



Healing Times

February 2012
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Resolution Update...

By Dr. Suzanne

Still working on those New Years Resolutions? Or did you mean to make some changes, but haven't gotten to it? Either way, if you're looking for ways to up the health and happiness quotient in your life here are some easy ideas that pack a punch from our old friend, Dan Buettner, author of The Blue Zones, and Thrive.

*(And remember, you don't have to do all of them all at once, or even any of them. Remember my mantra for 2012: **Be nice to yourself first!**)*

Dan Buettner's Four Simple Life Changers for 2012:

- 1. Volunteer for one new organization this month.** Volunteers have lower health care costs and report higher levels of well-being. Also: new studies find that altruism is as addictive as sugar or cocaine. So, try it once and you'll be hooked.
- 2. Make one new happy friend this month.** Each new happy friend you add to your network increases your happiness by 15%.
- 3. Get down to one TV screen in your home.** Americans watch about 5 hours per day but studies show the happiest people are only watching about an hour. Reduce TV watching to only one room of the house to make your hour of watching worthwhile.
- 4. Put a scale in your bathroom.** People who weigh themselves each day weigh about 17 lbs. less over the course of two years than people who never weigh themselves. *(Dr. Suzanne's note: I agree with this, as long as you don't beat yourself up about what the scale says. It shouldn't dictate what kind of day you have or how you feel about yourself!)*

Ground Hog Day

By Dr. Suzanne

Every February I watch the movie *Ground Hog Day*. Not only am I a big Bill Murray fan (my generation was lucky enough to see him on *Saturday Night Live* in the late 70's), but also I really love the metaphysical constructs of this film. And the ideas this movie generates for me always come in right on the tail of all those New Years Resolutions I'm working on.

If you haven't ever seen it, or haven't seen it in a while (it came out in 1993), Murray plays Phil Connors, an egocentric TV weatherman, who, during an assignment covering the annual Ground Hog event (which he hates), in Punxsutawney, Pennsylvania, (which he also hates), finds himself inexplicably stuck repeating the same day over and over again.

It sounds simple enough, but the film is rich with life lessons. Phil covers the Ground Hog Day celebration (complaining and whining the whole time), gets stuck overnight in Punxsutawney because of a blizzard (more complaining and whining), and then wakes up the next morning to find that he is reliving February 2nd. The day plays out exactly as it did before, with no one else aware of the time loop, and only Phil aware of past events.

At first he is confused, but, when the phenomenon continues on subsequent days, he decides to take advantage of the situation with no fear of long-term consequences: he eats an enormous amount of junk food, learns secrets from the town's residents, seduces women, steals money, drives recklessly, gets thrown in jail. Then, bored and frustrated, Phil ends his life (multiple times - each suicide more bizarre than the next), because he just can't face repeating the day. No matter what he does, he wakes the next day as though nothing ever happened, and yes, it is still Ground Hog Day.

As Phil realizes he can not move forward, he begins to reexamine his life and his priorities and makes a conscious choice to improve himself and the lives of the people around him.

The more self-less he becomes the better the outcome for the day which is the obvious moral of the story: do your best, help others, and try not to be a jerk. However, one of the parts I find most interesting is when something happens in the film that no matter how he plays it over, he can not change the outcome and has to surrender and accept it. Now, that's a life lesson.

Each time I watch this film, I ask myself: what would I do in Phil's shoes? Who would I be if I had the chance to do things over until all my actions were congruent with my life's purpose? And the most important question: Why not get started right now? Good luck and Happy Ground Hog Day!

Classes Available at EYLC

Feldenkrais Classes

Marsha Robertson, OTR/L teaches Awareness Through Movement® Tuesdays from 12:30–1:30PM. *Feldenkrais* is a gentle and effective way to become more in touch with your body and how it moves.

Classes are \$12. Drop-ins are welcome. Please call Marsha at 434-970-1066 or email her at marshaerobertson@cs.com to register, or for more information. ***Your first class is free!***

Yoga Classes

Sara O'Hare, certified Alexander teacher and yoga instructor, teaches one hour of gentle yoga on Tuesdays and Fridays at 1:45PM. Commit to six week sessions at \$10/class, or you're welcome to drop-in for \$12/class. Please bring a mat for lying on the floor (extra mats are available). Call Sara at 434-984-3503 for more information and/or to register. Drop-ins are welcome. ***Your first class is free!***

Life-Changing Healthcare Class

FREE 30-minute class for the curious in our C'ville office: 6:30PM on Monday, February 13th; please RSVP by noon on the 13th.

During class, Dr. Brian describes Reorganizational Healing, Network Spinal Analysis, Somato Respiratory Integration,

answers questions, & provides a demonstration of a Network Spinal Analysis Entrainment.

