

BTD '05 Presents



John E.
Upledger,
DO, OMM



Dee
Dettmann
Ahern, RPT



Tim Hutton,
PhD, LMP,
CST-D



Don Ash,
PT, CST-D



Jon
Kabara, PhD



Roy
Desjarlais,
LMT, CST-D



Carolyn
McMakin,
MA, DC, CICE



Andrew
Fryer, MD,
FAAP



Sally Morgan,
TTEAM, PT



Sally Fryer,
PT, CST



Sandy Prantl,
OTR/L, CST-D



Mary
Getten



Suzanne
Scurlock-
Durana, CMT,
CST-D



Ann
Harman,
DO



Lisa
Upledger,
DO



Melanie
Hayden, LMT



Gail Wetzler,
RPT, CVMI

BTD '05 presenters and panelists present an interdisciplinary look at innovative methods of using complementary care on diverse patient populations, from children with debilitating medical conditions to adults in chronic pain.

The Upledger Institute, Inc.®
11211 Prosperity Farms Rd., D-325
Palm Beach Gardens, FL 33410-3487
1-800-233-5880, Priority Code N0904
561-622-4334 • Fax: 561-622-4771
Website: www.upledger.com
E-mail: upledger@upledger.com

Upledger Celebrates 20 Years in Complementary Care at Beyond the Dura April 27-May 1 at Jupiter Beach, Florida

Healthcare experts from diverse disciplines will present new developments in complementary medicine at the ninth international Beyond the Dura research conference at Jupiter Beach, Fla., April 27-May 1, 2005. The event will mark The Upledger Institute's 20th anniversary.

Sponsored by The Upledger Foundation (UF), Beyond the Dura '05 will feature keynote speakers Jonathan Cayle, MD, and Carol McLellan, CMT.

Dr. Cayle is an obstetrician/gynecologist and naval aviator who recently retired as a 27-year captain from the U.S. Navy. Having successfully incorporated CranioSacral Therapy (CST) into his practice, he is currently directing a Complementary Medicine Clinic at Naval Hospital Lemoore in Lemoore, Calif.

Ms. McLellan is a certified Upledger Institute CST instructor and a doula (labor coach) who owns and directs a wellness center in Visalia, Calif.

Dr. Cayle and Ms. McLellan will present ways practitioners can effectively incorporate

CranioSacral Therapy into the process of childbirth for a stronger foundation to the start of life.



Jonathan Cayle, MD, and Carol McLellan, CMT, will discuss CST and childbirth at BTD '05.

They will

relate stories of patients whose labors and deliveries have been enhanced through the proper use of CST techniques. And they will highlight data that demonstrates how their program frees newborns from restrictions that may occur in utero and during the peripartum period.

Conference proceeds benefit The Upledger Foundation, a nonprofit organization dedicated to the development of new therapeutic approaches that enhance health and well-being.

UF organizes community-outreach projects dedicated to enhancing the health of children and adults, such as Dolphin-Assisted Therapy and Compassionate Touch Helping Hands. The foundation also helps underwrite costs for patients in intensive-therapy programs that address such serious concerns as chronic pain, brain and spinal cord dysfunction, traumatic injury and autism. [See "The Upledger Foundation UpDate" on page 6.]

Tuition for the four-day conference ranges from \$300 to \$595. Discounts are available for qualified full-time students, former Beyond the Dura attendees, and Medallion members of Upledger's International Alliance of Healthcare Practitioners.

Newsletter readers enjoy a special offer: Register by October 24 and save \$100! Call Educational Services at 1-800-233-5880 and ask for priority code N0904. For the most up-to-date conference information, visit www.upledger.com.

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The Visceral Manipulation Report

Bringing Hope to Life Again

by Visceral Manipulation Developer Jean-Pierre Barral, DO

To me, one of the most rewarding aspects of Visceral Manipulation is when you can use it to help a patient who believes she might be bedridden for life.

Mary* is a case in point. She came to see me for extreme dizziness. Her doctors were sure she either had multiple sclerosis or some other debilitating neurological disorder. It was impossible for her to walk without falling or kneeling down.

I checked her with general listening and found the primary lesion going to the skull close to the foramen magnum. I checked the Adson-Wright test on the left side: It was positive.

I told Mary, "I don't know if I can do something for you, but there are two things I would like to try to help you begin to release." During that first session I worked on releasing the anterior scalene as it relates to the dura via the mid-cervical fascia.

The results were not excellent, but a little better. Mary was able to walk without falling, but she couldn't walk in a straight line as she was always turning her head. Afterward she saw three neurologists who were all convinced there was a tumor in her cranium.

When Mary came back for a session a month later, I decided to work on stretching the vertebral artery, turning her head in an axial rotation and holding the arterial stretch at the same time. I also did a few techniques from our Visceral Approach to Trauma and

Whiplash** course, working on the spinal artery a bit more.

By the second session I was convinced that the problem was more connected to the vertebral artery. There are two kinds of spinal arteries: one is anterior and the other posterior. They supply the medulla and the spinal cord. It's very important to understand that if there's a lack of blood circulation in the spinal cord, you can have many problems.

After receiving positive results with these techniques, I continued to follow the listening along her vertebral artery. I did this several times during the session.

A month later, when Mary came back for a session, there were dramatic improvements. I told her I wanted to try some added techniques to open the vertebral artery on both sides. Afterward she reported that 80% of her symptoms had disappeared.

It gave Mary and me great satisfaction to know she was not going to be bedridden for life.

*Name changed to protect confidentiality

**Course is now titled "Nervous System: Physical Trauma Manipulation I"

Jean-Pierre Barral is a French osteopath who serves as director of the Department of Osteopathic Manipulation at the University of Paris School of Medicine in France. He developed Visceral Manipulation based on his innovative theory that each internal organ rotates on a physiological axis. Today his techniques are studied worldwide through The Upledger Institute.



Jean-Pierre Barral, DO

Two Specialized Workshops Focus on the Nervous System

Nervous System: Physical Trauma Manipulation I Formerly Visceral Approach to Trauma and Whiplash I

Study the three primary areas of trauma as they relate to whiplash: physical laws, diagnosis and treatment.

- 3 Days, 18 Contact Hours
- Prerequisite: Visceral Manipulation IA or CranioSacral Therapy I
- Tuition: \$975 U.S.

Nervous System: Peripheral Nerve Manipulation Formerly Visceral Approach to Trauma and Whiplash II

Build on your understanding of trauma and whiplash and study techniques to effect change. Highlights: treatment of cranial and peripheral nerves, emotional approach, dura mater stretching and new techniques.

- 3 Days, 18 Contact Hours
- Prerequisite: Visceral Approach to Trauma and Whiplash I or Nervous System: Physical Trauma Manipulation I
- Tuition: \$1,200 U.S.

For workshop dates and locations, see the Course Calendar on page 8. To register or for more information call Educational Services toll-free at 1-800-233-5880 and ask for priority code N0904. You're also welcome to visit www.upledger.com or e-mail us at upledger@upledger.com.

Happy Birthday, Jean-Pierre!

Join us in a hearty shout out to longtime Upledger Institute comrade Jean-Pierre Barral, DO, who turns 60 on September 25.

This illustration commemorates two decades of Jean-Pierre working hand-in-hand with Dr. John E. Upledger (left) and John Matthew Upledger (right). Now we look forward to many more years of making complementary music together.



Redesigned Mechanical Link Curriculum Offers Immediate Skills and Benefits

Mechanical Link (ML) workshop participants can now leave each class ready to put the techniques into practice, thanks to a recent redesign of The Upledger Institute's Mechanical Link curriculum.

