

# UpClose

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## CRANIOSACRAL THERAPY IS A FAMILY AFFAIR

### PRACTITIONERS

JOHN E. UPLEDGER,  
DO, OMM

RUSSELL BOURNE, JR, PhD

GAYLE BREMAN, LMT

CLOÉ COUTURIER, LMT

ROY DESJARLAIS, LMT, CST-D

GINO GIGLIO, LMT

JIM GREEN, LMT, CST-D

DAVID HALFON, LMT

FRANCINE HAMMOND,  
LPN, LMT, CST-D

REBECCA HUNT, OTR

BARRY KAPLAN, MD

SHERYL MCGAVIN, OTR

LEE NUGAN, MA

CHAS PERRY, PhD, CST-D

LISA UPLEDGER, DC, CST-D

CRAIG WOLL, LMT

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

For Osa Quasei Nah, a Native American descendant, and her four children, CranioSacral Therapy “has been of enormous physical and spiritual value,” she says. Each member of the family has undergone CST — for reasons that range from health maintenance, to help with a learning disability, to alleviation of nearly debilitating medical conditions. In each case the improvements have been distinct, if not dramatic.

Osa and her family were first introduced to CranioSacral Therapy in 1994 while on a retreat at a Montana ranch. A friend suggested CST for then 4-year-old Oge who has Erb’s palsy — a paralysis of the upper arm region caused by birth injury. “We tried traditional medicine for years and found that it didn’t work,” says Osa. “So we decided to try CST.”

The results were significant following his first treatment. Osa explains, “The pain in his arm was reduced, and he found it loosened his shoulder, which had always been extremely tight and knotted due to the palsy.” The session left Oge with a new confidence. “I’m going to ride a horse all by myself when I turn 7,” he told Tag, the ranch owner.

Later that same year, Osa brought Oge to The Upledger Institute HealthPlex clinic for a week of intensive therapy with Drs. John and Lisa Upledger. “The results were nothing short of incredible,” says Osa. Before his treatments, Oge could barely walk or run without

stumbling — also the result of birth trauma, she believes. “After Lisa worked on him,” she adds, “not only did he walk well, but he started to run. He plays soccer now!”

Since that time, each member of the family has experienced the benefits of CST — perhaps none so profoundly as Osa herself, who has a history of severe spinal problems. As recently as early 1999, she arrived at UI barely able to walk due to acute back spasms and spinal compression following a snowboarding accident. After a week of treatment she walked unassisted onto a plane for her flight home. Osa calls the healing that has taken place within herself and her family “remarkable...a gift.”

Oh, and that promise Oge made to his friend Tag back in 1994? True to his word, Oge returned to that Montana ranch and rode a horse all by himself on his 7th birthday.



Osa Quasei Nah (center) surrounded by her children (l-r): Oge, 9; Nels, 14; Kendra, 12; and Meryll, 7.

# LETTER SPURS CALL TO ACTION

I received a letter recently from a fellow CranioSacral Therapist that caused me to shake my head in disbelief and wonder, "What will it take?" Because of its length, I'm unable to include the entire letter and accompanying medical reports. I trust the following excerpt, however, retains the essence of the message. My purpose in sharing it is the hope that we can work together to prevent situations like this from occurring in the future.

Dear John:

[My patient] Susan had been diagnosed with epilepsy in 1966, when she was 16. At the time I met her, she had been disabled for 30 years due to seizure activity. She was on [a number of] medications and was under the guidance of a psychiatrist and neurologist. [The latter] had suggested an operation which would cut a nerve in her brain, and perhaps affect the speech centers.

I treated her approximately twice a week from November 15, 1996, to December 23, 1998 — 190 visits in all. After a while, seizures became less frequent and, when they did occur, were more mild. Her mood and general demeanor showed hope and clarity.

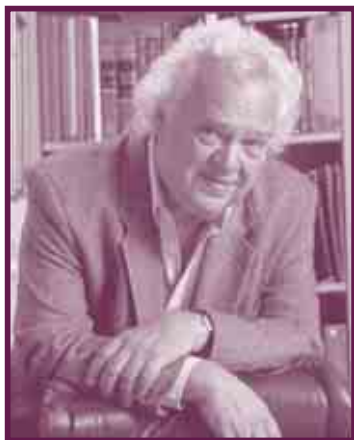
On March 26, 1998, she had an EEG performed by the Hospital for Joint Diseases Orthopaedic Institute. The conclusion: "normal EEG."

