

UpClose

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HealthPlex Clinical Services

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8 AM - 7 PM, MON - THURS
8 AM - 6 PM, FRI**

CRANIOSACRAL THERAPY EASES SYMPTOMS OF UNUSUAL SYNDROME

Once in awhile you come across a syndrome so unusual, you can't imagine how a manual modality as gentle as CranioSacral Therapy can help.

That was Kim DeWeaver's thought when her son Ryan was referred to an occupational therapist trained in CranioSacral Therapy through The Upledger Institute. Ryan had been diagnosed with Beckwith-Wiedemann Syndrome, a rare congenital disorder characterized by an enlarged tongue, an opening in the abdominal wall, unusual ear creases and excessive size and height.

"Simply put," Kim says, "it's when the internal organs grow faster than the child."

The syndrome caused numerous complications for Ryan, including extreme feeding difficulty. Because of his enlarged tongue, it would take four hours for him to take just 2 oz. of formula. That's when an early-intervention case worker recommended a therapist who practiced CranioSacral Therapy.

"We were skeptical until after his first session," Kim says. "But right away he took 8 oz. of formula in 45 minutes. It was remarkable."

Since then, Kim claims there have been many positive changes in Ryan from receiving regular CranioSacral Therapy sessions. "His head is rounding out, his swallowing has improved, and now his doctor says he probably



Ryan DeWeaver, 18-months old, receives frequent CranioSacral Therapy sessions to ease the symptoms of Beckwith-Wiedemann Syndrome.

won't need tongue-reduction surgery," she says. "Even his cardiologist is impressed and has asked for our therapist's name."

Kim is responding by spreading the word to other parents desperately searching for help. "I know it's hard for some people to understand how a method so delicate could produce such profound results. But there are too many correlations to his improvements for anyone to say it's coincidence.

"If we didn't have the cranial work," Kim adds, "I don't know what we would have done."

For more information about this rare disorder, call the Beckwith-Wiedemann Support Group at 1-800-837-2976. To find out more about Cranio-Sacral Therapy, call The Upledger Institute HealthPlex Clinical

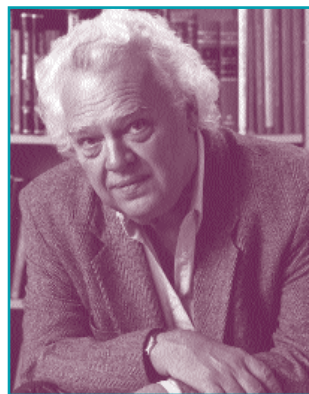
CRANIOSACRAL THERAPY: WHEN AND WHERE TO USE IT

by John E. Upledger, DO, OMM

The past 20 years have brought widespread recognition of CranioSacral Therapy as an effective modality in many different circumstances.

The driving force behind this recognition is twofold. First, it's based on the beneficial results experienced by CranioSacral Therapy recipients. Second, most practitioners thoroughly enjoy doing the work. They appreciate being part of a process that helps move their patients along individual pathways to body-mind-spirit integration — and better health.

Yet along with this recognition have come many questions regarding the use of CranioSacral Therapy. To best understand my responses, you must first appreciate that



John E. Upledger, DO, OMM

CranioSacral Therapy and its therapeutic offshoots — SomatoEmotional Release®, Therapeutic Imagery & Dialogue, Energy

Cyst Release, and Direction of Energy Technique — simply facilitate the body's natural ability to heal itself. So these therapies naturally assist in any situation in which it's helpful to mobilize the body's self-corrective abilities.

CranioSacral Therapy in the Doctor's Office

Unfortunately, relying on the body's corrective capabilities is opposed to the conventional approach to health in this century.

Western medicine focuses on blaming a disease agent or a "cause" for a health problem. The self-healing mechanisms integral to every living system are largely disregarded. At best they're minimally honored by the popular "fix it" approach. Drugs and surgery are routinely used in invasive, often toxic and detrimental ways. They do not offer the body's wonderfully ingenious natural processes the opportunity to function optimally, if at all.

Competent CranioSacral Therapists search for obstacles and circumstances that compromise these inherent self-corrective processes. The practitioners then focus on removing the obstacles and modifying the circumstances to allow your body to do its work. The practitioner simply supports your body so it can continue to correct health-destructive problems.

Given that CranioSacral Therapy facilitates each individual's healing abilities, it seems reasonable that it would be a welcome addition to the conventional Western approach. Indeed, I'm quite comfortable saying CranioSacral Therapy is helpful for all patients being treated by conventional practitioners.

Who wouldn't benefit from the enhancement of his own self-corrective processes?

CRANIOSACRAL THERAPY IN THE NURSERY

"I am thoroughly convinced that one of the best things we can do for our children is to have them begin life with smoothly functioning craniosacral systems, a removal of physical restrictions so their body tissues aren't burdened by destructive or traumatic memories, and very clean energy fields. This can all be accomplished in a very short time within the first few days of life."

