On April 5-6, 2002, the first Upledger Foundation Nancy Schaffer Memorial Golf Classic will hit the links at the famed PGA National Resort and Golf Club in Palm Beach Gardens, Florida. The event will help raise needed funds for the Foundation’s many therapeutic and research programs.

The inspiration for this tournament was born with the passing of clinic patient and long-time Foundation supporter Nancy Schaffer. In June 2001, she lost her battle with a rare blood disorder called myelofibrosis, which causes bone marrow to develop scar tissue.

For Nancy, the treatment she received at the UI HealthPlex clinic gave her the ability to cope with the effects of the disorder. “She often said it was the only relief she found,” says Gayle “Mya” Brennan, LMT, MSW, CST-D, who worked with her weekly for several months. The condition caused Nancy’s body to become completely distended in her mid-section, rendering her virtually unable to eat or function due to the pressure. “CST reduced that pressure and with it the pain,” Mya says. “She could sit after her session.” In addition, Mya says, “Somato-Emotional Release helped with the very emotional concerns that confronted her. Nancy gained a great deal of balance from her sessions.”

Nancy Schaffer believed strongly in CranioSacral Therapy. So much so that, in seeking to honor her memory, Nancy’s family approached The Upledger Foundation with the idea for a memorial golf tournament that would benefit the organization’s healthcare programs, including patient care for those who may benefit from CranioSacral Therapy.

In addition to tournament play, the weekend includes a silent auction, contests and a series of prizes, such as a BMW for a hole-in-one and a raffle for a BMW. Tickets are $25 per player. If you would like more information about participating in this tournament, call 1-800-233-5880, and ask for priority code N0402.

With the passing of his initial shock came a frightening realization: His daughter-in-law, Julie, would already be at work at that hour on the 28th floor of Tower One. “I didn’t know what to do, so I worked my way over to my office, but they wouldn’t let me in the building,” he says. “I stood there and watched the fire and objects dropping from the [WTC] buildings.” Suddenly Tower Two collapsed and he had to run for it to avoid the heavy cloud of smoke and debris.

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The priests and supporters of Dr. Upledger may take an active role in our fundraising efforts through Ribbon of Touch and/or Tribute to Touch. For Ribbon of Touch, simply send $1 to the Foundation and your name will be written on a ribbon that will become part of a banner used to decorate the tribute site. For $10 you can take part in Tribute to Touch, which gives you the opportunity to write a personal letter to Dr. Upledger that will be added to a memory book and presented to him at the end of the evening.

Learn how you can be a part of this special tribute to Dr. Upledger. Call Barb Richmond, Community Relations Director, at 561-622-4334 and ask for priority code N0402.

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On the evening of April 28, 2002, a once-in-a-lifetime tribute is taking place honoring the vision, passion and pioneering work of Dr. John E. Upledger, who celebrated his 70th birthday this year. All those whose lives have been touched by Dr. Upledger’s work are invited to take part in this special celebration and fundraiser. All proceeds raised will go to aid the programs of The Upledger Foundation.

The event will take place at the Jupiter Beach Resort in Jupiter, Fla., and include personal testimonies, live jazz, Dr. Upledger on the baby grand piano, a Monte Carlo-style casino, dancing, and great food and wine. The cost for the semi-formal (black tie optional) event is $25 per person.

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I first saw Anselmo in April of 2001. He came to participate in one of our clinic’s two-week intensive programs. Prior to that, neuro and orthopedic surgeons were pressuring his parents to perform laminectomy and decompression surgery. A craniosacral procedure intended to stop the spasticity of the lower body. Doctors could see no way to relieve the spasticity other than to cut the nerve roots. But Anselmo’s parents had different ideas. One of their major goals in coming to us was to reduce or stop his son’s spasticity.

Our initial evaluation of Anselmo included a finding of quadriplegic spastic paralysis. It was severe throughout his whole body below the scapula, but especially so in his trunk, pelvis and lower limbs. He was unable to communicate either verbally or with eye blinks or controlled body motions. Yet it was obvious he could comprehend what was going on around him. His spasticity noticeably increased when he was upset by certain events or conversations that took place around him. He was fed through a gastric tube — a necessity since the accident 11 years earlier.

A medical-surgical evaluation revealed a rhythm of 5-6 cycles per minute. The cranial vault mobility was restricted in all major vault bones, in the dural tube, and in related spinal structures. There was also a marked thoracic and lumbar “rigidity” that had moved steadily since the accident. Anselmo’s parents reported that the most recent x-rays taken before coming to the intensive program showed a 63% thoracic scoliosis with apex toward the left.