When her neurologist saw the results, he told her that if she had come to him off the streets, and he didn't know her history, he would say she didn't have epilepsy.

Her neurologist delayed his decision on operating, and wrote a letter stating: '[Patient] has been treated with a wide variety of anti-epileptics which have not been able to control, or even decrease, her seizures. Since starting CranioSacral Therapy, we have seen a substantial reduction in her seizure activity. It is

my strong medical opinion for [patient] to continue with CranioSacral Therapy since she is having such a positive response.'

Now comes the bad news. Susan was denied further benefits by her insurance company on the basis of them not being medically necessary.



This is a tragedy! I hope you can help.

Anthony Carusone,  
DC, DABCO

My intention here is not to malign the insurance industry. Rather, I believe good can come out of this. By remaining informed and aware of situations like this, we can work together more

effectively to bring about real, meaningful change in the system.

There's a bill currently before Congress that would be a major step toward effecting this kind of change. It's the Access to Medical Treatment Act (HR 2635 / S 1955), introduced by Representatives Peter DeFazio and Dan Burton.

In essence, the bill would restore consumers' rights to make their own healthcare decisions by removing the federal bureaucracy from the doctor-patient relationship. Though it doesn't deal specifically with insurance matters, passage of the bill could increase the likelihood of insurance coverage, since alternative procedures would be recognized by the Food and Drug Administration.

This is just one area where we can collectively lend our support. I welcome your suggestions on other methods we can employ.

The time has come for us to take back our rights to choose our own healthcare. Let's join together to let these decision-makers hear our perspectives on this critical issue.

## HOW TO SUPPORT THE ACCESS TO MEDICAL TREATMENT ACT

Candace Campbell of the American Preventive Medical Association offers this advice: "The best thing people can do to support this bill is write, call or otherwise contact their two senators and one representative, and ask them to cosponsor it. You don't have to be an expert on the bill; just express your interest in having the ability to make your own healthcare decisions and use therapies that haven't been approved by the FDA — but which are available to people in other countries, for instance. Personal contact from constituents is vital if we are ever going to pass this bill. If you call your members' district offices, it will probably have more impact than if you call the Washington, DC, office. (They're more attuned locally to constituent concerns.) Ten calls is a landslide if they come all in one week." So, yes, your call makes a difference!

For more information about the Access to Medical Treatment Act, contact the American Preventive Medical Association at 1-800-230-2762 or at [www.apma.net](http://www.apma.net). You also can log onto the congressional website at <http://thomas.loc.gov> for even more detailed information on the bill, including status, cosponsors, etc. You can search for the bill either by its name or its numbers: HR 2635 and S 1955. (Please note: These numbers change with each new session of Congress.)

# DOLPHIN STAR CHRISTENING CAPS CRANIOSACRAL THERAPY AWARENESS MONTH

It started as a wild-card dream more than four years ago: build a floating research facility that could be used to study dolphins in their natural habitat — in particular, to understand their seemingly innate healing capabilities. A specially equipped houseboat would make it possible to go to the places where dolphins live — to research their behavior, to train therapists in dolphin-human interaction, and ultimately to treat patients using the knowledge gained.

On April 29th, the many years of “what if?” and “Can we make this happen?” culminate in the christening of the Dolphin Star — a 50-foot power catamaran equipped with accommodations for ten passengers and two crew members. “It’s a boat designed with land lovers in mind,” says Russell A. Bourne, Jr., PhD, director of the dolphin program. “All living and work space sits above sea level on a wide platform deck to maximize stability.”

The Dolphin Star is additionally designed to be environmentally safe. Equipped with two Honda four-stroke outboard engines rather



The Dolphin Star features six cabins, four-zone air conditioning, two complete heads with showers, a hot/cold on-deck fresh-water shower, a 500 gal./day desalination water maker, and a full galley.

than a conventional boat engine, it is built to eliminate the risk of oil spillage. “And there will be no diesel fumes!” adds Dr. Bourne.

