



Benefits of Network Spinal Analysis

A recent retrospective study of 2,818 patients receiving Network care in the United States and around the world, demonstrated that Network care is associated with profound and statistically significant improvement in self-reported wellness areas. Patients report changes in:

<p><u>Physical well being</u> <i>Patients report</i> reduced pain improved spinal flexibility more energy less fatigue fewer cold and flu symptoms fewer headaches</p>	<p><u>Stress</u> <i>Patients report improvement in their:</i> overall health and general well-being ability to cope with daily problems improved family relationships improved significant relationships improvement in work</p>
<p><u>Emotional and Psychological well-being</u> <i>Patients experience:</i> less distress about physical pain more positive feelings about self decreased moodiness improved temper fewer angry outbursts less depression and more interest in life fewer concerns about “small” things improved ability to concentrate less anxiety improved ability to stay on task</p>	<p><u>Quality of Life</u> <i>Patients experience improvement in:</i> improvement in personal life improved self-awareness improved ability to adapt to change improved handling of problems in life experience improved in accomplishments in life improved life as a whole improved overall contentment with life improved relationship with significant other improved job satisfaction life being as it was thought to be romantic life actual work done relationship with co-workers physical appearance</p>
<p><u>Life-style changes</u> <i>Patients report increases in:</i> regular exercise practice of Tai Chi/Yoga meditation and prayer relaxation and self-hypnosis consuming health food and vitamins eating partial or total vegetarian diet decreased need for prescription medications</p>	<p><u>Life enjoyment</u> <i>Patients experience:</i> openness to guidance by inner feelings increased relaxation and well-being positive feelings about self interest in maintaining a healthy life-style feeling of openness when relating to others compassion for others</p>

References: Blanks, RH; Boone, WR; Schmidt, S; Dobson, M; Network Care: A retrospective outcomes assessment. 1996 Dobson, M; Boone WR; Blanks, RH; Women and Alternative Health Care: A retrospective study of recipients of Network Care. 1996