

# What is Network Chiropractic? By Carmen Ann Coppola, D.C.

Network Chiropractic, also referred to as Network Spinal Analysis or NSA, was developed by Dr. Donald Epstein in 1979. It is called Network Chiropractic because it views the body as a functional network in which everything is closely linked to everything else.

## Light touch adjustment

NSA is very different from the structural adjustment given in most chiropractic offices. A very gentle chiropractic technique, it consists of a series of light contacts with the thumb in order to create an adjustment. The areas primarily addressed are the occiput at the base of the back of the skull, the cervical vertebrae in the neck, and the sacrum at the base of the spine. These areas are important because the meninges, or the coverings of the spinal cord, attach to them. When tension is present, the meninges act like strings on a marionette puppet that elongate or stretch the spinal cord, creating what is called a facilitated subluxation.

Typically, this type of subluxation is caused by chemical or emotional stress from which the body-mind could not recover. Chemical stress, for example, could be exposure to certain types of chemicals, fumes, or dust, long-term use of medication, and certain foods or drinks. Instances of emotional stress are loss, divorce, pregnancy, commuting, illness, abuse, or any type of major change.

The other type of subluxation that is addressed is called a structural subluxation, and is what traditional chiropractic focuses on. This occurs when the bones of the spine misalign and put pressure on nerves. It is usually caused by a physical stress, such as the birth process, pregnancy, a car accident, a fall, or an athletic injury. These subluxations indicate that the body-mind did not fully recover from past events and therefore will respond to events occurring today according to the memory of the past "fight or flight" response. In most cases, the body-mind overreacts to any stressful stimuli, not being able to distinguish between present day or past event.

## Communicating with the brain to release stress

The philosophy of NSA is based upon the body's ability to self-regulate or adapt to life stresses. As the body expresses greater awareness, ease, and flexibility, it can learn to bounce back very quickly from stressful events. In NSA we work directly with the brain and spinal cord, initiating an unwinding or unraveling of the tension. The purpose behind the adjustment is to illuminate this area of stored tension so the brain can begin to shift the pattern that created it. As this tension pattern begins to unravel, the patient may experience a



number of different things. These can include increased range of motion, deeper respiration and awareness of breath, ease of physical or emotional symptoms, greater flexibility, inner peace, improved quality of sleep, a greater awareness of one's body, mind or spirit, a deeper sense of knowing what is necessary to create ease in one's life, softer healthier muscle tone, decreased spinal tension, a desire to eat differently or to begin an exercise program.

## What to expect in a session

A patient is seen over a series of visits in order to begin the re-education process. A typical visit lasts about 10-15 minutes and patients leave feeling very relaxed. While lying face down on the table, the doctor makes several light touch contacts on the occiput, cervicals, and sacrum. The body is observed for changes in breath, involuntary movement, changes in the tension in the spine and muscles, changes in spinal cord tension, and changes in body temperature. After an adjustment the patient is asked to share what they were aware of while lying on the table. Patients report a deepening of their breath, feeling warmth or tingling in a certain part of their spine, or a feeling of energy flow. Once the adjustment is completed, it is only the beginning of the healing process because the brain and body will continue to work with the information received at the office over the next day or so.

As patients begin to receive care, they start to notice a change in themselves with regard to how they react to, process, or recover from stressful situations. In most cases patients say they have greater ease and calm. After regular network care, they find quicker recovery to physical stresses that were hard to recover from in the past. Women report easy labor and delivery after regular network care. And patients say that emotional stresses, such as arguments with a friend or family member, no longer bother them the way they used to.

*Carmen A. Coppola has been receiving chiropractic adjustments since the age of four. She is a Doctor of Chiropractic, certified in NSA, and has been adjusting children and adults for over 6 years. Her practice is located in downtown Wayne, Pennsylvania.*

---

## Carmen Ann Mazza, D.C.

4620 N. Bornite Way  
Tucson, AZ • 520-834-1722