ML developer Paul Chauffour, DO, and program director Monique Bureau, PT, DO, took material formerly taught in four classes

and expanded it to six workshops. The courses now offer more detailed embryology, histology and physiology — and far more hands-on time.

“The goal was to make each class its own distinct module,” says Kathy Woll, The Upledger Institute (UI) Director of Curriculum Administration. “This way, therapists can

leave each class and immediately put the techniques into practice.

“It’s also a good example of how we use class evaluations to continually improve our workshops. The curriculum changes are largely due to feedback we received from class participants. They had something important to say and we listened.”

Mechanical Link is a gentle manual therapy that addresses physical dysfunction through the avenue of the fascial system. The goal is to locate and reduce primary structural lesions within each body system that cause and maintain tension throughout the rest of the body. When the dominant lesion is eliminated, a domino effect allows the body to readjust itself and adapt to newly regulated systems.

According to Chauffour, Mechanical Link is an osteopathic approach to complementary care that all manual therapists can offer. “Eighty percent of patient consultations are for functional sicknesses and not visible pains,” Chauffour says. “That’s where the art and science of osteopathy holds its value and efficacy. Mechanical Link is a functional practice that allows us to fully commit our resources to the health of our patients.”

“The human body is infinite,” Chauffour adds. “Every day brings us a little of its knowledge.”

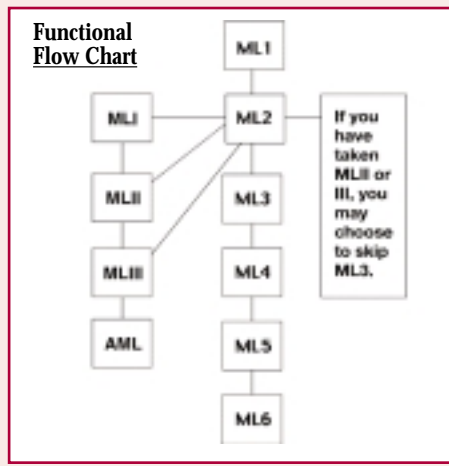
How the ML Changes Affect You

The new Mechanical Link courses cover every system in the body:

- Mechanical Link 1: Fundamentals, Spine and Thorax
- Mechanical Link 2: Extremities, Articulation, Long Bones and Intraosseous Lines of Force
- Mechanical Link 3: Digestive Tracts
- Mechanical Link 4: Abdominal Organs
- Mechanical Link 5: Thorax and Neck
- Mechanical Link 6: Arteries, Derma, Emergencies and Preparations

Have you already taken some Mechanical Link courses? Good news: You may be eligible to take the new workshops at a reduced rate.

<u>Workshop Completed</u>	<u>Next Workshop to Take</u>
MLI	New ML2
MLII or III	New ML2 for only \$250 U.S. Can then go directly to ML4 or take ML3 for only \$250 U.S.
Advanced ML	Can retake new ML1-5 at reduced tuition: \$250 U.S. each



For workshop dates and locations, see the Course Calendar on page 8.

To learn more about Mechanical Link, check out Mechanical Link: Fundamental Principles, Theory and Practice Following an Osteopathic Approach by Paul Chauffour, DO, and Eric Prat, DO. Call Educational Services toll-free at 1-800-233-5880 and ask for priority code N0904.

You're also welcome to visit www.upledger.com or e-mail us at upledger@upledger.com.

Our
THANKS!

A very special note of appreciation goes out to Mechanical Link program director Monique Bureau, PT, DO. She worked tirelessly for many months to refine the ML curriculum — all while preparing for childbirth. Monique's third child, Chantal, made her entrance into the world on June 25, 2004.

Blessings, Monique, to you and your lovely family.

CranioSacral Therapy Aids Learning on a Native Canadian-American Reservation

by Judy Pszyk, B.Ed.

The positive effects of CranioSacral Therapy have reached a Native Canadian-American school system in Northern Alberta, Canada. On four occasions I worked with children at the Saddle Lake reservation, a Cree Nation of some 5,000 natives in a rural area less than two hours out of Edmonton, Alberta. The results were inspiring.

Unemployment in Saddle Lake is very high. Many people are on welfare. Drugs and alcohol are a constant source of trouble. Fortunately there are also well-educated, dedicated people working in the school system who had the vision to see what CranioSacral Therapy could bring to the children.

It all started when I made a presentation along with therapist Ruth Isley at a teachers' convention attended by the elementary school's vice-principal, Russell Hunter. Once he heard about CranioSacral Therapy, he invited me to discuss it with his staff and parents of children he thought might benefit.

As a result, seven families agreed to entrust their children to my touch.



Judy Pszyk, B.Ed.

Blair Calms Down

On April 2, Blair* walked shyly into the room along with his mother. At just 5 years old, he usually didn't make it past 9:30 a.m. before being sent to the principal's office crying. He was violent with other children, and his attention span generally lasted no more than a minute. His doctor had prescribed Ritalin, but his mother was reluctant to give it to him.

Blair's CranioSacral Therapy session lasted 55 minutes, which was amazing in itself. We didn't expect him to relax for that long. I managed to complete the entire 10-Step Protocol except for the steps involving the sacrum.

After three sessions the school reported that Blair had not been to the office since. He later won "The Most Improved Student" award.

This is the boy who, when asked if he was hungry, said, "Yes, last night there were only five potatoes in the house, but today is pay-day." And when asked what he does for fun, he said, "Me and my brother take our shoes off and go outside and pretend we are Indians."

Ivan Feels Less Pain

Ivan*, an 11-year-old with only one lung and his heart on the wrong side, was very wary of mōniyāskwew (white woman). He was in great pain, which was normal to him because he had lived with it since birth.

After Ivan's first treatment, with tears in his eyes, he thanked me over and over. After his third treatment, school administrators reported they had seen him riding his bike occasionally.

I was able to treat Ivan one more time. While he's still in pain, he says he feels better than ever.

Kelsey Relaxes in His Body

Six-year-old Kelsey* had fallen down two sets of stairs when he was only 4, and had numerous other falls. He could not sit still and had behavior difficulties. Before his second treatment he said he no longer had headaches, backaches or trouble sleeping, and he felt very good.

Dear Upledger Institute: Thank You for Lymph Drainage Therapy

I had the privilege of attending the Lymph Drainage Therapy I training at Esalen two weeks ago.

I was thrilled out of my freckles to have the chance to learn from Bruno Chikly. He is a man of infinite knowledge and endless patience. He has the warmest of spirits, and a sense of humor that should be bottled and distributed throughout the world.

Alaya's presence was no less a blessing. What a dear, sweet, gentle soul with the most gracious and loving aura about her. Thank you for making this experience available to a first-level student. What a joy!

With regard to the material — WOW! I

was given far more than I anticipated. There was so much that was specific and applicable. I feel as though I really know what I am doing and why, and how it helps the body.

Thank you for being so very generous with the information. The study guide and its drawings was beautifully conceived and presented.

Now, let's talk about the teaching staff — Molly Clark and her phenomenal TA [teaching assistant] team. They were dedicated, patient, knowledgeable and giving. If there were a chart to measure ability and attitude required of anyone wishing to serve as a TA, these people would surely be off it.

Thank you for listening, and I wish you all a blessed day.

Sincerely,

Joy Morris, LMT, MS

Recently featured in the Washington Post, Lymph Drainage Therapy, developed by Bruno Chikly, MD, DO (hon.), enhances fluid circulation, detoxification, immune function and more. Find out what all the rage is about. Please call Educational Services toll-free and learn more about Lymph Drainage Therapy: 1-800-233-5880. Ask for priority code N0904. You're also welcome to visit www.upledger.com.

