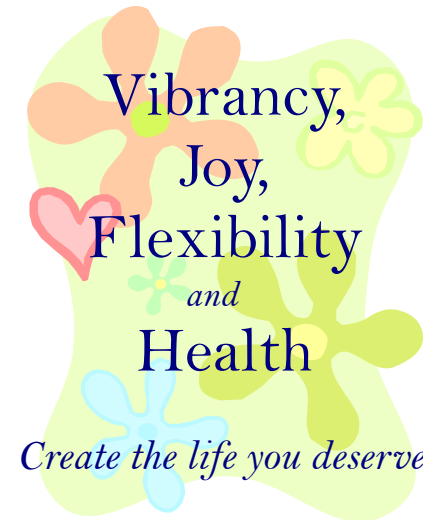


Holistic Healing Center

*for Network Chiropractic
Gentle & great for infants, children and adults.*



Dr. Jennifer Lees

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My name is Dr. Jennifer Lees. I have a Doctorate of Chiropractic from Life Chiropractic College West near San Francisco, CA, where I graduated with Honors and served as a Supervising Doctor in the Outpatient Clinic. I hold an undergraduate degree in psychology from the State University of New York at Albany.

I am the founder and director the Holistic Healing Center in Sudbury, MA since 1996. I went on to study Network Spinal Analysis (NSA), Advanced Healing Care, Somatorespiratory Integration (SRI) and life coaching skills. It is my honor to help you find full vibrant health, vitality and ever increasing levels of peace and happiness.

I welcome and invite you to step onto your healing journey. I have a unique style of guiding and coaching that helps you attain your health and life goals. I use gentle touch, focus on breath and movement, as well as, highlighting major life patterns to help you heal and evolve into the person you have always wanted to be.

~ My Story ~

I became introduced to chiropractic at the age of 15 after a serious gymnastic injury. I pulled the muscles between my shoulder blades making my scoliosis (curvature of the spine) worse. It left me with severe "stabbing" mid-back pain, anxiety and TMJ every day for the next 12 years of my life. The injury stopped me from ever practicing gymnastics again. It was only when I discovered Network Care all of my symptoms began to heal and resolve.

Although it took time to heal, I now enjoy a pain free life and have taken up dancing and yoga. It is now my passion to inspire, help and guide others to grow and heal too. I will never stop saying that "Healing is possible."



Imagine...

feeling ease in your body.

Imagine...

having a better immune system.

Imagine...

*feeling increased vitality
and enthusiasm in your life.*

Realize...

greater health and wellness.



Open up to the possibilities:

- ✘ "After 20 years with asthma, I can *breathe*."
- ✘ "My monthly migraines are now yearly."
- ✘ "I got off *anti-depressants*. I like myself."
- ✘ "I no longer let stress ruin my whole day."
- ✘ "I almost never get sick or colds any more."
- ✘ "I have much more energy and creativity."
- ✘ "My athletic *performance* has improved with less injuries and shorter recovery time."
- ✘ "We found our *loving relationship* again!"
- ✘ "Our family comes; we get along better."
- ✘ "I threw away my shoe lifts."
- ✘ "Our *children* do better at *school*."
- ✘ "My *vision* has improved."
- ✘ "My son has less ADHD characteristics."

WHY Network Care?

Network Care helps you connect, transform and awaken to new possibilities of health and wellness. It helps you heal your life. Sometimes, your capacity for self healing and growth may be overwhelmed by the **stress of life**.

Stress comes in many forms: physical forces, mental tension, anxiety, emotional trauma, abuse, and chemical toxins which include drugs, alcohol, smoke, processed foods and polluted air and water.

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 habit and actually mold your thought patterns, behavior, mood, posture, biochemistry and physiology. After a while you may find yourself sick, tense, dissatisfied or simply wanting more out of life.

Breathe life into your body.

**As your health care coach,
I will help you:**

- ¥ Melt tension and feel alive.
- ¥ Increase flexibility and breathe again.
- ¥ Tap into your inner peace and wisdom.
- ¥ Heal and realize your dreams.

~Dr. Jennifer Lees

Empowering YOU

Imagine that you could change your reality. You begin to walk through life with an increased sense of peace, joy and flexibility. You no longer break down or "over react" to the same stressors in you life. Your body has learned to go with the flow instead of being triggered or injured.

This is what Network Spinal Analysis (NSA), helps you develop. We start with gentle contacts along your spine that stimulate a relaxation response. Your breath deepens and your muscles relax. People tend to notice that it is easier to sit upright. It is also common that your mood lightens and the world looks more peaceful. With time and consistency your body will learn to unwind new and old injuries, defensive behaviors and tightness that always seems to linger.

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.

You were born a natural healer. Use NSA to tap into your highest potential. Surrender into ease and watch your life blossom into your greatest dreams.

The Latest Network Research

Research at the University of California Medical School at Irvine has documented major improvements in physical, emotional and mental well-being, as well as, your ability to deal with stress and enjoy life.

Physical symptoms often changed within the first few months of Network Care. A retrospective study shows that almost 3,000 patients have reported that their quality of life *continued to improve* year after year under continued care. Dr. Lees observes that there is no ceiling to our healing.

How do you unwind life long patterns?

We will put together a plan that supports your lifestyle and gently and consistently guides you towards melting old tension patterns and habits. It is a magnificent and easy process. Each session builds on the other giving you the experience of unwinding these patterns. With consistent experience, your body builds momentum to change, learn and heal. Under Network Care it is common for you to move through life's stresses with more grace and ease.

Fees

Initial Exam	\$135.00*
NSA entrainment (treatment)	\$ 50.00
Weekly Discounted Plan: 15% discount	\$127.50/wk**

*Includes: 1st 1hr. Consult, exam & NSA treatment & 2nd 30 min. follow-up.

**This weekly plan gives you a discount to help you to fulfill the initial recommendation of coming 3-4x/week. The frequency of this plan helps you to gently build new neurological pathways that support your healing while expanding your ability to deal with stress.