

Unpacking The Truth Behind Network Spinal: The Goop Lap Episode 5

In the Goop Lab Episode 5, Gwenyth Paltrow interviews John Amaral, an energetic healer and chiropractor. He practices Network Spinal, a holistic technique.

SOLANA BEACH, CA, UNITED STATES, June 22, 2021 /EINPresswire.com/ -- After deeply researching the internet, we found compelling scientific information regarding Network Spinal. This holistic chiropractic technique is shown on NETFLIX through The Goop Lab Episode 5. Gwenyth Paltrow and team interview John Amaral – an energetic healer and doctor of chiropractic. He practices a chiropractic technique called Network Spinal, formerly known as Network Spinal Analysis or Network chiropractic.

This chiropractic technique, founded by Dr. Donald Epstein in the 1980's, takes a very different approach than the traditional "cracking and popping," type of chiropractic. Instead of manual adjustments to the spine, Network Spinal utilizes gentle and specific touchpoints along the spine to unwind stored tension and trauma within the body and nervous system. It uses the body's innate wisdom and energy so that the body can essentially learn to heal on its own.

Is this exorcism, pseudoscience, and something else?

Common myths about The Goop Lab Episode 5 is that this work is religion or witchcraft. Thankfully these were all debunked after reviewing this thorough guide by [Twin Waves Wellness Center](#). This holistic chiropractic office practices Network Spinal in Solana Beach, CA. They brought their own experiences, along with their practice members, to light. You may be pleasantly surprised that this chiropractic work is extremely effective on a multitude of levels. If you have wondered [what is the Goop Lab Episode 5](#), you will get many of your questions answered here.



Network Spinal Entrainment

How do people feel during and after a network spinal entrainment?

In the Goop Lab Episode 5, Gwyneth Paltrow describes her experience after a spinal entrainment: "It was like the slate had just been cleaned. Afterward, I felt incredibly, deeply peaceful." Gwyneth's experience during the Goop Lab Episode 5 is very common. Many people experience both physical and emotional relief after seeing a Network Spinal chiropractor. Of course, certain people come in with injuries and simply want them healed. That part, for most chiropractors of any technique, is one of the core parts of their service. Companies like Twin Waves Wellness Center have described their services as that and more.

Dr. Kira Wong of Twin Waves stated, "Many of our practice members come in that have experienced some form of emotional or physical trauma in their past. Each person deals with trauma like this differently. It's common for people to hide from that trauma and bury it. When this happens, that trauma can get stored in the body and show up as pains, aches, and injuries. Have you ever felt nauseous because you were in an intense life-or-death situation? That is your body reacting to an event. At our practice, we help people work through this stored tension from past traumas they may have experienced. The Goop Lab does a good job of showing that this holistic approach works."

This [holistic chiropractic care](#) can help people in both their bodies, spirits, and hearts.



holistic chiropractic



goop lab episode 5

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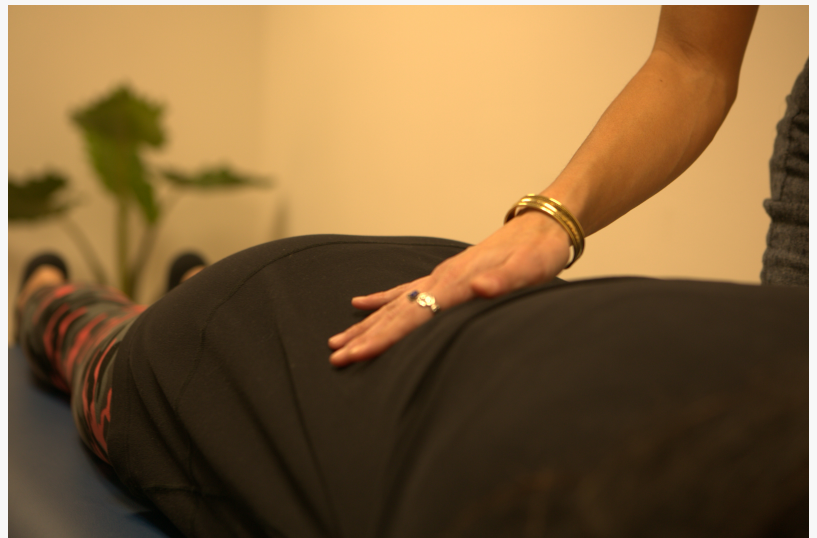
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Dr. Kira Wong

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