All participants also receive a coupon for our \$57 Valentines Day special first visit (see the end of this newsletter for details). This class is a perfect opportunity to learn how a healthy spine can help you have a healthy, vibrant life. Refer your friends and family, so they can experience the same great changes you have since starting NSA care!

Services Available at EYLC

Somato-Respiratory Integration with Brian Dickert, DC

Dr. Brian is available by appointment for private Somato Respiratory Integration sessions. Designed by Dr. Donald Epstein, SRI helps the individual experience their body more fully, and instantly shift their state of consciousness to one that supports trust for the body-mind and healing process, as well as promote increased peace and ease.

Call or e-mail Dr. Brian at 434-971-5433 or drbrian@eylc.com.

Treat Yourself Right! Massage with JeAnne Frey

To make an appointment for a massage, or to find out more about Circuitry Alignment, call JeAnne at 434-989-8364, or schedule online at www.schedulicity.com.

For more information check out JeAnne's website at www.tyrmassage.com.

Is it Magic? Is it a Mystery?

By Dr. Suzanne

When people come to see me for the first time, I often hear "my friend said she feels so much better, and she doesn't know what you did, but told me to come see you, too!" **If you've ever wondered what Dr. Brian and I are up to, and how NSA works, read on!**

The Mystery - What we do

Okay, the truth is we're not really mysterious. Dr. Brian and I help people

connect to the patterns of tension and distortion they hold in their bodies and to release them. **These patterns persist in your body when your body-mind holds onto a past overwhelming event or trauma, or as life stresses accumulate to the point where your nervous system can no longer cope with them.** Whereas traditional chiropractors use force to physically realign the spine, we focus on communication within the nervous system in order to release the underlying tension that keeps the spine misaligned and the body-mind stuck in a pattern. **Network is highly effective because it addresses the root of the problem.**

We use a very specific, very gentle, sequence of touches, called “The Network Entrainment,” applied at access points we call “gateways” at the neck and lower spine. We interface with your body at the connective tissue level, and not only help your brain find tension and unwind it, but also help you entrain to your internal rhythms so you don’t entrain to the stressors in the world outside your body. Your brain makes the connection, and eventually the entrainment process becomes learned so that when stress arises, your nervous system can rise to the challenge and deal with it with more ease and flexibility.

Network is different from almost all other forms of health care because it works with what is already working, instead of focusing on what is wrong. No one knows how NSA works *exactly* (and remember, we don’t know how aspirin works either), but research has shown the Network Entrainment to be consistent and repeatable, and the research on NSA continues with many disciplines interested in our results, including mathematicians, and quantum physicists.

Simply put, when a person connects to a complex pattern of tension they’ve been holding, further unwinding of deeper tensions from the body naturally occur and people experience changes in many areas of their lives – physical and emotional, and even spiritual. As your body relaxes back into a more natural alignment, and tension patterns drop away, it’s easier to adapt to new stressors too. You

have more “choices” because your body is no longer tied up in old patterns, and you just feel better or “better feel” as the case may be!

Are those old tension patterns bad? No. They are what your brain had to do in the moment to keep you safe. They are an excellent short term strategy, but a less desirable long term one. At EYLC, we honor the adaptations your body has made, and we move forward from there. We don’t “help you get back to where you were.” **We help you integrate the stressors you’ve encountered so far, and complete any old “unfinished business,” and then move into something new and even better.**

The Magic – Network’s Healing Waves

During Network care, two healing waves develop which are unique to NSA Care (this is the part that fascinates the science world and is currently being researched at the University of California - Irvine).

The first wave to develop is a breathing wave which releases tension throughout the spine and body. Your breath comes through your whole body and rocks your vertebrae through their range of motion. Areas that were armored and protected due to past tensions and traumas often release as the brain and spine coordinate functions more effectively and the structures surrounding your spinal column (ligaments, tendons, muscles, and fascia) reorganize. We call this coordination of respiration with the dissipation of tension “the respiratory wave.”

The second wave, which develops later in care, is called “the somatopsychic (s-p) wave” and it is associated with a body-initiated undulation or movement of the body. The s-p wave is believed to carry information through your body and help improve spinal and neural integrity, and your body then harnesses the liberated energy for healing.

So, is it really magic? Yes, in that your body is magic and you are magic! Network care helps your body and nerve system to reorganize and to develop strategies for experiencing and releasing tension on its own.

Network care encourages the development of spontaneous stretching

movements and breathing which help you adapt to stress and release tension in the spine and nerve system. People feel different and make changes because their bodies are no longer tied up in old patterns which held them in a position of stress or defense physiology.

