

# UpClose

NOVEMBER 1998

HealthPlex Clinical Services

VOL. 11, No. 4

## PRACTITIONERS

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**CRAIG WOLL, LMT**

**UI HealthPlex Hours  
8 AM - 7 PM, MON - THURS  
8 AM - 6 PM, FRI**

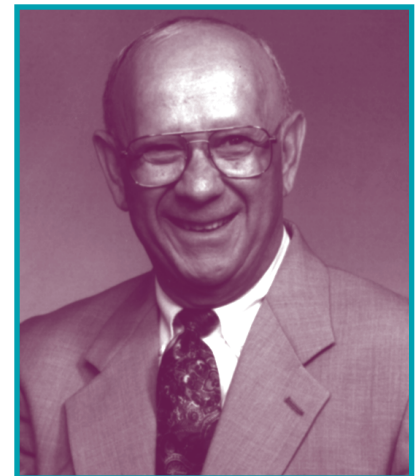
## CST ADDS THE MISSING PIECE TO STROKE REHAB

When Larry White came to a South Florida hospital in October 1996 for a medical test, he never imagined that it would be a week before he could leave. During the test Larry suffered a stroke, which affected his speech and the use of his right arm.

Speech and occupational therapy and cardiac rehabilitation were recommended to help him recover. But when Larry wasn't making gains at the rate he expected, his wife suggested he try CranioSacral Therapy and see her therapist, Dr. John Upledger.

After the first session, Larry's wife and daughter noticed improvement in his speech. But what happened after the second session surprised everyone, including Larry. Without thinking about it, he picked up a pen and signed a check, something that he had been unable to do. Comparing that signature to the one on his driver's license, Larry was pleased to find that the two matched.

Larry's progress continued and he went ahead with planned cardiac surgery. During each of the two operations, he had subsequent strokes. But CranioSacral Therapy helped him rebound and enabled him to return to work as a salesman for a Rhode Island-based jewelry company



Larry's friends don't discern any residual effects from his strokes. He credits his wife Shirley with suggesting he try CranioSacral Therapy.

in May 1997 until his retirement four months later.

When his friends ask about his impressive recovery, Larry tells them, "Faith in God first, doctors who took good care of me, and good treatment from Dr. Upledger."

A fourth stroke last November during gall bladder surgery brought Larry back for a few more CranioSacral Therapy sessions. "I'm as good as I can get," he says today.

## UPCOMING SPECIAL PROGRAMS

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

Dec. 7 - 18, 1998; Jan. 4 - 15, 1999;  
Jan. 18 - 29, 1999; Feb. 8 - 19, 1999;  
Feb. 22 - Mar. 5, 1999; Mar. 8 - 19, 1999;  
Apr. 5 - 16, 1999; May 3 - 14, 1999

Brain & Spinal Cord Dysfunction:  
Improving Structure and Function  
(One week)

Nov. 30 - Dec. 4, 1998

Brain & Spinal Cord Dysfunction:  
Improving Structure and Function  
(Re-check)

Apr. 19 - 23, 1999

Therapist Rejuvenation:  
Replenishment and Renewal

Feb. 1 - 5, 1999; May 17 - 21, 1999

For more information or to register for special  
programs, call (561) 622-4706, ext. 9535.

### 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.

Nov. 18, 1998 - Dunedin, New Zealand  
Feb. 6, 1999 - Palm Beach Gardens, Fla.  
Feb. 6, 1999 - Warren, Mich.  
April 17, 1999 - Palm Beach Gardens, Fla.

To register or for additional dates, call:

(561) 622-4334, ext. 9535,  
or 1-800-233-5880, ext. 9535.

### HealthPlex Holiday Hours:

Nov. 23 - 25	8 a.m. to 7 p.m.
Nov. 26 & 27	Closed
Dec. 21 - 23	9 a.m. to 5 p.m.
Dec. 24 & 25	Closed
Dec. 28 - 30	9 a.m. to 5 p.m.
Dec. 31 & Jan. 1	Closed

# THE MAGIC OF INTENTIONED TOUCH AND BLENDING

by John E. Upledger, D.O., O.M.M.

