



The educational group in Richmond Hill

# Network Spinal Analysis For A Better Life

**Presented by: Dr. Paul J. Meschino, D.C., M.Sc.**  
**January 16<sup>th</sup> 2013 at 8pm, Rouge Woods Community Centre**

Join Dr. Meschino and find out why neuroscientist Dr. Candice Pert says “NSA is the epitome of body work in our time, the leading edge of body-mind-spirit integration. This work will transform the planet”.

NSA is a new, innovative and exciting Chiropractic approach to health and wellbeing.



**Dr. Paul J. Meschino, D.C., M.Sc.**, graduated as a Chiropractor cum laude from the Canadian Memorial Chiropractic College (CMCC) in 1986. Prior to that he completed 2 years of study of a Bachelor of Arts program with honors from York University. He holds a Masters of Science degree in Biology with special interest in Clinical Nutrition from the University of Bridgeport Connecticut. His Masters thesis is on the Effects of Protein Intake on Calcium Metabolism as it relates to Osteoporosis. From 1988 to 1990 he was the Course Coordinator of the Second Year Nutrition Course taught at CMCC. He has frequently guest lectured at the CMCC and York University’s Psychology department on various subjects including Stress and The Immune System, Nutrition and Arthritis, Nutrition and Cancer, and The Mind/Body Connection in Chiropractic Practice.



Dr. Meschino is the founder and owner of New Directions in Health, and integrative and complementary medicine clinic. He has been a chiropractor in Richmond Hill since 1988 and his chiropractic practice utilizes the latest cutting edge healing modalities including and the Quantum (Collapse) Process. Besides helping thousands of people through his healing practice he also has written several magazine articles, and is the author of *The Compendium to the Collapse Process* and co-author of *Breakthrough Secrets to Live Your Dreams*. Not only does he do public talks on health and wellness but also on weekends conducts Life Enhancement Seminars that help people heal, grow, and evolve both personally and professionally.

“My purpose in life is to help people heal in body, mind and spirit as well as awaken them to greater levels of awareness, and consciousness. My approach is unique and whole, and gets results”, states Dr. Meschino.

Date: Wednesday, January 16th 2013

Time: 8pm – 9.30pm

Location: Rouge Woods Community Center  
110 Shirley Drive, Richmond Hill, ON L4S 1Y9 [MAP](#)

Drop in: \$7  
All are welcome! (Annual membership available



...Refreshments are served

For more information call  
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