The Mystery and Magic of Wellness

Wellness relates to a person's internal experience of their body, and their ability to make constructive, healthy choices, and to enjoy life. Wellness is that state in which you are relatively invincible, nothing can ruin your day; you feel alive, vital and confident and experience a high state of well-being. When you experience wellness, your circumstances of the moment do not easily upset your internal state.

Consistent NSA care helps you overcome deep-rooted patterns of ill health, and increases your self-awareness so that over time it's possible to move into enhanced wellness and quality of life. **The objective of Network care is to give your nervous system the tools it needs to experience life in ways you have never experienced it before, and to help you live in a state of wellness.** As people progress through Network care, their nervous systems become more flexible and continually learn new ways of experiencing potentially stressful situations. Network care is a method of tapping into the tension in your body and using it as fuel for healing and change.

Since being developed in the late 1970's, NSA has gathered a body of research to back up its' wellness claims. The University of California – Irvine found that 76% of the study's 2,818 NSA patients self-reported significant improvements in their levels of physical, emotional, stress, and life enjoyment factors (just to give you a frame of reference, if a tested pharmaceutical drug showed a consistent 76% improvement in people it would be considered an off-the-charts-success miracle drug).

People tell us regularly about the amazing changes they experience (check out our video and our testimonials on our website), and we're always grateful for the opportunity to help

people connect with their bodies and heal. Some of the specific benefits people can experience from Network care include (but are not limited to):

1. less pain and tension
2. fewer headaches
3. increased energy
4. improved spinal flexibility
5. increased relaxation and well-being
6. decreased anxiety
7. improved concentration
8. better adaptation to stress

When someone comes to us for care, we don't have to know what caused their symptoms or tension pattern. What we do know is how to intervene, to help their system to observe itself and to make a change. Network works even on disbelievers (if I had a dollar for every time someone comes in on a second visit and says "I was skeptical, but I really feel different!", I would be a rich woman!). Light touches to the spine might seem as if nothing is happening, but it's just that subtle touch that an overworked body-mind and nervous system need to connect to their peace, a distinctive characteristic of this effective wellness modality.

In this stressed-out world, it's so easy for your nervous system to get over-burdened. By addressing your nervous system, Network brings peace to your body-mind, a natural precursor to optimum health and well being. So, tell your friends about your experience and send them in to EYLC to find out for themselves how different living life in wellness can be!



Valentine's Day Share the Love Special

For the month of February, we're offering an opportunity for your friends and family to experience Network Care at a reduced price. With your referral, new patients will receive their first two visits, including a consultation, computerized postural evaluation, spinal exam, report of findings and two entrainments for only \$57 (regularly \$150)!

Space is limited and must be reserved, so pick up a referral card for a friend or family member today. ***They will love you for it!***

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 C'ville 8-Noon & 3-6 Afton By Appt.	2 C'ville 9:30-Noon & 4-7	3 C'ville 8-Noon & 3-6 Yoga class 1:45 Afton By Appt.	4 C'ville 10-1
5	6 C'ville 8-Noon & 3-6 Afton By Appt.	7 C'ville 9:30-Noon & 4-7 Feldenkrais class 12:30 Yoga class 1:45 Afton By Appt.	8 C'ville 8-Noon & 3-6 Afton By Appt.	9 C'ville 9:30-Noon & 4-7	10 C'ville 8-Noon & 3-6 Yoga class 1:45 Afton By Appt.	11 C'ville 10-1
12	13 C'ville 8-Noon & 3-6 <i>Life- Changing Health Care 6:30PM</i> Afton By Appt.	14 C'ville 9:30-Noon & 4-7 Feldenkrais class 12:30 Yoga class 1:45 Afton By Appt. <i>Valentine's Day</i>	15 C'ville 8-Noon & 3-6 Afton By Appt.	16 C'ville 9:30-Noon & 4-7	17 C'ville 8-Noon & 3-6 Yoga class 1:45 Afton By Appt.	18 C'ville 10-1
19	20 C'ville 8-Noon & 3-6 Afton By Appt.	21 C'ville 9:30-Noon & 4-7 Feldenkrais class 12:30 Yoga class 1:45 Afton By Appt.	22 C'ville 8-Noon & 3-6 Afton By Appt.	23 C'ville 9:30-Noon & 4-7	24 C'ville 8-Noon & 3-6 Yoga class 1:45 Afton By Appt.	25 C'ville 10-1
26	27 C'ville 8-Noon & 3-6 Afton By Appt.	28 C'ville 9:30-Noon & 4-7 Feldenkrais class 12:30 Yoga class 1:45 Afton By Appt.	29 C'ville 8-Noon & 3-6 Afton By Appt.	March 1 C'ville 9:30-Noon & 4-7	2 C'ville 8-Noon & 3-6 Yoga class 1:45 Afton By Appt.	3 C'ville 10-1



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