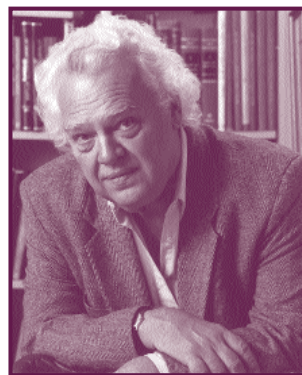
According to my best memory, the mystery of intentioned touch and blending came into my conscious awareness in 1954. It was shortly after I had finished my training as a hospital corpsman in the US Coast Guard. I was placed on independent duty on a patrol ship in the Gulf of Mexico. Independent duty meant that there were no other medically trained personnel aboard the ship. I had 16 weeks of training and two months of internship in an outpatient clinic in New Orleans before being assigned to sea duty.

I was only on the ship a couple of days when the captain's steward sent word for me to see him. He was unable to walk due to a sudden pain in his left calf. He was lying on the deck grimacing and holding his leg as he writhed about. I was trained in life-saving procedures and really had no idea what to do. There were about six or seven crew members present; I felt them watching and judging my ability. The pressure was on — I could make it or break it right then.

I tried to look knowledgeable as I took his left leg between my two hands. I could feel a lot of heat and muscle contraction in his calf. I had no idea what the problem was, nor what I could do about it. I made my hands as gentle as I could and envisioned everything relaxing, the pain leaving, and all blood vessels and nerves normalizing. Within two or three minutes the captain's steward smiled, said it felt fine and thanked me. Then he stood up,

tested his leg, continued to smile and walked away. The onlookers smiled their approval and from that time forward started calling me "Doc."

I learned right then that if you intend to help the healing process and blend with the bodily tissues that you are touching or holding, things will usually get better. By blending I mean that you consciously envision the boundaries between your hands and the patient's/client's body dissolving and your hands entering the body. To better imagine how this might work, consider what happens when you have two bars of soap, one blue and



John E. Upledger, DO, OMM

one pink, and you place one atop the other, wet them and wait. The two bars of soap merge at their areas of contact and the colors blend into each other. You may even see a lavender color as the blue and pink mix.

Similarly, the energies of our bodies mix and integrate when we consciously intend it to happen. When the relatively normal energy of the therapist blends with the problem, it dilutes the problem energy and moves it towards normal. At the same time, if the therapist allows the problem energy to enter his or her body, an awareness of the problem can be perceived by the therapist. Since the entry of the problem into the therapist's body is consciously allowed by the therapist, it can also be consciously removed by intention.

Since my first experience with intentioned touch, I have added the blending concept on a conscious level. I'm sure that my intention to help the

steward was very powerful during that initial experience, but I was not aware of blending at the time. Subsequently, I have used intentioned touch with blending to alleviate a heart attack for an airline passenger, to reduce breast cancers in size, to reduce inflammations and so on.

I believe with all my heart that we are born with the innate ability to use intentioned touch and blending to help each other. We teach it in our ShareCare®

workshops, as well as in the CranioSacral Therapy and SomatoEmotional Release® curricula. It is my belief that human kind is poised and ready to reclaim the ability to facilitate the healing processes in one another. Many of us have been brain-washed into letting go of this innate ability. It is time to reverse the trend.

Here is 10-year-old Ally Pliscof to tell us her view of the healing ability of touch.

Listen to Ally. Don't give up your birthright.

### The Special Touch

"Touch therapy has been important to me for several years. The therapist's energy goes into your body and finds the injured area, and then energy from both souls works together to heal the area. I'm glad I can be helped this way and give this help to my friends. I think that more people should know about touch therapy because if they are hurt they can heal better from the soul."

— Ally Pliscof

## THE UPLEDGER FOUNDATION UPDATE:

### DEDICATED PRACTITIONERS HEAR YOUR CONCERNS AND REACH OUT TO THE COMMUNITY

Established in 1985, The Upledger Foundation has expanded into a network of practitioners dedicated to exploring new theories in health and human consciousness. With your tax-deductible support, the nonprofit Foundation creates innovative community-out-reach programs like these...

