

Imagine

- ◆ feeling more ease in your body.
- ◆ having a better immune system.
- ◆ feeling increased vitality and joy.

Is it possible to walk through life with an increased sense of ease and flexibility? It is my mission to help you achieve this.

My name is Dr. Jennifer Lees. I am the woman holding the adorable baby. I've been searching for these answers for the past twenty years of my life. Let me tell you my story.

Twenty years ago something happened to me that changed my life forever.

I'm a shy but an active teenager who is struggling to grow up and be happy. The one thing that I love is gymnastics. I practice 3-4x/week. I am proud of my accomplishments and most of all I am happy when I am flying through the air. But then, it happens...it is a bad accident on the uneven bars. I pull the muscles between my shoulder blades so hard that I am knocked out and then flat on my back for two weeks. My back is killing me...

At the doctor's office, he looks at my X-rays and says, "It doesn't look good." My scoliosis, a curvature of the spine, has gotten worse. It went from a 15° curve to a 26° curve where it should be 0° or straight. He says that my spine will probably worsen as I grow and that there is nothing I can do about it. I am 15 y.o. and my options are to wear a spinal brace or have surgery.

I think, "What am I going to do?" I am in so much pain that I feel like I can not live in my own skin. I feel broken. I have stabbing back pain between my shoulder blades. I can feel the pulling up into my jaw causing TMJ problems and down into my pelvis and my right leg.

The pain lasts for 12 solid years. I often feel angry, frustrated and helpless. It hurts to sit. I squirm all day trying to find a comfortable position. I become anxious ... in other words, it hurts to live.

Finally, a friend convinces me to go to their doctor. This new doctor asks me lots of questions, does an exam, and "adjusts" my spine. The adjustment doesn't hurt; it actually feels good, relaxing. I get relief for the first time. Oh, did I mention that this new doctor is a chiropractor? Eventually I become pain free, strong and flexible again. I can now dance weekly with no pain at all. Chiropractic works so well for me, and I am so impressed with the other 'miracles' I see in her office, that I go to chiropractic school myself.

Now about Caleb, my adorable nephew that I am holding. I took care of his mom when she was pregnant. She said that it helped a lot with her low back discomfort and her sciatica. She brought Caleb to me as soon as he was born. Unlike many others, Caleb gets very few ear infections or "colic". When he does get sick, he bounces right back. His spine is really strong and flexible.

It's strange how life is, because now people come to see me with their back problems. Also they come to me with their *headaches, migraines, fibromyalgia, hip and leg pain, shoulder and arm pain, whiplash, neck pain, ear infections, asthma, allergies, numbness in limbs, athletic injuries, spinal cord injuries and depression*, just to name a few.

Here's what others had to say:



"Overload! A chronic defensive position physically, mentally and emotionally. I was sick and tired of feeling sick and tired. I had no idea how to get well. Doctors and drugs did not help. Three months later, I am ME again. Energetic, calm and participating in my life.

This holistic approach and Dr. Lees' gentle, caring touch have given me the health I knew I could have. I continue to feel miracles every visit." Pamela Sherer

"The presence of pain in my coccyx for 2+ years was affecting my life. As I unwind during an adjustment with Dr. Jenn, years of tension melt away. She is a true facilitator for my body to return to perfect health. I never knew I could feel this peaceful and energized at the same time." Delinda Fowler

"Since being in Network Care, my mind seems clearer. It is easier to concentrate. I can sing better. My throat is not as clogged. I also feel like I am sharing my music with the audience instead of being on trial. I am relating to people better." Sheryl LaFayette

"For years I would always get a terrible cough following the flu which would last at least 2 months. Since my treatments my cough has lasted only 1 week. I am so amazed." Anne Morrazini

You should know that *I don't heal anyone of anything*. What I do is perform a specific gentle touch to the spine to help you connect to the tension and release it. It

stimulates your body to heal itself.

I have learned that it is possible to heal and be well. I study the effects of stress on the body and I have come to see that sometimes our capacity for self healing and growth may be overwhelmed by the stress of life. Stress comes in many forms: physical forces, mental & emotional strain, anxiety, trauma &/or abuse, and chemical toxicity.

No matter what the stress, if it is overwhelming, you will revert to a more primitive animal response. You pump out stress hormones. Your body gets locked up in tension. Your breath becomes shallow. You are in a "fight or flight" response. This shuts down your higher brain and causes you to react. These reactions become habitual and actually mold your thought patterns, behaviors, moods, posture, biochemistry and physiology. After a while you may find yourself sick, tense, dissatisfied or simply just wanting more out of life.

I specialize in gentle techniques that unwind these tension patterns. Research at the University of California Medical School at Irvine has documented major improvements in physical, emotional and mental well-being, as well as, ability to deal with stress and ability to enjoy life. Although it is noted that physical symptoms often change within the first few months of care, this retrospective study of ~3,000 patients has reported that their quality of life has also continued to improve year after year under continued care.

As your body unwinds, life's stresses affect you differently. You notice changes big and small, expected and unexpected. You begin to feel differently both physically and emotionally. If you are game, it is my goal to help you move through life's stresses with more grace and ease.

On your first appointment we will do a full exam measuring how well you have been dealing with tension and stress in your life. This will include a history, postural exam, palpation of your spinal muscles and vertebra, and a neurological assessment followed by your first Network Entrainment or adjustment.

Our office is both friendly and warm. We try our best to make you feel at home. If you have any questions or would like to make an appointment please call (978) 443-3248. I look forward to working with you.

**Dr.
Jennifer
Lees**