— John E. Upledger, DO, OMM

Conditions That May Be Avoided or Improved by Treating Babies Within 72 Hours of Birth:

- Colic
- Vomiting
- Hearing Problems
- Motor Problems
- Seizures
- Strabismus
- Pylorospasm
- Cerebral Palsy
- Erb's Palsy
- Klumpke's Palsy
- Torticollis
- Chronic Otitis
- Dyslexia
- Aphasias
- Hyperkinetic Behavior
- Spasticity
- Down's Syndrome
- Autism
- Hydrocephalus
- Abnormal Fears
- Failure-to-Thrive Syndrome
- And Many Others



CranioSacral Therapy to Help You Stay Well

It's also easy to see how effective Cranio-Sacral Therapy is in preventive medicine.

Your body is constantly being asked to ward off invasions by bacteria and viruses...to neutralize

"CranioSacral Therapy in many ways enhances your abilities to adapt to these changing conditions. It certainly strengthens the effectiveness of your immune system..."

toxic substances to which it is exposed... to adapt to changing, often adverse environmental conditions.

Consider the demands placed upon your body by a routine flight from New York

to San Francisco. You sit in an artificial environment for hours. The electrical and magnetic fields rapidly change around you. The barometric pressures alter abruptly, only hinted at by the popping in your ears. You're exposed to recycled air, fluctuating oxygen concentrations, varying levels of humidity, and the germs liberated by the coughs and sneezes of fellow passengers.

CranioSacral Therapy in many ways enhances your abilities to adapt to these changing conditions. It certainly strengthens the effectiveness of your immune system against such a communal pool of germs.

But it does so much more than help prevent illnesses. It helps keep your nervous system working properly, and it helps prevent the chronic deterioration we often attribute to the inevitable effects of aging. How? By enhancing the movement of body fluids.

Fluids are responsible for transporting essential nutrients to every cell in your body. They flush, cleanse and rinse cellular membranes, as well as compartments within and between cells. These same body fluids remove the waste products of cellular metabolism. And they bring immune system cells and antibodies to sites being threatened by bacteria and viruses.

The bottom line is, fluid motion creates health. Fortunately, CranioSacral Therapy enhances this in subtle, natural and noninvasive ways. Receiving a session every few months when you're feeling fine will help you resist the negative effects of life's adversities, whether they're environmental, bacterial, viral or emotional.

This has got to be good for you.

UPCOMING INTENSIVE THERAPY PROGRAMS

Brain & Spinal Cord Dysfunction: Improving Structure and Function (two weeks)

**June 21 - July 2; July 12 - 23; Aug. 16 - 27; Sept. 20 - Oct. 1;
Oct. 4 - 15; Nov. 8 - 19; Nov. 29 - Dec. 3**

Brain & Spinal Cord Dysfunction: Improving Structure and Function (one-week recheck)

Sept. 13-17



**Learning-Disabled Children:
Facilitating Success**

Aug. 9 - 13

**Therapist Rejuvenation:
Replenishment and Renewal**

Aug. 2 - 6; Nov. 1 - 5

**Autism: Initiating
Developmental Gains**

July 26 - 30

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.

July 10 - Minneapolis, MN

July 18 - Milwaukee, WI

Aug. 7 - Palm Beach Gardens, FL

Sept. 25 - Hayward, CA

Sept. 25 - Longwood, FL

Sept. 25 - Milwaukee, WI

Oct. 2 - Sturgeon Bay, WI

Nov. 6 - Minneapolis, MN

Nov. 6 - Palm Beach Gardens, FL

**FOR MORE INFORMATION OR TO REGISTER FOR
SPECIAL PROGRAMS,
CALL 561-622-4706, EXT. 9940.**

MEET REBECCA HUNT, OTR

Willingness to venture into new territories has never been a problem for Rebecca Hunt.

After 14 years (and two sons), she returned to college to earn a bachelor of science degree in occupational therapy at Indiana University School of Medicine. She went on to develop the pediatric occupational therapy program at Ball Memorial Hospital in Muncie, Indiana. And she established her own complementary-medicine clinic in Indiana, where for more than a decade she primarily practiced CranioSacral and Sensory Integration therapies.

It was as a school occupational therapist in 1990 that Rebecca discovered CranioSacral Therapy. "I was working with several autistic children at the time," she recalls, "when I came across an article in a journal reporting that autistic children made 80% gains when CranioSacral Therapy and Sensory Integration were

combined. I wanted to know more."

It didn't take long to convince Rebecca of its merits. While serving as a demonstration patient at her first CranioSacral Therapy class, she "felt a huge shift take place" in her head. It was a correction from a bad fall off a bicycle at age 9 that had resulted in a severe concussion. "My own experience made a believer out of me regarding the depth and possibilities of this work," she says.

In September 1998, Rebecca left her practice in Indiana to join the clinical staff at UI HealthPlex in South Florida. "I knew it was meant to be when I sold my house with one phone call, found my house here in one day and sold my clinic with one advertisement."

"I'm passionate about this work and I love being here," Rebecca now says of her new territory. "I can never see myself retiring from CranioSacral Therapy."



Rebecca Hunt, OTR

Registered Occupational
Therapist with Specialty
Certification in Pediatrics
(AOTA), and Certified
Administrator of Sensory
Integration and Praxis
Tests (SII).



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