

# Enhance Your Life – Network Spinal Analysis

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Welcome to our Office!

Your first visit will take about an hour. Here are the events you can expect during your first visit with us:

- **Paperwork** – Please bring in your completed health history form to help us learn about you. Also, please read, sign and bring with you the *Consent* form which describes the type of care we offer so you can decide if this will be right for you and your specific needs.
- **Consultation** – We'll review your health history with you to better understand how any physical, chemical or emotional events may have impacted your nervous system. We will explain how NSA can help you and address any questions you may have.
- **Posture Exam** – We use computerized postural evaluation software and digital photographs to document your current resting posture. This technology allows us to periodically assess your postural changes and spinal alignment without the use of invasive X-rays. You will be able to see the results on your second visit.
- **Examination** – We use gentle palpation of the muscles and bones of your neck and back to assess the tensions your body may be holding. We also look at your leg length and your pelvis. You remain fully clothed.
- **Entrainment** - We call our adjustment an *entrainment* as it is designed to help you entrain to your internal rhythms. An entrainment is a series of gentle touches applied along your spine to help your brain find the tension you may be holding, then release that tension and use it as energy for healing. The touches are very brief and use a gentle pressure that is safe for spines of all ages and any condition.
- **Learning More** – To acquaint you with Network Spinal Analysis (NSA), please read the articles on our website or available in our office and listen to the audio CD we provide.
- **On-going Education** – We recommend you attend our periodic in-house workshops to learn more about health, healing, and how NSA can support you on your journey.
- **Next Visit** – After your first visit is complete, please schedule a second visit and plan to spend about 30 minutes to review your photographs, receive our *Report of Findings* and recommendations for Network Care.

Thank you!