

**From Molecules of Emotion by Candace Pert, PhD**

**One of the most quoted scientists at the National Institute of Mental Health**

“More recently, I have discovered a new breed of chiropractors who differ from the conventional ones in that they bring an awareness of energetic, emotional levels into their healing. One of these is Donald Epstein, who founded the school of Network Spinal Analysis Chiropractic and wrote a book entitled *The 12 Stages of Healing: A Network Approach to Wholeness*. I have had some profound experiences while being treated with this method, involving the release of traumatic stored memories from the autonomic ganglia on either side of the spinal cord. Often visual images related to the trauma have surfaced in my consciousness as part of the emotional release...”

“...I think we are skipping in our discussion of practical application for mind-body health is body work: the touch therapies of massage, chiropractic, and any other modality that includes the body as a means of healing the mind and emotions. *It's true, we do store some memory in the brain, but by far, the deeper, older message are stored in the body and must be accessed through the body. Your body is your conscious mind, and you can't heal it by talk alone.*”

“But it is true,” Brian reflects, and then poetically: “The body becomes the battlefield for the war games of the mind. All the unresolved thoughts and emotions, the negativity we hold on to shows up in the body and makes us sick. Forgiveness is about opening up the heart and learning to love, which is why I think we're all here on this planet. So simple, yet such a difficult lesson to learn...”

“Absolutely,” Naomi (Judd) says, “and I found that out through a therapy I utilized called Network Spinal Analysis. It was started in New York about fifteen years ago, by a man named Dr. Donald Epstein. It works by using very gentle manipulations to remove interference from the nervous. As you all know, I have chronic illness. Wynonna (Judd) had a ruptured disc, Ashley (Judd) has sinusitis, and we all use Network for these things.”