



NEW HOPE WELLNESS CENTER

Dr. Shara Eisen-Hecht
DC, CCH, RSHom(NA)

Moving to
Alexandria, VA

703-535-3348
sharaeh@verizon.net

Hours - by appointment only



Technique

Our office uses exclusively non-force techniques, due to our belief that the healing experience should always be as gentle and non-invasive as possible. The body also defends less against the new, correct spinal position when less force is used. This allows for more complete, longer-lasting adjustments. The primary techniques used are Network Spinal Analysis (NSA) and Bio-Energetic Synchronization Technique (BEST).

The Doctor

Dr. Eisen-Hecht's background includes an undergraduate degree in environmental studies from the University of California at Berkeley and a Doctor of Chiropractic degree from Life Chiropractic College West in San Lorenzo, CA.

She is also a classical homeopath with a CCH* and RSHom(NA)** and a degree from Pacific Academy of Homeopathy in Oakland, CA. Her training also includes years at the ESSH School of Homeopathy in Flagstaff, AZ and at Jeremy Scherr's Dynamis School in Orlando, FL.

*Certified Classical Homeopath

**Royal Society of Homeopaths (North America)

Purpose of Chiropractic

Doctors of Chiropractic (DC's) are specialists of the nervous system. DC's locate and remove areas of aberrant spinal motion and/or position, known as subluxations. Spinal subluxations prevent proper physiological function by causing interference in the nervous system. The spinal joints are a rich source of nerve receptors that will function inappropriately if they are not positioned and moving correctly. The nervous system is the body's most important system. It controls all other systems of the body and its optimal functioning is of vital importance. Back pain and headaches are only the beginning of the dysfunctions that chiropractic can improve or eliminate. When nervous system interference is removed, the body's capacity to heal itself is restored.

Innate Intelligence

Innate intelligence is the power that makes our bodies, and the power that can heal as well. It is the same power that directs the original fertilized cell to divide and multiply and oversees the hundreds of steps necessary to perfectly repair a cut.

When innate intelligence is operating without interference, the body can function properly and adequately comprehend its environment. If not, the body is weakened and external factors such as germs, and allergens can lead to disorder and diseases. The true causes of disease are internal. When nervous system interference is removed, innate intelligence is more able to heal the body.

Signs and Symptoms of Subluxations

DC's are trained through various palpation techniques to detect signs such as decreased spinal motion and altered muscle tone, so subluxations can be removed before, not just after, pain begins. Pain could begin instantly with a subluxation, or it could be years before it occurs. However, subluxations interfere with proper nervous system functions, regardless of pain. This is why regular maintenance care is important. While subluxations contribute to all types of chronic conditions, they also influence everyday "minor" problems such as fatigue, irritability and high stress levels. Chiropractic patients commonly report not only pain-relief, but decreased stress levels and increased energy, vitality and well being.

Causes of Interference

D.D. Palmer, the founder of chiropractic, stated almost a century ago that "thoughts, trauma and toxicity" were the causes of subluxations (and of poor health). Present day research is absolutely validating of this statement. Trauma can be experienced as early in one's life as the birthing experience. Any type of accident or prolonged postural stress could also be considered a trauma. Toxicity can include quality of diet, air and water as well as intake of any recreational or prescription drugs (including alcohol and caffeine). Thoughts represent the dramatic effects of the mental and emotional state on the physical state.