helps people move from **stress physiology and defense posture** to a state of safety and growth.

If you look at the list of responses in **stress physiology**, it is immediately apparent that long term these are our most common chronic ailments:

- ❑ Adrenalin is Released → Anxiety/Depression
- ❑ Blood Sugar Elevates → Diabetes
- ❑ Blood Pressure Rises → Hypertension
- ❑ Pulse Increases → Cardiac Arrhythmia
- ❑ Muscles Tense → Fibromyalgia, Neck and Back Pain, Bad Posture
- ❑ Pupils Dilate → Inability to Focus
- ❑ Immunity Turns Off → All Immune-Related Diseases
- ❑ Digestion Turns Off → Irritable Bowel Syndrome, Indigestion, etc.
- ❑ Sexual Function Turns Off → Impotency, Infertility

When the body and brain are locked in stress physiology and defense posture, we react as if the stress that caused it is still occurring, even though it may be decades in our past. In this state, health and healing are impossible, and our quality of life and degree of wellness greatly diminishes. Not only does this affect us physically, it affects us emotionally and mentally as well.

## **INCORPORATING HIGHER BRAIN FUNCTION**

Did you know we have three brains? Actually, we have one brain made up of three integrated parts. The first brain is the **Brain Stem or Reptilian Brain**. This is the Survival Brain. It controls all functions responsible for our survival—as an individual and as a species. It controls such things as hunger, thirst, heartbeat, breathing, digestion, immunity, and sexual drive. It is the basic, primal part of us that is in all animals—Give Me Food... Give Me Shelter... Give Me Sex! Most importantly it initiates the Fight-or-Flight Stress Response.

Our second brain is the **Limbic System or Emotional Brain**. It is in all mammals and is composed of interestingly named parts such as the amygdala, hippocampus and thalamus. It controls all functions related to the emotional aspects of survival. It controls such things as memory, behavior, pleasure and pain responses, and our experience of all emotions. Most importantly it maintains the Fight-or-Flight Stress Response and initiates defense posture.

The third brain is the **Cerebral Cortex or Human Brain**. It is in “most” humans and is evident in other mammals, especially apes, dolphins and whales. This part is the typical

The vitality center

Dr Jane Arzt dc

5901 Christie avenue, Suite 105

Emeryville, ca 94608

510 654 1480

“brain in a jar” that we see in monster movies. It is our Thinking Brain. It controls all functions related to higher thought. It controls such things as decision-making, attention, awareness, language, judgment, reading, writing, etc. It is the center of higher thought. Most importantly it is impaired by the Fight-or-Flight Stress Response and defense posture.

The gentle touches of Network are applied to “spinal gateways” or access points along the neck and lower spine. They are applied in such a way as to engage the higher part of the brain, the frontal lobes of the Cerebral Cortex.

## **THE SPINAL GATEWAY: OUR WINDOW OF OPPORTUNITY**

*“If you're working on my spine, why do you always look at my feet and feel my ankles? Why do you always want me to turn my head left and right? Why do you ask me to tuck my chin?”*

All of these actions are part of Network Spinal Analysis to find a very special point on your spine called the **Spinal Gateway**. The Spinal Gateway helps the brain and body develop new strategies to self-assess and regulate its own tension, move from defense into safety, and more effectively adapt to stress and change so as to facilitate growth rather than defense.

Have you ever been in a room with someone you were sexually attracted to, when suddenly they touch you on a special place on your body, or Erogenous Zone, that makes all the day's worries disappear? Your mind suddenly blanks and your body begins to melt into a big pile of mush?

The Spinal Gateway is a “Heal-ogenous” Zone and has a similar effect on your brain, spine and nervous system. In a body that is stuck in the **stress physiology and defense posture**, NSA helps us to find the one or two tiny spots (Spinal Gateways) along the spine that are free, safe, and most importantly, possess energy available for healing and growth.

When an area of the spine is locked in defense, we feel tense and tight in this area. The energy is locked up and not available. It is invested in defending us from DANGER!

**So... how does such a gentle touch make such a giant change in our health and wellness?** By placing a gentle force exactly at the Spinal Gateway, for just a moment, the higher brain (Cerebral Cortex) is alerted to a place in the body that has been forgotten, but safe, and has a lot of free energy to share. As we gently touch the Spinal

The vitality center

Dr Jane Arzt dc

5901 Christie avenue, Suite 105

Emeryville, ca 94608

510 654 1480

Gateway (like the Erogenous Zone), the body drops its defenses and realizes we are safe. The areas in defense actually learn from the Spinal Gateway. Suddenly, we may take a deep breath or feel tension release from our shoulders or low back. We may feel tingly or electrical sensations. We may feel a desire to move or take a bi-i-i-i-g stretch.

Over time, with guidance from the NSA practitioner through the Four Levels of Care, your brain and body develop strategies of breath and movement to self-assess and regulate its own tension, move from defense into safety, and adapt more effectively to stress and change, facilitating growth rather than defense.

**The vitality center**

Dr Jane Arzt dc

5901 Christie avenue, Suite 105

Emeryville, ca 94608

510 654 1480