

In Good Hands

A Free Monthly Newsletter For The Friends and Practice Members of Jacob Hans, D.C.
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“I feel great, Dr. Hans, but what the heck are you doing?...”



San Diego— I get asked this question every single day. “I feel great Dr. Hans, but what the heck are you doing? How does it work? I feel better than I have ever felt my entire life! How can such gentle contacts on my spine have such a profound effect on my health and well being? I don’t get it.

I have decided to FINALLY reveal the SECRET of NETWORK SPINAL ANALYSIS to you. From now on, after you read this newsletter, I expect you to understand what is going on and be able to explain Network Spinal Analysis to your friends and loved ones whom you also want to experience the incredible benefits associated with this work. Or just hand them a copy of this newsletter and let me do the explaining!

Network Spinal Analysis

Network Spinal Analysis (NSA) evolved from the chiropractic profession and has become one of the most sought after methods of healing and transformation in the 21st century. NSA incorporates advanced quantum physics principles and a whole body approach to healing. It was developed in 1985 by Dr. Donald Epstein, D.C., a Colorado based chiropractor.

Along with other great visionaries in the human consciousness movement including Anthony Robbins, Deepak Chopra, M.D., and Candace B. Pert, Ph.D., Dr. Epstein is waking humanity from a long and deep sleep to experience its greatest potential. There are approximately 400 chiropractors worldwide that have trained with Dr. Epstein and are making NSA available to the public.

NSA treatments last approximately 20 minutes, are done fully clothed, and do not consist of “cracking” or forcing the spine, neck or back in any way. The initial

treatments (Level 1) are done while laying face down on a chiropractic table and, in the more advanced Levels 2 and 3, lying sideways, on one’s back or sitting.

What Are Spinal Entrainments?

NSA is applied to the body through a series of gentle contacts (“Spinal Entrainments™”) along “Spinal Gateways™”, areas of the spine ranging from the bottom of the skull to the tailbone. The Spinal Gateways, discovered by Dr. Epstein, lead to the frontal cortex (front portion) of the brain. The Spinal Entrainments, through the Spinal Gateways, “awaken” the brain’s frontal cortex resulting in profound global changes in our bodies.

The meaning of “entrainment” is to bring the different parts of a system into harmony with each other. In nature, the process of entrainment is a natural phenomenon that gives different species the advantage of survival over others that are not “entrained” or cannot adapt to their environment.

Smart Fish

For example, a school of fish(many individual parts of a system acting as a whole) has a greater chance of survival in the open sea than one single fish. When a predator sends its sonar to scout for food, the school of fish consisting of hundreds or thousands of fish will give the appearance of being a “huge” fish and the predator may think twice about having it for dinner. However, a single fish will not be a threat and be gobbled up without a second thought!

You have also seen flocks of birds fly in a “V” formation. Flying this way creates a “slip stream” effect which lowers air resistance and makes it easier for the group of birds to fly long distances because they don’t have to expend as much energy in the case they were flying solo.

Getting Personal

Your body has many systems and parts working all at once to help you function normally as a whole and enhance your ability to survive in this world. Some of these systems include your immune system, skeletal, muscular, circulatory, nervous, respiratory, lymphatic, glandular, reproductive, digestive, etc. Unless all of these systems work in unison, your ability to survive in this world and adapt to change and stress will be seriously impaired!

And I'm not only talking in a physical sense. You must also consider your emotional, mental, and spiritual aspects that make up who you are that are also part of the equation.

Does Your Brain Turn You "On" or "Off"?

The frontal cortex is responsible for the "blueprint" that creates the patterns for physical healing and regeneration, mental and emotional behavior, spiritual awareness and connection. In short, this is the higher thinking part of the brain that determines our evolution as human beings. It also functions as the switch that turns us "on" to life and keeps us healthy, young and evolving in a positive direction or "off" and puts us to sleep, in defense, keeps us in a state of fear, and numb to the world and to the beauty of life.

How Past Events Affect Us

Unfortunately, past events in our lives that were stressful and traumatic (from physical, mental, emotional or chemical sources) create a pattern of "defense" or "armoring" in the frontal cortex. The frontal cortex shuts down the normal communication link to our physical, mental, emotional, and spiritual parts that make up who we are. This broken link disrupts the "blueprint" that keeps all of the different aspects (or parts) of ourselves in communication and in a healthy and vibrant state. This results in long standing chronic conditions, pain, illness, and disease.

The "emotional charge" associated with these stressful events had to be sent somewhere to be dealt with at a later time when it was safer for you to experience it. Usually this charged up energy ends up in your body and manifests as tight and painful muscles, joints and other body parts and systems, eventually affecting your body's ability to heal, regenerate and function normally.

Hide And Go Seek

Although your brain has served to protect you in the past from system overload, it quite often forgets where it put this energy when it disconnected you from it. Since the brain can't find the unresolved traumatic charge it hid away, its accumulation without resolution manifests as chronic pain or other conditions, and you find yourself constantly wondering how your condition got so bad!

