

UpClose

JULY 1997

HealthPlex Clinical Services

VOLUME 8

HEALTHPLEX HELPS SHED AUTISM LABEL

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**UI HealthPlex Hours
8 AM - 7 PM, MON - FRI**

Caroline Kain appears to be your average eight-year-old. Academically, she's in the middle of her second-grade class. She dances the ballet, loves the thrill of downhill skiing, and has earned her blue belt in karate.

Yet had it been up to the doctors who diagnosed her when she was two, Caroline would still be known for one condition: being autistic.

"She didn't respond to things the way you'd expect," says her father Jay Kain, Ph.D., P.T. "She was afraid of quick, loud sounds like the blender or doorbell. She never spoke, and we sometimes caught a shade of aloofness in her eyes."

Six doctors gave Jay and his wife Debby the same diagnosis: moderate to severe autism. Then her parents brought Caroline to The Upledger Institute, Inc., HealthPlex Clinical Services.

She was evaluated by John E. Upledger, D.O., O.M.M., who noted that, although Caroline had difficulty processing information, she was not autistic. Dr. Upledger and a handful of other therapists proceeded

to treat her with complementary approaches, including CranioSacral Therapy, Visceral Manipulation, acupuncture and vitamin supplements. And Caroline's skills steadily began to improve.

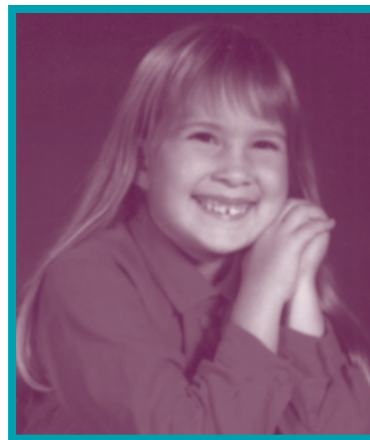
"In the meantime, we were led by our

doctors back home to enroll Caroline in behavior-modification classes," Jay says. "But as she had more and more work done on her, we could see she didn't belong there. She really gravitated toward the mainstream kids."

Roy Desjarlais, L.M.T., a CranioSacral Therapy practitioner at UI HealthPlex, sees these situations all too often. "So many people see autism as a final

diagnosis, but it's really just a set of characteristics with no discernible cause. If you see a patient as a label you're going to miss the individual. Every child is unique and your therapeutic approach should recognize that."

Now after six years of being labeled autistic, Caroline is spreading her wings. How does that feel? Just ask her. She can tell you now.



Caroline Kain (shown here at age 6) was diagnosed by six different doctors as having moderate to severe autism.

A WORD FROM DR. UPLEDGER:

The Big Picture on Milk Intolerance

There is a great deal of talk these days about intolerance and/or allergy to milk and other dairy products. While it is true that many people experience gastrointestinal (stomach and bowel) problems when ingesting dairy products, totally eliminating them from the diet can adversely affect health.

Dairy products seem to be the only presently known source of a carbohydrate (sugar) known as galactose. This substance is an essential building block for a rather complex family of chemical compounds named gangliosides, which are essential for the development and maintenance of the brain's gray matter. Without them, the nerve cells are unable to intercommunicate with peak efficiency. Total absence of gangliosides can result in loss of brain function. However, if the deficiency is small, you may just have a little trouble concentrating or focusing on a task. Newborns and children on milk-free diets may not be able to develop to their fullest mental capacities.

Some people, about 40 - 60 percent of the population, have enzymes in their bodies called epimerases, which have the ability to convert glucose (the most commonly available sugar) to galactose. They do not have a ganglioside deficiency problem, even if there are no dairy foods in their diets.

Those who are truly milk intolerant and/or allergic may be unfavorably reactive to either of two major components of milk— casein and lactose, which is the biochemical name for milk sugar. Fat, another

component of milk that can cause problems for some, is easily avoided with the ready availability of fat-free milk.

There is a way to determine which dairy component is the cause. First, try some casein. If it is the offending agent, one teaspoon of casein in water, juice or food will produce a reaction within 30 minutes. If this occurs, you most likely can get along with lactose.

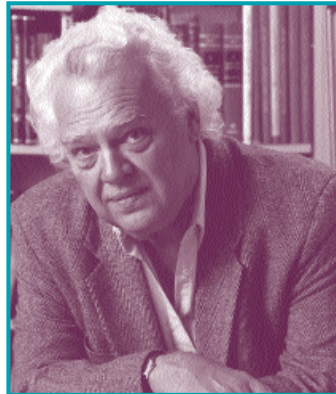
However, if casein did not produce a reaction,

try lactose. One teaspoon of lactose, if it is the cause, will produce unwanted effects within 30 minutes. If the reaction does not occur, you can use lactose as a supplement. I suggest one teaspoon of lactose twice daily in water or juice, on food, or as a sweetener in tea.

If lactose causes a reaction, take some galactose. If you can tolerate galactose, you have the option of taking it as a supplement on a daily basis. I recommend about one-half teaspoon twice daily in liquids or on food.

It is important to keep your brain in shape.

I certainly recommend that if you are on a dairy-free diet, you take either lactose or galactose supplements. This is particularly significant for children, whose learning and function could be hampered. While solutions to dairy product allergy or intolerance exist, lactose, galactose and casein are a little hard to find. You can have your health food store order it, or you can obtain it from Advance Scientific & Chemical Co. in Fort Lauderdale. Call 954-327-0900 and ask for Allen.



