

UpClose

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HealthPlex Clinical Services

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HOPE, ONE STEP AT A TIME

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

Imagine a doctor telling you your child had cerebral palsy (CP). How would you react?

“Trauma, disbelief and anger,” are the emotions that overwhelmed Trina Bigham when she learned her 7-month-old son Brennan had CP. Robin Masterson, who went through a similar experience, added, “The entire family suffered.” Her life was changed forever when her daughter Emily was diagnosed with CP at 2 months of age.

Cerebral palsy is notoriously difficult to treat.

Although hardly anyone dares to hope for improvement, one never gives up. Yet today, after years of searching, both Robin and Trina state that CranioSacral Therapy (CST) has helped their children. And from their perspectives, the benefits have been dramatic.

“You learn early on to stop expecting miracles,” says Robin. Her best advice is to

be realistic, find what works and don't close your mind to anything.

Robin started her beloved Emily — who turned 4 years old May 8 — with CST in November, 1998. Part of Emily's CP manifests as kyphoscoliosis, a curvature of the spine that impairs her stature. Shortly after beginning CST, Emily seems to have grown

three inches taller.

Trina says that when her son Brennan, now 8, started CST six months ago, the first benefit she noticed was his new ability to walk with crutches. Prior to that, mobility was not realistic.

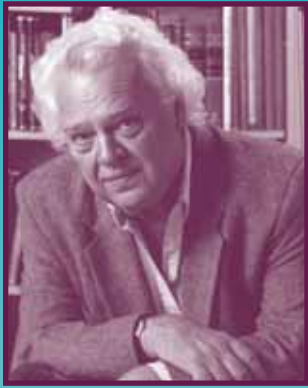
Both women are Massachusetts residents and dedicated parents committed

to improving their children's health and well-being — preferably through non-invasive methods. And they both recently spent a week at The Upledger Institute HealthPlex Clinical Services to provide intensive therapy for their children.



With one flash of his winning smile, 8-year-old Brennan Bigham — seen here relaxing between sessions — conveys the hope and indomitable spirit that characterize his life.

Continued inside



Dear Friends,

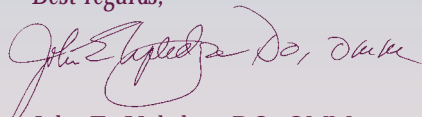
These are exciting times for CranioSacral Therapy. We are witnessing an increase in popularity of CST that we could only daydream about — and long for — in the past. In this column over the past few years, I have shared with you why I think people are finally starting to take note. To put it simply, CST works and has a wide range of applications.

As recognition has grown, exciting new opportunities to share information and develop a reliable CST network have come about. We are discussing a thrilling array of projects with schools, residency programs and hospitals concerning the teaching and use of CranioSacral Therapy.

These positive and long-awaited developments have been possible, in large part, due to your continued support of our work. Yet inquiries from patients have grown in proportion to the popularity of CST, as have the number of requests for financial aid. While donations from the Foundation have helped many patients achieve a new level of health, sadly, we receive many more applications that we can grant.

I hope you will once again help us nurture the continued growth of CranioSacral Therapy. Please include The Upledger Foundation among the charitable organizations that you favor with a tax-deductible gift.

Best regards,


John E. Upledger, DO, OMM

THE UPLEDGER FOUNDATION UPDATE ON CURRENT RESEARCH PROJECTS

Dolphin-Assisted Therapy

The remarkable optimism generated by our pilot study continues to guide our efforts. We're now having a houseboat custom built that will offer a stimulating environment for exploring the healing potential of dolphins.

This vessel has been carefully planned with the needs of patients, therapists and dolphins in mind. All living and work space sits above sea level on a wide platform deck to maximize stability. And the boat will be environmentally sensitive, using an automobile engine rather than a typical boat engine to keep oil from polluting the ocean.

The houseboat will likely be stationed in the Bahamas, making trips into the ocean to find resident pods of dolphins. Our researchers and students may then have the opportunity to work on each other in close proximity to these magnificent creatures.

Later, when we see patients on board, we'll document their experiences through independently designed patient-outcome measures. Our intention is to further our understanding of dolphin-human communication and its healing potential.

At this time, the boat is well along the way. Unfortunately, due to its advanced design, the cost is exceeding our original projections. We are now required to seek an additional \$100,000 in funding.

Post-Traumatic Stress Disorder

We've conducted two new Intensive Therapy programs for Vietnam veterans. The results were charted by VA-approved tests by an independent licensed psychologist.

The scores indicated the vets "experienced fewer symptoms, most notably those related to obsessive/compulsive thoughts and behaviors, depression, lack of motivation, feelings of alienation and withdrawal, and total number and severity of general symptoms."

What's more, the report rated these milestones as statistically significant, with more than a 90% correlation between the vets' improvements and the CranioSacral Therapy they received at UI HealthPlex.

We plan to chart the vets' progress with follow-up testing. In the meantime, we've scheduled a series of four new programs, which cost \$60,000 each. We now have \$110,000 in funding, but still need an additional \$130,000.

Defusing Violence by Enhancing Self-Esteem, Self-Worth and Self-Image in Children

This program, which teaches children how to use compassionate touch to help others, may help reverse the alarming level of violence seen among youth in recent years.

Based on the success of our pilot study last year, the superintendent of the New Glarus, Wisconsin, school system invited us to teach their kindergarten and first grade students the power of a compassionate touch. The program got off to a great start, though we're still awaiting test scores. We even received a letter about a little girl who used the techniques we taught her to help relieve her mother's headache!

The good folks of New Glarus have welcomed us back again next year. That program requires roughly \$10,000 to run.