Edward Becomes a Spelling Whiz

Seven-year-old Edward* complained of headaches that made him throw up and feeling frustrated in school. Before his session, he said he felt as if he'd never be able to concentrate long enough to take a test. After the session he went on to earn a 100% on a 110-word spelling test.

CST Helps at School and in Life

In addition to these four special kids, I treated children who suffered from asthma, attention deficit disorder and hyperactivity. It's so wonderful to work with administrators who view CranioSacral Therapy as an opportunity to improve their students' schoolwork as well as their lives.

These precious children are like pebbles that have started a ripple effect. I hope to see it continue to other schools and children throughout our area — and the world.

*Names changed to protect confidentiality

Judy Pszyk has a bachelor's degree in education. She taught junior and senior high school for 32 years before becoming a CranioSacral Therapist. She is now working with The Upledger Foundation to introduce the Compassionate Touch Helping Hands program to schoolchildren at Saddle Lake reservation. See page 7 for program details.

Learn more about how CranioSacral Therapy can help children. Call Educational Services toll-free: 1-800-233-5880, and ask for priority code N0904. You're also welcome to visit www.upledger.com.

The UI HealthPlex Clinic

The Upledger Institute HealthPlex Clinical Services is a full-service complementary healthcare center offering individual sessions and week-long intensive-therapy programs. Established by Dr. John E. Upledger in 1985, it's located in Palm Beach Gardens, Fla. It attracts clients and therapists worldwide for its clinical resources and learning opportunities.

Find out how you can play a part as an extern, visiting practitioner or referring therapist. Call UI HealthPlex at (561) 622-4706.

New Technique: Cranial Pumping

by Roy Desjarlais, LMT, CST-D

One of the hallmarks of CranioSacral Therapy (CST) is that it's ever evolving. We've seen this demonstrated in CranioSacral Therapy I (CSI) workshops, both in how CST is presented and how the techniques have been refined over the years.

Now we'd like to present a new technique that's been added to the CSI coursework: Cranial Pumping.

With the discovery of chelating elements in cerebrospinal fluid, Dr. Upledger feels that moving more fluid through the system will enhance immune function, promote the clearing of waste products, and increase overall vitality.

If you've been practicing CST for any length of time, you're probably doing this technique already.

It's simple: You enhance cerebrospinal fluid flow by encouraging five grams of movement at the end-range of flexion and extension while palpating the cranium.

Typical hand positions: one hand under the occiput and the other on the crown/frontal area.

Cranial Pumping is similar to the Dural Tube Rock and Glide in application. The core intent of this technique is to enhance production and movement of cerebro-

spinal fluid. You can do it at any time during a session, or even as an entire session itself.

Remember one of the primary contraindications for CST: anytime there is a concern about changing intracranial pressure. That would certainly apply with this new technique.



Advanced I CranioSacral Therapy

Palm Beach, Fla. – Jan. 26-30, 2004



Back row (l-r): John Hoernemann; Terry Davis, CMT; Claire Hadley-Davis, MT (preceptor); Kat Cramblet, LMT (preceptor); Patty Sparks, PTA, LMT; Kim Nedrow, LMP. Middle row (l-r): Cynthia Dimmitt, MA, CMT; Noriko Hosoyamada, LAC; Judith Levine, MS, OTR/L; Linda Jean Hess, LMT. Front row (l-r): Keira Widmer, LMT, CST, RYT; Erica Mayhew; Chas Perry, PhD, CST-D (instructor).

The Upledger Foundation UpDate

Dear friends,

A nationwide government survey* has reported that more than one-third of U.S. adults use alternative and complementary medicine. That growing trend adds up to good news for you as CranioSacral Therapists and practitioners of noninvasive modalities.

Yet it's often the smaller numbers — and patients — that remind me, again and again, to embrace the “impossible” in healing.

This past year, formerly conjoined twins Ahmed and Mohamed Ibrahim were successfully separated in a 33-hour surgery in Dallas. Many of you have followed the case of these two remarkable boys, from their long journey from Egypt to their Intensive Program here at our Palm Beach Gardens clinic, thanks to funding from The Upledger Foundation.

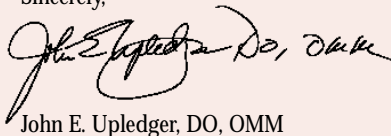
Today, these active 3-year-olds are very busy exploring their world together and apart. They laugh, toddle, play, flirt, and continue to receive CranioSacral Therapy nearly every week.

I am profoundly grateful to all of you who have given so much of your time and commitment to these two little boys. A special thanks goes out to Sally Fryer, PT, CST, for her unending enthusiasm and devotion. And I continue to thank each one of you for your hands, heart and energy in cases of need, both large and small. You inspire me every day.

This year, The Upledger Foundation has taken another big step toward helping people like Ahmed and Mohamed in even greater numbers. Michele Lynn McGrew has recently come on board as Director of Development. She brings with her a wealth of experience communicating the needs of an organization like ours to those who will support it, nurture it and, most importantly, receive help from it.

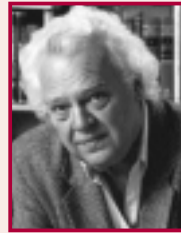
We hope you, too, will continue to send us your positive intentions every day. And please continue to support The Upledger Foundation. Your tax-deductible donations and care help us make life a good bit better for others in ever-growing numbers.

Sincerely,



John E. Upledger, DO, OMM

* National Center for Complementary and Alternative Medicine, May 27, 2004



John E. Upledger,
DO, OMM

aspiring to their level by honoring the wisdom of the body. I have been training for this as well. I needed each and every day before this one to prepare myself for today.

“We spent over an hour the first morning working in a lagoon where a pod of dolphins lives. We stood on a shelf in the water about four feet deep. Each patient had two or three therapists.

“One of the most powerful things about that first hour was that we did not speak. I had introduced myself to the group and laid out the forces I was working with and where I'd been since I was 11 years old.

“I told them I had only known since the previous fall that I had suffered some sort of trauma in my 11th year. My left foot dropped and had not lifted properly since October 2003.

“I did not remember the trauma. All my information came from the periphery of the experience. It took more than 25 years, working like a detective in my own body, to identify that anything had even happened to me.

“My intention then in dolphin-assisted therapy was to thaw and loosen my sacrum, and free my left leg and foot. Only a few times did I have the urge to give more information in that first session. I overrode my thinking brain every time; my body told them everything they needed to know.

“I laid on my back fully supported by the water and my three therapists. Our contacts were continually shifting and changing, like the water itself. We were also part of the larger group, and I often felt a hand or a leg from the others floating next to us.

“Most of the time I had my eyes closed and was completely relaxed in the water, which was more relaxed than I have ever been in my body. I was fully supported in every position.

“Once in awhile, sensing the dolphins [Coral and Abacoa], I lifted my head to look at them. ‘Goofy’ was the word that came to mind, with their heads and eyes in profile, side by side, sticking out of the water. It was as if they'd just done a little slapstick number and were looking to me for recognition, their fins and wry smiles saying ‘Ta-Da!’

Dolphin-Assisted Therapy

The Upledger Foundation has just completed its first round of Dolphin-Assisted Therapy programs at The Dolphin Experience on Grand Bahama Island.

Here are some thoughts from Meg Belichick, an accomplished artist and writer, and one of the patients in our first Dolphin-Assisted Therapy program this past July. These remarks are from her first day in the program, which she called “perfect, better than could have been planned or expected.”

A Dolphin-Therapy Tale From Meg

“There are 15 of us, 11 therapists and four patients, who came from all over: Scotland, Cuba, and every part of the U.S. I discovered this was the first dolphin-assisted intensive ever offered by The Upledger Foundation. All the work they've done in the past five years on the boat here and in the [Florida] Keys has been training and research to prepare the program for the public.

