MEET NANCY WESTPHAL, LMT, CST-D

Nancy Westphal's journey to becoming a therapist can best be described as providence in action.

As one of the first concierges in Chicago, Nancy spent her days chartering private jets, arranging tickets to events, and locating the rare and priceless. A far more than a decade in the business, though, Nancy was ready to trade in this fast-paced lifestyle for “a career that would incorporate working with my hands, intuition and an abundance of heart,” she says.

That's when fate intervened in the form of a 1990 Valentine's Day blizzard. With her plans for the day buried in several feet of snow, Nancy made an appointment for herself at a tiny beauty salon near her home. Finding a limited staff upon arriving, she chose a session with a massage therapist trained in CranioSacral Therapy. By session's end “I had a new career and life direction,” Nancy says.

For 30 years Nancy ran a thriving private practice in downtown Chicago, working with everyone from newborns to the elderly. During that time she also began attending at The Upledger Institute HealthPlex Clinical Services. In 2000, at Dr. Upledger's invitation, Nancy left the hustle Chicago winters once and for all and moved to Florida to join the UI HealthPlex staff full-time.

Over the years Nancy has seen many lives impacted by CranioSacral Therapy. One that she will never forget involved a farmer's wife well into her 80s who had experienced excruciating head pain for more than 30 years. She had undergone several unsuccessful trigeminal nerve surgeries to reduce pain levels.

"At Dr. John's suggestion the woman contacted me to determine if an intensive program would be beneficial," Nancy says. "She and her husband drove eight hours to see me for a one-hour evaluation."

Within just a few minutes of beginning the evaluation, the woman began to cry. "For the first time in 30 years she was experiencing a major reduction in the pain," Nancy says. "At times the pain levels dropped to zero as we worked. She left a much happier woman than when she came in."

Out of this experience and so many others like it, Nancy developed a personal and professional philosophy that continues to guide her today: "Anything is possible. Kindness is invaluable. Never give up on anyone. And trust."

**Practitioners**

**John E. Upledger, DoC, OMH**

**Mara Abraham, LMT, MSW, CST-D**

**Clode Courrier, LMT, CST**

**Roy Des Arlaas, LMT, CST-D**

**David Halcon, LMT**

**Francine Hammond, LMT, CST-D**

**Rebecca floweres Gules, OTR, SoT, CST-D**

**Sheryl Mcguin, Mba, SoT, CST-D**

**Lee Negan, Ma**

**Chris Perry, MDo, CST-D**

**Kevin Rose, LMT, CST-D**

**Lisa Upledger, DC, CST-D**

**Roryn Valpert, Ptc, CST**

**Tad Wanne, LMT, CST-D**

**Nancy Westphal, LMT, CST-D**

**U HealthPlex Clinical Services**

8 AM - 7 PM, MON - THURS
8 AM - 6 PM, Fri
9 AM - 1 PM SAT

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FINDING A WAY TO GET HER LIFE BACK

DeEtte was first introduced to CranioSacral Therapy while being treated for TMJ by a dentist who practiced the technique. “I was fascinated at how gentle the therapy was and how working on my head created so many positive changes throughout my body.”

As used to pain as she was, however, DeEtte was not prepared for what she experienced following a 1989 car accident. “It acted as a triggering mechanism for the fibromyalgia and myofascial pain syndrome,” she says. “I couldn't lift milk out of the refrigerator, change the sheets on my bed, shop, or open a jar of applesauce. Every aspect of my life was affected.”

Even as her symptoms worsened, doctors continued to tell her it was whiplash and she would heal in time. It was doctor number eight, a neurologist, who finally pinpointed her multiple problems. All totaled, DeEtte consulted 12 doctors and went through five rehab programs in search of a solution.

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It’s the small things that make a huge difference to DeEtte Jones. The ability to turn her neck and take a step at the same time. To unload a dishwasher without being in extra pain. To sit all the way through a church service.

Forty-one-year-old DeEtte Jones lives in incapacitating pain and fatigue every minute of every day. Even the smallest exertion can shut her down for days. Her irritable bowel syndrome, hypothyroidism, chronic fatigue syndrome, whiplash, and temporomandibular joint dysfunction.

Within just a few minutes of beginning the evaluation, the woman began to cry. “For the first time in 30 years she was experiencing a major reduction in the pain,” Nancy says. “At times the pain levels dropped to zero as we worked. She left a much happier woman than when she came in.”

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Post-Traumatic Stress Disorder Program

Since 1993, select intensive therapy programs have been tailored to the needs of Vietnam veterans to help relieve the disabling effects of post-traumatic stress disorder (PTSD). The unfortunate events of September 11, and the recent economic downturn, however, have continued to adversely affect many small charitable foundations, including ours. In lieu of the high cost of a two-week intensive program, we decided to individualize treatments for those affected by PTSD. We brought them into our regular intensive therapy programs, which allowed us to take advantage of the program dynamics while minimizing scheduling and financial issues. The patients received the same attention from therapists, while the Foundation was able to reduce the total cost of therapists involved.

The Foundation is now seeking assistance in the amount of $300 for further work in PTSD. This will enable us to continue to implement and fund such programs while helping those on our lengthy wait-lists for financial assistance.

Compassionate Touch Helping Hands Program

To date, 885 kids have now gone through the Compassionate Touch program, which teaches schoolchildren how to use simple CranioSacral techniques to help relieve pain and learn about the positive power of a healing touch. Thanks to schools and volunteers in Texas, California, Florida, Michigan, Wisconsin and Minnesota, we’re well on our way to reaching the 10,000 we originally targeted for statistical research purposes.

Now we’re working on developing another aspect of Compassionate Touch that will bring the program to the next level. It’s designed to teach children in every grade how to recognize the difference between positive and negative energies, and how to transform negative feelings into something positive.

The annual cost associated with each school that hosts this program is $2,500.

BioAquatic Explorations

A tremendous opportunity has presented itself that requires a stepped-up commitment to this project. We have reached an agreement with The Dolphin Experience in the Bahamas that allows us to provide dolphin-assisted therapy to patients in a controlled aquatic environment beginning in May. We started our research into dolphin-assisted therapy in 1996. The results were so encouraging that we began searching for the optimal environment for nurturing a program of this nature. We found that environment in The Dolphin Experience.

Our goal now is to offer both individual care and intensive programs utilizing dolphin-assisted therapy. A long with this, we will include dolphin-assisted therapy at our four-day BioAquatic Exploration workshops. These are designed to teach practitioners how to tap into the resources of the ocean to enhance the therapeutic effects of CranioSacral Therapy.

The estimated annual cost to run dolphin-assisted therapy programs and BioAquatic Exploration workshops aboard our Dolphin Star research vessel is $250,000.

Making a Tax-Deductible Donation is Easy


Website: www.upledger.com (Type “Upledger Foundation” in the Search bar.)

Mail: The Upledger Foundation, 11211 Prosperity Farms Rd., D-223, Palm Beach Gardens, FL 33410-3487

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To our donors a benefit to us is that comes to us every time supporters use their Upledger Foundation MasterCard. The amount we receive may seem like pennies, but tell that to people who attend intensive therapy programs with financial aid from the Foundation. I’m sure they’ll talk about their gains in health and well-being in every cent we raise.

These are but a few examples of people who desperately need the healing touch of CranioSacral Therapy. Please keep them in mind this year when you decide where your next tax-deductible donations will be spent.

Sincerely,

John E. Upledger, DO, OMM

To get your application for The Upledger Foundation MasterCard, please call toll-free 1-877-518-9007. Be sure to ask for priority code CNGP.