CELLIST TUNES IN TO NEW HEALING TECHNIQUES



For centuries, musicians have known the impact their melodies have on the human spirit. Now cellist Liz Byrd is helping therapists at UI HealthPlex explore the effects of music on the human body.

A featured performer with such orchestras as the Mantovani, Boca Pops, Palm Beach Pops and Naples Philharmonic, Liz plays her cello in one-on-one and multihand CranioSacral Therapy sessions. As therapists gently help patients unwind tissue restrictions, Liz plays corresponding notes that appear to enhance the process. "I think, universally, everyone knows music is an international language, a healer," Liz says. "To find it heals in this more direct way just makes sense."

Liz was first invited to UI HealthPlex by Dr. John Upledger, who recounts his experiences using music as a healing agent in the new edition of his book, *Your Inner Physician*

and You. (Due to be released in July by UI Enterprises, Inc., and North Atlantic Books.)

Since their first meeting in January, Liz has returned to the clinic at least once a week to apply her special skills to patients. "With live music, especially an instrument like the cello, you can manipulate the notes very exactly, just the way the therapists are manipulating muscle tissues," Liz says. "I concentrate the energy of my notes toward the energy of the therapist's movement. It creates what feels like a laser beam in the tissues and helps focus the release process."

Liz's wish now? To introduce this type therapy to as many patients as possible.

"Anyone can be positively encouraged with this kind of therapy," she adds. "For me as a musician, to be able to expose music to people as a healing process, what more can I ask for? I can't imagine."

UPCOMING SPECIAL PROGRAMS

Brain & Spinal Cord Dysfunction: Improving Function and Structure

September 8 - 19; September 22 - October 3; October 20 - 31;
November 10 - 21; December 8 - 19

Pain: A Search for the Source

September 1 - 5; December 1 - 5

Cancer Recovery: Adjunctive Therapies and Brain & Spinal Cord Dysfunction: Improving Function and Structure

October 6 - 17



Therapist Rejuvenation

November 3 - 7

For more information
or to register for
special programs, please
call (561) 622-4706,
Ext. 9380.

SHARECARE™ WORKSHOPS

This one-day workshop explains
CranioSacral Therapy in
everyday terms and teaches
a few simple techniques you can
use to help yourself or family members.

September 13 - Palm Beach Gardens, Fla.

September 13 - Northampton, Mass.

September 13 - Warren, Mich.

November 1 - Minneapolis, Minn.

November 1 - Calgary, Alberta, Canada

November 8 - Palm Beach Gardens, Fla.

December 3 - Dunedin, Otago, New Zealand

December 7 - Cape May Court House, N.J.

To register or for additional dates,
call: (561) 622-4334, Ext. 9380,
or 1-800-233-5880, Ext. 9380.

AN UPLEDGER FOUNDATION UPDATE

Can using intentional touch have a measurable effect on a child's self-esteem? That's what The Upledger Foundation hopes to learn from a study of children in a daycare center.

The Foundation study began in May with youngsters, ages 3 to 5, at Frederic's Family Nurturing Center near Cincinnati. Jim Green, L.M.T., a CranioSacral Therapy instructor for The Upledger Institute, taught the child-care staff the Direction of Energy technique, in which well-intentioned touch is applied to the site of an injury. The method has been

shown to help relieve pain and produce a calming effect.

The staff also worked with Green and UI HealthPlex Chief of Staff Russell A. Bourne, Jr., Ph.D., to devise ways to teach children the technique and develop a vocabulary for the classroom. If a child falls, for example, one of the others may use his 'magic hands' to send a 'soft touch, happy thoughts and love' from one hand, through the hurt, to the other hand.

On the first day they were taught, the children spontaneously began using the technique on themselves and each other.

"When we feel effective in helping others, we feel empowered, which

contributes to a positive sense of self-esteem and self-confidence," Dr. Bourne says. "It may also prevent violent and hostile behavior."

To document changes, Dr. Bourne measured the children's current levels of self-esteem using a broad range of pro-social behaviors to compile a composite score. These measurements will be repeated at the conclusion of the study to determine whether the levels of self-esteem have increased beyond what is expected with normal development. What can this mean on the playground? "You are less likely to hurt or bully someone who has helped you feel better," Dr. Bourne says.

"When we feel effective in helping others, we feel empowered, which contributes to a positive sense of self-esteem and self-confidence."

MEET HENRIETTE MERAN

Doctor of Oriental Medicine, Homeopath

Growing up in Austria, Dr. Meran was familiar with European healing traditions using natural methods, such as herbs and hands-on therapies. When she arrived as an adult in the United States, she was surprised to learn that those time-honored methods were considered unconventional or alternative. She held fast to those ways that had served her since her youth, and expanded her knowledge by studying the healing traditions of Native American and Asian cultures. Her interests eventually led to a degree as an acupuncture physician (O.M.D.) from the Acupressure/Acupuncture Institute in Miami.

Even before acupuncture school, Dr. Meran sought professional training in therapeutic massage, with emphasis in hydrotherapy, aromatherapy, neuromuscular

therapy and reflexology at the Euro-Skill Therapeutic Training Center in Boca Raton. She is an herbalist, yoga instructor and certified addiction professional.

Dr. Meran's most recent academic accomplishment was receiving her diploma from the National Board of Homeopathic Physicians. Homeopathy is the practice of using minute doses of natural medicines made from plant, mineral or animal substances to enhance the body's defense and immune systems.

Before joining UI HealthPlex staff last fall, she maintained a private practice in Palm Beach.

"I would like people to understand that many of the traditional methods of healing do have a place in the modern world of healthcare," Dr. Meran says.



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