

# UpClose

APRIL 1998

HealthPlex Clinical Services

VOL. 11, No. 2

## CHILD REBOUNDS FROM PEDIATRIC STROKES

### PRACTITIONERS

**JOHN E. UPLEDGER,  
DO, OMM**

**RUSSELL BOURNE, JR, PhD**

**GAYLE BREMAN, LMT**

**CLOÉ COUTURIER, LMT**

**ROY DESJARLAIS, LMT**

**JOANN EASTER, LPN**

**JIM GREEN, LMT**

**FRANCINE HAMMOND,  
LPN, LMT**

**LIZA KATZ, PT**

**HENRIETTE MERAN, OMD**

**LEE NUGAN, MA**

**CHAS PERRY, PhD**

**CATHY PLISCOF, PT**

**ÄLICE QUAID, PT**

**LISA UPLEDGER, DC**

**CRAIG WOLL, LMT**

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

Eliane Lalonde, 2, arrives for a day of therapy dressed in yellow and looking like a buttercup. It's the second intensive therapy program at UI HealthPlex that the little girl from Cornwall, Ontario, has attended after suffering a shower of strokes in June 1997.

"CranioSacral Therapy gave her a new lease on life," Eliane's mother, Ginette, says. "There is no question in my mind that she would not be where she is today without it."

Now Eliane is on the brink of crawling, eats soft foods and reacts with delight as her mother crosses the room — a stark contrast to the child who hospital workers predicted would be blind and wheelchair bound.

Ginette explains that the strokes produced seizures in Eliane, who was hospitalized for nine weeks after the incident. When she came home from the hospital, the little girl had no head or trunk control, slept about an hour at a time and would drink only half an ounce. A chiropractor, who was also a family friend, applied CranioSacral Therapy (CST). Ginette noticed that CST seemed to help, which led her to seek more information on CST and UI's therapy programs from The Institute's website. Eliane attended her first intensive therapy program in September 1997, three weeks after coming home from the hospital.

"After the first program, Eliane started oral feeding and would drink eight ounces. She started sleeping three and four hours at a time. And, for the first time, I noticed Eliane focus her eyes on someone. It hap-



Eliane enjoys playing with her grandmother and other childhood activities. Her mother says CST gave her a 'new lease on life.'

pened when Cathy [Pliscof, P.T.] was working on her," Ginette says.

When they returned to Canada, Ginette and her husband Michel, a chiropractor, had Eliane's feeding tube removed. They also decided to slowly decrease the seizure medication prescribed for their daughter because the seizures had stopped. Eliane continued receiving CranioSacral Therapy twice a week, as well as chiropractic and Feldenkrais® sessions. But there was never a question that Eliane would return to the UI HealthPlex to continue her progress.

"CST is something we can focus on and see results," Ginette says.

That's worth a whole field of buttercups.

# CONSCIOUSNESS AND ORGAN TRANSPLANTS

By the time therapists reach intermediate skill levels in the practice of CranioSacral Therapy and SomatoEmotional Release®, they doubtless have encountered some events in the treatment/facilitation process that suggest that a heart is much more than a pump and that a lung does more than facilitate the exchange of gases across alveolar membranes. In fact, it would seem that every organ and tissue in a human, animal or plant is imbued with functional abilities that go far beyond the apparent physiological services that they perform for the host.

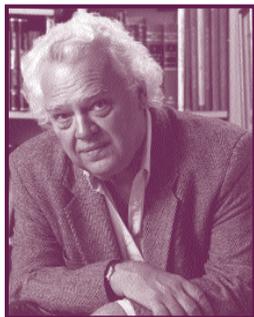
Unless the CranioSacral Therapy practitioner is in a very strong state of denial, he or she has felt the energy of emotions that reside in these organs and tissues, as well as the residual energies of past events — be they related to physical or emotional trauma, or to infections by bacteria or viruses. These energies literally become palpable to the therapist who is tuned in to the perceptions delivered through his/her hands. Most practitioners have witnessed clinical changes in their patients as these foreign energies are released from the organs and tissues in which they reside.

