



DR. JAY LEPP

Benefits of Network Care

"Network Care has a direct effect on client self-reported wellness which is twice that expected from healthy lifestyle practices (exercise, risk avoidance, optimal food choices). Network also has a major indirect effect on wellness promoting healthy life-style choices."

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A recent retrospective study of 2,818 patients receiving Network care in the United States and around the world, demonstrated that Network care is associated with profound and statistically significant improvement in self-reported wellness areas. Patients report changes in:

<p style="text-align: center;">Physical well being</p> <p style="text-align: center;">Patients report: reduced pain improved spinal flexibility more energy less fatigue fewer cold and flu symptoms fewer headaches</p>	<p style="text-align: center;">Stress</p> <p style="text-align: center;">Patients report improvement in their: overall health and general well-being ability to cope with daily problems family relationships significant relationships work</p>
<p style="text-align: center;">Emotional and Psychological Well-being</p> <p style="text-align: center;">Patients experience: less distress about physical pain more positive feelings about self decreased moodiness improved temper fewer angry outbursts less depression more interest in life fewer concerns about "small" things improved ability to concentrate less anxiety improved ability to stay on task</p>	<p style="text-align: center;">Life enjoyment</p> <p style="text-align: center;">Patients experience: openness to guidance by inner feelings increased relaxation and well-being positive feelings about self interest in maintaining a healthy life-style feeling of openness when relating to others compassion for others</p>
<p style="text-align: center;">Life-style changes</p> <p style="text-align: center;">Patients report increases in: regular exercise practice of Tai Chi/Yoga meditation and prayer relaxation and self-hypnosis consuming health food and vitamins eating partial or total vegetarian diet decreased need for prescription medications</p>	<p style="text-align: center;">Quality of Life</p> <p style="text-align: center;">Patients experience improvement in: personal life self-awareness ability to adapt to change handling problems in life accomplishments in life life as a whole overall contentment with life relationship with significant other job satisfaction life being as one wants it to be romantic life actual work done relationship with co-workers physical appearance</p>

References:

[Blanks, RH; Boone, WR; Schmidt, S; Dobson, M; Network Care: A retrospective outcomes assessment, 1996.](#)
Dobson, M; Boone WR; Blanks, RH; Women and Alternative Health Care: A retrospective study of recipients of Network Care. 1996

95% of individuals receiving NSA care report that their expectations have been met.