“I am honored by the universe to participate in such high-level work. It feels like we're bridging species, human and animal,

"Within the first few minutes in the water, a hand on my sacrum activated some heaviness. I cried from my eyes with no sound. My face contorted to hold all that I could not fully express. The dolphins' levity and spunk made me laugh as I cried. I felt blessed to feel such a vast range of emotion all at once under the sun.

"Then the dolphins started coming around to lift my left foot and support it on the end of their rostrums. My big toe felt like a cosmic star. I could feel their knowing, and was finally able to stop BEing something, and simply BE.

"That period in the water was timeless, forever and fleeting at once. The dolphins would whoosh by and flip their tails to create a pulsing of water against us. Wanting this reverberation to dislodge my sacrum, I lapped it up like a puppy.

"Sometimes, when I became conscious of my physical closeness to these people I hardly knew, the dolphin sounds would awaken me to the fact that I knew them intimately. We were all the same, my family continually expanding outward.

"The dolphins' crisp sounds brought me to the silence of snow and the poetry of ice cracking before melting. The calls of the seagulls overhead traveled through the air and water. They mingled with the dolphin sounds, making the two indistinguishable.

"After awhile, Coral and Abacoa each took one of my feet and held them up together. I loved the feel of my toes on their lips. It was a beautiful assist.

"Sobs escaped me as I received their support. It was hard to use my voice when I cried. I felt locked into my face, the way I sometimes feel magnetized to the earth by the lock on my spine.

"I began to feel pressure to act on their message, which was clear to me at the time. They knew I needed to use my voice and were fully supporting me in this. I felt anguish in the water, which is much better than anguish in the air. But it was still deep, intense pain that I was going to have to do something I really did not want to do.

"I prodded myself for awhile, unsuccessfully. No sound came. Finally, like a ray

through the water came the recognition that this feeling of dread, of knowing I was going to have to do something I did not want to do, was from the past. I do not have to do anything I do not want to now.

"When the session was over and I got out of the water, Coral and Abacoa swam out from the enclosure and ejected themselves into the air, flipping their tails in unison.

The joy that crackled off this double exclamation point squeezed audible sobbing from my pummeled heart.

"My cry cut the breeze and sunshine like thick syrup streaming up from my chest. My body opened to release the density; the earth and sky accepted it.

"I walked slowly across the wood-slat dock to the bathroom, again on my feet and in my humanity. I needed to go inside; I wanted to cry alone."

Meg beautifully describes

here the sacred healing space The Upledger Foundation has created in the Dolphin-Assisted Therapy program. To learn more about how you can participate in the program as a patient, visiting therapist or preceptor — or how you can accompany a patient free of charge — please call Educational Services at 1-800-233-5880 and ask for priority code N0904.

The cost to send one person through a four-day Dolphin-Assisted Therapy session in the Bahamas is \$4,500. To support this program with a tax-deductible contribution, please call 1-800-725-5880. Ask to designate your donation to The Upledger Foundation's Intensive Programs.

Compassionate Touch Helping Hands Program

This year we concluded research on 560 children in the Compassionate Touch Helping Hands program. The results are exciting because they bear out our assumptions — that practicing the skill of compassionate touch does as much to improve the psyche as the body.

Students in the program showed statistically significant increases in social skills such as cooperation, assertion and self-control. They also exhibited statistically significant

decreases in problem behaviors, including externalizing and hyperactivity.

We fully believe that learning such demonstrable, esteem-enhancing skills at a young age will do wonders to benefit these children (and society) as they grow into adolescence and young adulthood. Now as we work to expand the program through 6th grade, we could use even greater support.

The annual cost associated with each school that hosts this program is \$2,500. To support this program with a tax-deductible contribution, call 1-800-725-5880. Ask to designate your donation to The Upledger Foundation's Compassionate Touch Helping Hands program.

UF Programs Continue to Break New Ground

Dolphin-Assisted Therapy and Compassionate Touch are but two ways The Upledger Foundation continues to demonstrate ingenuity in healthcare. From intensive therapy for patients who have hit a plateau to those suffering the debilitating effects of Post-Traumatic Stress Disorder, our programs are committed to exploring new therapeutic avenues of health and well-being.

The cost to send one person through a one-week Intensive Program at UI Health-Plex is \$4,000. To support this program with a tax-deductible contribution, please call 1-800-725-5880. Ask to designate your donation to The Upledger Foundation's Intensive Programs.

Making a Tax-Deductible Donation Is Easy

Toll-Free Telephone: 1-800-725-5880

Ask for priority code N0904.

Website: www.upledgerfoundation.org

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

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"Then the dolphins started coming around to lift my left foot and support it on the end of their rostrums. My big toe felt like a cosmic star. I could feel their knowing, and was finally able to stop BEing something, and simply BE."

Earn CEUs for Classes in Complementary Care

The Upledger Institute offers classes that satisfy continuing education requirements for many different professions. Before attending a workshop, simply verify CEU acceptance with your professional state board.

Visit Our Website for Complete Listing of Available CEUs

Go to www.upledger.com. Click "CEUs" at the top and verify approvals by association, state or course. You're also welcome to call toll-free: 1-800-233-5880. Ask for priority code N0904.

New and Renewed CEUs

USA: Chiropractic Physicians in most states can now earn CEUs for CranioSacral Therapy I.

USA: American Speech-Language-Hearing Association — The Upledger Institute is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology.



CranioSacral Therapy I is offered for 2.4 CEUs (introductory level, professional area), and CranioSacral Therapy II and CranioSacral Therapy for Pediatrics are offered for 2.4 CEUs each (intermediate level, professional area). ASHA CE Provider approval does not imply endorsement of course content, specific products, or clinical procedures. If you are an ASHA member and are interested in receiving CEUs for participating in this program, contact our CEU coordinator at least 30 days before class begins for consideration. Call 1-800-233-5880, ext. 1376.

USA: National Certification Board for Therapeutic Massage and Bodywork — The Upledger Institute is approved as a Category A Provider (#025785-00) for all CranioSacral Therapy, Visceral Manipulation, Lymph Drainage Therapy, Mechanical Link and Healing From the Core workshops.

USA: The National Certification Commission for Acupuncture and Oriental Medicine has approved CEUs for CranioSacral Therapy I.

Delaware: Chiropractic Physicians can earn CEUs

for most Upledger Institute workshops.

Illinois: Physical Therapists can earn CEUs for most Upledger Institute workshops.

Iowa: Massage Therapists can earn CEUs for CranioSacral Therapy I & II, Lymph Drainage Therapy I, II & III, Mechanical Link 1, 2 & 3, Visceral Manipulation IA, IB & II.

Kansas: Physical Therapists can earn CEUs for CranioSacral Therapy I.

Minnesota: Physical Therapists can earn CEUs for CranioSacral Therapy I & II, CranioSacral Therapy for Pediatrics, Lymph Drainage Therapy I, Mechanical Link 1 and Visceral Manipulation IA.

Nebraska: Massage Therapists can earn CEUs for most Upledger Institute workshops.

Ohio: Physical Therapists can earn CEUs for CranioSacral Therapy II.

Washington, DC: Occupational Therapists can earn CEUs for most Upledger Institute workshops.