My own experiences as a clinician very strongly support the concept that organs, tissues and, for that matter, individual cells, have individual consciousnesses that afford them qualities such as intelligence, memory, emotion and ambition. It seems reasonable to me that each living cell has an independent consciousness which interacts with the consciousness of other neighboring cells and blends to form the consciousness that we see as belonging to the tissue. In turn, tissue consciousnesses blend to form the overall consciousness of the organ, muscle or body structure. In this same way, the consciousness of each system is formed. These systems then blend to form the individual human, animal or plant consciousness.

It would appear that consciousness and its related qualities are resultant to DNA. Yes, I'm suggesting that DNA is the seat of consciousness.

Our recent experiences with viruses and bacteria have shown that these smallest of

living creatures have the ability to outsmart our human immune systems and some of our best science. Viruses are actually membrane sacks of DNA or, less often, RNA. They have proven that they can outwit some of our most highly developed human brains. Therefore, it strikes me that DNA (and less often RNA) is where intelligence and consciousness reside. If DNA is the main seat of consciousness and intelligence, it seems likely that all the other aspects of living systems are probably located in DNA or in structures that are influenced by it.



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

Consider the case of organ transplants. If the transplanted organ has a consciousness that is unique unto itself and that is an integrated blend of all of the individual consciousnesses of its constituent cells, then each heart, for instance, has its own consciousness, intelligence, memories, emotions, opinions, likes and dislikes. Essentially, then each heart has its own personal character and memory bag full of its own unique experiences. At the time of transplant surgery we transfer this unique heart, which has most probably faced death squarely in the face, to a totally new body that may or may not feel accepting. This seems comparable to taking a native Australian aborigine and placing that person — without any reprogramming — into the midst of a tightly woven community in rural America or cosmopolitan Manhattan. Could we expect the aborigine to feel at ease? Or could we expect the local people to welcome this stranger? It would most probably require a lot of time and effort before acceptance could occur on either side of this sudden mix.

When the heart and lungs of a blue-collar, workaholic, Italian boy who loves to ride motorcycles and eat fried chicken washed down with beer, are transplanted into the body of a female, middle-aged New York City dancer with lung disease, can we really expect an automatic bilateral acceptance by the various consciousnesses? I doubt it. If we are going to transplant organs from one body to another, it seems

to me that we must consider the consciousness of both the donated organ and the recipient.

Thus far, I have treated six organ recipients — two with heart and lung transplants, three who received only hearts and one with a kidney transplant. I also have worked with a number of bone transplant patients. In my work with these few cases, I seemed to perceive either an antagonistic energy between the recipient's body and the transplanted organ, or at least a hesitant and conditional acceptance. Thus far, a certain degree of release of antagonism and blending of energies has been obtainable, after very limited therapeutic/facilitative effort on my part. At this time, it is my strong suspicion that by the use of CranioSacral Therapy, Energy Cyst Release, SomatoEmotional Release, Therapeutic Imagery & Dialogue along with Myofascial Release, a significant

*My own experiences as a clinician very strongly support the concept that organs and tissues...have individual consciousnesses that afford them qualities such as intelligence, memory, emotion and ambition.*

reduction in organ rejection could be achieved. I would welcome the opportunity to work in depth with any organ recipients in order to explore this possibility.

Along this line, I should tell you that the previously mentioned dancer is Claire Sylvia.

She has written a book entitled *A Change of Heart* in which she gives an excellent and very human description of her life's events as they relate to her illness, her transplant experience and the changes that she has witnessed in herself since the surgery. Claire and I have had the opportunity to have only one treatment session thus far. Her impressions and feelings during and subsequent to this session are such that she desires to join forces with us at The Upledger Institute to make our work available to other organ recipients. It is our hope that we can provide benefits for the patients while we learn more about how the consciousness of donated organs and their recipients interact.

*Claire's book is available through The Upledger Institute at 1-800-233-5880, ext. 9468, and is in the process of being made into a movie.*



# UPCOMING SPECIAL PROGRAMS

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

May 18 - 29; June 1 - 12; June 15 - 26; July 6 - 17; July 27 - Aug. 7; Aug. 17 - 28; Aug. 31 - Sept. 11; Sept. 21 - Oct. 2; Oct. 5 - 16; Oct. 26 - Nov. 6

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

Nov. 30 - Dec. 4

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

Sept. 14 - 16; Sept. 16 - 18

**Therapist Rejuvenation: Replenishment and Renewal**

May 11 - 15; Oct. 19 - 23

**Autism: Initiating Developmental Gains**

July 20 - 24

**Learning-Disabled Children: Facilitating Success**

Aug. 10 - 14

**For more information or to register for special programs, please call (561) 622-4706, ext. 9468.**

## 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.

May 2 - Coeur D'Alene, Idaho

May 9 - Boise, Idaho

May 16 - Idaho Falls, Idaho

June 13 - Columbus, Ohio

June 13 - Palm Beach Gardens, Fla.