."But I Don't Have Stress In My Life"

It is typical that you are doing something totally unrelated to the original trauma when you encounter a stressful situation that takes you over the edge. You feel it physically, mentally or emotionally. It could be as simple as picking up a pencil from the floor or sitting at the computer for a few hours that causes your neck or back to "lock up." It may be a disagreement with your significant other that sets you off into an emotional roller coaster. Either way, a few minutes, hours, or days later you can't move or function from the pain and distress! This is the time when most people turn to medications or other types of interventions to "fix it" or numb the pain. Although taking medications may help save lives in extreme cases, most often they are not needed and make your problem worse.

How Does NSA Help?

Through Spinal Entrainments, NSA helps to break old negative patterns very gently that have been keeping you "imprisoned" in your own body suffering with physical, mental or emotional pain, and resets the "blueprint" in your brain that became faulty from system overload. This sets you free to experience optimum health, youth, vitality, greater connection to yourself and improved quality of life.

It also teaches the frontal cortex of your brain to "re-connect" every one of your parts and systems and to function as a whole, thus initiating the creation of new strategies that allow you to adapt to change and to life's stressful events better than you have ever experienced before. You get to be in charge!

Go to www.networkchiro.com for more information and read over 100 success stories of people who have already experienced NSA.

...And don't forget, if you ever have any questions or concerns about your health, talk to us. Contact us with your questions. We're here to help, and don't enjoy anything more than participating in your life long good health.

Inspirational Story Of The Month – (Names And Details Have Been Changed To Protect Privacy.) “Would You Give Up Three Feet From Gold?”

This is a good one.

It's also based on a true story. I say “based” because even though it's a true story, I read it a while ago and don't have the copy in front of me right now. You know how stories change a little every time they are told by word of mouth.

Like when you line up 10 people. Tell the first person a little story. By the time it gets to the 10th person...

It Doesn't Even Resemble The Original Story!

Well, this isn't quite like that. I read it and know the basic facts. But, that doesn't matter.

Why?

Because it's the point of the story that really matters – not the trivial specifics. And, the point of this story is extremely important, maybe even life changing to you and your family. That being said, let's get on with it...

Back in the gold rush days there was a man from the East Coast that caught the bug. He left everything behind and headed west to stake his claim with the dream of striking it rich. After buying a claim in Colorado, he and his partner grabbed a pick ax and shovel and started digging. And the digging soon paid off...

Within a month, gold was struck. But the claim could not be mined by just two men with shovels. So, he carefully covered up the mine and returned home. He told no one of his great find except his close family who came up with the money to buy the expensive machinery it would take to properly dig the mine.

The first batch mined with the new machinery was sent off to be smelted and tested for gold. And the results were astounding. The claim was estimated to be one of the biggest finds in Colorado history. Possibly worth millions.

It would only take a few more batches like the first and the debt from the expensive machinery would be paid off. Then the profits would roll in.

The next few batches were just like the first. Loaded with gold. Then, all of a sudden...

The Gold Ended

They dug and dug... but nothing. As quick as they had found gold, it disappeared. It was like the mine just dried up over night.

The two men decided to quit and sold the machinery and claim to a junkman – for just a few hundred dollars. After their big loss, they packed up their stuff and took a train back home with their tails between their legs.

Before they had even arrived home, the junkman had hired an expert mining engineer to take a look at his new mine. He just wanted to make sure before using the land for something else. And it's a good thing he did.

The expert reported back to him that the two men who sold him the mine had failed because they didn't understand how gold fault lines work. He mapped out the fault line and determined gold would once again be struck...

Just 3 Feet From Where They Had Stopped Digging!

The junkman fired up his new machinery and started digging. And, like the expert said, a massive amount of gold was 36 inches from where the others had stopped. In a short period of time, the junkman took millions and millions from that mine. And it was all because he sought expert help before giving up.

And even more important was what happened to the original owner of the mine who stopped 3 feet from a fortune. He learned a valuable lesson that he claimed was responsible for him becoming one of the leading insurance salesmen in the country. Selling over one million dollars a year for many years.

What was that lesson? Persistence. He said every time he was faced with adversity, every time someone would tell him no, he remembered giving up on that mine 3 feet from gold... and... keeps going until he gets his desired result. Most of his sales came AFTER the person had originally told him no.

So the question for you is: How many times in your life have you stopped just 3 feet from a fortune? How many times have you given up too soon? At the slightest sign of resistance? A few more days, hours or minutes from overwhelming success?

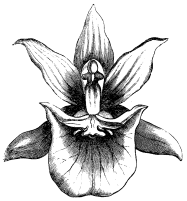
Every time things aren't going my way. Every time I think about giving up... I remember that story and ask myself if I have really expired all my options. Done all I can do. Am I quitting too soon? Most of the time I am, so I press on. And, sometimes, I quickly discover gold. And you may, too.