Learn From the Experts at These Upcoming Speaking Engagements

Massage Therapist Association of Alberta Annual Conference

Alberta, Canada – Sept. 24-26, 2004

- Sheryl McGavin, OTR/L, CST-D: CranioSacral Dissection
- Roy Desjarlais, LMT, CST-D: Increase Your Effectiveness: Be Present

Association of Massage Therapists and Wholistic Practitioners National Annual Conference

Calgary, Canada – Sept. 30-Oct. 3, 2004

- Eric Moya, LMT, CST: Overview of Lymph Drainage Therapy
- Also teaching: Overview of CranioSacral Therapy

Ohio Occupational Therapy Association Annual Conference

Zanesville, Ohio – Oct. 1-2, 2004

- Gloria Lucker, MS, OTR/L: Using CranioSacral Therapy to Facilitate Achievement of Occupational Therapy Goals

North Carolina Occupational Therapy Association Annual Conference

Greensboro, NC – Oct. 1-2, 2004

- Susan Steiner, OTR/L, CST-D: Using CranioSacral Therapy to Facilitate the Achievement of Occupational Therapy Goals

Texas Physical Therapy Association Annual Conference

Austin, TX – Oct. 7-10, 2004

- Sally Fryer, PT, CST: Using CranioSacral Therapy to Facilitate Achievement of Physical Therapy Goals

Wisconsin Occupational Therapists Association 2004 Convention

Milwaukee, WI – Oct. 21-23, 2004

- Susan Steiner, OTR/L, CST-D: Using CranioSacral Therapy to Facilitate the Achievement of Occupational Therapy Goals

Texas Occupational Therapy Association-Mountain Central Conference

Sugar Land, TX – Oct. 22-24, 2004

- Sheryl McGavin, OTR/L, CST-D: Using CranioSacral Therapy to Facilitate Achievement of Occupational Therapy Goals

Massachusetts Association for Occupational Therapy Annual Conference

Marlborough, MA – Oct. 29, 2004

- Susan Steiner, OTR/L, CST-D: Using CranioSacral Therapy to Facilitate Achievement of Occupational Therapy Goals

Pennsylvania Occupational Therapy Annual Convention

Harrisburg, PA – Oct. 29-30, 2004

- Sheryl McGavin, OTR/L, CST-D: Using CranioSacral Therapy to Facilitate Achievement of Occupational Therapy Goals

Florida Chiropractic Association Winter Convention & Expo 2004

Ft. Lauderdale, FL – Dec. 3-5, 2004

- Rebecca Flowers Giles, OTR, SCP, CST-D: Using CranioSacral Therapy for Learning Disabilities

Become a Driving Force Behind Client-Education Videos

Ground-Floor Opportunity!

Picture this: Several clients are waiting in your reception room to receive CranioSacral Therapy. A little boy who has autism. A teenage girl with migraines. An older gentleman who suffers from chronic neck and back pain.

You're working with a client now, but these other folks aren't idle. They're learning more about CranioSacral Therapy and how it helps their specific medical conditions — autism, migraines, chronic pain and more.

That's our dream for you: a new series of professionally produced client-education videos and DVDs featuring Dr. John E. Upledger. Each one would focus on a particular condition to offer your clients an in-depth understanding of how CST can help them.

These videos and DVDs would include a detailed description of the craniosacral system, plus underlying theories, research, patient profiles and more. It's a complete package to help you educate clients, primary-care physicians, even practitioners to help build your referrals. And thanks to an annual subscription, you would receive one of these valuable videos every few months.

Help Us Make the Dream a Reality

We've been tinkering with this concept for quite awhile. After speaking with hundreds of clients over the years, we know it's a valuable idea. Yet with so much going on at The Upledger Institute, we simply haven't been able to focus our resources on it.

That's where you can help. How do you feel about this project? Which symptoms do you think we should highlight first, second, third? How many topics can you think of?

Make a ground-floor investment in this project now and we'll take your advice under serious consideration.

Plus, we'll even do one better and double your return!

- Send \$100 and sign up for the video subscription and you'll enjoy a credit of \$200.
- Send \$250 and sign up for the video subscription and you'll enjoy a credit of \$500.

Take advantage of this one-of-a-kind opportunity to play a leading role in shaping the message and understanding of CranioSacral Therapy, all while growing your practice.

Mail a check toward your subscription along with your project ideas to The Upledger Institute, attn. Client-Education Videos, 11211

Prosperity Farms Rd., D-325, Palm Beach Gardens, FL 33410-3487. We look forward to working with you.

Milestones

Congratulations and Well Wishes...

- Don Ash, PT, CST-D, has been certified to teach The Brain Speaks.
- Diane Beaudoin, RPT, has been certified to teach Mechanical Link I.
- Molly Clark, PT, LLCC, has been certified to teach Advanced Lymph Drainage Therapy I.
- Kerry D'Ambrogio, PT, DOM, formerly of Canada, became a U.S. citizen on May 13.
- Sheryl McGavin, OTR/L, CST-D, has been certified to teach CranioSacral Therapy and the Immune Response.
- Nic Nicodemus, PhD, DO, co-developer of the

CranioSacral Dissection workshop, has graduated from Michigan State University College of Osteopathic Medicine.

- Lisa Polec, DC, has been certified to teach Visceral Manipulation II.
- Melinda Roland, PT, LAc, OMD, has been certified to teach CranioSacral Therapy for Pediatrics.
- Shyamala Strack, OTR/L, CST-D, has been certified to teach CranioSacral Therapy II.
- Tad Wanveer, LMT, CST-D, has been certified to teach CranioSacral Therapy I.
- Jean Anne Zollars, PT, has been certified to teach Visceral Manipulation IA.

Now Certified in CST

Diplomate Level:

- Brenda Aufderhar, RN, CST-D
- Kathleen De Cozen, CST-D
- Winny de Vries-Jansen, CST-D
- Tanja Jekel, CST-D
- Jolande Laan, CST-D
- Heather Linnemeyer, LMT, CST-D
- Patricia Mader, LMT, CST-D
- Laurie Rowe, MA, CST-D
- Carla Smits, CST-D
- Adrie Sweers, CST-D
- Anneke ten Have, CST-D

- Michelle van Aken de la Bije, CST-D
- Monique Vroling, PT, CST-D

Techniques Level:

- Lisa Desrochers, DPT, MS, CST
- Sophie Dong, CST
- Karen Fairweather, NCTMB, CST
- Nicole Feliksa, PT, CST
- Karen Glover, MT, CST (right)
- Ursula Herrmann, LMT, CST
- Virginia Higgins, NCTMB, CST



- Elizabeth Ingalls, MA, PT, CST
- Donna Kientzel, LMT, CST
- Steve Kravitz, NCTMB, CST
- Sabrina Lightbourn, CST
- James Lundeen, RPT, CST
- Kathleen MacKay, PT, CST
- Martha Nicholson, LMP, CST
- Susan Noguez, LMT, CST (right)
- Glenda Ruddenklau, CST
- Donna Rustebakke, RDA, CST
- Linda Tingle, CNMT, CST
- Lynette West, CMP, CST
- Joanne Wilson, PT, CST



Now Certified in LDT Lymphedema/CDP, Level 1 (LLCC)

- Mary Brantley, RN, MT, LLCC
- Laura Lambson, RMT, LLCC

- Sanford Siegel, RMT, LLCC
- Kathleen Tilley, LMT, LLCC

New Certified CST TAs

- Binaifer Bugli, PT, CST
- Terry Miller, LMT

New Certified LDT TAs

- Colleen Martens Endrizzi, MS, CCC, SLP
- C.M. Snow Nemeth CMT, LLCC

A Conversation With Suzanne Scurlock-Durana, CMT, CST-D

Developer of Healing From the Core

Healing From the Core recently joined CranioSacral Therapy, Visceral Manipulation, Lymph Drainage Therapy and Mechanical Link as one of The Upledger Institute's core curriculums in complementary care.

