

Strong Enough for Parents, Gentle Enough for Their Kids

By John Upledger, DO, OMM

One of the most important features of CranioSacral Therapy is its gentle nature. Because it focuses on allowing the body to return to its own natural state of homeostasis, it has been shown to be highly effective with children of all ages.

I recently received the following letter from a massage therapist who used these techniques on his infant daughter. I believe his words and photos share the inspiring results much better than I possibly could.

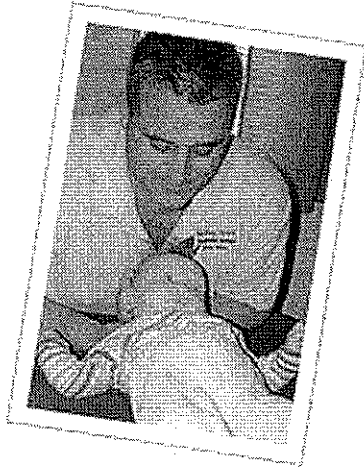
Dear Dr. Upledger,



Ayanda enjoying the effects of her fathers tender touch. My daughter Ayanda was born on December 24, 2006. She was our Christmas gift. Shortly after her birth, we noticed signs of her spine being locked from her atlas/axis all the way to her low lumbar. She always held her head to one side.

As a massage therapist who has taken the CranioSacral Therapy I workshop, I started to do very gentle, soft-tissue releases, followed by some unwinding of her spine. With just a hand holding her head and another under her sacrum, I stayed with this position for several minutes, letting her little body unwind itself as it wanted to. After each unwinding I did a gentle, upside-down traction for six to eight

seconds.



Danny O'Day, LMT, treating his daughter Ayanda to gentle

CranioSacral Therapy.

Earlier that day, my wife had taken Ayanda to a chiropractor who specializes in newborns. After an hour, she had gotten no results, but she confirmed that my baby's spine was indeed fixed, just as I had thought.

After the fourth 8-minute CranioSacral Therapy session with two minutes of soft-tissue releases between unwindings, I gently lifted my baby girl up. As I did, her little spine did a natural alignment about 90 percent of the length of her spine. She looked at me and smiled from ear to ear.

I'm looking forward to continuing my CranioSacral education, for it's these special little ones that are so awesome to work with. If we can help them at this age, imagine how much of an impact we can have on their lives. It truly enabled me to help my baby girl.

Sincerely,

Danny O'Day, LMT



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