We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. Call us, and we will assist you in putting together a customized maintenance plan. It's not a luxury anymore! With our low monthly payment plan, it's less expensive to maintain your good health! You really can afford Network Spinal Analysis care! Don't wait until you can no longer move!

Did You Know?...

1. *It's been proven that people with asthma have breath that is more than 1000 times more acidic than normal. Increased acidity inflames lung tissue and shuts down airways. You can do things to naturally help with your asthma such as minimizing exposure to dust mites, cockroaches and smoke.*
2. *Another study has shown that strength training keeps your muscles in great shape as you get older. Tests have shown that people between ages 40-60 lose as much as 20% of their muscle mass. Also, tests have determined that during this same age period, there is a deterioration of connections between the nerves and the muscle cells they control. The interesting finding was that strength training helps preserve these connections. Training also increases bone density and helps the body burn more calories. It's a well known fact that muscle tissue increases metabolic activity, and is more active than fat cells. So...work out to maintain your strength and keep your weight and fat content down! (Please make sure you check with us before beginning any exercise or strength training program.)*
3. *If you lease a car, make sure you take a picture of the car before you turn it back in. Leasing companies can charge you for damage to the car a month or more after you turn it in. Some of them are not very honest, and will try to charge you for damage your car doesn't have. To prevent getting ripped off, take pictures of all four sides of the car in front of the dealer you bring it back to. It's a good idea to use a camera that places the date into the photo automatically.*

Tip of The Month : Here's 10 Mother's Day tips from *The Mom Book* written by Stacy M.



Debroff. This is a wonderful book that I highly recommend.

Have a great Mother's Day!!!

1. Finagle lunch with a favorite friend – and in the process buy yourself a bouquet of flowers and an extra one for her, too, to celebrate the restorative power of close friendships. Call up or drop an e-mail to a long-distance friend you haven't been in touch with for a while. Reconnect, catch up on life, and laugh. Make staying in touch with friends a priority. It can be as simple as a weekly e-mail or phone call, or sending a card once a month. Friends will reciprocate the gesture, making you feel connected to and cared about by others.

2. Build into your week activities that boost your self-esteem and that make you feel strong and confident.

These could be things that you do well and about which you feel passionate, or things that you did well in your youth that you still enjoy, such as swimming or doing crossword puzzles.

3. Exercise, even when you don't feel much like doing so. Staying fit and conditioned gives you the foundation to counter the daily stresses inherent in parenting and running a household. It also will help lift your spirits and boost your self-image. If the type of exercise you've been doing isn't fun for you and feels like another chore, try something different such as tennis or a spin class. Drag out your bike and try a new route. Walk the dog with your whole family in the evening. Aim for a half-hour of physical activity a day, and even walking counts!

4. Comfort food doesn't always have to be the decadent pint of gourmet ice cream, macaroni and cheese, gooey grilled cheese sandwich or fresh baked cookies. Instead it can be soups that simmer on your stove (add bouillon cubes for more instant rich flavor), roast turkey or chicken (throw in some lemons or oranges into the roasting pan), or bread baking in the oven (you can even buy uncooked dough in your grocery store's freezer section).

5. Are you caffeine dependent? I know I was – so much so that I was convinced that I should invent a caffeine patch that people could wear on their arms and simply tap to get activated in the morning. The problem is that caffeine affects your sleep, leaves you jittery and plummets your energy when it wears off. So ease yourself off it, giving you more time to sleep and substituting natural energizers such as fruit in its place as a quick pick-me up.

6. Surround yourself with energized friends. Find people with whom you feel refreshed and inspired, and who make you laugh – and make these the energizers you seek out. Energy is contagious, both positive and negative. Make sure that those around you on a regular basis are energetic and positive. Identify those people who primarily act as energy-vampires or are toxic for you to be around, and get rid of them from your life. The same goes for toxic colleagues and friends: Use polite evasion to keep them at arm's length.

7. Let go of perfectionism. Give up the ideal of having a spotless house. This is a never-ending series of battles you will keep losing. Kids by their very nature create chaos in their wake, even those trained as a toddler to help take their plates to the sink and clean up their rooms.

8. Give up hoping to have a body that leaps straight off the pages of a fashion magazine. Unless you've inherited amazing genes or do yourself the disservice of eating too little, you will likely find yourself consumed by a very demanding part-time job of losing weight. Your scale, bathroom mirror, and smallest jeans should not become the arbiters of your happiness.

9. Toss out clothing that doesn't fit or that you haven't worn in the past two years. Give it to Goodwill or a local charity. Keep only clothes in which you feel great.

10. Indulge your sense of smell. Experiment with different scents of perfumes, as they can help switch your mood and give you a pick-me up at much needed times. Treat yourself to some in the afternoon of a long day. Put plants around your house or office, get some indoor seasonal fragrant flowering bulbs such as narcissus, tulips and hyacinths, and grow sweet smelling fresh herbs in your garden such as rosemary, oregano, sage or lemon balm.