Previously taught through The International Alliance of Healthcare Educators, this workshop series focuses on ways to develop a strong therapeutic presence, nourish yourself with universal resources, maintain healthy boundaries that enable you to connect deeply with others without burning out, and how to rejuvenate under stress.

Modality developer Suzanne Scurlock-Durana, CMT, CST-D, has been an Upledger Institute instructor since 1985, certified in courses ranging from CranioSacral Therapy to SomatoEmotional Release®. Here in her own words she shares her thoughts on what led her to create the Healing From the Core workshop series — and how it can benefit therapists in their practices and personal lives.



Suzanne Scurlock-Durana, CMT, CST-D

EDITOR: What first inspired you to develop Healing From the Core (HFC)?

SUZANNE: I was teaching CranioSacral Therapy and people in class would often say to me, "What's that thing you do before you put your hands on someone or when you're standing in front of the room? You look like you're doing something energetically that's important to the process." So I started wondering, what was I doing?

At that point I was standing at a crossroad. I had a background in CranioSacral Therapy and massage therapy. But I also had 17 years practicing yoga, Tai Chi, and many other disciplines that I brought to bear in how I chose to be energetically present with people.

Not many people did all those things then. Fifteen years later, of course, things have changed. But then, people seemed to operate largely from a right- or left-brained experience. And they didn't seem to know how to draw on all parts of themselves to cultivate presence.

So I started to examine and pick out the things I was doing that were most powerful. I began to realize it was my practice of grounding before I put my hands on someone — of making sure I was energetically "full" before I stepped into a personal connection. It was also the way I kept my energy field in my own body so I wasn't invasive to people when I touched them.

There were many ways I was doing this unconsciously. So I started bringing the techniques to my awareness so I could better understand and teach them to others.

EDITOR: Looking back, do you remember when you first started using those skills in your own life?

SUZANNE: I remember being in a dance performance in college where I played the role of a tree onstage. This guy actually had to climb up one side of me and down the other. To prepare I went through an internal process where I put down roots and felt myself having

Healing From the Core Curriculum

Healing From the Core: Grounding and Healthy Boundaries

- Learn the processes necessary to fully inhabit your body, and then hold a space so others can fully inhabit theirs.
- Practice techniques for grounding and filling: staying connected with universal energy sources.
- Discover your unique energy-field road map, and learn how to read it.
- Understand how to process and heal blockages in your energy-field road map.
- Uncover and process the mental and/or emotional messages behind those blockages.
- Define a conceptual framework that encourages your evolution as a human being and a healer.

4-Day Course, 24 Contact Hours

Required Preparation: The first three sessions of Healing From the Core: A Journey Home to Ourselves audiotape or CD set

Tuition: \$445 U.S. at least 30 days in advance; \$495 thereafter. (Note: Prices may be slightly higher in cities that require city surcharges.)

Upper-Level Courses Include:

- Healing From the Core: From Trauma Recovery to Ecstasy
- Healing From the Core: Release and Renewal — Healing the Nervous System
- Healing From the Core: Expanding Present-Moment Consciousness
- Healing From the Core: Advanced Practitioners' Training

For workshop dates and locations, see the Course Calendar on page 8. To register or for more information call Educational Services toll-free at 1-800-233-5880 and ask for priority code N0904. You're also welcome to visit www.upledger.com or e-mail us at upledger@upledger.com.

a strong trunk. It was amazing how completely I was able to see and feel myself being a tree. Once I did that it was easy for someone much heavier than me to climb in my branches.

So as I looked back I figured out, okay, it has to do with how you set your intention; with making an external connection to a strong, unconditional source. Like connecting to sunlight or the earth under us. There are so many different ways to find resources around us. Connecting to them and staying full energetically was the central part of the process.

Then I started playing with how I would teach people. It's grown bit by bit since 1988 when I taught my first class in my basement.

EDITOR: Would you say the process is something of an internal ritual?

SUZANNE: It's the way you set your intention, but there's much more to it. It's the way you understand how the world works.

One of the first things I realized is, if I see myself as an island and I try to be strong for other people, I'm going to burn out. I may have large, natural energetic reserves, so it might take awhile, but eventually I will burn out.

So the first principle I teach is that we're surrounded by resources. By the earth's magnetic field underneath us. By the sunlight that gives us vitamins. By the air filled with positive and negative ions that can either nurture us or take us out of balance. There are many, many different ways to connect to what nourishes us in a healthy manner.

To get full energetically and nourish yourself, you use intention and ask, "What's around me that can nourish me right now?"

It might be the coolness of the air. So I focus on that and feel a little cooler and a little more relaxed as I follow my breath for a few minutes.

Or it might be placing my feet flat on the floor and thinking about the earth under me right now. The earth's magnetic field pulsates at a level that's healthy. It charges us as human beings. There's research on this. If you get out in nature, something happens at a cellular level when the earth and our energy fields connect. So if I can teach someone how to sit and feel down into the earth and become connected, that's another way they can nurture themselves.

Sitting in the sunlight just enough to feel warmed and calmed is a resource. Or you can use a memory of a time when you were successful with something. Then the memory becomes a resource.

In the same way, a traumatic memory can pull you out of the present into the past. The part of the brain that remembers trauma doesn't know it's not happening in the current moment.

So when you go back through a trauma and remember it, it's key to make sure you have more resources on board. You want to make sure you bring your trauma to the present moment where you have more resources to draw upon, rather than losing yourself in the old feelings again. So you can use a memory as a resource as long as it feeds you.

Basically, that's the first thing I teach people: how to "resource" themselves, to trust that no matter where they are, resources are available.

Next, they have to know how to feel inside whether they're connected to what nourishes them. For instance, if you're caught in an addiction, you're in a life-taking cycle — it takes you away from what's life-giving. But if you're not even cognizant, if you can't even register that you feel separated, then you don't know to move back into the direction of health.

You have to recognize you feel separated in the moment. And you have to want to get back to feeling connected to life.

This whole concept fits perfectly with CranioSacral Therapy because we teach our clients how to listen to their Inner Physician — the part that is deeply connected to the All, that knows what they need in any given

moment. And we teach them to recognize resistance, or a sense of separation. With HFC, however, this lesson also applies to all aspects of life.

The other piece I teach people is that reality is how you're seeing it right now, which is not necessarily the objective truth about what's going on. So often we operate with a narrow lens that tells us how we have to be in order to be okay. But once you're able to widen that lens and see that you really are okay, then you can relax and let go. You're seeing the world differently.

Another aspect I teach is how to feel yourself in every cell of your body. Again, cranial work is right in line with this. We constantly try to help the nervous system organize and operate optimally. To do that you've got to be okay being in every cell of your body.

You can't be afraid of some aspect of yourself, or hide your life under a bushel. You can't downgrade yourself by stuffing everything in and keeping yourself smaller than you are. You need to be willing to be in all of yourself. When you are, there is an integrity to it that is magnificent.

EDITOR: It sounds like this work can help people in all walks of life, not just therapists.

SUZANNE: Absolutely. I began with people who were taking CranioSacral Therapy. Soon my administrative assistant wanted to take it, and then my computer programmer, my graphic designer and my organizational development people.

Everyone kept saying, "You're slanting this toward therapists, but it's good for anybody. It's good for our relationships, it's good for us at home." That's why there are no prerequisites to taking the first HFC workshop. They're going to help you wherever you are.

For more on this interview with Suzanne Scurlock-Durana, visit www.upledger.com.

"The first principle I teach is that we're surrounded by resources. There are many different ways to connect to what nourishes us in a healthy manner."