- **Dolphin-Assisted Therapy**

In 1996, Foundation-sponsored therapists began testing a concept in cooperative healing by working with patients in the water alongside dolphins. The results of that program were so remarkable we now plan to continue our studies off the coast of the Bahamas and in a residential program on the island of Curaçao in The Netherlands Antilles.

- **Post-Traumatic Stress Disorder Programs**

Post-Traumatic Stress Disorder (PTSD) can be experienced by anyone who has ever faced a life-threatening situation. Thanks to a successful Vietnam-vet program, plans are now underway to assist at Veterans Affairs centers.

We also hope to create a pilot project using gentle therapies with children who have undergone traumas such as kidnapping and sexual abuse. This caring process could help restore some much-needed normality to their troubled lives.

- **The Loving Treatment of Newborns**

Studies suggest that numerous brain dysfunctions might well be averted if newborns could receive CranioSacral Therapy shortly after delivery. Left untreated, these same problems could later manifest as seizures, attention deficit disorder, cerebral palsy, autism, delusional states, terrors and many other problems.

In 1997, the Foundation initiated a study at a Norway hospital in which newborns received these treatments. Now we're proposing similar studies in the U.S.

- **Defusing Violence by Enhancing Self-Esteem, Self-Worth and Self-Image in Children**

Compassion appears to be inversely related to violence. The Foundation has tested that premise by investigating the use of "healing touch" with preschool children. The independent pre- and post-study ratings were highly encouraging. We're now planning similar projects with other preschools.

- **Subsidizing Patient Care**

The Upledger Foundation remains dedicated to supporting patients in need. We continue to raise funds to help finance the cost of participating in therapeutic programs.

- **Here's How You Can Help**

Please keep us at the top of your list as you consider your end-of-year tax planning and charitable donations. To find out more about how you can help The Upledger Foundation help others, please call (561) 624-3888. Your efforts *do* make a difference.

The Upledger Foundation is a charitable organization under section 501 (c)(3) of the internal revenue code. Your donation is fully deductible for income tax purposes. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE 1-800-HELPFLA WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL OR RECOMMENDATION BY THE STATE.

# MEET LEE NUGAN, PSYCHOTHERAPIST

Lee Nugan uses a T.S. Eliot quote to sum up her feelings about the healing process: “What might have been and what has been point to one end, which is always present.”

Having joined UI in 1984, Lee has accompanied countless patients on their healing journey, which often turns into one of self-discovery. As she works together with a patient to examine all facets of his/her life, they work on healing past wounds and present problems. The outcome often comes down to the choice the patient makes at that moment. When this choice reflects the release of hurt, resentment and judgment, the patient can develop a trust in what he/she has discovered and another door frequently opens. The patient steps through that door to live in a new way.

“A patient said to me just today: ‘I know what to do but it’s hard.’ This is a young woman who has worked very diligently and successfully on releasing the pain and limits on her life that past trauma has caused. She now knows that

she needs to move to another city to pursue her talents and purpose in life. She knows that the good-byes will be sad,” Lee says. “However, as I watched her walk down the hall as she left my office, I got a sense that she would follow her choice and that it would make a difference in the rest of her life. We often don’t realize that we are a lot freer than we may think ... but fear can hold us back from what we want.”

It is moments like those — watching patients find their own answers and carry them forward — that Lee finds gratifying.

She keeps a little enamel box imprinted with the Hippocratic Oath on her desk. An affirmation of the professional relationship between physician and patient, the oath is a constant reminder of the trust that patients place in her and other staff therapists.

“Being here, I’ve learned how important it is to do work that you truly love, and how much satisfaction and contentment it can bring to life,” Lee says.



**“I’ve learned how important it is to do work that you truly love, and how much satisfaction and contentment it can bring to life. I am grateful for the privilege of being a therapist”**



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