Present plans are for the research vessel to be stationed in the Bahamas, with daily ocean junkets to find resident pods of dolphins. Initial trips will include therapists and instructors only. “It’s important first for therapists to experience working in this environment,” explains Dr. Bourne. “They need to become comfortable being in the water, and accomplished at treating patients when dolphins are nearby.” Once an adequate number of therapists have been trained, dates for patient excursions will be scheduled.

In the meantime, all eyes are on the unveiling of the Dolphin Star. To those involved in this monumental project from the outset, the breaking of the champagne bottle over the Star’s stern will be much more than a ceremonial act — it will represent the christening of a new era of research and therapy involving dolphin-human communication and its healing potential.

## BENEFACTOR ANXIOUS TO HELP OTHERS “REACH FOR THE STARS”

“I just knew I was meant to help this project,” states Ruth Smith, a major contributor to the Dolphin Star project.

Over the course of many visits to the UI HealthPlex clinic, Ruth had learned about the nurturing attributes of the dolphin. “I felt bonded to them,” she says. “We both had developed other ways of communicating besides actually using words to speak.” Diagnosed at the age of three years as having mild cerebral palsy, Ruth has always experienced difficulty with her speech motor skills. Since coming to UI HealthPlex, however, she states, “I am pleased to say that my progress has been remarkable.”

Of the new research vessel, Ruth says, “My daughter and I are anxious to go out on the Dolphin Star and to be one with the dolphins. I am certain this will be an experience we’ll never forget — and I hope it will be so for others experiencing it, too. My sincere desire is to aid those who are reaching for the stars to get there as soon as possible.”

You’re invited to join us for these  
CranioSacral Therapy Awareness Month events:

### **Christening of the Dolphin Star** Be our guest

April 29, 6:00 p.m. to 8:00 p.m.  
at The Crab House restaurant, located  
on the Intracoastal Waterway in Jupiter, Florida

### **ShareCare® Workshop**

April 30, 9:00 a.m. to 4:30 p.m. at the Jupiter Beach Resort  
Tuition: \$50

### **Symposium With John E. Upledger, DO, OMM**

May 1-2, 9:00 a.m. to 5:00 p.m. at the Jupiter Beach Resort  
Tuition: \$250

Please call 1-800-233-5880, ext. 89001, for additional details.

# UPCOMING INTENSIVE THERAPY PROGRAMS

Brain & Spinal Cord Dysfunction: Improving Structure and Function

**Two-Week Program: April 24 - May 5; May 15 - 26; May 29 - June 9;  
June 12 - 23; July 10 - 21**

Therapist Rejuvenation: Replenishment and Renewal

**May 8 - 12; July 31 - August 4; October 30 - November 4**

Learning-Disabled Children: Facilitating Success

**July 24 - 28**

Autism: Initiating Developmental Gains

**June 26 - 30**

Call About These New Intensive Programs:

**Shared Healing: Harmonizing the Emotional Link; Dissolving Grief:**

**Lifting the Veil of Depression; Addictive Behaviors: Uncovering the Cause**

**For more information or to register for an Intensive Therapy Program, call 561-622-4706, ext. 89001.**

## SHARECARE® WORKSHOPS

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

April 22 - Fort Lauderdale, Fla.

April 30 - Jupiter, Fla.

May 6 - Cincinnati, Oh.

May 6 - Williamsport, Pa.

June 17 - Ithaca, N.Y.

July 1 - Coldwater, Mich.

July 15 - Minneapolis, Minn.

July 15 - Palm Beach Gardens, Fla.

October 21 - Palm Beach Gardens, Fla.

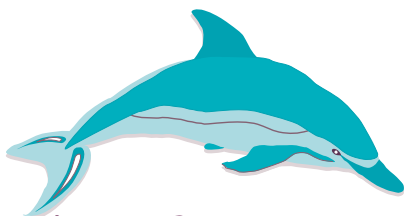
November 4 - Minneapolis, Minn.

November 11 - Coldwater, Mich.



HealthPlex Clinical Services  
11211 Prosperity Farms Road, D-223  
Palm Beach Gardens, FL 33410-3487  
Phone: 561-622-4706, ext. 89001  
E-mail: uihealthplex@upledger.com

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## APRIL CELEBRATIONS

CranioSacral Therapy Awareness Month and  
the official christening of UI's new dolphin  
research vessel Dolphin Star!