June 20 - Memphis, Tenn.

June 24 - Dunedin, Otago, New Zealand

July 11 - Minneapolis, Minn.

Sept. 12 - Edmonton, Alberta, Canada

Sept. 12 - Palm Beach Gardens, Fla.

Nov. 7 - Minneapolis, Minn.

Nov. 7 - Palm Beach Gardens, Fla.

Nov. 18 - Dunedin, Otago, New Zealand

To register or for additional dates, call:  
**(561) 622-4334, ext. 9468,**  
**or 1-800-233-5880, ext. 9468.**

## MEET JIM GREEN, L.M.T.

The year was 1985 and Jim Green, a massage therapist and psychology student at York College in Pennsylvania, was in Florida to attend a workshop sponsored by the newly formed Upledger Institute. He had heard about this new method called CranioSacral Therapy and had come to study with its developer Dr. Upledger.

While the workshop impressed him, Green could not have envisioned that five years later he would be a CranioSacral Therapy practitioner and instructor for The Upledger Institute — and that his tutelage would continue through the decade.

“As in any adventure, I was filled with nervousness and curiosity as to what would unfold in this new situation,” Green recalls about his arrival at The

Institute in 1989. “What I have found over the years is that whatever education I needed was then presented in a myriad of ways — some pleasant, some painful, but always in the direction of growth.”

In addition to his training in CranioSacral Therapy, Green also is a certified practitioner of Zero Balancing® and the Trager® Method. But CranioSacral Therapy holds a special place in his therapeutic repertoire.

“Having a practice at the UI clinic has been a profound experience that has afforded me countless opportunities to assist people in their healing processes,” Green says. “My first appointment might



be a nine-week-old infant, while my next patient could be a 93-year-old. The first one might have had a tough birth, the later a tough life.”

As an instructor, Green has led more than 150 CranioSacral Therapy workshops for healthcare practitioners in the United States and Canada.

“Teaching has brought me the opportunity to interact with people from other countries and cultures,” Green says. “I have found all of them to be friendly and open — very different than the way people often are depicted on the nightly news.”

Indeed, Green has come a long way from being a Pennsylvania college student to being part of the healing community of The Upledger Institute.

# CST HELPS MIGRAINES AND MORE

When an aneurysm burst in Lisa Kaplan's brain in 1988, her husband needed to cope not only with his wife's illness but a healthcare system that had undergone radical change.

"I had to deal with Lisa's condition not as a doctor, but as a spouse and caregiver," husband Barry, a psychiatrist, recalls. "The physicians didn't want to talk to us. They didn't want to discuss emotion-laden issues, like can she walk, talk or drive. What they don't see is that their words shape the way that patients look at the future and can take away hope."

Lisa's recovery was interrupted by two surgeries in 1992. Doctors also discovered that she had developed hepatitis as a result of the medications. Just months later, Hurricane Andrew destroyed the Kaplan's home, their son's house and the hospital where Barry worked.

The Kaplans again regrouped. Lisa was

involved in another rehabilitation program near their new home in Aventura when three different therapists recommended that she come to the UI HealthPlex to seek relief of migraine headaches suffered from childhood.

"When we met Dr. Upledger, we felt good about him," Barry recalls. "We liked the fact that he was down-to-earth and we weren't given a lot of hype about CranioSacral Therapy."

Not only did Lisa's headaches diminish within five sessions, but she regained feeling in her right leg that was lost after the stroke. The feeling and freedom of movement in her right arm increased and her vision improved.

Encouraged that she could make more progress, Lisa registered for UI's intensive therapy program and entered a new, positive health-care environment.



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Lisa Kaplan found relief for her migraines at the UI HealthPlex. The therapy also helped her overcome the residual effects of a stroke she had 10 years ago.

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HealthPlex Clinical Services  
11211 Prosperity Farms Road, D-223  
Palm Beach Gardens, FL 33410-3487

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