Bone density studies also revealed marked, generalized osteoporosis.

A craniosacral treatment program included five to six hours of CranioSacral Therapy every day in both single and multiple-therapist sessions. A cranial release was not lasting only once a week, as was therapeutic massage. Spinal release treatment was often integrated with the CranioSacral Therapy along with Myofascial Release and Visceral Manipulation.

On day three of the program I focused on mobilizing Anselmo’s spinal vertebrae, one at a time, using position and hold techniques applied to the spinous processes. While I was doing this, other two therapists, one on the occiput and one on the sacrum, focused on moving the dural tube toward the head and then toward the sacrum in harmony with the craniosacral rhythm. As the dural tube released within the spinal canal, I could feel the dural sheaves that sheathed the spinal nerve roots relax and begin to move more easily. We could also see the spasticity of a relaxed body relax in response to the work we were doing.

Soon more therapists joined in. One was positioned on the head to decompress and mobilize the anterior-posterior intracranial meningeal membrane (dura mater) system. Another therapist was at the foot holding the calcaneum (heel bone) in the palm of her hand. She applied light, intermittent traction in a pedicle direction of the feet in synchrony with the dural tube movements in the same direction. The therapist on the head used frontal lift and sphenoid mobilization techniques to offer more space to the motor cortex.

A week finished particular session Anselmo appeared happier, more comfortable in his body and much less spastic. That’s when I decided that a session on a Stress Buster machine might be helpful. The therapist would moldings of the Stress Buster moved the ankles, feet, and legs rhythmically from side to side, about three inches from one extreme to the other. The rate of movement was adjusted to match Anselmo’s rate.

As I monitored Anselmo’s spinal column, the Stress Buster in action, I could feel the increasing motions of the spinal vertebrae in relation to one another. The Stress Buster appeared to be offering a positive therapeutic effect. From then on we used to it Anselmo for about 10 minutes at least three days a week in conjunction with other treatment processes.

Post-Treatment Analysis Reveals Marked Improvement

At the end of the two weeks Anselmo was much less spastic. Cranial bone and spinal mobility were greatly improved and nerve root surgeries were no longer indicated. The “humpback” deformity had reduced slightly in size. And Anselmo’s total body, including face, jaw, tongue and throat, was much more relaxed. His respiratory diaphragm was more active and moving easier. He was able to breathe much more deeply.

About two months later I spoke with Anselmo’s mother on the telephone. She said Anselmo has continued to use the Stress Buster three to five times every day. Both his parents and physical therapists feel it’s helping to further reduce the “humpback” problem. What’s more, an x-rayPlates for bone density showed a 400% improvement in Anselmo’s osteoporosis. The doctor said that was impossible, so he repeated the study. Sure enough, the 400% improvement was confirmed.

I believe this case offers solid confirmation of just what is possible when you help restore motion at all levels, restore the trophic influence of motor nerves, establish dural meningeal release within the cranial vault and spinal vertebral canal, and enhance motor cortex and brainstem function. Yes, you can help reverse problems as serious as scoliosis, osteoporosis and hyperspasticity — even after they have been present for up to 11 years in the patient’s body.

The CranioSacral Therapy session was of great benefit to me. I feel that I have gained a new perspective on life given to me by the therapists. I have learned how to focus on body feelings as I experience them and then to visualize softening and releasing them from my body.”

Bob admits feeling a lot of stress from that day. He experienced feelings moving down his legs and out of his body. “I was very stressed that day,” he says. “I had buried them all my issues. They are what kept me from that day. I had buried them inside the my body. And the combination of the power of the therapists helped me to move through my stress. I cannot say enough compliments about the group that helped me work through my issues. They are very dedicated people.”

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With his treatment the Upledger Foundation has seen improvements in the quality of life for many people, including those with conditions such as brain and spinal cord injuries, learning disabilities, post-traumatic stress disorder, migraine headaches, chronic neck and back pain, Parkinson’s disease, stress and tension-related problems, central nervous system disorders, motor coordination impairments, TMJ syndrome, orthopedic problems, chronic fatigue, scoliosis, neurovascular or immune disorders, dermatological disorders, and connective tissue disorders.

The Upledger Foundation is a charitable organization under section 501(c)(3) of the internal revenue code. A copy of the official registration and financial information may be obtained from the department of consumer services by calling toll-free 1-800-HELPFLA within the state. Registration does not imply endorsement, approval or recommendation by the state.