Please Help Us Help Others

We urge you to consider The Upledger Foundation in your tax-deductible charitable donations. Your efforts *do* make a difference.

Please call **561-624-3888** to help.

THE UPLEDGER FOUNDATION IS A CHARITABLE ORGANIZATION UNDER SECTION 501(C)(3) OF THE INTERNAL REVENUE CODE. YOUR DONATION IS FULLY DEDUCTIBLE FOR INCOME TAX PURPOSES. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE 1-800-HELPFLA WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL OR RECOMMENDATION BY THE STATE.



For more information or to register for an Intensive Therapy Program, call 561-622-4706, ext. 9944.

UI HealthPlex will be closed on the following dates in commemoration of the holidays:

Nov. 25 - 26, 1999; Dec. 24, 1999 and Dec. 31, 1999

UPCOMING INTENSIVE THERAPY PROGRAMS

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

Nov. 8-19, 1999; Jan. 3-14, 2000; Jan. 17-28, 2000; Feb. 7-18, 2000; Feb. 21-March 3, 2000; March 6-17, 2000; April 3-14, 2000; April 24-May 5, 2000; May 15-26, 2000; May 29-June 9, 2000; June 12-23, 2000; June 26-July 7, 2000; July 10-21, 2000

Brain & Spinal Cord Dysfunction: Improving Structure and Function (one-week recheck)

Nov. 29 - Dec. 3, 1999

Therapist Rejuvenation: Replenishment and Renewal

Nov. 1-5, 1999; Jan. 31-Feb. 4, 2000; May 8-12, 2000

Shared Healing: Harmonizing the Emotional Link

March 20-24, 2000

Learning-Disabled Children: Facilitating Success

April 17-21, 2000; July 24-28, 2000

Post-Traumatic Stress Disorder: Vietnam Veterans

Dec. 6-17, 1999

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.

November 6, 1999 - Minneapolis, MN
November 6, 1999 - Palm Beach Gardens, FL
February 12, 2000 - Palm Beach Gardens, FL
May 13, 2000 - Palm Beach Gardens, FL
August 12, 2000 - Palm Beach Gardens, FL
November 11, 2000 - Palm Beach Gardens, FL

HOPE, ONE STEP AT A TIME

Continued from cover

"Emily had a lot more energy afterward," Robin told *UpClose*. "She was able to walk without her crutches a lot more and for longer distances. She even started running. And she's still getting taller. There are other little things I notice, too, like her nose is more defined. Her facial features are coming out and there are fewer restrictions on the movement and expressiveness of her face."

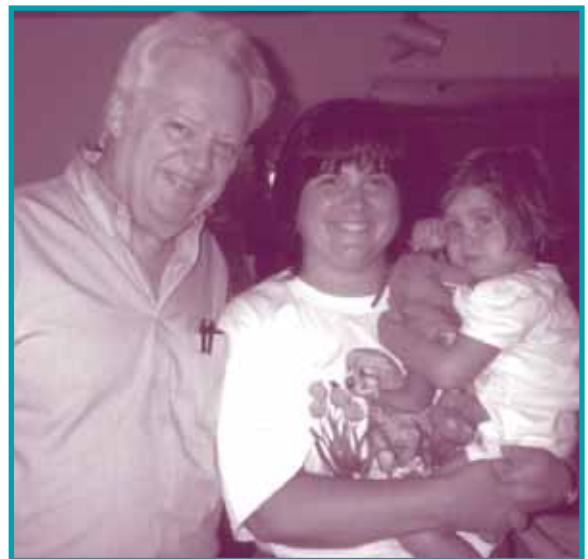
Trina says watching Brennan, "trying hard to help himself" touches her

heart. "I believe CST has the potential to help my son be independent," she says. "And I believe it will help him connect with his own inner physician and help him heal himself."

Progressive, positive results — not miracles — that's what both women are seeking. CST has given them that, and they're confident this process of steady, gradual improvement will continue.

They are content to measure their progress — and hope — one step at a time.

"I believe CST has the potential to help my son be independent."



Dr. Upledger with Robin Masterson and 4-year-old Emily Masterson.

MEET DAVID HALFON, LMT

David Halfon's career has always been in "hands-on" work — first, as a carpenter, then as a guitarist in a rock-and-roll band, and now as a massage therapist practicing CranioSacral Therapy at UI HealthPlex.

It was approximately four years ago that the career of this then-musician took a sharp turn toward therapist following a CranioSacral Therapy session with CST practitioner Manny Lopez, LMT. "Feeling the changes from Manny's profound, gentle touch gave me the energy level and inspiration to translate this work to others," David explains.

Making the transition to this new profession wasn't easy at first, he admits. "I felt emptiness after leaving the band," he recalls. That void was soon filled, however, by the sense of team spirit he encountered at the clinic.

Today David works mainly with patients in the intensive programs. One of his most recent assignments was in the Vietnam Veterans program,

where combat veterans were treated for post-traumatic stress disorder. "Watching their anger dissipate and a smile return to their faces, along with all the other transformations they went through," he says, "is probably the most profound occurrence I've ever witnessed."

Individual success stories are what impress and excite David the most. "There was one autistic child," he notes, "who came in screaming and biting. He couldn't be controlled. Within four days, he allowed someone to work with him, and actually reached out for therapy. By the end of the program he was calm."

Since joining the UI HealthPlex staff, David says, "I've seen such rapid and dramatic changes in people. It never ceases to amaze me."

Unquestionably, David Halfon, one-time carpenter and musician, and now CranioSacral Therapy practitioner, can say he has found the hands-on profession that embodies his true calling.



David Halfon, LMT

"When I see a paraplegic patient get movement or feeling in the body, it's a sight and a feeling beyond words."



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