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Books and Products to Support Your Healthcare Practice



COMING SOON! Pediatrics:
Treating Newborns, Infants and Pregnant Mothers With CranioSacral Therapy

by John E. Upledger, DO, OMM

Join Dr. John E. Upledger and his granddaughter Miranda Skye in a special session on the pediatric application of CST. This new set covers three segments: a summary of the treatment methods used pre- and post-delivery, a demonstration of the complete protocol for infants and newborns, and an intimate look into CST and its positive impact on a pediatric level. Makes a great holiday gift! (3 DVDs or 3 videos) For more information call 1-800-233-5880. Ask for priority code N0904.

NOW AVAILABLE! New Leatherbound Collector's Edition CranioSacral Therapy: Touchstone for Natural Healing and SomatoEmotional Release: Deciphering the Language of Life by John E. Upledger, DO, OMM

This limited-edition book combines two of Dr. John E. Upledger's popular volumes on CranioSacral Therapy in one collector's edition suitable for library display. Proceeds from its sale benefit The Upledger Foundation charities, including financial assistance for patient care and innovative community-outreach programs such as Post-Traumatic Stress Disorder, Compassionate Touch Helping Hands, BioAquatic Explorations and Beyond the Dura conferences. (leatherbound) Item code: CTSDH. Price: \$65.00 + s&h



Healing From the Core: Release and Renewal CD Set
 by Suzanne Scurlock-Durana, CMT, CST-D

Learn to create ease during periods of change in your life. This CD set provides a structure to help you uncover your deepest inspirations, create positive change and let go of unwanted baggage. (2 CDs, 120 minutes) Item code: AHRAR. Price: \$35.00 + s&h

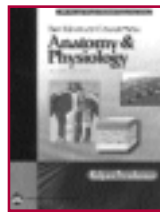


Amazing Babies Video: Moving in the First Year

by Beverly Stokes, BMC
 Enhance your observation and understanding of the natural progression of a baby's movement development, preverbal

communication and play interactions. (47 min.) Item code: VAB. Price: \$19.95 + s&h

Amazing Toddlers Video by Beverly Stokes, BMC
 Enhance your understanding of the toddler's natural movement development, expressive communication and play interactions. (34 min.) Item code: VAT. Price: \$19.95 + s&h



Anatomy & Physiology by Kalyani Premkumar, MBBS, MD, MSc, RMT

Uses concise language to integrate massage concepts within the context of anatomy and physiology. Includes sections on how massage interacts with body systems. (hardcover) Item code: AAP. Price: \$67.95 + s&h

The Caring Heart by Arlene Steputat
 Beautifully illustrated with original watercolors, this book is about the importance of helping others in order to make ourselves whole. (hardcover) Item code: CH. Price: \$12.95 + s&h

Color Atlas of Anatomy: A Photographic Study of the Human Body by Johannes Rohen, Chihiro Yokochi and Elke Lutjen-Drecoll
 To help find the correct orientation for cadaver dissections, this edition presents each chapter in two parts: the anatomical structure of the organs and the regional anatomy. The description of the superficial layers is followed by deeper layers. (hardcover) Item code: CAO. Price: \$68.95 + s&h



Deep Tissue Massage and Myofascial Release DVD
 by Art Riggs, CMT

These DVDs are designed to stimulate creativity and problem-solving skills. They offer detailed information on how to cultivate and refine your skills, both working with tissue and increasing effectiveness. (7 vol., 11 hours) Item code: DDTM. Price: \$210.00 + s&h



Embryos, Galaxies, and Sentient Beings: How the Universe Makes Life
 by Richard Grossinger
 How did all this get here and what is it? The author addresses these questions

using 10 major themes or issues, all concerning embryology and its handmaiden, morphogenesis. Foreword by Dr. John E. Upledger. (softcover) Item code: EGASB. Price: \$18.95 + s&h



Entering the Now CD
 by Eckhart Tolle

Transcend the trappings of the "thinking mind" to access the deeper intelligence found in the timeless dimension of presence. (135 min.) Item code: AETNC. Price: \$24.95 + s&h

The Female Pelvis: Anatomy & Exercises
 by Blandine Calais-Germain

Written to aid women over the course of their lives, this book places special emphasis on pregnancy, childbirth and the aftermath. (softcover) Item code: FPAE. Price: \$24.95 + s&h



The Field: The Quest for the Secret Force of the Universe
 by Lynne McTaggart

Respected scientists all over the globe have produced extraordinary evidence to show that an energy field connects everything in the universe, including us. (softcover) Item code: FIELD. Price: \$12.95 + s&h

The Hidden Messages in Water by Masaru Emoto
 Author and scientist Masaru Emoto has discovered that molecules of water are affected by thoughts, words and feelings. Learn about the profound implications on the healing of water, mankind and earth. (hardcover) Item code: HMIW. Price: \$16.95 + s&h

Movement for Self-Healing: An Essential Resource for Anyone Seeking Wellness
 by Meir Schneider, PhD, LMT

This series of stories highlights personal determination, challenges and triumphs in a way that enables you to see how you can improve your own life. (softcover) Item code: MFSSH. Price: \$14.95 + s&h

Yoga for Your Eyes DVD by Meir Schneider, PhD, LMT

Born without sight, Meir Schneider taught himself how to see. Learn about his innovative methods for improving vision naturally. (75 min. with 65-pg. study guide and eye chart) Item code: DYFYE. Price: \$29.95 + s&h

Netter's Atlas of Human Neuroscience
by David F. Felten and Ralph F. Jozefowicz
Combines the rich detail of 325 Netter and Netter-style illustrations to reflect our growing understanding of the regions and systems of the brain, spinal cord and periphery. (softcover) Item code: NAOHN. Price: \$45.95 + s&h



Radical Acceptance: Embracing Your Life With the Heart of a Buddha
by Tara Brach, PhD
Through rich stories and personal accounts of systematic practices, explore wise ways to nurture yourself,

transform your sorrows and reclaim your wholeness. (hardcover) Item code: RA. Price: \$23.95 + s&h

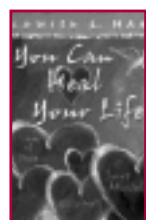


Realism: A Study in Human Structural Anatomy
by Darryl Lajeunesse, Carol Edwards and Brenda Grose
View the human body from angles and perspectives never seen before.

Thanks to the 3D nature, the illustrations are consistent from multiple angles. (softcover) Item code: REAL. Price: \$126.87 + s&h

From Louise L. Hay

Acclaimed Author and One of the Founders of the Self-Help Movement



You Can Heal Your Life
(softcover) Item code: YCHYL. Price: \$17.95 + s&h

You Can Heal Your Life CD Set
(4 CDs) Item code: AYCHY. Price: \$23.95 + s&h

Heart Thoughts: A Treasury of Inner Wisdom
(softcover) Item code: HTATO. Price: \$10.95 + s&h

The Power is Within You CD Set
(6-CD set) Item code: APIWY. Price: \$23.95 + s&h

I Can Do It
(hardcover) Item code: ICDI. Price: \$17.95 + s&h

Visit www.upledger.com for descriptions.

From Caroline Myss

Medical Intuitive and New York Times Best-Selling Author



The Call to Live a Symbolic Life CD Set
(4 CDs) Item code: ACTLA. Price: \$23.95 + s&h

Finding Your Sacred Contract CD Set
(4 CDs) Item code: AFYSC. Price: \$23.95 + s&h

Fundamentals of Spiritual Alchemy CD Set
(4 CDs) Item code: AFOSA. Price: \$23.95 + s&h

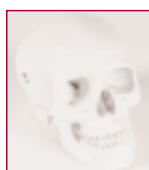
Archetype Cards (80-card deck) Item code: AC. Price: \$19.95 + s&h

Healing Cards by Caroline Myss and Peter Occhiogrosso
(50-card deck and booklet) Item code: HC. Price: \$15.95 + s&h

Visit www.upledger.com for descriptions.

