



Aloha Sophia Wellness

<http://alohasophia.com>

Clinical Objective:

A Statement of Clinical Objective

The following statement explains our approach to wellness, Network Spinal Analysis™ (NSA), chiropractic, healing, and defines our mutual responsibilities in this exciting relationship.

In this office we offer spinal care, including wellness education as chiropractors who provide Network Spinal Analysis™ (NSA) Care, a low force approach which has unique outcomes and clinical results. As practitioners choosing to practice NSA, we are professionally and personally confident in regard to the safety and effectiveness of this form of care.

This office provides care in accordance with the Council on Chiropractic Practice Guidelines and the Canon of Ethics of the Association for Reorganizational Healing Practice, and the doctors have been trained in traditional chiropractic care and certified at the highest level in the procedures of Network Spinal Analysis Care.

The purpose of this statement is to help you better understand the nature of the services offered in this office and our mutual responsibilities. This fosters a more effective relationship and avoids misunderstandings regarding expectations. Having well understood expectations is anticipated to promote a greater sense of safety and healing.

Network Spinal Analysis™ (NSA) Care

NSA does not attempt to manually, or by instrument, manipulate spinal fixations structurally (often associated with a snapping or popping sound), nor does it directly treat painful areas of the spine and body. Instead, by enhancing your body's awareness of itself and specifically your spine, you understand and you can develop new strategies for healing, adapting to stress, and experience wellness. These strategies promote

spontaneous self-correction and self-regulation of spinal tension patterns and healing.

NSA consists of gentle touch contacts along the neck and back to achieve greater communication between the brain and body, and new sensory and motor strategies. NSA adopts an approach associated with somatic (body-spinal awareness) training. There is a body of research characterizing NSA care and documenting its significant wellness benefits. You can obtain copies of published research articles and/or abstracts in this office or on this [website](#).

In this office you will be receiving gentle touch Network Entrainments, also called Entrainments or Network Adjustments

Assessments of your progress will include monitoring of your spine and body awareness, responsiveness to inner rhythms, tension, and ease patterns. At regular intervals, following commencement of care, reassessments will be performed. These will include your personal perception of your wellness and your awareness of your spine and body-mind changes. As your chiropractors we will report to you the improvement in your spinal and nervous system integrity, and your ability to self-regulate and re-organize your spine.

NSA is advanced through a series of Levels of Care

Each Level of Care involves the development of new and unique spontaneous wave motions, other body movements, and oscillations. These waves, which are suggested to be associated with greater spinal stability, the redistribution of energy, and the transfer of internal information, are also associated with greater wellness, improved quality of life, and increased life enjoyment.

The Care in this Office and Wellness Care

In addition to NSA care and wellness education, we as practitioners may perform additional examinations or assessments and offer health/spinal care or advice that is consistent with your individual needs. The care offered in this office is not a form of, or replacement for, the diagnosis or treatment of any symptom, disease, or malady. Instead, it is a form of wellness care and self-education that empowers your connection with your body-mind and develops new strategies for spinal and nervous system integrity and wellness. It develops new capacities in your body for the identification, spontaneous release, and redirection of tension, including those that are unique to NSA care.

It is common for people receiving NSA care to breathe more deeply and more fully, engaging the spine with their respiration, to spontaneously adapt postures that release or redistribute tension, to bust stress, and to experience more of their inner life energy.

It is common to experience a wider range of motion and emotion during care. It is common, as care progresses, to find new options in the body and in life, which often leads to significant life changes.

This form of care is NOT suggested for those individuals who wish to remove a symptom or condition without the occurrence of other fundamental changes in their lives. The care in this office often promotes significant changes in health choices, lifestyle, experience of the body-mind, emotion, and consciousness.

Rather than attempting to simply return you to your previous state minus a symptom, these chiropractors instead choose to help you achieve new levels of wellness and life potential that you may never have had before.

Although in this office we seek to help you develop new strategies for wellness and spinal and nervous system integrity, as chiropractors the sole condition of concern is that of vertebral subluxation.

In Network Spinal Analysis Care, we categorize these subluxations into two categories: a structural segmental distortion and a spinal cord/nerve elongation or stretching. Through the gentle force applications at the spine to enhance spinal and nervous system integrity, subluxations are corrected. This is the only condition that we address in our office.

The only condition we offer to diagnose and correct is the vertebral subluxation and loss of spinal and neural integrity in relationship to this. We do not offer to diagnose or treat any other condition, disease, or symptom. If during the course of our spinal assessment/examination we encounter non-chiropractic or unusual findings, we will advise you of this. If you desire advice on further diagnosis or treatment of this condition, situation or circumstance, we will recommend that you seek the services of another health care provider whose practice is geared towards such differential diagnosis and treatment.

We want you to understand that care in this office is different from what many consumers may expect from chiropractors practicing manipulative therapy. Care in this office will consist of Network Spinal Analysis Care and wellness education. You will be expected to be active in this process and an active participant in your care and healing.