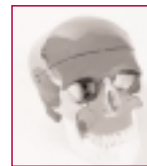
Skulls for Teaching and Learning

Plastic Intracranial Membrane Model
Hard plastic intracranial membrane model fits in either the standard white or painted skull. Item code: PIMM. Price: \$35.00 + s&h



Standard Three-Part Skull With Plastic Intracranial Membrane Model
Standard white skull with hard plastic intracranial membrane model included.

Price: A2OWI. Price: \$105.00 (Skull without membrane model: \$79.00) + s&h



Interior/Exterior Painted Skull With Plastic Intracranial Membrane Model

Hand-painted standard skull with hard plastic intracranial membrane model included.

Item code: A20II. Price: \$165.00 (Skull without membrane model: \$140.00) + s&h

10-Step Protocol Packages Reinforce the Foundation of CranioSacral Therapy

Video: Explore each of the 10 basic techniques developed by Dr. Upledger, with special attention on hand placement. Includes three points of interest not on the original 10-Step Protocol video: still point techniques from the feet, sacral still point and therapeutic pulse. (60 min. videotape or DVD) Item code: VSTS (videotape), DSTSP (DVD). Price: \$60.00 (video), \$45.00 (DVD) + s&h

Audio: Reinforce your visual learning as you listen to the steps that make up Dr. Upledger's unique treatment procedure, with special emphasis on hand placements. (66 min. audiotape or CD) Item codes: ATSP (audiotape), ATSPC (CD). Price: \$14.00 + s&h

Poster: Graphically illustrates the steps that make up Dr. Upledger's unique treatment procedure, giving precise details of hand placements. (26" x 39" laminated). Item code: A-CTSPI. Price: \$25.00 + s&h

Save On a 10-Step Protocol Set!

For only \$75.00, you get the 10-Step Protocol Video or DVD, CD or Audiotape, and Poster. Item code (includes video and CD): CCVTS. Item code (includes DVD and CD): CCDTS. Item code (includes DVD and audiotape): ACDTS.

Pay only \$30.00 + s&h for the 10-Step Protocol CD and Poster. Item code: CCTSP.

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UF Fundraising Weekend Hooks New Awareness

The Upledger Foundation raised much-needed funds and awareness for its healthcare charities last April through a weekend of gaming events that attracted hundreds of foundation friends, sports stars and local celebrities.

A Pirates of the Caribbean Casino Night on April 23 was followed by The Upledger Foundation Nancy Schaffer Memorial Golf Classic on April 24 and an Outback Barbecue and Celebrity Fishing Challenge on April 25.

"The results over all three days were tremendous," said Dr. John E. Upledger, who founded The Upledger Foundation in 1987. "We do this to benefit those who need a serious hand with their healthcare. It's inspiring to see people respond in such a generous way."

At the Pirates of the Caribbean Casino Night, more than 200 people played the night away with fun money at The City Club of the Palm Beaches.

A calypso band entertained while guests dressed in pirate garb and Caribbean wear also dined, danced and bid on dozens of silent auction items, including trips to Hawaii and New York.

On Saturday, the Champion course at PGA National Resort & Spa tested golfers in a scramble-format, 18-hole round that wrapped up with an awards banquet led by master of ceremonies John Favole, co-anchor of WPTV News Channel 5. The event honored long-time foundation supporter



Sherry Lashway, Donna Upledger, John Matthew Upledger and Vicki McCabe celebrate on behalf of UF.

Nancy Schaffer, a Palm Beach Gardens resident who lost her battle to myelofibrosis in 2001. The

awards ceremony included a raffle drawing worth \$16,630 won by Roy Pierce of McMinnville, Tennessee.

The Outback Barbecue and Celebrity Fishing Challenge on Sunday wrapped up the weekend off the coast near the Jupiter Inlet. Dozens of guests dined on barbecue provided by Outback Steakhouse while the winning team reeled in a \$1,000 prize for hooking the most dolphin and kingfish.

Proceeds help support The Upledger Foundation nonprofit healthcare charities and programs. In addition to supporting patients through intensive-therapy programs, the foundation helps underwrite community-outreach projects such as Dolphin-Assisted Therapy and Compassionate Touch for Children.

To learn more about UF call (561) 624-3888 or visit www.upledgerfoundation.org.

The Upledger Institute's International Satellites & Affiliates

- **Argentina:** Nadia Felix, CST, MPsy
Phone: 54 11 4803 0241
E-mail: nadiafelix@fibertel.com.ar
- **Australia:** Susie Spratt
Phone: 61 7 4638 2404
E-mail: holiclclife@bigpond.com
- **In Adelaide:** Mark Elford, PT
Phone: 61 8 8339 4322
E-mail: ssic@chariot.net.au
- **Austria:** Marianne Schauerl, CST-D
Phone: 43 316 760961
E-mail: office@upledger.at
- **Belgium:** Marc van der Straeten, DO, CST-D
Phone: 32 3 297 8998
E-mail: info@upledger.be
- **Brazil:** Jussara De Avellar Serpa
Phone: 55 21 2431 3211
E-mail: jsarpa@rjnet.com.br
- **Germany:** Gert Groot Landeweer, CST-D
Phone: 49 761 37353
E-mail: gl@upledger.de
- **Iceland:** Birgir Hilmarsson, MT
Phone: 353 354 466 3090
E-mail: birgir@upledger.is
- **Evla Olags Dohir, PT, AC**
Phone: 353 354 466 3090
E-mail: evla@upledger.is
- **Ireland:** Mike & Heath Wilson
Phone: 353 65 708 4435
E-mail: mike@upledgerireland.com
- **Israel:** Gadi Nelinger, AppSci, BPT
Phone: 972 3 522 4148
E-mail: post@upledger.dk
- **Italy:** A.J. de Koning, DO, CST-D
Phone: 39 040 45 2 8 929
E-mail: upledger@tin.it
- **Diego Maggio, DO, CST-D**
Phone: 39 040 34 7 6 191
E-mail: info@accademiacraniosacrale.it
- **Japan:** Yoko Nagata
Phone: 81 3 5319 1022
E-mail: info@ui-japan.com
- **Mexico:** Monica Gerez-Fernandez
Phone: 52 55 55 952089
E-mail: monicagerez@hotmail.com
- **Margarita Soberon**
Phone: 011 52 55 344590
E-mail: msoberon@att.net.mx
- **Netherlands (UIE Main Office):** Sanno Visser, DO, CST-D
Phone: 31 343 514031
E-mail: info@upledger.nl
- **Scandinavia:** Gusti Axelsson, MT
Phone: 45 5782 2077
E-mail: post@upledger.dk
- **Portugal:** Jose Campos, DO, BSc
Phone: 351 21 453 9130
E-mail: jose.campos@netcabo.pt
- **Singapore:** Kheng Chua
Phone: 65 6258 5031
E-mail: kheng@greenpartners.com.sg
- **South Africa:** John Page, DO, CST-D
Phone: 441738 444404
E-mail: mail@upledger.co.uk
- **Spain:** Jose Luis Perez Batlle, DO
Phone: 34 958 5204 22
E-mail: cob@valnet.es
- **Switzerland:** Matthias Moesle, CST-D
Phone: 41 91 780 59 50
E-mail: mail@upledger.ch
- **United Kingdom:** John Page, DO, CST-D
Phone: 44 1738 444404
E-mail: mail@upledger.co.uk

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